



# GREEN IFTAR GUIDELINES

A Green Iftar is an environmentally conscious Ramadan meal that minimizes waste and carbon emissions while honoring Islamic ethics.



# TABLE OF CONTENT



<b>01</b>	Introduction	3
<b>02</b>	Purpose	4
<b>03</b>	Guidelines Strategy	5
<b>04</b>	Guidelines & Best Practices	8
<b>05</b>	Case Studies & Lessons Learned	11
<b>06</b>	Monitoring & Evaluation	16
<b>07</b>	Conclusion	17
<b>08</b>	Call to Action	18
<b>09</b>	Appendix	19



# 1. INTRODUCTION

A “GreenIftar” is a communal or household breaking-of-fast designed to minimise environmental harm while maximising spiritual and social benefit. Muslim communities host millions of Iftars each Ramadan; their combined food waste, single-use items and energy consumption create a sizable carbon and plastic footprint. Aligning these gatherings with Islamic principles of khilāfah (stewardship) and laisrāf (no waste) turns Ramadan into a living demonstration of climate action.

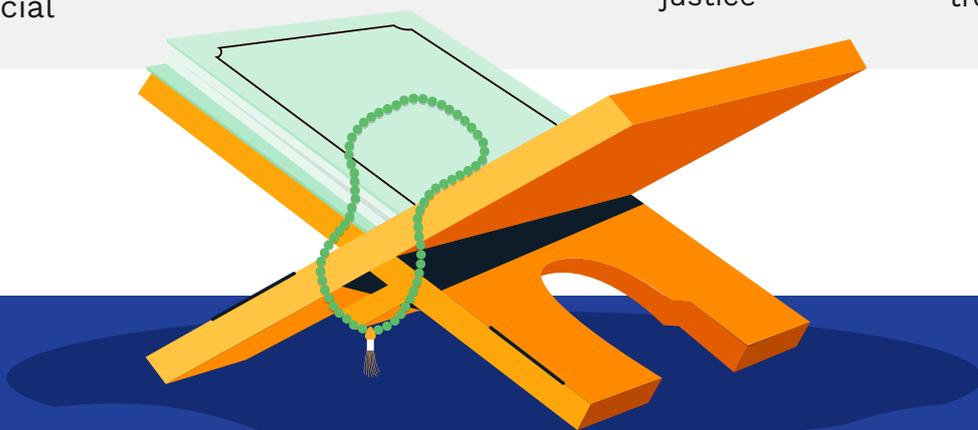
**The Haudenosaunee**, the Indigenous people in Canada, teach that every decision should sustain the **next seven generations**, echoing Qur’an 6:165 (‘to see how you will act’).

This guideline provides a practical pathway rooted in Qur’anic ethics, climate best practices, and field case studies for allies to assess, plan, implement, and evaluate GreenIftars at their communities.

# 2. PURPOSE

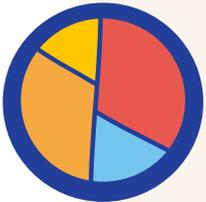
The Qur'an and Prophetic tradition establish a clear moral architecture for environmental ethics. Stewardship (khilāfah) anchors Muslims as guardians, while moderation and the prohibition of waste translate directly into modern sustainability metrics. By rooting every guideline in these texts, we elevate ecological action from optional "green add-ons" to acts of worship ('ibādah). This framing is decisive for community buy-in: believers are more willing to adopt new behaviours when they recognise them as Sunnah-consistent.

Principle	Qur'anic/Hadith source	Ecological meaning	Behavioural cue
<b>Khilāfah</b> (trusteeship)	Q2:30 - "I am going to place a successive 'human' authority on earth."	Humans are Earth's custodians, "Stewardship of Earth"	Choose low-impact options even if costlier
<b>Wasatiyyah</b> (moderation)	Q25:67 - "Those who, when they spend, are neither extravagant nor stingy but hold a just balance"	Balance in consumption	Serve palm-sized portions; share surplus
<b>Laisrāf</b> (no waste)	Q7:31 - "...eat and drink but do not waste; indeed He does not love the wasteful"	Waste is sinful	Prevent, reduce, compost, recycle
<b>Iḥsān</b> (excellence)	Ḥadith in Muslim - "Allah has prescribed excellence in all things"	Eco-excellence is worship	Aim for zero single-use plastics
<b>Sadaqah &amp; Waṣl</b> (charity & social)	Multiple ḥadith	Ecological justice = social justice	Channel savings into local tree-planting



