

Green Muslims Sustainable Deen Calendar Ramadan 2022

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Ramadan Mubarak! This Ramadan Green Muslims encourages everyone to apply the teachings of Islam to their daily practices in ways that help us connect with our Creator and help protect His creation. Green your Ramadan one day at a time and then apply these practices year round. Check out the [Green Muslims website](http://www.greenmuslims.org) for our [Ramadan Toolkit](#) to deepen these practices, our [Facebook page](#) for weekly challenges, and our friends at [Green Ramadan](#) for even more ideas.

1 BYOD (Bring Your Own Dishes) to your community and family iftars and cut back on disposable waste.



2 Eat Local: Local farms provide fresher, more sustainable foods and burn fewer fossil fuels with delivery.



3 Conserve electricity: Turn off lights when you're not using them and take advantage of the sunlight as much as possible.

4 Help beautify your surroundings: Pick up trash in your neighborhood and local parks and volunteer for community trash pickups.

5 Spend time in nature: Look, listen, contemplate, and connect. This is an excellent way to care for yourself and connect with Allah (swt).

6 Go through your closets and cupboards and donate quality items that you don't use to a local service that helps those in need.

9 Strive to drive less: Aim to carpool, use public transportation, bike, and walk more.



8 Try cutting back on new purchases. Use what you have; if you need something, shop vintage and second hand.



9 Join your mosque's "green team" or volunteer with Muslim environmental groups. Help your community learn more about the environment.

10 Try organizing an outdoor congregational qiyam one night. Between prayers use this opportunity to observe the stars and the sounds of the night.

11 Replace less efficient light bulbs with LED bulbs to cut costs and save energy.



12 Conserve water: Turn it off when brushing teeth, lathering hands, and scrubbing dishes; use less when showering and making wudu.

13 Consider ways of offsetting your carbon footprint when you travel. Opt for trains and buses when possible and flying airlines that are carbon neutral.

14 Make an effort to observe Allah's (swt) miracles in nature. Watch birds making a nest or the stages of a butterfly's metamorphosis.

15 Become more connected with your sustenance. Start planning a trip to a local farm to learn how your food is grown.

16 Try praying outside. Notice the signs of Allah (swt) in nature and how animals and plants worship in their own ways.



17 Plant native plants this Ramadan to help clean the air and the water. Volunteer with local groups that do plantings.

18 Green your investments: Look for companies and businesses that are making an effort to help the environment.



19 Eat less meat. Remember, the Prophet Muhammed (pbuh) advised followers to NOT eat it everyday.

20 Don't waste food. Prepare what you need, take only what you know you'll eat, and use up leftovers. Then, if you can, start composting your food scraps.

21 Plant a vegetable garden, or just one plant, or join a community garden to grow your own food.



22 Reduce, Re-use...and then Recycle! Buying less and sticking to reusables results in less trash. And be sure to check local rules before trying to recycle.

23 Strive to unplug with your friends and family this month. Take walks together, play outside, and remember to be grateful for the ability to do so.

24 Start looking into humane and environmentally friendly sources of halal meat. Look for businesses that take into consideration the wellbeing of the consumer, the animal, and the earth.

25 Start looking into more natural home cleaning products that contain fewer environmentally harmful ingredients. And try making your own!

26 Start a new tradition of planning Eid celebrations that include a service project. Incorporate service, volunteerism, and community support in your annual tradition.

27 Use to-do lists and plan your week to save time, money, and energy. Avoid waste by organizing your time and defining your actual needs to avoid multiple trips and impulse buying.

28 Try to continue the more environmentally friendly habits you have started this Ramadan. Take the knowledge you have gained and turn it into conviction.

29 During these last days of this blessed month, don't forget to make dua for the Earth. Pray that through our collective work, we can make a difference.

30 Try focusing on being intentional rather than consumer driven by giving homemade gifts for Eid this year. Write a poem, make a piece of art, frame a favorite picture, or bake something.