Creating a Halal-Friendly Kitchen
A Foodservice Operation’s Guide to Muslim Dietary Needs

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Objectives

• Understand the basics of halal dietary guidelines
• Differentiate between halal and non-halal foods
• Learn how to identify products that are certified halal
• Learn how to create a halal-friendly kitchen
Introduction

• People of Islamic faith follow specific guidelines for foods
• Guidelines are referred to as eating *Halal*
• Guidelines indicate allowed and unacceptable foods
Definitions

• **Halal**: Arabic word for lawful or permitted
• **Haram**: The opposite of halal (forbidden)
• **Mashbooh**: Questionable (needs further information)
• **Zhabiha**: Approved slaughter procedure
Most Natural Foods are Halal

- Fruits
- Vegetables
- Grains
- Dairy
- Eggs
- Fish and Seafood
Foods that are Not Halal

• **Pork and pork products**
  – ham, bacon, lard, and hydrolyzed porcine collagen
  – Gelatin, animal shortening, and hydrolyzed animal protein (if from pig source)
  – Rennet enzymes in cheese and other products (if from pig source)

• **Alcohol and alcohol products**
  – wine, wine sauces, vodka, rum, liquor (such as malt liquor), extracts (such as vanilla extract), ethyl alcohol, beer, gin
Halal - Meat

• Offer only zabiha meat to be safe.
  – **Zhabiha**: Approved slaughter procedure
  – Look for halal certification

• Level of strictness may vary among Muslims
Mashbooh
Ingredients of Questionable Origin

- Artificial or Natural Coloring/Flavoring
- Stearoyl lactylate (calcium stearoyl lactylate)
- Fatty acids or fatty acid esters
- Hydrolyzed bovine collagen
- Glycerin, Glycerides (mono- and di-glycerides)
- Gelatin (unless from fish)
- Stearates (Glycerol, Magnesium, Potassium, and Sodium Stearates; Stearic Acid, Sorbitan monostearate, Propylene glycol monostearate)
- Enzymes (such as rennet)
- Gum base
- Phospholipids
- Polysorbates
- Sodium Lauryl Sulfate
- Tallow
Halal Certification

• Makes it easy to identify halal products
  – Halal Symbol
  – Halal Certificates
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It’s as Easy as 1-2-3!

STORAGE

CLEANING

PREPARATION & SERVING
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Storing

• Store halal foods on higher shelves to avoid being dripped on or dropped on.
• If on the same shelf, separate halal from non-halal items.
• Color code halal containers
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Preparing & Serving

• Change gloves after handling animal meat or alcohol.
• Use separate kitchen supplies when handling animal meat or alcohol.
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Preparing & Serving

• Use separate fryers or fry halal items first.
• Use separate grill. If using a large surface grill, use different ends.
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Preparing & Serving

• Use clean trays, plates, utensils, and other serving pieces.
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Cleaning

• Practice general hygiene
  – Wash your hands!
• Wash kitchen supplies
  – Dishwasher
  – Hot soapy water
Summary

• Pork and alcohol are haram
• Look for halal certification for foods with mashbooh (questionable) ingredients
• Use halal-labeled meat to cater to all Muslims
• Creating a halal kitchen is easy:
  1. Storing
  2. Preparing/Serving
  3. Cleaning
Thank you for participating in today’s session!

For product information visit www.HalalHealthy.com
Resources

• Halal Healthy.  [www.halalhealthy.com](http://www.halalhealthy.com)

• Islamic Food and Nutrition Council of America (IFANCA).  [www.ifanca.org](http://www.ifanca.org)

• Muslims in Dietetics and Nutrition (MIDAN), a member interest group of the American Dietetic Association.  [www.muslimdietitians.org](http://www.muslimdietitians.org)