



# FOODS OF THE SUNNAH 2025 CALENDAR

# ISLAMIC CALENDAR

There is rich history and symbolism for each of the 12 months of the Islamic calendar, a calendar that differs from the Gregorian calendar because it follows the lunar [moon] cycle rather than the solar [sun] cycle. For example, four of the months – Muharram, Safar, Rajab, and Dhu al-Qadah – prohibit fighting and violence for various reasons. Read more to learn of the significance of each month in the Islamic calendar.

## **MUHARRAM**

Muharram is the first month of the Islamic calendar, and marks the start of the Islamic New Year. Muharam translates to “forbidden,” referring to the fact that it is one of the four sacred months in which warfare is forbidden. Muslims are encouraged to engage in increased worship during this holy month.

## **SAFAR**

Safar is the second month of the Islamic calendar and is a period of historical significance due to the events that occurred in the life of Prophet Muhammad [SAW].

## **RABI AL-AWWAL**

The blessed month of Rabi al-Awwal is an important month in the Islamic Calendar as it marks the birth of our beloved Prophet Muhammad [SAW].

## **RABI AL-THANI**

Rabi al-Thani is the fourth month in the Islamic calendar and translates to “spring.”

## **JUMADA AL-AWWAL**

Jumada al-Awwal is the fifth month of the Islamic calendar. Many important Islamic events took place, which we can reflect on and draw important lessons from.

## **JUMADA AL-THANI**

Jumada al-Thani is the sixth month of the Islamic calendar and was a special month for the Prophet Muhammad [SAW], as it is the month in which his most beloved daughter Fatima [RA] was born. For Muslims, it’s a great time to send salutations upon her and reflect on her life, character, and nearness to the Prophet.

## **RAJAB**

Rajab is the seventh month of the Islamic calendar and one of the four sacred months as ordained by Allah [SWT].

## **SHA'BAN**

Shaban is the eighth month of the Islamic calendar. While it does not form one of the four sacred months, it was an incredibly important month to Prophet Muhammad [SAW] in terms of *ibadah*, or worship, and offers key historical dates for Muslims.

## **RAMADAN**

Ramadan is the ninth month in the Islamic calendar. Most Muslims fast during the month of Ramadan from dawn until dusk, abstaining from drinking, eating, immoral acts, and anger. Other acts of worship such as prayer, reading the Qu’ran, and charity are also encouraged during the holy month.

## **SHAWWAL**

Shawwal is the 10th month of the Islamic calendar and begins its first day with Eid al-Fitr. It is renowned for the six days of Shawwal and is often regarded as a precious time to reflect on and continue the goodness that we practiced in the blessed month of Ramadan.

## **DHU AL-QADAH**

Dhu al-Qadah is the 11th month of the Islamic calendar and one of the four sacred months as ordained by Allah [SWT].

## **DHU AL-HIJJAH**

The month of Dhu al-Hijjah is one of the holiest periods of the Islamic year. A month of increased spirituality, we witness two very special events – Hajj and Eid al-Adha – all in devotion to Allah [SWT]. The first ten days of Dhu al-Hijjah are better than all other days of the year, even better than the days of Ramadan!



# SUNNAH FASTING DAYS

Prophet Muhammad [SAW] once said, “Verily, the supplication of a fasting person is not turned away at the time of breaking fast.” Remember Islamic Relief USA and those we serve in your prayers as you break your fast. Fasting for Allah [SWT] holds immense rewards — just one-day’s fast safeguards an observer from hell-fire for 70 years. Fasting nurtures piety, discipline, and spiritual growth, fostering a more fulfilling life. Beyond the benefits and rewards for fasting during Ramadan, the rewards of voluntary fasting bring about deep virtues and blessings throughout the year.

The Prophet [SAW] said: “In Paradise, there is a gate called ar-Rayyan, through which those who used to fast will enter on the Day of Resurrection, and no one but they will enter it.”

## **MONDAYS AND THURSDAYS**

Fasting on Mondays and Thursdays is a practice that was observed by the Prophet [SAW]. Recent studies affirm the health benefits associated with intermittent fasting, highlighting its potential to enhance metabolic rates and aid in cleansing the body.

