



About Ramadan

When is Ramadan?

Ramadan is celebrated during the 9th month of the Islamic calendar, where Muslims observe a strict fast from dawn to sunset.

Ramadan is an obligatory (with some exceptions) period of fasting and spiritual growth, as fasting is one of the five 'pillars of Islam.' Ramadan is the Holy month for Muslims in which the Quran was revealed.

How do people practice Ramadan?

- Refrain from eating and drinking from dawn to dusk
- Fasting from certain behaviors (e.g. cursing, smoking, telling lies etc.)
- **Suhoor** - the meal eaten before beginning the fast (before sunrise)
- **Iftar** - the meal eaten to break the fast with (after sunset)
- **Taraweeh** - voluntary prayers that happen specifically in Ramadan

Challenges students may face:

- ✦ Adjusting to fasting while attending classes
- ✦ Lack of consistent sleep
- ✦ Potential fatigue and concentration issues

Ways to support students:

- ♥ Providing spaces for prayer on campus
- ♥ Providing alternative spaces to commune at times food is served
- ♥ Increasing the availability of halal foods to students to create inclusivity and belonging
- ♥ Flexible scheduling for exams and assignments
- ♥ Awareness and understanding among teachers and classmates
- ♥ Encourage eating well-balanced meals with all 5 food groups

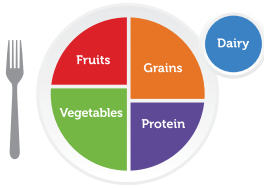
More information:

The Council on American-Islamic Relations, Sacramento Valley/Central California
<https://www.cair.com/>





Start simple
with MyPlate



Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.

