

# Green Ramadan Pledge

I \_\_\_\_\_ pledge this Ramadan to **make a difference** to be environmentally conscious, socially responsible and compassionate to those around me in following the example of Prophet Muhammad ﷺ the mercy to the worlds. In order to fulfill this, I pledge to do the following action items (select pledge items):

## Water

- 1. **Adopt a Sunnah Wudu:** It is reported that the Prophet Muhammad would perform the entire wudu from a bowl two-hands full together (approximately 0.5 liter) and he warned against excess in performing ablution (israf).
- 2. **Quick Showers:** Reduce shower time by 20%. On average, a ten minute shower results in twenty-five gallons of water down the drain.

## Waste

- 3. **Eliminate Plastic Water Bottles:** Plastic should be minimized because of harm related to global warming and health.
- 4. **Eliminate Styrofoam.** Styrofoam is unrecyclable and non-biodegradable, which means that it will persist as garbage even a thousand year after its use.
- 5. **Adopt a Reusable water bottle/mug** whether you are at the mosque, work, or home. Avoid bringing plastic disposable bottles to the mosque during iftars and for tarawih.
- 6. **Reduce Disposable Party items:** Remove or reduce all of disposable items from your parties and save money while doing so.

## Food

- 7. **Reduce food waste and over consumption** by eating moderately, keeping in mind the hadith (fill  $\frac{1}{3}$  of stomach with food,  $\frac{1}{3}$  water, and  $\frac{1}{3}$  empty). Take only what you can comfortably finish.
- 8. **Sunnah Iftars:** Eat More Fruits & Vegetables, Less Meat: The Prophet's diet consisted mostly of grains, dates, water, milk, honey, vegetables and fruits. Meat was not daily part of his diet.

## Energy

- 9. **Make an effort to carpool.**
- 10. **Plant or expand a garden this year** (less grass, more trees and plants) at home or the mosque and remember that planting a tree is a charity.