

RAMADAN

SATURDAY, APRIL 2, 2022 –
MONDAY, MAY 2, 2022

Muslims believe that Ramadan (*rah-ma-dahn*) is the month when the Qur'an (holy book) was revealed to the Prophet Muhammad (Peace Be Upon Him). Ramadan is the ninth month of the Islamic calendar, which is based on the Islamic lunar calendar and accordingly changes from year to year.

Ramadan is regarded as one of the Five Pillars of Islam. Ramadan is observed by Muslims worldwide through fasting, introspection, prayer and festivities. Each day during Ramadan, Muslims do not eat or drink from dawn to sunset. It is a time to engage in spiritual reflection, improvement, and increased devotion. Late evening celebrations and visits with family members commemorate the month of joy and understanding.

CUSTOMS

Fasting from dawn to sunset is fardh (obligatory) for adult Muslims during Ramadan. Muslims pray five times a day, but during Ramadan, there may be an increased offering of salat (prayers) and recitation of the Qur'an.

FOOD

While fasting from dawn until sunset, Muslims refrain from consuming food, drinking liquids, and smoking. During Ramadan, it is imperative to serve all meals on time. Suhoor is the meal before dawn and the first prayer of the day. Iftar is the breaking of the fast at Sunset (coincides with the fourth daily prayer). This is the most important meal. Iftar is often a celebration and occasion for socializing. Muslims often begin Iftar by having some water and dates. Traditionally, Muslims do not consume pork or alcohol.

While this fact sheet is meant to provide a high-level overview, there are many different perspectives and ways to celebrate each holiday or heritage month.



ACTIVATION SUGGESTIONS

1. *Avoid offering alcohol or pork products (remember gelatin!) to Muslim customers – Denote Halal options.*
2. *Offer service earlier or later than normal operating hours.*
3. *Serve ethnic teas and/or coffee after the daily fasting period ends.*
4. *Offer some of the preferred food to break fast: Dates, Milk, Soups.*
5. *Dinner options could include heavy stews, salads, fruits, pastas, couscous, rice, heavy proteins.*
6. *Suhoor meal options to consider: yogurt, sandwiches, nuts, eggs, grits, cereals, bread with za'atar, oils, and dips.*
7. *Serve ethnic desserts/juices, as they are considered as main elements of Ramadan Menus.*
8. *Offer special meal boxes for customers to have when they break their fast.*
9. *Provide a prayer room with white linen.*



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