

# A resource for Student Nutrition Programs to support students who are fasting

## WHAT IS RAMADAN?

Ramadan, a period of reflection and devotion, is a holy month observed by millions of Muslims worldwide. During Ramadan, Muslims fast from dawn until sunset, refraining from eating and drinking.

For students observing Ramadan, the fasting experience may impact their daily routines. This resource outlines some considerations for student nutrition programs to support students who are fasting.

## INTENTIONAL SPACES FOR RESPITE

While Muslims are meant to notice their hunger and thirst during Ramadan, being in a room where everyone else is eating can be overwhelming and is not a required part of the experience.

Having an optional space where students can come to is a great alternative. Ensure the space is created with intention, rather than simply providing an empty room. A space where students can study, complete homework, play games, read books and connect with peers can create positive opportunities for relaxation and allow students to focus their minds elsewhere. Keep in mind some students may choose not to use the space, but for others it may offer welcome respite. Not every Muslim student will practice their faith the same way, different students may require different accommodations.

## PROGRAM ADJUSTMENTS

Consider alternate methods for Student Nutrition Program delivery during Ramadan, if required. Bin programs that offer snacks during class time may be adjusted to 'Grab N Go' models in spaces like school entry points, guidance, and hallway stations, for consumption between periods or outside, for example.

## COMMUNITY RESOURCES

Some students and families may rely on the additional nourishment that student nutrition programs provide, including those who are unable to participate in programs during school hours while fasting.

Community resources may be available for students requiring added food supports outside of school hours, once they break their fast, including area food banks or community iftars. It may be helpful to broaden your understanding of these resources in your community.

## ADDITIONAL INFORMATION

Student Nutrition Programs provide opportunities to affirm and represent the identities of all students. OSNP promotes programming that is culturally responsive, relevant and inclusive. Schools are encouraged to ensure opportunities for input and feedback from students, parents and community and to explore recipes and resources related to cultural celebrations on our website, [osnp.ca](http://osnp.ca).