Aishah [RA] narrated: “The Prophet [SAW] used to try to fast on Mondays and Thursdays.” [Tirmidhi, Nasai, and Ibn Majah]

## **THE WHITE DAYS**

The 13th, 14th, and 15th day of each lunar month, known as the “White Days,” offer a chance for meritorious fasting. The Prophet [SAW] conveyed that fasting during these days accrues rewards equivalent to fasting for a lifetime.

Abdullah ibn Amr ibn al-Aas said: “The Messenger of Allah [SWT], peace be upon him, said to me: ‘It is sufficient for you to fast three days every month because for every good deed you will have [the reward of] 10 like it, so that will be like fasting for a lifetime.’” [Bukhari and Muslim]

## **SHA’BAN**

Preceding Ramadan, Sha’ban serves as a preparatory period. The Prophet [SAW] expressed his inclination towards supplementary fasting during this month.

Aisha [RA] reported: “The most beloved month to the Messenger of Allah [SWT], peace and blessings be upon him, for fasting was Sha’ban, then he would connect it with Ramadan.”

Following Ramadan, Shawwal presents an occasion to observe six days of fasting. It is believed that fasting these six days carries immense blessings, equating to a lifetime of fasting.

Abu Ayyoob reported that the Messenger of Allah [SAW] said: “Whoever fasts Ramadan and follows it with six days of Shawwal, it will be as if he fasted for a lifetime.” [Muslim]

## **ARAFAH**

The Day of Arafah (or Waqf Arafah) is the ninth day of Dhu al-Hijjah. For those not partaking in Hajj, fasting the initial nine days of Dhu al-Hijjah is recommended, with particular emphasis on the Day of Arafah. This day serves as an expiation for sins from the preceding and current years.

Abu Qatadah reported: “The Messenger of Allah [SWT], peace be upon him, was asked about the observance of fasting on the day of Arafah. He said, ‘It is an expiation for the sins of the preceding year and the current year.’” [Muslim]

## **DAY OF ASHURA**

The 10th of Muharram commemorates the salvation of Prophet Musa [AS] and his followers. It stands as an important day for fasting, and the Prophet [SAW] recommended fasting Ashura and the day before it.

Ibn Abbas was asked about fasting on the day of Ashura, whereupon he said: “I do not know Allah’s [SWT] Messenger, peace be upon him, singling out any day’s fast and considering it more excellent than another, except this day [the day of Ashura] and this month, meaning the month of Ramadan.” [Muslim]




# JANUARY

Corn is referenced in the Qur'an as a significant agricultural product, highlighting its role as a staple food provided by Allah [SWT]. In Surah al-An'am [6:99] and Surah al-Anfal [8:37], corn is mentioned, emphasizing its importance in sustaining life.

# January

Rajab 1446

SU	M	T	W	TH	F	SA
			 1 New Year's Day  1 Rajab	 2  2	3  3	4  4
5  5	 6  6	7  7	8  8	 9  9	10  10	11  11
12  12	 13  White Day 13	 14  White Day 14	 15  White Day 15	 16  16	17  17	18  18
19  19	 20 MLK Day  20	21  21	22  22	 23  23	24 Int. Day of Education  24	25  25
26  26	  27  Isra and Mi'raj 27	28  28	29  29	 30  30	 31  1st Shaban	

 Islamic Holidays
  Important Islamic Dates
  New Moon
  Sunnah Fasts

MONTHLY INSPIRATION:

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Nutritionally, corn is rich in carbohydrates and provides dietary fiber, making it a great source of energy. It also contains essential vitamins, particularly B vitamins, and antioxidants like lutein and zeaxanthin, which support eye health.














# FEBRUARY

Bananas are mentioned in the Qur'an as one of the bountiful fruits of paradise, specifically in Surah al-Waqi'a [56:29], where they symbolize divine blessings.

# February

Shaban 1446

SU	M	T	W	TH	F	SA
						 1 2
2	 3	4	5	 6	7	8
3	4	5	6	7	8	9
9	 10	11	 12	 13	 14 Valentine's Day	15
10	11	12	White Day 13	White Day 14	White Day 15	16
16	 17 Presidents' Day	18	19	 20 World Day of Social Justice	21	22
17	18	19	20	21	22	23
23	 24	24	26	 27	28	
24	25	26	27	28	29	

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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Bananas are an excellent source of potassium, which supports a healthy heart and muscle function. They also provide dietary fiber, vitamin C, and vitamin B6, contributing to overall health and energy levels.




















