



a food guide for

muslim shoppers

LACOTS
...promoting quality regulation



FOOD
STANDARDS
AGENCY

- 1 Meat, and other foods, including ingredients must be Halal, whether they are home-produced or imported.
- 2 All such food must be obtained from Halal sources.
- 3 It must be wholesome (fit for consumption and of good nutritional quality).
- 4 It must be of the required weight and quantity.

Other Requirements of Equal Importance for Food are that it must:



- Be manufactured or produced, stored and sold under hygienic conditions, which conform to food law and is safe for consumers.
- Be protected from contamination at all times.
- Be free from adulteration and contain what is expected, e.g. no substitution or addition of inferior ingredients to the food.
- Be what you asked for and no substitution made without your knowledge.
- Conform to the laws on labelling and trade description.
- Be wholesome and healthy to eat.

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

The Food Standards Agency has advised all Halal food business operators 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 food must be protected against contamination.
- Clean utensils must be used to serve food.
- Food handlers must be careful about their personal hygiene and should wear clean protective clothing.



General Advice

Should you be concerned about the hygiene practices in a particular food shop you use, you should report the matter to your local Environmental Health Department. If food sold to you as Halal is found to have been wrongly described e.g. it is not Halal, then you should contact your local Trading Standards or Environmental Health Department for advice.

This Guide contains information that is designed to advise Muslims on what they should expect when they buy meat and other foods, which are sold as Halal foods. Such foods should also meet food safety requirements and be wholesome as required in the Qur'an and Sunnah.



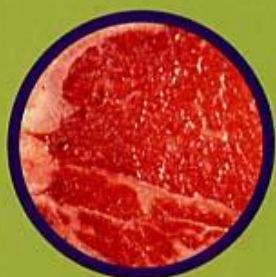
“In the name of Allah Most Gracious Most Merciful, so eat of the lawful and good food which Allah hath provided for you and give ye thanks for Allah’s bounty, if it is Him ye worship”

Al-Quran 16:114

As a Muslim shopper, you have a right to insist that meat and other foods you purchase from a Muslim shop is produced using Halal methods and originates from Halal sources.

MEAT

The Islamic Cultural Centre advises 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, according to the Qur'an and Sunnah. As a Muslim, you should have confidence that the meat supplied to you is truly Halal.



Meat products and other foods containing meat also have to conform to the same requirements.

OTHER FOODS

The Islamic Cultural Centre advises that all other foods containing animal fat, unless manufactured under strict Islamic requirements, including the use of non-alcoholic ingredients, should be avoided.

The Islamic Cultural Centre advises Muslim shoppers that any Halal foods produced in the UK or overseas and which are for sale or available to the public from shops, mobile traders, restaurants, community centres, vending machines or other sources, need to comply with:

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



Compiled and produced by
the Islamic Cultural Centre,
146 Park Road,
London NW8 7RG,
in partnership with the Food
Standards Agency and the
Local Authorities
Co-ordinating Body on Food
and Trading Standards.