



Islamic Food and  
Nutrition Council  
of America

# Halal Foodservice Kit



Compiled by the Islamic Food and Nutrition Council of America



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What kinds of foods can you include in halal meal plans? What types of foods should you avoid? The <i>Halal Nutrition Guide</i> will inform you of correct food types and preparation information. It also provides substitution ideas if those foods are not in easy reach.	
<b>Halal Kitchen In-Service Guide .....</b>	<b>3</b>
Do you want to create halal meals in your mainstream kitchens but are afraid of making mistakes? The <i>Halal Kitchen In-Service Guide</i> is the answer to your dilemma. The guide comes in the form of an in-depth presentation that can be used to learn, as well as teach others working in kitchen food service. Kitchen guidelines include easy changes which are both practical and cost-effective.	
<b>Halal Ready-To-Eat (RTEs) Foodservice Distributor Guide .....</b>	<b>4</b>
Today, nearly all major food service distribution systems have halal ready-to-eat meals present in their supply chain. Targeted for the busy hospital food service director searching for meals for the overnight halal patient, the <i>Halal Ready-To-Eat Foodservice Distributor Guide</i> provides instant contact information on these food service distribution systems carrying halal RTEs. Website links to web pages listing the distributors' wide ranging variety of halal meals is also included.	
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IFANCA currently certifies more than 2,500 companies that make halal products. Due to the large demand of global halal products, there is halal-certified version of every ingredient, flavor, and food product in the food industry. To help food buyers looking for these halal products, IFANCA has listed companies that actively sell halal food products useful to the restaurant and hospitality industry. Food categories range from cheeses to beverage syrups.	
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Don't have an immediate halal customer to serve but looking to serve new profit avenues? IFANCA conducted a nation-wide study over 135 major US colleges and universities to evaluate campus halal food options. Nearly 77% of campus cafeterias still do not provide halal meal options for students, even though 85% of all educational institutes surveyed had at least 50 students with halal dietary needs. More than 56% survey takers estimated having more than 100 students on campus.	





## Dear Foodservice Professional,

It gives my colleagues and I great pleasure to introduce the world's first ever **Halal Foodservice Kit**.

The **Halal Foodservice Kit** is designed to assist foodservice professionals better serve consumers following halal dietary guidelines - whether hospital patients or college students. American-Muslims, 8 to 9 million, make up the majority of American halal consumers. With an estimated consumer spending power of US \$170 billion, they spend approximately US \$20 billion on food alone. Increasingly, many hospitals and colleges are recognizing the need to diversify their menus.

Today, hospitals, college campus dining services, and restaurants are actively seeking to meet halal dietary needs for American-Muslims. IFANCA recognizes that a free **Halal Foodservice Kit** is an absolute essential for foodservice professionals looking to better serve their halal customers.

IFANCA designed the Kit's content based on the foodservice industry's feedback from the 2010 NRA Show at IFANCA's booth. Valuable insight was also gained during the [NRA Show's first halal education session](#), **Reach Over 9 Million Muslim-Americans Searching for Halal Meals**. The session was designed to [raise awareness in the American hospitality industry as to how it can better serve halal consumers](#).

The Kit is targeted to the needs of food directors of hospitals and college cafeterias, chefs, dietitians, food buyers, and restaurant and hotel foodservice professionals. It is a collaboration between IFANCA, Med-Diet, and other food and nutrition professional groups.

It is our hope this Kit will provide the information the foodservice industry is lacking. We look forward to hearing your feedback.

Good luck,  
Dr. Muhammad Munir Chaudry,  
President of Islamic Food and Nutrition Council of America (IFANCA)

## Serving Muslim Patrons Following a Halal Diet:

# A Quick Halal Guide for Nutrition and Foodservice Professionals

The word, halal, meaning permissible in Arabic, is often used to describe the dietary guidelines followed by those of the Muslim faith. This reference sheet provides basic information for nutrition and foodservice professionals on the halal diet and how to serve Muslim patrons in foodservice operations.