# MARCH

Dates are an important fruit in Islam, and are mentioned in the Qur'an more than any other fruit tree. They are mentioned in the Qur'an as a symbol of nourishment and blessings, particularly in Surah Maryam [19:25], where Maryam [AS] is instructed to eat dates after giving birth. Dates are rich in essential nutrients; they are an excellent source of natural sugars, fiber, and various vitamins and minerals, including potassium and magnesium.



# March

Ramadan 1446 - Shawwal 1446

SU	M	T	W	TH	F	SA
						 1 Women's History Month  1 Ramadan
2	 3 World Wildlife Day	4	5 Ash Wednesday	 6	7	8 Intl. Women's Day
2	3	4	5	6	7	8
9	 10	11	12	 13 White Day 13	 14 White Day 14	 15 White Day 15
9	10	11	12	13	14	15
16	 17 St. Patrick's Day	18	19	 20	21	22 World Water Day
16	17	18	19	20	21	22
23	 24	25	26	  27 Laylat al-Qadr 27	28	29
23	24	25	26	27	28	29
 30 Eid al-Fitr 1st Shawwal	 31  2	 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts				
MONTHLY INSPIRATION: _____ _____ _____						

Their high fiber content aids digestion, while antioxidants in dates contribute to overall health. According to hadith, the Prophet Muhammad (SAW) used to start his fasts with dates for suhoor, and would break his fasts with dates for iftar.















# APRIL

Onions are referenced in the Qur'an in Surah al-Baqarah [2:61], where they are mentioned as one of the foods that was desired while wandering in the desert. Nutritionally, onions are packed with vitamins and minerals, including vitamin C, vitamin B6, and manganese.

# April

Shawwal 1446 - Dhu al-Qadah 1446

SU	M	T	W	TH	F	SA
		 1 Volunteer Month	2	 3	4	5
		3	4	5	6	7
6	 7 World Health Day	8	9	 10	 11	 12 Passover
8	9	10	11	12	White Day 13	White Day 14
 13 Palm Sunday	 14	15 Tax Day	16	 17	18 Good Friday	19
White Day 15	16	17	18	19	20	21
20 Easter Volunteer Week Starts	 21	22 Earth Day	23	 24	25 World Malaria Day	26 Volunteer Week Ends
22	23	24	25	26	27	28
27	 28	29	30			
29	30	1 Dhu al-Qadah	2			

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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They are also a good source of dietary fiber and contain antioxidants like quercetin, which can help reduce inflammation and support a healthy heart.

















# MAY

Cucumbers are mentioned in the Qur'an in Surah al-Baqarah [2:61] as one of the desirable foods the travelers longed for during their time in the wilderness, symbolizing comfort and familiarity in their diet. Nutritionally, cucumbers are high in water content, making them a refreshing choice for hydration. They provide essential vitamins, such as vitamin K, and minerals like potassium and magnesium.

# May

Dhu al-Qadah 1446 - Dhu al-Hijjah 1446

SU	M	T	W	TH	F	SA
				 1 Nat. Day of Prayer	2	3
				3	4	5
4	 5 w	6	7	 8	9	10
6	7	8	9	10	11	12
 11 Mother's Day White Day 13	 12 White Day 14	 13 White Day 15	14 16	 15 17	16 18	17 19
18 20	 19 21	20 22	21 23	 22 24	23 25	24 26
25 27	 26 Memorial Day 28	27 29	 28 1st Dhu al-Hijjah	 29 2	30 3	31 4

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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Additionally, cucumbers contain antioxidants and dietary fiber, which support digestive health. Cucumbers are often used to soothe skin irritations, reduce puffiness around the eyes, and hydrate the skin due to their high water content.















# JUNE

Figs are specifically mentioned in the Qur'an in Surah at-Tin [95], which means fig, or the figtree. This surah begins with the phrase "By the fig and the olive," and highlights the fig not only as a nutritious fruit, but also as a symbol of growth and prosperity. The mention of figs, alongside olives, emphasizes their significance in the agricultural heritage of the region and their importance as sustenance.