# 3. GUIDELINES STRATEGY

The strategy table translates principles into a project-management blueprint. Each “Domain” corresponds to a major emissions or waste hotspot identified in empirical audits of Ramadan kitchens worldwide. The “How” column privileges actions that deliver the steepest return per dollar or volunteer hour, ensuring the guideline remains accessible to low-resource communities while still ambitious enough for large urban mosques.

Domain	What	Why	How	
	<b>Menu &amp; Procurement</b>	Local, seasonal, plant-forward dishes	Short supply chains cut emissions & support farmers	Meal plan with market produce; substitute red meat with plant-based alternatives
	<b>Portion Control</b>	Cook for RSVPs only	Food waste is the #1 Iftar landfill item	Online RSVP + mindful consumption (sunnah)
	<b>Energy &amp; Cooking</b>	Efficient stoves, renewable power	Cooking fuels drive hidden emissions	Soak beans; use induction at home for homemade meals. Choosing a venue powered by renewable energy
	<b>Water Stewardship</b>	Halve the dish-washing water	Many Muslim-majority regions face scarcity	Two-bucket wash system for dishes
	<b>Tableware &amp; Packaging</b>	Remove single-use plastics	Plastics are the biggest visible waste stream	“Bring your own” utensils or eco-friendly utensils. Choose ingredients that can be purchased for reasonable prices without plastic packaging. Take your own bags if local shops only have plastic options.

Domain	What	Why	How
 <p><b>Waste Management</b></p>	<p>Source-separated compost/recycling</p>	<p>Sorting boosts diversion by &gt;70%</p>	<p>Clearly-labelled bins + volunteer guides</p>
 <p><b>Transport &amp; Access</b></p>	<p>Low-carbon mobility</p>	<p>Guest travel can outstrip food emissions</p>	<p>Car pooling, walking and public transport</p>
 <p><b>Education &amp; Engagement</b></p>	<p>Teachable moments each night</p>	<p>Behaviour change outlives Ramadan</p>	<p>2-min “GreenKhutbah”; eco-quiz for youth. Social media campaigning and content creation</p>
 <p><b>Monitoring &amp; Reporting</b></p>	<p>Measure–learn–improve</p>	<p>Transparency builds trust</p>	<p>Publish the report with allies</p>



**A quick-start checklist with the top 3 actions can be found below for different community setups:**



## First Time Organisers

- Meal plan and prep with local market produce
- Cook for confirmed guests only
- Eliminate single-use plastics

## Small Mosque/Community (people 50 under)

- Meal plan and prep with local market produce and substitute red meat with plant-based alternatives
- Cook for confirmed guests
- Assigned volunteers for managing composting and recyclable materials

## Large Community (50+ people)

- Meal plan and prep with local market produce and substitute red meat with plant-based alternatives
- Waste audit by incorporating green practices, eg. two-bucket wash system for dishes and portion control



# 4. GUIDELINES & BEST PRACTICES

## 4.1 Food & Procurement

- Swap polystyrene or PET containers for borrow-and-return stainless steel tiffins or eco-friendly plates (e.g. betel leaf plates) or use paper packaging.
- Bulk-purchase produce from local shops or farmers' markets, cutting farmer waste and budget simultaneously.

## 4.2 Waste Management

- Try to collect fruit/vegetable scraps and peel for household-level solid waste management, converted into compost for house gardens or parks nearby. If you have the option to recycle or compost cooked food, please collect it as well eg. Bokashi composting.

## 4.3 Energy & Water Conservation

- Encourage pre-soaking of grains/lentils (reduces cooking fuel by %40).
- Demonstrate the Prophetic Madd (0.6 L) with a clear jug at the dish-washing station; volunteers time how many plates can be cleaned within one jug to gamify water saving.

