



مدرسة وستمنستر
THE WESTMINSTER SCHOOL

30
YEARS

REPORT

MINDFUL RAMADAN INITIATIVE

The Westminster School, Dubai

As part of The Westminster School, Dubai's commitment to sustainability and responsible living, the Mindful Ramadan Initiative was introduced by the Green Team to address the noticeable increase in food wastage during the holy month of Ramadan. Recognising the importance of mindful consumption during this period, the initiative aimed to encourage students to adopt sustainable habits by reducing excess and making responsible choices.

Students actively participated by being conscious of the quantity of food taken during iftar and ensuring that minimal waste was generated. They were also encouraged to reuse and distribute surplus food wherever possible, promoting values of empathy and resourcefulness within the school community.

Through this initiative, students developed a deeper understanding of the environmental impact of food wastage and the importance of mindful consumption. It also fostered a sense of gratitude, responsibility, and awareness aligned with the true spirit of Ramadan.

The Mindful Ramadan Initiative served as a meaningful step towards building a more sustainable and responsible school community, reinforcing the values of environmental consciousness and social responsibility. The Westminster School, Dubai continues to empower students to become thoughtful individuals and active contributors towards a greener future.

Pictures:

Before



After



The leftovers were kept for suhoor the next day

Before



After



The leftovers were kept for dinner as most of the Iftar was eaten

Day 3:



Everything was eaten as a late night snack.



After:



How leftovers were managed:
(Minimal Waste)

- The carrots and cucumber mixture was incorporated into the dinner meal and fully consumed as a way of showing gratitude for the barakah (blessings) during Ramadan, ensuring the food was not left unused.
- All remaining food items were consumed before prayer, eliminating waste and reflecting mindfulness and moderation.

