

GREEN RAMADAN CHALLENGE



1

Try reusables food wrap

2

Be diligent when making wudhu : do not be wasteful and do not open the taps full on

3

Choose gallon bottle instead of 1L water bottle

4

Turning down the lights during tarawih prayers helps to save electricity & keeps the space cooler

5

Choose plastic free produce (fruits, vegetables, makeup..)

6

Choose reusable bag for grocery

7

Use glass containers #Plasticfree

8

Choose bamboo cutlery or set your table with nice dishware #Plasticfree

9

Buy local produce, support local businesses and reduce your carbon footprint

10

Segregate your waste ! (check our poster to know how!)

11

Choose low carbon ingredients to prepare fresh and tasty recipes!

12

Avoid over serving: adapt the recipe to the exact number of guests

13

Say no to plastic straws: use bamboo or metal ones!

14

Stop single use plastic: bring your own dishes

15

Learn about waste in the U.A.E. Read our article!

16

Switch to bar soap instead of liquid soap #Plastic free

17

Cook or share your leftovers

18

No food in the trash: go compost !

19

Say no to styrofoam containers and all single use one! It's not recyclable

20

Learn more about recycling with **VEOLIA**

21

Your pasta water (cold) can water your plants! #GoRecycle

22

Save energy: unplug unused electronic appliances

23

Buy from organic & bulk food stores

24

Replace plastic toothbrushes with bamboo ones!

25

Don't throw your old clothes: give them!

26

Stop food waste: make a list before going to grocery

27

Make your own cleaning product with natural ingredients

28

Save water: have a short shower instead of baths: 60L water saved !

29

Be healthy: try a meatless iftar once per week!

30

Try to go for a #Plasticfree bathroom

When the square is orange you can click on it!