

# 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 giving gifts to avoid wasting resources.**

**1**

**When wrapping gifts, use brown paper that can be recycled and swap tape for string. Or reuse gift bags.**

Some wrapping paper is very thin and contains few good quality fibres for recycling. Sticky tape is also difficult to recycle.

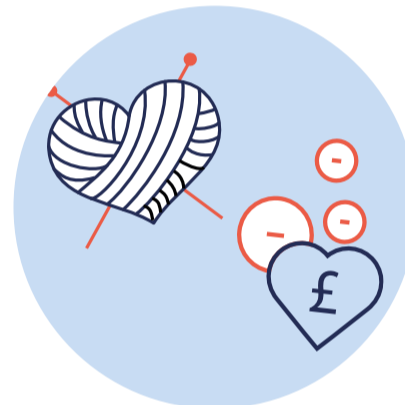
Islam tells followers to strengthen family connections.

This can be done by giving family members Eid presents.



**3**

**Give experiences rather than objects, replace a gift with a charitable donation, or even make your own presents.**



The waste hierarchy, Avoid, Reduce, Reuse, Recycle (preferably in that order) helps us make better choices when using materials.

In Islam, a donation which continues to reap rewards is the best donation.

**2**

**Asking friends and family what gift they would like avoids giving unwanted presents and reduces waste.**



Plastic is made from oil and the production process releases harmful greenhouse gases.

The climate emergency means we need to consider the lifecycle and impact of all materials, including plastics.

Islam instructs followers to avoid wasting resources.



**4**

**Buy clothing that can be worn more than once, donate any Eid clothes to charity, or alternatively, hold a swap shop event.**

Clothes can contain plastic. Pieces of plastic fibre, called microfibres, can enter the environment when you do your washing.

Clothes release the most microfibres on their first wash.

It is traditional to wear new clothes on Eid.



**5**

**Buy second hand toys or books as gifts. You could purchase these from a charity shop.**

Where we use plastic, we should try and adopt a circular economy approach. This means keeping existing items in use, rather throwing them away and making new items.

Charity is one of the five pillars of Islam.

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\_EUP