*Tip: While all Muslims will consume halal food, please be aware of variations in levels of adherence to the halal diet as well as of cultural variations in ethnic cuisine. For optimal customer satisfaction, check with individual patrons before making assumptions on what food may be considered appropriate.*

### Haram (Prohibited) Foods

Prohibited (Haram)	Examples
<b>Pork</b>	Pork meat, gelatin, lard, and enzymes of pork origin (often used to make cheese)
<b>Alcohol</b>	Wine, brandy, rum, vodka, beer, champagne, & other alcoholic beverages; extracts (such as vanilla extracts); alcohol-containing batters & sauces

### Halal (Permissible) Foods and Substitution Ideas

Permissible (Halal)	Examples and Substitution Ideas
<b>Meats and Proteins</b>	Other meats, including beef, lamb, and poultry are considered halal as long as they are slaughtered according to Islamic law ( <i>dhabihah/zabihah</i> ). In the absence of halal meat, fish (with scales) provide a safe substitute. Other protein-rich foods such as beans, nuts, and seeds are also halal.
<b>Dairy</b>	Dairy is generally considered halal*. However, yogurts containing gelatin and cheeses containing animal-based enzymes are not permissible. Greek and other yogurt not containing gelatin, as well as halal-certified cheeses, such as some <a href="#">Cabot brand cheeses</a> , may be used as substitutes.
<b>Fats &amp; Oils</b>	Butter, margarine, oils, and other fats (other than lard) are generally halal unless they have been exposed to non-halal foods (for example, oil used to fry pork chops; or non- <i>zabihah</i> meat; would be rendered haram and should not be used to fry halal foods)*
<b>Cooked Dishes</b>	Vodka, wine, and other alcoholic beverages are commonly used in sauces, sautés, and other cooked dishes. Though some alcohol is cooked off, small traces remain rendering the dish haram. Possible substitutions in these dishes include vinegar, lemon juice, and vegetable broth.
<b>Snacks, sweets, cakes, chocolates, and candies</b>	Jell-O snacks, puddings, gummy candies, and marshmallows typically contain gelatin and are not considered halal*. Items with fish gelatin or that are halal certified can be used as substitutes. If making items from scratch, substituting gelatin with fruit pectin will usually produce the desired consistency and texture. Certain cakes and chocolates contain liquor or rum. Cakes and chocolates without liquor/rum are generally halal*.

\*Third-party halal certification by a credible organization is one efficient way to confirm halal status of processed foods. Look for halal certification symbols (for example, the Islamic Food and Nutrition Council of America uses  to indicate halal certification). You can also ask the manufacturer to provide their actual halal certificate. Some companies post their actual halal certificates online; make sure these certificates are current and not expired. For meat products, ask for batch certificates.

