

GREEN MUSLIM PRESENTS

# TIPS FOR A ZERO-WASTE LEFTAR

HAVE EARTH-FRIENDLY MEALS THIS RAMADAN

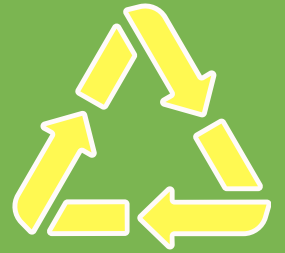
## WHAT IS RAMADAN ABOUT?



During Ramadan, Muslims abstain from worldly pleasures, including food, from dawn to dusk and focus more on prayer to become closer to God. We reflect on our actions and evaluate whether or not they meet the standards of pleasing God.

## WHAT IS A LEFTAR?

Since its inception 12 Ramadans ago, Green Muslims has hosted and encouraged leftars—zero-waste iftars based on leftovers and reusable plates, cups, and utensils. Leftars are good for the earth and follow Islamic teachings of avoiding waste as no food is wasted and no toxic trash goes to our trash landfills or incinerators.



## BENEFIT #1 OF LEFTARS

### ELIMINATING FOOD WASTE



Qur'an and sunnah (sayings and examples of the Prophet Muhammad ﷺ) emphasize the importance of avoiding wastefulness in Islam. "O children of Adam! Attend to your embellishments at every time of prayer and eat and drink and be not extravagant; surely He does not love the extravagant." [Qur'an Surah A'raf, verse 31]

## BENEFIT #2 OF LEFTARS

### HELPING THE ENVIRONMENT

By avoiding single-use plates, cups, and utensils during Ramadan and always, Muslims can help decrease the amount of trash created and the demand for toxic plastics and styrofoam to be produced in the first place. The Prophet Muhammad ﷺ said, "Removing harmful things from the road is an act of charity (sadaqah)."



## BENEFIT #3 OF LEFTARS

### HELPING THOSE LESS FORTUNATE



By saving food, money, and time, Muslims can provide more to people in need by donating and volunteering. The Prophet Muhammad ﷺ said, "Whoever provides the food for a fasting person to break his fast with, then for him is the same reward as [the one fasting], without anything being diminished from the reward of the fasting person."



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**Green Muslims**