Green Ramadan Guide Bahrain
Allah has made the Earth green and beautiful, and He has appointed you as stewards over it.

– Saying of the Prophet Muhammad (peace and blessings be upon him)

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The Arab Youth Climate Movement - Bahrain Chapter,

www.bnature.info,

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Islam and the Environment

Environment protection is an important aspect of Islam. Being stewards of the Earth, it is the responsibility of Muslims to care for the environment in a proactive manner. There is a definite purpose behind the creation of different species, be it plants or animals. Muslims are encouraged to reflect on the relationship between living organisms and their environment and to maintain the ecological balance created by Allah. Protection of the environment is essential to Islamic beliefs and mankind has the responsibility to ensure safe custody of it.

The Islamic perspective on environmental protection reflects a positive image about Islam and how it embraces every single matter that human beings face on earth. The Islamic attitude towards environment and natural resource conservation is not only based on prohibition of over-exploitation but also on sustainable development.

The Qur’an says that Allah is the Creator of the world and that the whole earth has been created as a place of worship that is pure and clean. Whoever plants a tree and diligently looks after it until it matures and bears fruit is rewarded. If a Muslim plants a tree or sows a field and humans, beasts and birds eat from it, all of it is love on Allah’s part.

Muslims have to look after the earth because it is all Allah’s creation and it is part of a human’s duty to Allah.

In the Qur’an, Muslims are instructed to look after the environment and not to damage it:

Devote thyself single-mindedly to the Faith, and thus follow the nature designed by Allah, the nature according to which He has fashioned mankind. There is no altering the creation of Allah.

Surah 30:30

As Ramadan is a time for spiritual growth, so too is it a great time to reconnect to the trust, the Amanah, that Allah has given us in the form of the Earth and all that inhabit it.

Prophet Muhammad (pbuh) is one of the most, if not the only one who reached a pinnacle of success by not only verbally teaching, but stringently applying Islamic principles of ecological action.

Prophet Muhammad (pbuh) categorically taught people to live on less, to protect animal and plant life, and to worship the Creator by being merciful to the creation. What is also distinctive about Prophet Muhammad’s (pbuh) advice is the connection between ethical practices and the eternal effects in the life after death, which represents a greater incentive for Muslims to care for the earth and its resources.
Climate Change

Islam teaches us that Allah created this world in a balanced form, but changes in the environment arising from human activities and excessive use of fossil fuels, for example, have led to the extreme changes in its climate. Climate change is one of the biggest global challenges, where unprecedented levels of carbon emissions have caused an increase of disasters, such as floods and typhoons, affecting some of the poorest and most vulnerable communities around the world.

Bahrain will be affected through more extreme heat, sea level rise, food insecurity and water scarcity - all of which will ultimately affect the health and economic wellbeing of our communities.

Encourage Khutbat Ul-Jum’a on the Environment

Imams have an important opportunity to speak on ayat (verses of the Holy Qur’an) about the Earth during their khutba (sermon) during jumm’aah prayers. Over 700 ayat have direct references to the environment and nature, and imams have a golden opportunity to speak about Creation as an Amanah (trust) - and Muslims’ obligation to care for it and conserve it. Many people have never heard an imam speak in this way, and it can be a life-changing experience to hear such a khutba.

Allah is the light of the heavens and the earth the smile of Allah’s light Is like a niche in which is a lamp, the lamp in a globe of glass, the globe of glass as if it were a shining star, lit from a blessed olive tree neither of the east nor of the west, its light nearly luminous even if fire did not touch it Light upon light!

Holy Qur’an 24:35
Bahrain Food Waste
According to the Kingdom of Bahrain Supreme Council for Environment (SCE), an estimated 400 tonnes of organic food waste is generated on a daily basis. During Ramadan, this increases to approximately 600 tonnes of food which is thrown away every day.

As much as 25 – 30 per cent of the food that people buy ends up in the bin during the holy month as a large quantity of food is wasted, which is often cooked and then not eaten. This places a heavy burden on the country’s sanitation and municipal waste services is also damaging to the environment.

SCE have estimated that around 0.3 kg of food per person per day is wasted, accounting for around 12 per cent of the total food being bought. During Ramadan, this increases by 50 per cent to 0.45 kilogrammes per person per day.”