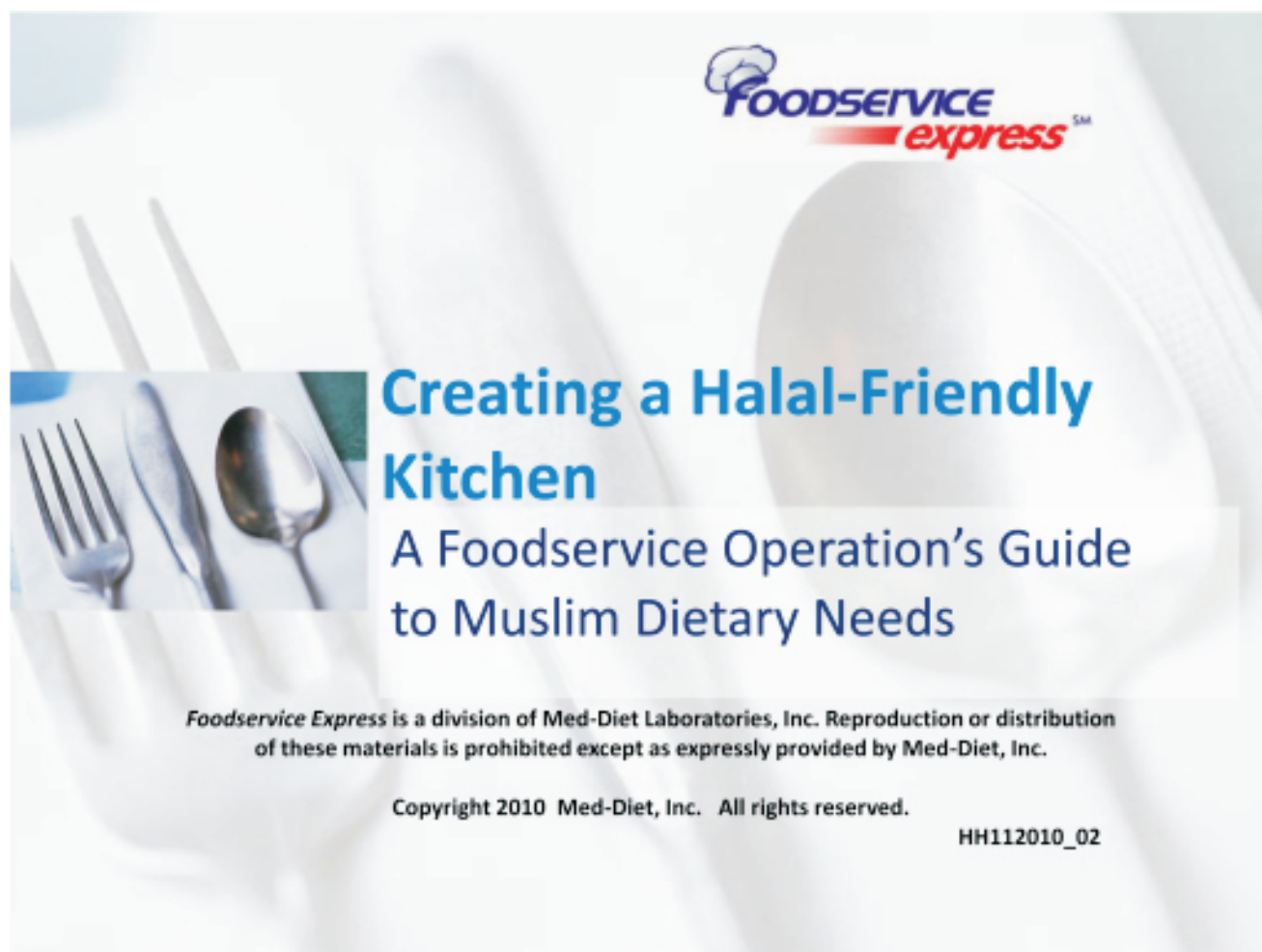
### Want to Learn More?

For comprehensive information on the halal diet, please refer to resources by the Islamic Food and Nutrition Council of America at [www.ifanca.org](http://www.ifanca.org) and [www.youtube.com/ifanca4halal](http://www.youtube.com/ifanca4halal).



## Creating a Halal-Friendly Kitchen

Setting up your kitchen to meet the needs of your Muslim guests is not difficult. If your kitchen staff observes ServSafe® procedures it can easily adapt the simple rules of halal. The major focus of "Creating a Halal-Friendly Kitchen" is on knowing which ingredients are not allowed and avoiding the opportunities for cross-contamination. Presented in plain language, this In-service covers easy-to-follow procedures, simple concepts and common terminology.



Available from your Sysco, US Foods or Reinhart representative.  
Or contact Foodservice Express directly at **1-800-633-3438**  
**[www.FoodserviceExpress.com](http://www.FoodserviceExpress.com)**

# Halal Ready-to-Eat

## **Microwaveable Meals**

- Fully Cooked
- Microwaveable Tray
- 1-Year Shelf-life
- Single Serving
- 15 Flavors

## **Snacks**

- Beef Sticks & Jerky
- Granola & Trail

## **Instant Breakfast Mix**

- High Protein
- Low Calorie
- Splenda®

## **Pizza Kit**

- Par Baked Crust
- Mozzarella
- Sauce


Available in all Divisions of

- Sysco ([www.800-45-SYSCO.com](http://www.800-45-SYSCO.com))
- US Foods (call 1-888-USFOODS)
- Reinhart ([www.ReinhartDirect.com](http://www.ReinhartDirect.com))



[www.FoodserviceExpress.com](http://www.FoodserviceExpress.com)

# Halal Food Buyer Guide

\*Not all products of companies listed are halal certified. Look for halal certification symbols (for example, the Islamic Food and Nutrition Council of America uses  to indicate halal certification). You can also ask the manufacturer to provide their actual halal certificate. Some companies post their actual halal certificates online; make sure these certificates are current and not expired. For meat products, ask for batch certificates.

