





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 style="list-style-type: none"> • All vegetables, fruits and grains • Zabiha meat (chicken, lamb, beef) • Fish (some Muslims do not eat shell fish) • Milk and its by products • Eggs • All varieties of beans, seeds and nuts • All vegetable oils • Fats derived from milk products like butter and ghee. 	<ul style="list-style-type: none"> • Anything that causes intoxication. • Alcohol in any form. • Pork and its derivatives like bacon, ham and lard. • Food made with ingredients taken from non-zabiha animals e.g. broth or soup bases from non-zabiha animals. • Gelatin from pork or non-zabiha beef, a common ingredient in chewy snacks and candies like marshmallows and some rice crispy squares.

Where to shop for halal meat in Lethbridge

Some shops that sell halal meat in Lethbridge are:

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

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



Resources

- [Halal Monitoring Agency Canada](http://HalalMonitoringAgencyCanada.com)
- [Ifanca](http://Ifanca.com)



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