

# Eid-ul-Adha

**Celebrate the Islamic Festival of Eid-ul-Adha and help the environment by making sustainable changes. Here are some handy tips for reducing food-related waste.**

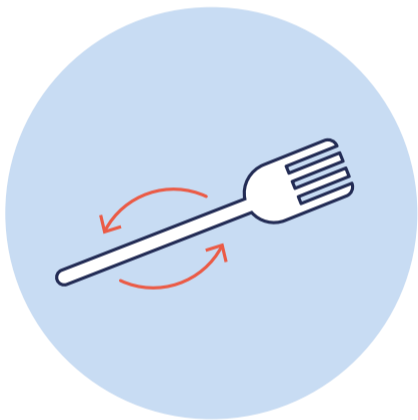
**1**

**Take your own reusable cutlery, food containers and refillable cups to last the three days of celebrations.**

Disposable plastic cutlery is frequently found littered on beaches.

The UK Plastics Pact, which brings together businesses, UK governments and NGOs, have highlighted disposable plastic cutlery as one of eight priority items to eliminate.

During this time, festivals take place to celebrate Eid and enjoying food with loved ones is an important part of the celebration.



**2**

**Celebrating the Hajj season with Eid-ul-Adha is a huge event but stick to only buying food you will actually eat.**

WRAP research shows in the UK we threw away 6.6 million tonnes of household food in 2018.

The Prophet Muhammed (PBUH) instructed followers to fill a third of your stomach with food, a third with water and leave a third empty. Islam teaches followers to avoid food wastage.



**3**

**Avoid buying food packaged in single-use plastic. Instead, visit a market to buy raw ingredients loose. If packaged goods are the only option, buy non-perishables, like dates, in larger quantities.**

The UK produced 2,260,000 tonnes of plastic packaging waste in 2017. Smaller individually wrapped portions use more packaging.

Eating dates at the time of breaking voluntary fasts during the nine days leading up to Eid-ul-Adha is a tradition in Islam



**4**

**Serve loose tea instead of using teabags.**

Many teabags contain plastic to help seal the bags. In Islam, family gatherings are important to strengthen family connections.

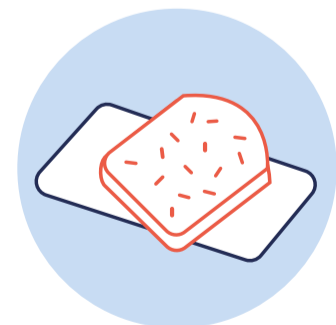


**5**

**Swap cling film for reusable wrap on leftover food to prevent it from spoiling. Try to use or share any leftovers.**

70% (4.5 million tonnes) of household food that was thrown away in the UK in 2018 could have been eaten.

Islam teaches that food is a blessing and should not be thrown away unless it is spoiled. Any excess food should be shared with those in need.



This promotional material has been produced by Environment Agency for the Interreg Preventing Plastic Pollution programme as part of a series of inclusive materials to reflect the diverse communities we serve. References for all factual information used can be found at <https://preventingplasticpollution.com/> and @Plastic\_EU