Category	Company*
<b>Bakery Products</b>	American Bakery Products
	Kontos Foods, Inc
	Olympia Food Industries
	Sara Lee Bakery
	Pita Pan Old World Bakery
<b>Beverages and Concentrates</b>	Big Train Inc
	China Mist Tea Company, USA
	International Coffee Bean and Tea Leaf, USA
	Javo Beverage Company
	Monin, Inc
<b>Candy/ Chocolate/ Cocoa</b>	Super Pufft Snacks Corp., Canada
	Asti Holdings Ltd, Canada
	Brown & Haley, USA
	Lang's Chocolates
<b>Dairy</b>	Cabot Creamery
	Pine River Cheese & Butter Co-op, Canada
	Mariposa Dairy, Canada
	Salerno Dairy Products Ltd., Canada
<b>Desserts</b>	Love and Quiches Desserts, USA
<b>Food Products</b>	Al Safa Halal, Inc., Canada
	Bakery Chef, Inc., USA
	Birds Eye Foods, Inc., USA
	Lamb Weston (ConAgra Foods)
	Enjoy Life Natural Brands
	J&M Food Products Company, USA
	McCain Foods USA, Inc., USA
	My Own Meals, Inc., USA
	Nonni's Food Company, USA
	Super-Pufft Snacks Corp., Canada

**IFANCA halal-certified products are sold at the following retail outlets:**

- |                     |               |
|---------------------|---------------|
| 1) Restaurant Depot | 4) Jewel-Osco |
| 2) Costco           | 5) Wal-Mart   |
| 3) Whole Foods      | 6) Meijer     |



## **Halal Food Options in US Higher Education Campus Cafeterias: An IFANCA White Paper**

In 2010, IFANCA conducted its first, all-comprehensive USA College and University Halal Survey. The survey, which is the first of its kind, explored US university and college campus halal meal options and availability. It also inquires into young halal consumers' tastes, meal choices, and preferences. The data was collected from an electronic survey distributed through Muslim Student Associations (MSA) at 135 major universities and colleges across the United States. Approximately 1000 responses were received and the rate of completion of the survey was 85%. The survey was conducted between the Months of May and June, 2010.

