

RAMADAN

MUBARAK



“Whoever gives food for a fasting person to break his fast, he will have a reward like theirs, without that detracting from their reward in the slightest” (Hadith)

FOOD AND DRINK

“O you who believe, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.” (Qu’ran)

During Ramadan, what you eat and drink is important to ensure you are healthy. Islam encourages Muslims to be mindful of their health, the Prophet (peace be upon him) said: *“take advantage of the good health before illnesses afflict you”*.

Ramadan provides a great opportunity to focus on a balanced and healthy lifestyle. In this section, we will provide you some quick and easy food tips that will benefit your fast.

Foods that benefit

- Whole grain and starchy vegetables will release energy slowly during fasting periods. Try eating oats, brown rice, whole grain pasta, whole grain bread and whole grain flour.
- Need to suppress your appetite? Eat high protein food like Greek or Icelandic yoghurt, beans, lentils, chicken, turkey, eggs, quinoa and tuna. Or you can try a protein supplement.
- Dates are good to eat at Iftar. They provide natural sugars for energy and are a good source of fibre. You can also try other dried fruits like figs, apricots and prunes.
- Water, fruit infused water, coconut water, milk, fruit juice and smoothies are good ways to keep hydrated.
- Soups are also a great option for Iftar and are a fantastic way to incorporate some of the key foods we have discussed!

Foods to avoid

- White carbohydrates like white flour, white pasta, white rice and sugar should be avoided as they increase blood sugar levels and do not provide energy over a long period of time.
- It may be worth avoiding tea, coffee and fizzy drinks as these can lead to dehydration.
- Avoid heavily processed foods like ready meals as these often lack the nutritional content needed to benefit your fast.
- Don't want to get thirsty? Then avoid salty foods.
- Deep fried foods should be avoided. Instead, try grilling or baking your food.

CORONAVIRUS

“Whoever saves one life, it is as if he has saved the life of all humanity” (Qu’ran)

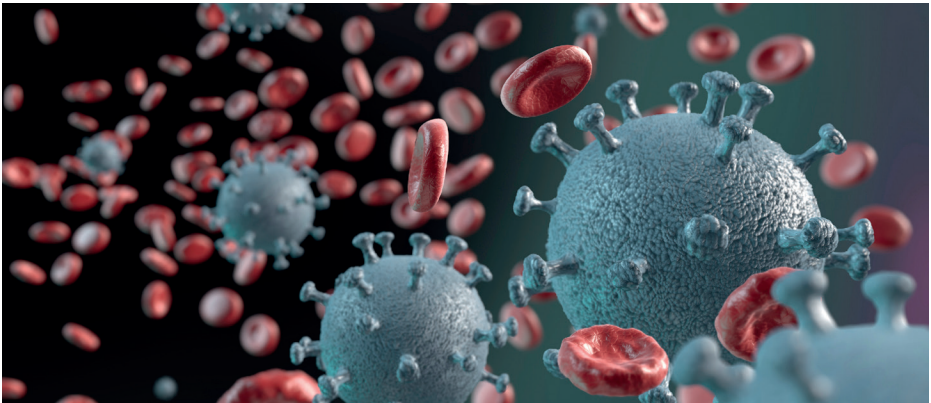
Staying safe during the coronavirus outbreak is a key priority. Follow some of our key tips to keep your family safe and your children focussed whilst education establishments are shut.

- Maintain a social distance of at least 2 metres (6 feet) from others.
- Wash your hands regularly and thoroughly.
- Avoid touching your eyes, nose or mouth.
- Stay at home if you are unwell and seek medical advice.
- If you are ill during Ramadan, the Qur’an states that you should not keep your fast but instead make up the days when you are well again. It is especially important to keep drinking fluids if you are ill with coronavirus.

Keeping your kids focussed:

- Create a routine early – young people thrive on routine. It can provide relief to the anxiety about what is happening.
- Exercise! It is critical to people’s physical and mental health.
- Check out some education resources on the BBC Teach, Premier League and Educate Against Hate Website.

For any support you require contact
covidsupport@communityactionderby.org.uk or 01332 640000.



SCAMMING

“None of you truly believes until he wishes for his brother what he wishes for himself” (Hadith)

Fraudsters are experts at impersonating organisations and people. They spend hours perfecting their scams and when to do them, hoping you'll let your guard down.

3,863,000 people were scammed in the year ending June 2019. Be scam-savvy and protect your money with 6 simple tips.

1. Don't give money to anyone you don't know.
2. Could it be fake? It's ok to refuse or ignore any requests for money. Only criminals will try to rush and panic you.
3. Do they have ID? Ask any cold callers to prove their identity by asking to see their ID badge, their charity number, documents and any other credentials.
4. Have you done your research? If they say they are from a charity, research it by going to the 'Charity Commission' website.
5. Make sure any online payments are secure.
6. 'Be aware that fraudsters will use topical events such as the coronavirus pandemic to scam you out of your money.