# June

Dhu al-Hijjah 1446 - Muharram 1447

SU	M	T	W	TH	F	SA
1	2	3	4	 5 World Environment Day	 6 Eid al-Adha	 7
5	6	7	8	9 Day of Arafah	10	11
8	 9 White Day	 10 White Day	 11 White Day	 12	13	14
12	13	14	15	16	17	18
15 Father's Day	 16	17	18	 19 Juneteenth	20 World Refugee Day	21
19	20	21	22	23	24	25
22	 23	24	25	  26  Islamic New Year 1 Muharram	27	28
26	27	28	29	2	3	
29	 30					
4	5					

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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The surah goes on to discuss the creation of humans and the potential for righteousness, linking the fig's nourishing qualities to broader themes of sustenance and spiritual growth. The emphasis on figs in this context reflects their cultural and historical value, making them a symbol of divine favor and bounty.

















# JULY

Honey is praised in the Qur'an for its sweetness and health benefits, particularly in surah an-Nahl [16:68-69], where it is described as a source of healing and sustenance. This reference underscores honey's significance not only as a delicious natural product, but also as a symbol of divine provision. Nutritionally, honey is rich in natural sugars, primarily fructose and glucose, providing a quick source of energy.

# July

Muharram 1447 - Safar 1447

SU	M	T	W	TH	F	SA
		1	2	 3	4 Independence Day	  5
		6	7	8	9	Ashura 10
6	 7	 8	 9	 10	11	12
11	12	White Day 13	White Day 14	White Day 15	16	17
13	 14	15	16	 17	18 Nelson Mandela Day	19
18	19	20	21	22	23	24
20	 21	22	23	 24	25	 26
25	26	27	28	29	30	1 Safar
27	 28	29	30	 31		
2	3	4	5	6		

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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Honey contains antioxidants, vitamins, and minerals, such as vitamin C and calcium. Additionally, honey is known for its natural healing properties; it can soothe sore throats, aid digestion, and has antimicrobial effects that may help in wound healing.





# AUGUST

In Surah Al-An'am [6:99], grapes are listed among the fruits that provide nourishment, highlighting their importance in the agricultural landscape of the region. This verse emphasizes the variety and abundance of food that Allah (SWT) has created for humanity. In Surah Al-Mu'minun [23:19], grapes are referred to in the context of the fruits of paradise, representing the delights awaiting the righteous in the afterlife.

# August

Safar 1447 - Rabi al Awwal 1447

SU	M	T	W	TH	F	SA
					1	2
					7	8
3	 4	5	6	 7	 8	 9 Intl. Day of the World's Indigenous Peoples
9	10	11	12	White Day 13	White Day 14	White Day 15
10	 11	12	13	 14	15	16
16	17	18	19	20	21	22
17	 18	19 World Humanitarian Day	20	 21	22	23
23	24	25	26	27	28	29
 24 1 Rabi al Awwal	 25	26 Women's Equality Day	27	 28	29	30
	2	3	4	5	6	7
31						

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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Additionally, in Surah ar-Rahman [55:68], grapes are mentioned alongside other luxurious fruits, further illustrating their value as a symbol of abundance and pleasure. Grapes are rich in vitamins C and K, as well as antioxidants like resveratrol, which are known to promote a healthy heart and reduce inflammation.

















# SEPTEMBER

Pomegranates are mentioned in the Qur'an as one of the fruits of paradise. In Surah al-An'am and Surah ar-Rahman, they are celebrated alongside other fruits, emphasizing their beauty and sweetness.



# September

Rabi al-Awwal 1447 - Rabi al-Thani 1447

SU	M	T	W	TH	F	SA
	1 Labor Day	2	3	 4  Birth of the Prophet (SAW)	 5 Intl. Day of Charity  White Day	 6  White Day
 7  White Day	 8 Int. Literacy Day	9	10	 11	12	13
14  15	 16	17	18	 19	20	21
22	 23	24	25	 26	27	28
21 Int. Day of Peace	 22 Rosh Hashanah	 23  1 Rabi al-Thani	24	 25	26	27
29	30	2	3	4	5	
28	 29	30				
6	7	8				

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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Pomegranates are also a nutritional powerhouse, rich in antioxidants, vitamin C, and dietary fiber. A single pomegranate contains about 40% of the recommended daily intake of vitamin C and is known for its anti-inflammatory properties.