Wasted food is estimated to produce the equivalent of 2,700 tonnes of greenhouse emissions gases every day in Bahrain.

Food waste is not only an environmental problem, as its effect extends in depth to burdens that are social, economical, cultural, humane, and religious.
**Green Iftar**

**O children of Adam, take your adornment at every masjid, eat and drink: but waste not by excess, for Allah loveth not the wasters.**

The Holy Quran, 7:31

Islamic tradition also says to eat in thirds – 1/3 for food, 1/3 for water, and 1/3 for air, strongly implying to be able to move and breathe easily after a heavy meal!

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**Top Green Iftar Tips**

Insha’Allah we can work together to revive the sunnah of the Prophet Muhammad (pbuh), by reducing our consumption and cultivating our environmental consciousness and stewardship, all the while saving the family money (to be able to give to the poor more) and minimising the environmental impact of our Ramadan iftars.

**Use Reusables**

As many plates, cups, napkins and utensils as possible should be reusable, and if not reusable then it should be recyclable. Using real cutlery and tableware reduces the trash that goes into our landfills.

(Find your nearest recycling point [here](#))

If hosting a gathering, explore the possibility of renting dinnerware from a local restaurant if you don’t want to use your own.

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**Eat Less Meat**

High meat consumption is one of the largest contributors to global warming. Having at least two to three vegetarian iftars a week is better for our health and the planet.

- Don’t make more food than you can eat.
- Challenge yourself and your family to cook and put on your plate only what you can eat.
- If you have leftovers, put them in reusable containers to eat for the next morning’s suhoor.
- If you have leftovers from a large gathering, then donate the untouched food and drinks to a local food charity. (List is [here](#))
**Make Recycling Easy**
When hosting large gatherings, buffets and events, provide recycling options during your iftars, and make bins to sort recycling visible and convenient.

Have bins for paper, plastic, glass, aluminium and food scraps.

Appoint recycling ambassadors to make sure items go in the proper bin.

Recycling conserves our natural resources, saves energy, protects our environment, reduces the use of landfills and incinerators, and saves money.

(Find your nearest recycling point [here](#))

(A list of organizations that provide recycling bins in Bahrain)

**Eat Local**
Shop for local and seasonal fruits and vegetables.

Local foods are often more fresh and keep us connected to the seasons. Eating local helps support our local economies, and our food has a shorter distance to travel, helping to reduce pollution and our carbon footprint.

**Eliminate Styrofoam**
As much as possible try to have a trash free iftar.

Polystyrene, commonly known as styrofoam, contains toxic chemicals that can leach into our food. Styrofoam is not accepted in most recycling programs and takes hundreds of years to biodegrade. Exchange styrofoam with alternatives that are compostable or recyclable.

**Share the Love**
If you end up with excessive food, make sure you send a couple plates to your neighbors, friends, and loved ones.

**Eliminate Palm Oil**
Various food options during the iftar meal consists of items which are fried. Avoid frying in palm oil as the process of mass producing palm oil heavily contributes to deforestation and the extinction of various animal and plant organisms.
Healthy Eating - The Prophet’s Diet (Pbuh)

Allah touches on two extremely important points in the Qur’an when it comes to food consumption: quantity and quality.

As to food quantity, He states:

وَكُلُواْ وَٱشرَبُواْ وَلَ تُسرِفُوٓاْ
Eat and drink, but not to excess

As to food quality, He states:

يَايُّهَا الَّذِينَ ءَامَنُواْ كُلُواْ مِن طَيِّبَاتِ مَا رَزَقْنَـكُمْ
O people of faith, eat from the pure provisions we have given you

These verses are the golden rules of food consumption. Both the quantity and quality of food we eat have a direct impact on our physical, emotional and spiritual well-being. Excessive food consumption and poor food choices can lead to obesity.

In Bahrain, according to the Ministry of Health, there were approximately 154,300 cases of diabetes in 2015. The obesity rate is also one of the highest in the world, with 30% of adults aged 20 and above obese, and 54% of adults overweight.

Obesity can lead to countless health problems, including heart disease, stroke, type 2 diabetes, certain cancers, anxiety and depression. 782 people died in Bahrain due to Diabetes in 2015.

So what is the solution to this growing problem? It begins with changing our approach to food.

