



An Eco-Friendly Purim

GrowTorah

There are four *mitzvot* central to the holiday of Purim, and each of them can be performed as a practice of gratitude:

1. *Matanot L'evyonim*: Give charity
2. *Mishloach Manot*: Share food with others
3. *Megilla*: Listen to or read the story of Megillat Esther
4. *Mishteh v'Simcha*: Have a joyous meal

When we act with a focus on gratitude and appreciation, life can be more enjoyable, and new creative opportunities emerge. Two of these *mitzvot* are the source of our inspiration for a set of creative eco-friendly activities.

We are grateful to our partner, GrowTorah, for preparing this activity.



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Days of
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Mishloach Manot

On Purim, we celebrate our community by sharing gift baskets called *mishloach manot*. The *mitzvah* of *mishloach manot* stems from Megillat Esther ([9:19](#) and [22](#)), which says that Purim was established as a day “of gladness and feasting, of sending gifts to one another, and presents to the poor.” Giving these gifts is a beautiful way to show our gratitude for our friends and loved ones. While we are sharing with friends and family, we can also be sure to do so in a way that is environmentally friendly. This allows us to act on our gratitude towards our friends and the earth on which we live.

Gifts of *mishloach manot* are often unhealthy and use a lot of resources to make. Today's project is to make an eco-friendly *mishloach manot*!

Eco-Friendly Tips

- Find something in your house that you can use as a container. Appreciate what you already have.
- When choosing the contents of your *mishloach manot*, aim to find things that are healthy and that have reusable or compostable packaging.
- Examples of compostable packaging include brown bags from the grocery store, egg cartons, or cardboard boxes.
- Some foods even come with their own compostable packaging, including oranges which come in a peel and peanuts that come in a shell.
- Examples of reusable packaging include: jars, a box that came in the mail, and a food container (particularly those used to deliver food).

Pause for Gratitude:

Take a moment to feel gratitude for all of the people in your life. Spend a few minutes writing a personalized note for the person to whom you are giving your *mishloach manot*. Receiving the gift can be even more meaningful and special when the recipient knows how much they mean to you. Make sure to share in your letter that you chose to make an environmentally conscious package and why you wanted to do so.





Creative Costumes

When we dress up in a costume, we generally choose what we want to dress up as and then find the costume. The Purim concept “*v’nahafochu*” means to reverse or flip, and inspires us to “flip” our identity by donning a costume.

In this activity, we invite you to reverse this usual way of choosing a costume. Explore your house to find a costume based on what you already have in your home. You might be surprised!

Eco-Friendly Tips

- Go on a scavenger hunt in your house! Ask family members if you can look in their closets, too.
- Think about ways you can use trash to create your costume. For example: maybe a cardboard box in your recycling bin could make the perfect Spongebob SquarePants!
- Once you’ve found items in your home for your costume, put it on, and show your family your new creation! Offer to help them brainstorm ideas for their costumes as well, even if you are just wearing the costumes at home this year.

Pause for Gratitude:

Take a moment to appreciate all that you have. It can be easy to think about what you *wish* you had, and maybe feel disappointed that you don’t have the costume you wanted. Instead, we invite you to feel joy and accomplishment in the fact that you were able to make a fantastic Purim costume from things around your house while creating less waste.



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