



2019

# GREEN RAMADAN GUIDE

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Let's begin a greener journey together

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**KHALEAFA**.com  
A SACRED TRUST



# Editor's Note

*From food to transportation and energy, this guide explores various aspects of everyday life and how simple changes can make a big impact this Ramadan.*



'Khaleafa' is the Arabic word for steward and represents the sacred responsibility that has been bestowed upon us by Allah. The Islamic teachings of the Quran and Sunnah have so many incredible ideas about conservation and it is only by tapping into this and awakening our inner 'khaleafa' that we will be able to develop new solutions to mitigate the environmental challenges our planet faces.

We believe that the Muslim community can play an integral role in tackling these challenges and that by working together with other faith groups and environmental organizations, we can help to create a healthy and sustainable future.

At Khaleafa.com we strive to inspire stewardship responsibility through action. And we hope that through this Green Ramadan Guide everyone is inspired to take action this Ramadan. May we all reap the rewards inshaAllah.

A handwritten signature in blue ink, appearing to read 'Muaz Nasir'.

MUAZ NASIR  
**Editor & Publisher**

GREEN RAMADAN GUIDE 2019



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# (GREEN) RAMADAN MUBARAK!

During Ramadan, as we gather and give thanks for our many blessings, we encourage everyone to think of this planet that is entrusted to us. This earth, this one home, is all we have. And as stewards of this earth, on a daily basis there are countless individual actions that we can make which will have a large collective difference.

With this in mind, we've put together this **Green Ramadan Guide** filled with simple actions that will help get you started on a greener journey - whether at home, at the mosque or elsewhere in the community!

This guide is accompanied with **Green Ramadan Action Plan poster** that you can download and share with friends and family, community members or post it up at your local mosque or community gathering place to spread the word about **#GreenRamadan19!**



# TRANSPORTATION

*In this section we explore the impacts of transportation and explore alternatives that help to reduce greenhouse gases*

# *Did you know that transportation accounts for 24% of Canada's total emissions?*

- Environment Canada (2017)



*This Ramadan, take a backseat.*

**Carpooling** cuts down on the number of vehicles on the road. And fewer cars means there is less carbon and pollution getting into the air. This protects the environment by keeping our air, water, and land cleaner.

# Here are some ways carpooling saves you:

- **Save on gas:** with rising gas prices save a little bit of extra cash and donate to a charity or organization (or save up for all those eidi envelopes!)
- **Free time:** with someone else driving you can free up some time to catch up on Quran or do dhikr.
- **Parking:** with less cars, think of how much easier it will be to find parking at the mosque!
- **Connect:** with others in the car, reconnect with friends, family and members of the community you don't often see outside of Ramadan.
- **Less traffic:** with less cars on the road, there will be less traffic as well. This makes getting from iftar to tarawih that much easier!





## Also try...

If carpooling isn't your thing, there are other alternatives that you can try:


- **Biking:** with Ramadan now in the warmer months, if the weather is nice try biking to the mosque. Be sure to wear the proper safety gear (e.g. helmet, reflective clothing, etc.)
- **Walking:** with nice weather and the blessing of living close to a mosque, this may be a great alternative for you. Ensure you wear proper clothing and follow pedestrian signs to stay safe
- **Transit:** consider taking the bus or train to the mosque if there is a route that services your area



# FOOD

*In this section we explore the impacts of food production and alternatives that help to reduce greenhouse gases*





According to Agriculture and Agri-Food Canada, 10% of Canada's greenhouse gas emissions come from crop and livestock production. And that does not include emissions from fossil fuels or from fertilizer production which are all part of the larger food production process.

***Did you know that agriculture is an invaluable process that helps to store carbon on agricultural lands helping to slow climate change?***

Here are a few simple things you can do to help keep the food production process sustainable:

- **Choose local produce:** not only is local produce fresher but it also has a smaller carbon footprint due to the shorter transportation process to get it from farm to table.
- **Meatless Mondays:** a popular hashtag and movement, but going meatless one day a week can actually have a significant impact. Eating one less burger a week saves as much greenhouse gas as a car would produce if it drove 320 miles!



*Canada wastes 873 pounds of food per person a year (Financial Post, 2019). This makes us one of the biggest wasters on the planet and it is costing out economy about \$30 billion each year!*

- **Reduce food waste:** at iftar time, arrange for leftovers to be handled properly. **Have takeout containers available** for anyone who wants to take leftovers home. And at home, **have a leftover iftar night** to use up all of your leftovers before they spoil.

**“But waste not by excess: for Allah loveth not the wasters”  
(Quran 6:141)**



# ENERGY

*In this section we explore ways to save on energy this Ramadan*



POSTMODERN  
PAINTING/ Stella  
alternately paints in  
oil and watercolor

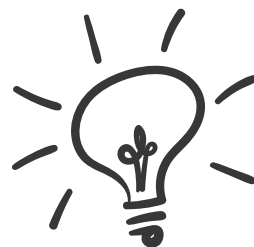
# ENERGY EFFICIENCY

We can all do something each day to conserve energy and reduce our impact on the environment. Through the efficient use of energy in our homes, schools, mosques and organizations, we can reduce the amount of energy we use not only saving the environment but also a little extra cash!