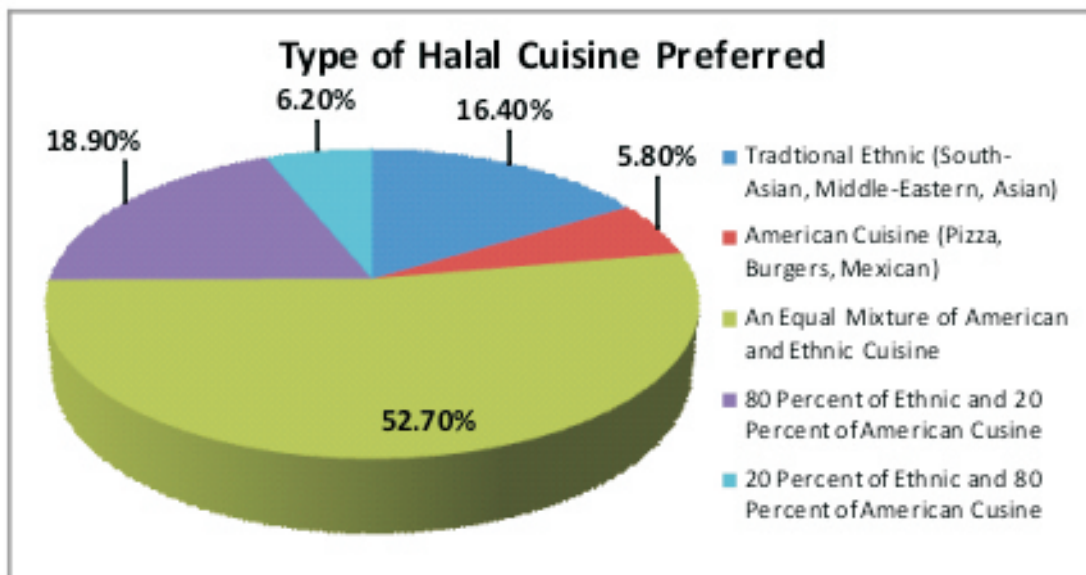
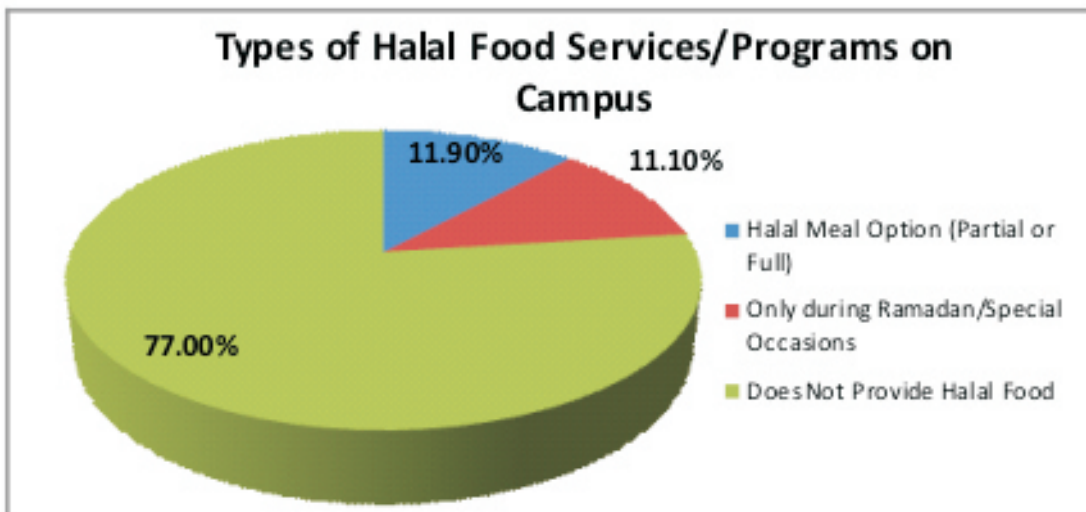
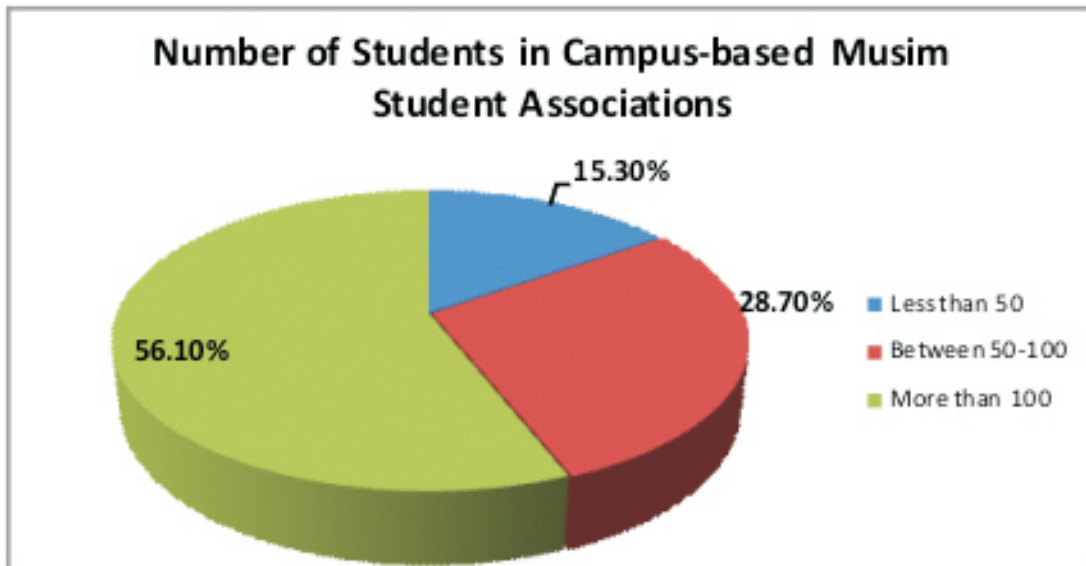
The impetus for the survey were issues such as those brought to light in the article, "Equal Service for Equal Fees", published in the Summer 2009 issue of the IFANCA publication, Halal Consumer magazine. Muslim students, according to the article, even freshman who have no choice but to live in on-campus dorms, were not offered meals that adhered to their halal dietary needs. They were, however, charged the same fees, despite not being able to use the meal plan for more than salads, bread and vegetarian entrees. The article cites an example of one family who was able to petition for halal successfully at their son's university, Virginia Tech, but had little luck at the University of Maryland where their daughter was a student. Both institutions are Virginia State Schools.

