



a food guide for

# Muslim shoppers



**This guide contains information designed to advise Muslim shoppers on what they should expect when they buy meat and other foods sold as Halal. Halal foods must meet the requirements of food safety legislation and be wholesome as required in the Al-Quran and Al-Sunnah (the sayings and behaviour of the Prophet Muhammed, peace be upon Him).**

**In the name of Allah Most Gracious Most Merciful**

**“So eat of the lawful and good food which Allah hath provided for you and give ye thanks for Allah’s bounty, if it is Him ye worship.”**

**Al-Quran 16:114**



## What is Halal?

As a Muslim shopper, you have the right to expect and insist that meat and other foods that are labelled or described as Halal are produced using Halal methods and originate from Halal sources.

## Meat

The Islamic Shariah requires that animals are slaughtered without any form of prior stunning and the words “Bismillah Allahu Akbar” are pronounced over the animals at the time of slaughter, in accordance with the Al-Quran and Al-Sunnah.

As a Muslim, you should have confidence that the meat supplied to you is truly Halal. You should pay special attention to the ingredients, purchase food from reputable suppliers and be able to trace meat to a reputable abattoir.

## Other Foods

The Islamic Shariah instructs that all foods containing animal fat, unless manufactured under strict Islamic requirements, should be avoided. No pork or pork ingredients should be present in the food. Nor should alcohol or other intoxicants be used in the manufacture of food products.

Special care must be taken with processed foods as many food additives and ingredients such as gelatine, enzymes, and emulsifiers are derived from non-Halal foods. The source of E-numbers needs to be determined as many can originate from



both an animal or vegetarian source. E120, E441 and E542 are definitely non-Halal and should be avoided.

Halal foods for sale or supplied to the public from shops, mobile traders, restaurants, community centres, vending machines or other sources, must comply with:

## 🍴 **Islamic Shariah and** 🍴 **Laws relating to food safety, quality and labelling**

Islamic Shariah means all meat and other foods, including all ingredients, must be:

- 🍴 **Halal, whether produced in the UK or imported**
- 🍴 **Obtained from Halal sources**
- 🍴 **Wholesome – fit for consumption and of good nutritional quality**
- 🍴 **Of the required weight and quantity**

Food safety requirements mean meat and other foods, including all ingredients, must be:

- 🍴 **Manufactured, stored and sold under hygienic conditions**
- 🍴 **Protected from contamination at all times**
- 🍴 **Free from adulteration and contain what is expected/asked for i.e. no substitution or addition of inferior ingredients**
- 🍴 **Conform to the laws on labelling and trade description**
- 🍴 **Wholesome and healthy to eat**

Always read the label for the list of ingredients and the use by or best before date.



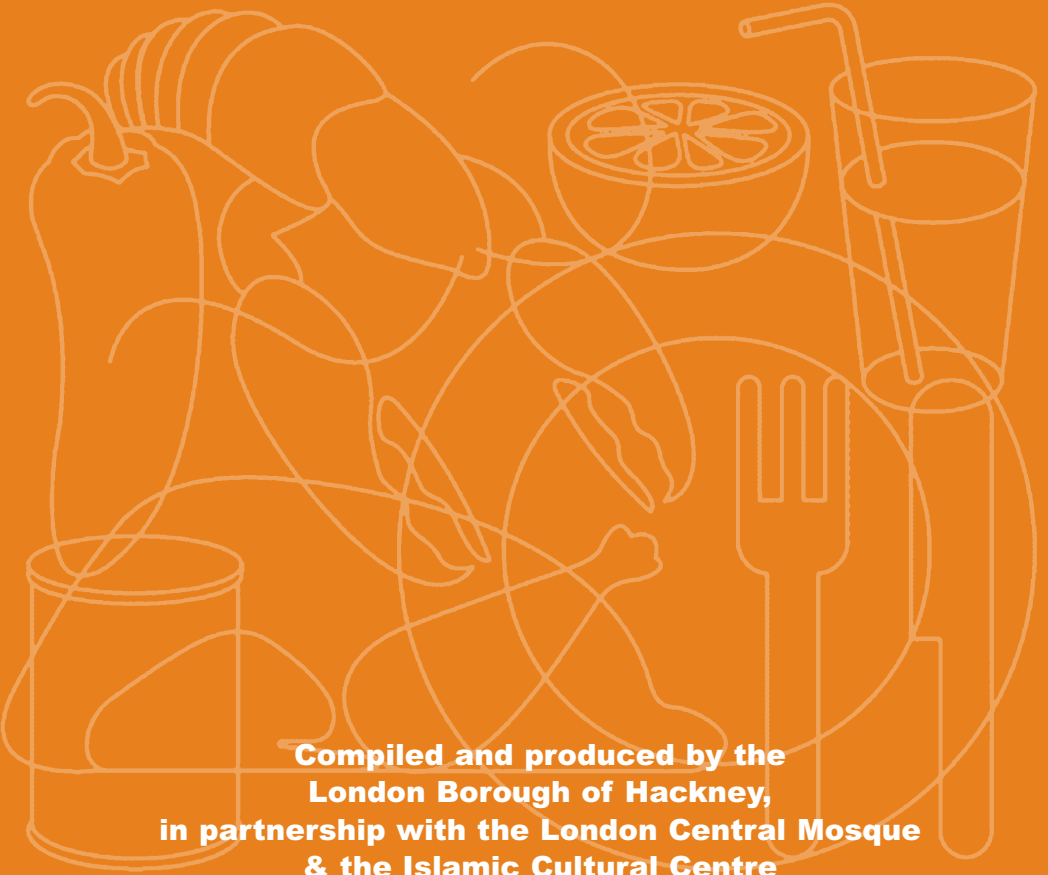
## Taking positive action

Hackney Environmental Health advises all Halal food business operators in the Borough of the laws relating to food safety, quality and labelling. This advice includes the following:

- 🍴 Food premises must be kept clean and free of pests
- 🍴 Preparation surfaces and equipment must be kept clean and in good repair
- 🍴 Cross contamination must be avoided – raw and cooked foods must be kept in separate areas
- 🍴 All Halal food must be protected against contamination from non-Halal foods
- 🍴 Clean utensils must be used to serve food
- 🍴 Food handlers must be careful about their personal hygiene and should wear clean protective clothing

As a Muslim shopper, if you are concerned about hygiene practices in a particular food shop or if you suspect food sold to you as Halal is wrongly described and is in fact not Halal, then you should contact Hackney Environmental Health on 020 8356 4911 or email [environment.health@hackney.gov.uk](mailto:environment.health@hackney.gov.uk)





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**For further information contact  
Hackney Environmental Health on 020 8356 4911  
or email [environment.health@hackney.gov.uk](mailto:environment.health@hackney.gov.uk)**

**The information in this leaflet has been prepared for guidance  
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Bu basılı duyurunun Türkçesini 020 8356 4911 numaraya telefon edip isteyebilirsiniz.

يتوفر هذا الكراس باللغة العربية، الرجاء الاتصال بالرقم 0208 356 4911 لطلب نسخة.

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