While there are larger projects like retrofitting your home, installing smart thermostats or purchasing energy efficient appliances, we're sharing some tips with you for quick everyday wins.



- **Turn down the lights:** dimming the lights during tarawih prayers not only help to save on electricity costs but also keeps the space cooler. It's a win/win!
- **Unplug:** Standby power can account for 10% of an average household's annual electricity use. Unplug unused electronics and save as much as \$50 a year.
- **Replace light bulbs:** switch out your traditional incandescent light bulbs for halogen incandescent bulbs, compact fluorescent lights (CFLs), and light-emitting diode bulbs (LEDs). They use anywhere from 25-80% less electricity and last three to 25 times longer than traditional bulbs.



**Energy efficiency in the residential sector in Canada improved by 45% from 1990 to 2013, resulting in average savings of \$869 per Canadian household (Natural Resources Canada).**



# WATER

*In this section we explore ways to help conserve water*

**Canadians use about 223 litres of water per person, per day.**

Climate change is already threatening our water supply. Even though Canada has about 20% of the world's fresh water, only about 1% is replenished each year by rain or snowfall (CCPA, 2016).

## OUR EVERYDAY TIPS

### LEAKY FAUCETS

A tap that drips six drops a minute will lose 1,200 litres of water annually. That's about seven full bathtubs! Spend a day around the house this Ramadan and fix any leaky faucets.

### CONSERVE WATER

Congregations tend to be larger during Ramadan so be sure to not waste water when performing your wudu.

It is said that the Prophet (PBUH) used one handful of water for his wudu.

Try opening the tap to a slow trickle instead of all the way or filling up a container and using the water to perform wudu instead.

### SHORTER SHOWERS

If two people in your home cut their shower time by a minute each, you could save \$30 over a year.



# Also try...

*We've included some bonus tips below to help you have a greener Ramadan:*

## **NO STYROFOAM**

Styrofoam containers contain toxins like benzene and styrene which can leach into foods and drinks and then get into our bodies. Styrofoam waste also takes hundreds of years to breakdown and pollutes the environment.

Help cutdown on the styrofoam waste and choose other biodegradable options instead like paper or other plant-based materials.

## **LITTERLESS IFTAR**

Help reduce the amount of waste at iftar time by avoiding single-use items like disposable plates, cups and cutlery.

## **REUSABLE WATER BOTTLES**

In the Great Lakes, plastic makes up 80% of all litter. Use reusable water bottles to help reduce the plastic waste that ends up in landfills and our oceans.







# *Ramadan & beyond*

HOW TO KEEP THE  
GREEN STREAK GOING  
STRONG AFTER  
RAMADAN ENDS

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As we say goodbye to Ramadan, we hope that you will not say goodbye to the good habits that you've developed this month.

It is our hope that Ramadan has helped to not only build good spiritual habits but also helped you develop a sense of responsibility to the earth, our *amanah* (trust from God).

The actions in this guide are easily adaptable to everyday life and we hope that you continue to strive to make a difference each and everyday.

Eid Mubarak and best wishes from the Khaleafa.com team!

You can always reach us at [info@khaleafa.com](mailto:info@khaleafa.com). We are always listening.

# GREEN RAMADAN ACTION PLAN

Ramadan Mubarak! This year Khaleafa.com wants to help you have a greener Ramadan. This quick and easy action plan will help get you started on a greener journey whether at home, at the mosque or elsewhere in the community!



## 1 CARPOOLING

One of the easiest ways to reduce our carbon footprint and the emission of greenhouse gases is getting more cars off the road. Try carpooling to the mosque for iftar and tarawih and as an added bonus, you'll spend less time stressing about parking!

## 2 NO STYROFOAM

Styrofoam is bad for both you and the environment. Let's help cutdown on the styrofoam waste and choose other biodegradable options instead like paper or other plant-based materials.

## 3 WATER BOTTLES

In the Great Lakes, plastic makes up 80% of all litter. Use reusable water bottles to help reduce the plastic waste that ends up in landfills and our oceans.

## 4 FOOD WASTE

Reduce iftar waste by arranging for leftovers to be handled properly. Have takeout containers available for anyone who wants to take leftovers home. And at home, have a leftover iftar night to use up all of your leftovers before they spoil.

## 5 TURN DOWN THE LIGHTS

Turning down the lights during tarawih prayers not only help to save on electricity costs but also keeps the space cooler. It's a win/win!

## 6 CONSERVE WATER

Congregations tend to be larger during ramadan so be sure to not waste water when performing your wudu. Try opening the tap to a slow trickle instead of all the way or filling up a container and using the water to perform wudu instead.

## 7 CHOOSE LOCAL PRODUCE

Whenever possible, choose local produce and meats to use in preparing your iftar and dinner. Not only are they fresher but because they are local, they have a smaller carbon footprint.

## 8 MEATLESS IFTAR/DINNER

The meat production process releases a large amount of harmful green house gases into the atmosphere. Having one meatless iftar per week can help reduce these emissions.

## 9 LITTERLESS IFTARS

Help reduce the amount of waste at iftar time by avoiding single-use items like disposable plates, cups and cutlery.

## 10 SPREAD THE WORD

Take the opportunity while you have friends and family together to speak about environmental issues and encourage each other to take small everyday actions that will make a big collective difference!