Further, while researching information for another article, "Universities Give Halal Lip Service" which is to be published shortly in Halal Consumer magazine, it came as no surprise that, at some universities, kosher kitchens were being passed off as kosher-halal kitchens, without any halal meat being served at all. For instance, Mount Holyoke at South Hadley, Massachusetts undertook the high costs associated with segregating dairy from meat in their kosher kitchen, but had yet to locate a distributor for halal certified meat despite the Halal-Kosher dining hall's inception in 2001. At the time of this writing, plans were afoot to introduce halal meat twice a week and possibly during Ramadan from fall 2010 onwards, almost ten years after the inception of the Halal-Kosher Kitchen at Mount Holyoke.

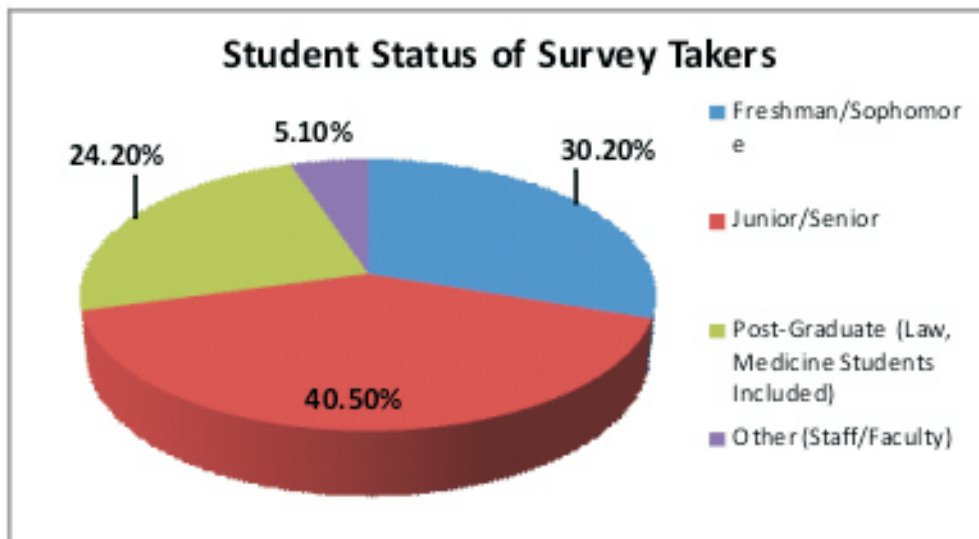
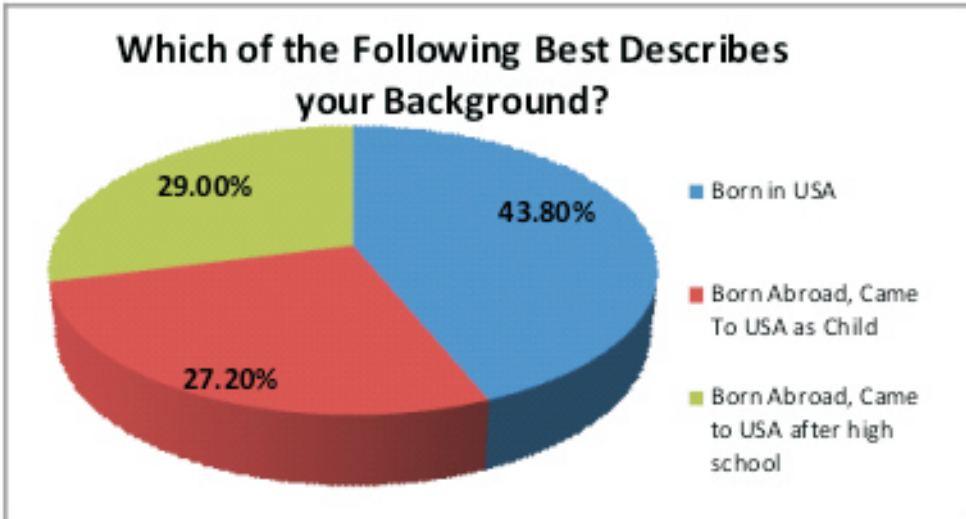
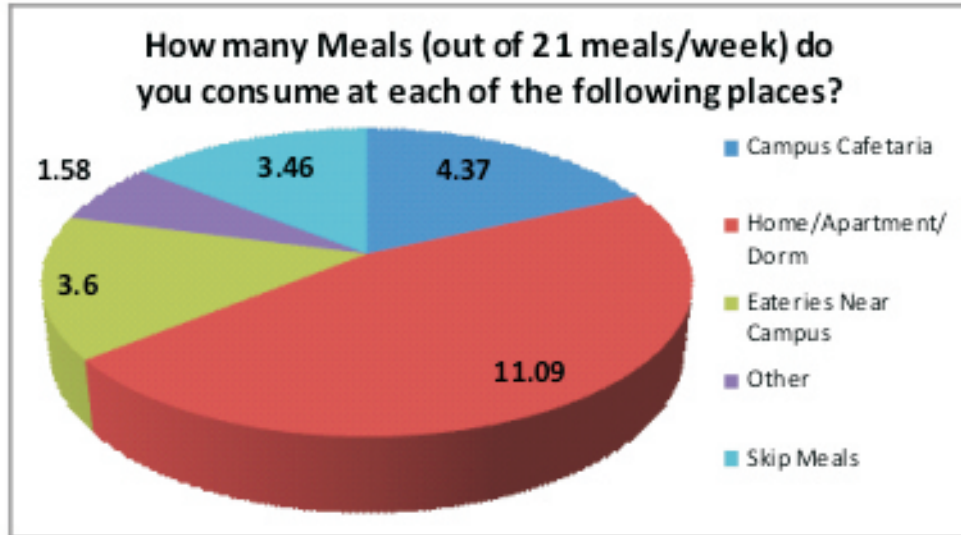
### **Survey Findings Overview:**

