

## Halal Food

- Halal food refers to food products that are prepared following Islamic dietary laws and regulations.
- Meat is considered halal when the animal is slaughtered according to the Zabiha process.
- Vegan or vegetarian certified food is considered halal as long as alcohol is not an ingredient.

Allowed	Not allowed
<ul> <li>All vegetables, fruits and grains</li> <li>Zabiha meat (chicken, lamb, beef)</li> <li>Fish (some Muslims do not eat shell fish)</li> <li>Milk and its by products</li> <li>Eggs</li> <li>All varieties of beans, seeds and nuts</li> <li>All vegetable oils</li> <li>Fats derived from milk products like butter and ghee.</li> </ul>	<ul> <li>Anything that causes intoxication.</li> <li>Alcohol in any form.</li> <li>Pork and its derivatives like bacon, ham and lard.</li> <li>Food made with ingredients taken from non-zabiha animals e.g. broth or soup bases from non-zabiha animals.</li> <li>Gelatin from pork or non-zabiha beef, a common ingredient in chewy snacks and candies like marshmallows and some rice crispy squares.</li> </ul>

## Where to shop for halal meat in Lethbridge

Some shops that sell halal meat in Lethbridge are:

- Costco
- No Frills
- Real Canadian Superstore
- Wholesale Club

• Walmart

## An easy way to identify halal food is to look for the halal symbol on the package





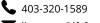






## Resources

- Halal Monitoring Agency Canada
- <u>Ifanca</u>



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