## 4.4 Education & Engagement

- Record a 90-second Reel of the waste audit and post with #GreenIftar and other social media hashtags, leveraging existing content without extra cost while inspiring global replication.



## 4.5 Contingency Planning

### If Reusable Plates Unavailable:

- Use compostable plates (bamboo, palm leaf) and cutlery, if needed.
- Provide hand sanitiser, encourage hand-eating traditional style.
- Ask attendees to save and reuse disposable plates for reinforced helping.

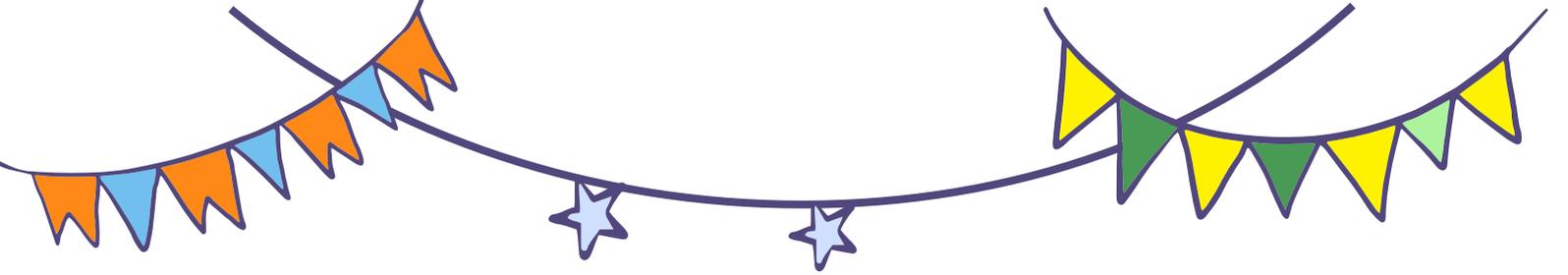
### If Too Much Food:

- Pre-arrange food rescue pickup with the local shelter.
- Package leftovers for attendees to take home.
- Designate freezer space for the next day's Suhur.

### If Weather Issues (Outdoor Events):

- Have an indoor backup location confirmed.
- Rent/borrow pop-up tents.
- Prepare waterproof covers for waste stations.
- Plan a simplified menu for quick serving.





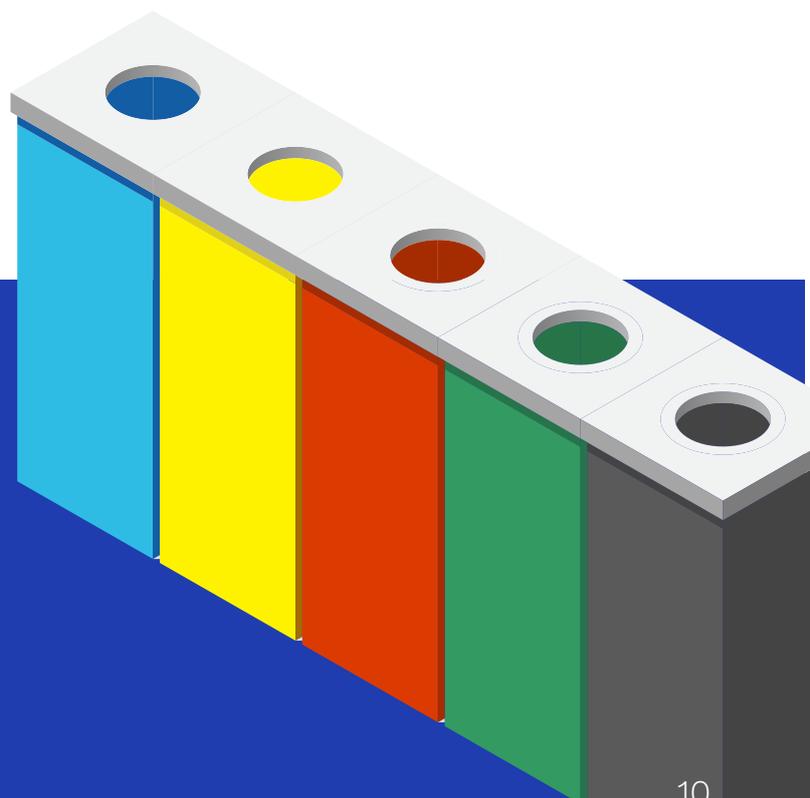
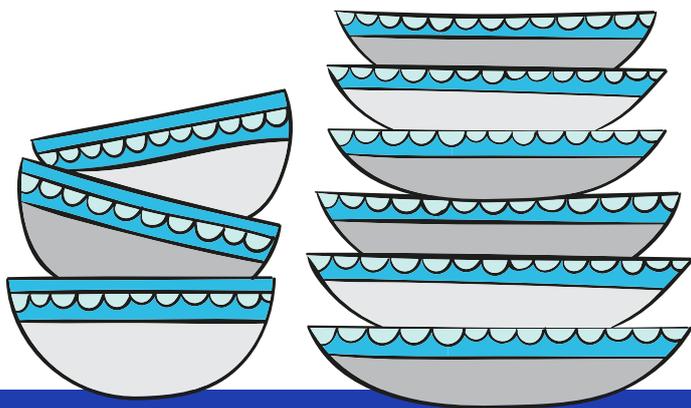
## 4.6 Budget Conscious Communities