- More than 56% of students surveyed answered that there were more than 100 Muslim students on campus.
- 29% survey takers estimated that there were between 50-100 Muslims on campus. These figures were based on attendance of Muslims at Muslim events on campus. Many estimated that the number of actual Muslims on campus to be higher than the attendance seen in Muslim-oriented campus events.
- More than 77% of all survey takers testified that there were absolutely no halal meal services available on campus.
- Many reported that they cooked in their dorms or on-campus residences, or resorted to vegetarian meals in cafeterias' and off-campus eateries.
- Nearly 12% of campuses surveyed had partial halal meal services.
- Survey takers had a variety of insights to offer. Some indicated that some universities did provide halal meals on important days of the Islamic calendar; that partial halal meal services did not offer a good variety of meals; or had halal meals that lacked taste and/or quality.
- 11% of campuses offered halal meals only during important Islamic months (such as Ramadan).
- 53% of students voted for halal meals that comprised of an equal mix between ethnic (Middle Eastern or South Asian), as well non-ethnic, American (hotdogs, tacos and pizza) food choices.

Graphs:



Graphs:



For complete paper, download white paper at [www.ifanca.org/whitepaper](http://www.ifanca.org/whitepaper)





*The Islamic Food and Nutrition Council of America (IFANCA) is one of the world's leading and well-respected not-for-profit halal-certification organizations. Halal certification gives companies access to halal consumers all over the world. IFANCA's halal certification symbol  has helped halal consumers choose halal goods since 1982. The Symbol assures halal consumers that what they buy is halal without a doubt.*

[www.ifanca.org](http://www.ifanca.org)