

## UVM Dining: Accommodating Religious Dietary Needs

**Ramadan:** 2021 Dates: Sundown on April 12 and ends on May 12 at sundown.

**BACKGROUND:** Islam is the second-largest religious tradition in the world, with an estimated 3.45 million members in the United States. An individual who observes Islam is referred to as being Muslim. During the holy month of Ramadan, which occurs on the ninth month of the lunar-based Islamic calendar, many Muslims abstain from food and drink from dawn to dusk for 30 days.

As one of the five pillars of Islam, fasting during the month of Ramadan is expected of healthy adult Muslims. Children who have not reached puberty, the elderly, those who are mentally incapable of fasting, pregnant women, & breast-feeding mothers are some who may be exempted from this practice.

Fasting during Ramadan means abstinence from all food or drink, including water, from dawn to sunset. It is recommended that before sunrise, Muslims eat a pre-fast meal known as *suhur*. This meal often resembles breakfast, but in some cultures it may include dinner-like foods. After sundown, Muslims break their fast with *iftar*, a meal which usually starts with dates and water or milk, followed by dinner. Muslims are permitted to snack at night between those two meals, and hydration is important, especially during summer months.

### ACCOMODATIONS FOR FASTING

We recognize that our dining locations open after sunrise and some do close before sunset. We have made the following accommodations for those individuals observing Ramadan.

- All students on the unlimited meal plan get **three “swipes” per meal period**. If dining in, you may eat as much as you would like, from any station. If ordering on Bite, you can order both *iftar* and *suhur* meals at the same time, with one entrée and two sides per mobile meal.
- The following items will be available upon request from the dining halls: dates, milk, and Murray’s Halal chicken. Ask to speak with the chef or manager to order.
- If students have questions or need additional dietary accommodations (such as extra dinner “swipes”) they should contact the UVM Dining Registered Dietitian at [Nicole.Reilly@uvm.edu](mailto:Nicole.Reilly@uvm.edu).