### Zero Additional Cost Options:

- Ask each family to bring one reusable item (plate, cup, or serving spoon).
- Partner with a local restaurant for leftover donation instead of catering.
- Use the mosque's existing dishes and recruit washing volunteers.
- Collect vegetable scraps for the community garden compost if available.
- Create homemade decorations from recycled materials.

### Low-Cost High-Impact:

- Buy 20 cheap reusable plates that rotate between families.
- Purchase 3 clearly labelled bins for waste sorting.
- Print QR code for digital RSVP system.
- Buy ingredients for 3-2 plant-based dishes in bulk.
- Get a simple digital scale for waste measurement.





# 5. CASE STUDIES & LESSONS LEARNED



## 5.1 Green Generation Foundation (Jordan)

### Impact:

By bridging the gap between faith, community action, and sustainability, the sessions reinforced the collective power of faith-driven efforts in tackling climate challenges. They fostered stronger networks among participants and highlighted the role of shared values in inspiring environmental stewardship.

### Key actions:

Two interactive sessions were conducted, focusing on advancing the role of communities and youth in implementing faith-based climate initiatives. These sessions aimed to amplify the contributions of faith actors in climate action through dialogue, collaboration, and the sharing of experiences.

### Lesson:

Participants shared valuable experiences on integrating ecological awareness into religious teachings and community initiatives. The discussions emphasized the significance of community engagement, policy advocacy, and grassroots movements as essential tools for promoting sustainable lifestyles and reducing the impacts of climate change.



## 5.2 EnviroMuslims (Canada)

### Key actions:

**30-day**  
social-media  
eco-challenge;

**two Green Iftars**  
with sustainability  
workshops.

### Impact:

**9,224 views,  
501 interactions,  
103 new followers;**

high participant realisation of Islamic  
eco-duty.

### Lesson:

Digital engagement broadens reach and prepares mindsets before the physical Iftar.