The Messenger and Food Quantity

“The worst vessel the son (or daughter) of Adam ever fills is in his (or her) stomach. It is enough for the son of Adam to eat a few morsels that will maintain his back’s uprightness. But if he must add more to his stomach, then let it be one third for food, one third for water, and one third for air.”

The statement is a stark warning and profound advice from the Messenger of Allah (peace and blessings be upon him and his family). He is not advocating starvation here, but drawing our attention to the dangers (both physical and spiritual) of overeating.
Fasting
Many Muslims do not realize that when the Qur’an states that the purpose of fasting is to increase taqwa (God-Awareness), this taqwa attained through fasting should also manifest itself on a physical level. These physical results of fasting may have some of the following benefits:

- Reduce blood pressure
- Reduce risk of developing cancer
- Decrease oxidative stress
- Protect against degenerative brain diseases
- Increase fat burning
- Improve blood sugar control and appetite control
- Increase sense of well-being

Among the food he would regularly eat:
Dates, Watermelon, Barley Bread, Yogurt, Olive oil, Cucumber, Honey, Milk, Gourd.

The Messenger and Food Quality
The Prophet (pbuh) was a careful and healthy eater. His diet was simple, but packed with nutrients, and he was not an advocate of daily meat-eating.

According to the Hadith literature, the Prophet (pbuh) ate meat very rarely, and when he did it was mostly on special occasions or as a guest. His habitual diet actually consisted of favorite foods like dates, water, vinegar, honey, yogurt, barley bread, and grapes. Meat was available only occasionally and the Prophet (pbuh) never ate his fill of bread and meat.

Traditionally Muslims were semi-vegetarians. The Prophet (pbuh) was in that category as most of his meals did not have meat in them.

Early Islamic leaders and scholars also repeatedly emphasised that animals were to be cherished and treated in a humane manner, but many Muslims nowadays view animals as the dominion of people.

The Qur’an reveals that all living animals are sentient beings, just as human beings are.

There is not an animal on earth, nor a bird that flies on its wings – but they are communities like you.

The Holy Qur’an, 6:38
Prayer and Wudu

The Prophet Muhammad (pbuh) said “cleanliness is half of faith”. For Muslims, cleanliness begins with wudu before every prayer, no less than five times a day. Prophet Muhammad (pbuh) also taught against “squandering” water, even if by a river. We can make wudhu part of our green Ramadan by being mindful of how much water is used.

Prophet Muhammad (pbuh) urged moderation when using water during ablution. He used a minimal amount of water – just one ‘mudd’ (approx 600ml) – when making wudu.

When using a faucet, turn it on just a little to allow a slow trickle of water. Letting water flow strongly from the tap wastes water.

Using a small bottle to make wudu, pouring a small amount of water into your palm for each step.

Practice Tayammum – or “Dry Wudu” - Periodically

...(If) ye find no water, then take for yourselves clean sand or earth, and rub therewith your faces and hands... - Holy Qur’an 4:43.

A number of sources within Islam teach that earth itself may be used as a purifying agent in place of water.

Many Muslims do not avail themselves of this practice, even when they find themselves outdoors and without easy access to water. We recommend that you remind members of your masjid about the ritual of tayammum, or «dry wudu» - the use of dust in the performance of ritual purification before prayer in the absence of water.

Tayammum literally means «aim, purpose»

In Islamic law, it refers to aiming for or seeking soil to wipe one’s face and hands with the intention of preparing oneself to pray.

Many Muslims are not familiar with the Islamic sources related to tayammum.

The Prophet Muhammed (pbuh) had remarked that “…the Earth was made a masjid and a means of purification…” With these words the Prophet (pbuh) emphasizes the sacred nature of earth and soil, not only as a pure entity but also as a purifying agent.

Fast for the Climate

Stand with thousands of others fasting for action on climate change. A growing movement of youth, environmentalists and people of faith are showing their strength of commitment by going without food once a month to call for world leaders to do more to solve the climate crisis. Show your support.

www.fastfortheclimate.org
List of Recycling Points in Bahrain
(click on the map)

Map Provided by [www.bnature.info](http://www.bnature.info), which is the first free environmental data exchange platform in Bahrain, established by young Bahraini environmental specialists and enthusiasts.
Organizations in Bahrain that can provide recycling bins in your home and community

**Alfa Express**
Alpha Express’s role is to provide the commercial sector with waste management systems to suit the client’s specific recycling needs. This includes a wide range of bins, containers, cages and compactors. Their standard one point collection service for recyclables is provided free of charge.

