

# Meet

# Mariam

QA Supervisor, Park Royal

the  
Greencore  
way

Mariam tells us more about Ramadan and Eid:

*"I grew up as a Christian and converted to Islam when I was older. When people ask me, what is Eid? I tell them that it's like our Christmas. I feel happy and accomplished after fasting, it is a big celebration of our faith with family and friends."*



## What do you do to best manage the demands of working during Ramadan?

During Ramadan, we are only able to eat at before sunrise and after sunset. At work, I usually conduct taste panels to test the products that are made during my shift. However in the month of Ramadan, I will ask my colleagues to taste products for me so that I don't have to eat during the day.

All of my colleagues are very kind and help me during the fasting month. I always just try to work as normally as I can, as if I wasn't fasting. I find that if I'm at work, it helps me to pass the time and keeps me busy so that I'm not thinking about being hungry or watching the time.

## How do you break your fast at the end of the month of Ramadan?

There is a lot of prayer involved for me and my family - we have Eid prayer. We like to make this prayer outside in an open area, like in the park or something. Then when we get home, we have a large meal. There are actually two Eid's, this first one is known as Eid ul-Fitr, 'Sweet Eid' where we eat a lot of sweet dishes and treats.

Then we have a second Eid later, Eid ul-Adha, where we eat a lot of meat dishes. The big thing for both of them is that you have your family and friends around you whilst you eat and celebrate.

## How do you celebrate Eid with your family?

We get my family together and we have a very big celebration. Five days before Eid, my family do something a little like 'Secret Santa', where we pick names at random and then buy presents for that family member. During Eid, on the first day, we go to the mosque to pray and then we exchange gifts.

If not for COVID-19, we would visit friends and relatives. Last year we had to change our celebration and do it over the internet as we couldn't travel. I have children in the north of England, so we opened gifts and talked and spent time together on Zoom.

One thing we do that is very much for my family, is that every Eid I decorate the house, with lots of lights, a little bit like Christmas - but no Christmas tree! We do have a prayers tree with lights though, I just love the lights everywhere.

#InclusionatGreencore

Making every day taste *better*

#PeopleattheCore