## 5.3 Banlastic Plastic-Free Iftar (Egypt)



### Impact:

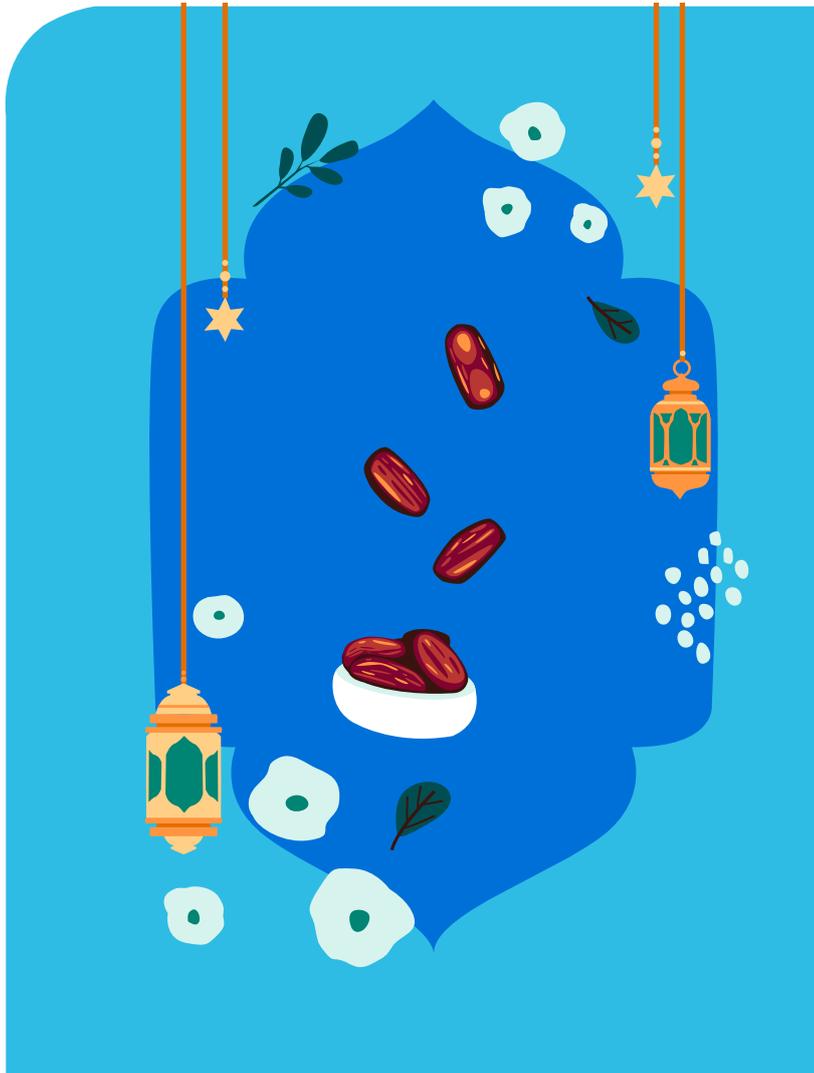
Demonstrated public-space revival and zero single-use consumption; highlighted logistical needs (lighting, back-up utensil stock).

### Key actions:

Public-park venue; reusable utensils; local food providers; donation of surplus.

### Lesson:

Advance site audits and small test runs mitigate operational surprises.



## 5.4 HAP-OBAT Green Iftar Pilot (Bangladesh)

### Impact:

**65% reduction in plastic by weight;**

community requested year-round adoption.

### Key actions:

Shift from foam boxes to bagasse trays; local sourcing; volunteer training on waste segregation.



### Lesson:

Visible change (no foam) plus faith messaging accelerates community buy-in.



## 5.5 Greenpeace (Indonesia)

### Key actions:

Supported the community in Cililitan, East Jakarta, to clean their local mosque after a big flood. Conducted a green iftar in the mosque with a light discussion on climate impact, who is most impacted, and what can be done. Used less plastic by using bamboo boxes for the main course. Provided refill stations and reusable cups for drinking. Used less plastic packaging for snacks.



### Impact:

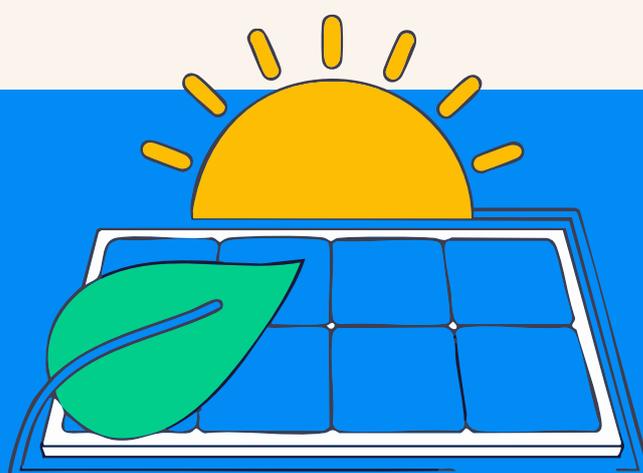
Usage of reduced plastic items e.g., bamboo boxes was used for main course meals. We provided water refilling stations and reusable cups for drinking water. We also reduced using plastic packaging for the snacks.