Domestic - With the support from the commercial sector, homes can be provided with a suitable recycling bin for the separation of the recyclables. There will be set days for the collection of the recyclables. All you have to do is place the tagged black bags outside your front door as per the provided schedule and they will collect free of charge.

Tel: +973 36401601  
Email: alfapci@batelco.com.bh

**Al Majid**
Al Majid Plastic and Metal Recycling Factory is located in the Salmabad area. Currently, there are 180 staff and a large fleet of vehicles dedicated to waste collection and recycling.

The types of plastic they recycle includes HDPE, LDPE, PPE, PVC, styrofoam and PET. All of the plastic is recycled within the Kingdom of Bahrain.

They can provide you with recycling bins / boxes to collect waste cartons, waste paper, waste plastic and metal etc. that can be placed at suitable area in your warehouses / offices / premises. Collections of generated recycled materials can be done either daily or on alternate days or at mutually agreed time.

A list of all their recycling points:  
http://recyclebahrain.net/recycle

Tel: +973 17784491  
Fax: +973 17783962  
Mob: +973 39125578  
Email: bccbah@batelco.com.bh

**Universe Environment**
The company engages in the collection, processing and sale of recyclable wastes, particularly various types of plastics, papers, and metals. They collect waste through bins distributed at various collection points around the Kingdom and pick up waste from commercial and industrial premises.

To find the nearest collection point to you, please check the map here.

Tel: +973 17710911  
Mob: +973 38858036  
Email: universe@batelco.com.bh
Food Donation and Collection
Feed the Need

Feed the Need is a local charity dedicated to offering food to the local communities in Bahrain. By installing 19 fridges around Bahrain including Hamala, Adilya and Saar, to name a few, you are able to fill the fridges with food such as rice, milk, cheese, bread, fresh fruit and canned goods to feed hundreds of poor families and labourers in Bahrain.

Feed the Need Bahrain provides free food for those in need, those unemployed or without money to purchase food. Families donate grocery items into their fridges and those in need can help themselves.

Fridge locations (click on the map)
Tadbeer Bahrain

Tadbeer is the first social entity in Bahrain that manages waste food with certain conditions and distributes it to the poor and needy. They started in November 2013 with a limited number of volunteers and now they serve the community on a regular basis, especially on occasions and festivals. You can find their links and numbers below. Perhaps it is the first campaign of its kind in the region. Hospitality organisations can collaborate with Tadbeer as their corporate social responsibility to enrich the society.

Hotline: +973 35169968 or +973 3386479
Tel: +973 33486479
Media committee: +973 35082521

Ne3ma Save
(Conserving Bounties)

Ne3ma Save initiative have started back in 2014 to receive the extra food and distribute it to those in need. They collect food in the following locations but would require a one or two days notice for bigger occasions:

1. Mohammed Aasheer Hall, Tariq bin Ziad mosque in Busaiteen
2. Alawadhi mosque in Zinj/Bilad Alqadeem
3. Alnusf grand mosque in Riffa
4. Basmat Alkhayr society in Isa Town (address: building 3723, Road 12, Block 814)
5. Villa 1776, Road 5643, Block 1056, Zallaq

Tel: +973 39674786
twitter.com/ne3mahsave
instagram.com/ne3mahsave

youtu.be/JJ7Yyjz06Qg
twitter.com/tdbeer_bh
**Important Numbers**
Supreme Council For Environment Hotline: 80001112
Electricity & Water Emergency Hotline: +973 17515555
Water Leak Free hotline: 80001110
Sanitary Emergency hotline: 80001810
Waste management – Reporting illegal waste dumping hotline: 80001112
Reporting an oil spill: +973 17730961

**Useful Local Links**
Islamic Climate Change Declaration
Bahrain Supreme Council of the Environment
Arab Youth Climate Movement: aycm.org
BNature: www.Bnature.info
Faith’s Rising for People and Planet: sacredearth2016.org
A Gulf based food blog that celebrates traditional Middle Eastern cuisine with a healthy, plant-based twist: www.onearabvegan.com