

Halal Foods in School Kitchens

Information, Procurement, and Handling

In reference to food, Halal is a dietary standard which is outlined in the Quran, or the central religious text of Islam.

Impermissible foods include:

1. Pork or pork by-products
2. Animals that were dead prior to slaughtering
3. Animals not slaughtered properly or not slaughtered in the name of Allah
4. Blood and blood by-products
5. Alcohol
6. Carnivorous animals, birds of prey, and land animals without external ears

What Makes a Meat “Halal” or Permissible?

1. Halal meat must be slaughtered in accordance with Islamic law. Animals are slaughtered with respect to them, and to thank Allah for the gift of providing healthy, safe food.
2. Slaughtering is done to provide minimal pain to the animal. It must be done by an adult Muslim. A Sharp tool is used to cut the windpipe/blood vessels. All of the blood is drained from the animal before butchering. The animal must be healthy.
3. All Halal food items must be stored separately from impermissible food items to prevent contamination. Any cross contamination renders an item to be impermissible.
4. Using utensils, pans, cutting boards, and cooking surfaces that have prepared Haram foods is not acceptable. It is safe to have an entirely separate set of utensils for Halal items.



The Certified Halal symbol may look a little different, depending on the source. The colors and graphics may slightly differ. As long as the label includes the symbol above, it's good to go.

Handling Halal Foods in your Kitchen

1. Purchase meat that is labeled with the Halal symbol. A butcher must be certified to label foods as Halal. If you're unsure if meat is Halal, ask the butcher, or avoid purchasing it to be safe.
2. No pork or pork byproducts are allowed- pay attention to ingredients. Many canned baked beans contain lard, and some corn chowder contains bacon.
3. Gloves should be changed, and hands should be washed before handling Halal meat, if you were previously handling a product that wasn't Halal.
4. A separate cutting board and knife should be used for Halal meat.
5. If you are unsure if impermissible meat was on a cutting board, thoroughly wash and sanitize it.
6. Halal foods must not be cooked in oil that previously cooked impermissible food items. Tip: if you are cooking Halal and impermissible items, cook the Halal items first.
7. Halal foods must be cooked in separate pans.
8. Use a separate grilling space for Halal meats. If this is unable to be done, the grill must be thoroughly washed and sanitized before Halal meat touches it. If the same grill needs to be used at the same time, place a pan between Halal and impermissible products to create a physical barrier.
9. Cooked Halal meats should be stored separately from cooked impermissible items to prevent cross-contamination. Label items clearly!
10. Don't allow anyone who is sick to handle Halal foods, as this can make them impermissible.
11. Gelatin should be avoided unless it is labeled "Halal" or "Kosher".
12. Vinegar is allowed in Halal foods, but rice wine vinegar is not.
13. Chinese cuisine should generally be avoided. Many items such as egg rolls or dumplings contain small amounts of pork
14. Japanese cuisine should generally be avoided, as rice wine is added to some rice dishes and soups. Soy sauce typically contains alcohol as well.

**If you are unsure if a food item is Halal, this website can be a helpful tool:
<https://www.halalharam.org>**