### Lesson:

Promoted green initiatives on Islamic events such as iftar, demonstrated sustainable practices, less plastic, and less waste. Pushed the narrative that the Muslim community is hand in hand in handling climate impact. Built solidarity within the Muslim community.

# 6. MONITORING & EVALUATION

KPI	Baseline	Target	Data source
<b>Food waste per capita</b>	<b>300–200 g/person</b>	<b>&lt;100g</b>	<b>Weighed bins nightly</b>
<b>Single-use items</b>	<b>20–10 items/person</b>	<b>0</b>	<b>Volunteer count</b>
<b>Plant-based calorie share</b>	<b>30–40%</b>	<b>≥66%</b>	<b>Menu analysis</b>
<b>Renewable-energy share</b>	<b>0–10%</b>	<b>≥25%</b>	<b>Utility bills</b>
<b>Behaviour change pledge</b>	<b>10–20% of attendees</b>	<b>≥50% of attendees</b>	<b>End-Ramadan survey, Eco-Sadaqah Certificates for adopting Green Iftar practices.</b>





# 7. CONCLUSION

A Green Iftar embodies both the spirit of ‘ibādah and the urgency of climate action. By integrating Islamic ethics, proven sustainability measures, and real-world case studies, Muslim communities can transform Ramadan into a platform for ecological leadership and leading by example. Green Iftars are not a luxury sustainability trend; they are a *fiqh al-bi’ah* (jurisprudence of environment) imperative grounded in *maqāsid al-sharī‘ah*; the higher objectives of safeguarding life and progeny.

It is recommended to emphasise that small communal interventions, e.g. switching to plant-based menus, eliminating single-use plastics, aggregate into nationally significant emission reductions when propagated across communities. The spiritual multiplier of Ramadan accelerates behaviour change: every kilo of waste avoided is simultaneously an act of worship and climate resilience. Our Ummah’s demographic weight means that mainstreaming Green Iftars can move global mitigation needles, especially in rapidly urbanising Muslim-majority cities.

# 8. CALL TO ACTION

## **Transform Your Ramadan: Embrace Green Iftars for a Sustainable Future.**

Every decision we make, especially during the blessed month of Ramadan, carries profound impact. These guidelines empower your community to significantly reduce its environmental footprint, foster sustainable practices, and set a powerful example of ecological responsibility.

We urge you to utilize these practical steps, contribute to meaningful change, and join a global movement demonstrating how collective faith-inspired action can lead to a healthier planet for generations to come. Your Green Iftar can move the needle. Start by adopting one guideline this Ramadan!



# 9. APPENDIX

## Glossary of Terms:

**ibādah:** An act of worship.

**Fiqh al-bi'ah:** Jurisprudence of environment.

**Ḥadith:** A saying or tradition of the Prophet Muhammad (PBUH).

**Iḥsān:** Excellence; eco-excellence is worship.

**Khilāfah:** Stewardship; trusteeship; humans are Earth's custodians.

**La isrāf:** No waste; the prohibition of waste.

**Maqāṣid al-sharī'ah:** The higher objectives of Islamic law

**Madd:** A prophetic measure of volume, approximately 0.6 liters.

**Sadaqah:** Charity

**Sunnah:** The practice and teachings of the Prophet Muhammad (PBUH).

**Waṣl:** Social cohesion

**Wasatiyyah:** Moderation; balance in consumption.

## Further Resources

### Toolkits & Guides:

Muslim Climate Watch – Zero-Waste Iftar Toolkit

Ummah4Earth – Ramadan in Harmony with Earth

Embrace Relief - Sustainable Iftar: Eco-Friendly Practices for Ramadan

Bahu Trust - A Guide to an Eco-Conscious Ramadan

UNEP – [\*Faith for Earth: A Call for Action\*](#)

EnviroMuslims - [\*Eco-Ramadan Challenge\*](#)

EnviroMuslims - Greening Canadian Mosques Toolkit ([\*Ramadan and Events\*](#))

## Case Studies

Grist – [\*Atlanta Masjid Zero-Waste Case Study\*](#)