# OCTOBER

Olives are mentioned multiple times in the Qur'an, emphasizing their significance as a symbol of divine blessings and sustenance. One of the most notable references is in Surah al-An'am [6:99], where olives are listed among the fruits that provide nourishment. In Surah an-Nur [24:35], olives are referred to in a metaphorical context, where they symbolize the light of Allah (SWT), described as "a light upon a light."

# October

Rabi al-Thani 1447 - Jumada al-Awwal 1447

SU	M	T	W	TH	F	SA
			1 Yom Kippur	 2	3	4
			9	10	11	12
 5 White Day 13	 6 Child Health Day White Day 14	 7 White Day 15	8 16	 9 17	10 18	11 Intl. Day of the Girl 19
12 20	 13 Indigenous Peoples' Day	14 22	15 23	 16 World Food Day	17 Intl. Day for the Eradication of Poverty 25	18 26
19 27	 20 w 28	21 29	22 30	  23 1 Jumada al-Awwal	24 2	25 3
26 Charity Week Ends 4	 27 5	28 6	29 7	 30 8	31 9	

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

## MONTHLY INSPIRATION:

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This verse elevates the olive's status, linking it to spiritual enlightenment and purity. In Surah al-Mu'minun [23:20], Allah [SWT] mentioned the olive tree sprouting from Mount Sinai and providing oil for us to consume. The olive tree is also often associated with peace and prosperity, reflecting its deep-rooted cultural and historical importance in the Mediterranean region.














# NOVEMBER

Gourds are mentioned in the Qur'an in Surah as-Saffat [37:146], where they are associated with the story of Prophet Yunus (AS), highlighting their nourishing properties during his time of distress.

# November

Jumada al-Awwal 1447 - Jumada al-Thani 1447

SU	M	T	W	TH	F	SA
						1
						10
2	 3	 4	 5	 6	7	8
11	12	White Day 13	White Day 14	White Day 15	16	17
9	 10	11 Veterans Day	12	 13	14	15
18	19	20	21	22	23	24
16	 17	18	19	 20 World Children's Day	21	 22
25	26	27	28	29	30	1 Jumada al-Thani
23	 24	25	26	 27 Thanksgiving National Day of Mourning Native American Heritage Day	28	29
2	3	4	5	6	7	8

 Islamic Holidays    Important Islamic Dates    New Moon    Sunnah Fasts

MONTHLY INSPIRATION:

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Nutritionally, gourds, which include a variety of squash and pumpkins, are low in calories and high in vitamins A and C, as well as dietary fiber. They are also a good source of antioxidants, which can help combat inflammation and support a healthy heart.






# DECEMBER

In the Qur'an, milk is mentioned in Surah an-Nahl [16:66] where it is described as a pure and palatable drink derived from the bellies of animals, highlighting its nutritional value and being considered a blessing from Allah [SWT].



# December

Jumada al-Thani 1447 - Rajab 1447

SU	M	T	W	TH	F	SA
	 1	2 Giving Tuesday	3	 4	 5 Intl. Volunteer Day	 6
	10	11	12	White Day 13	White Day 14	White Day 15
7	 8	9	10 Human Rights Day	 11	12	13
16	17	18	19	20	21	22
14 Hanukkah	 15	16	17	 18	19	20
23	24	25	26	27	28	29
 21	 22	23	24 Christmas Eve	 25 Christmas Day	26 Kwanzaa	27
1 Rajab	2	3	4	5	6	7
28	 29	30	31 New Year's Eve			
8	9	10	11			

 Islamic Holidays  Important Islamic Dates  New Moon  Sunnah Fasts

MONTHLY INSPIRATION:

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This verse emphasizes the process of milk production from digested food within the animal, further signifying its purity and sustenance qualities. Nutritionally, milk is rich in protein, calcium, vitamins, and other essential nutrients crucial for human health.



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