

Creative and Attractive
Snacks P4

Lunchtime Bliss P16

School, Snacking,
and Success P24

Fall 2013

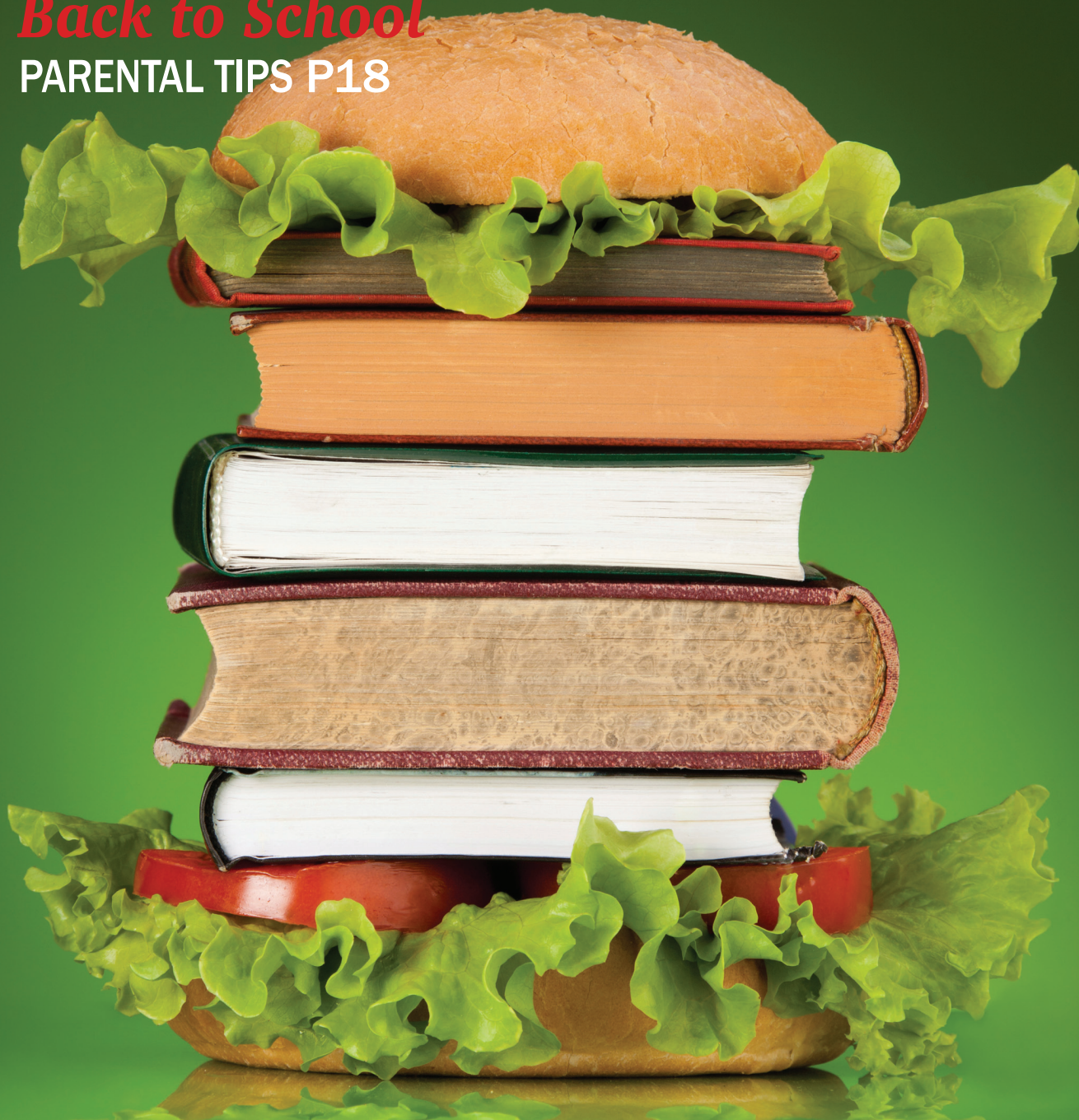
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Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America | **magazine**

Back to School

PARENTAL TIPS P18





ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA

WISHES ITS READERS

*A
Happy and Blessed
Eid-ul-Adha*



Contents



- 02 Editor's Note
- 03 From the Publisher's Desk
- 04 Creative and Attractive Snacks
- 08 Preparing Children With Special Dietary Needs for School
- 10 Changing Eating Habits
- 12 Modesty — A Challenge for Teenage Muslim Girls
- 16 Lunchtime Bliss
- 18 Parental Tips
- 20 Healthy Snacks

- School, Snacking, and Success 24
- Egg Sandwich 26
- Simmering Special Soup 27
- Chicken Soup & Sandwich 28
- Meat Loaf 29
- Banana Date Bread 30
- Sloppy Joe 31
- Chocolate Cheese Truffles 32
- IFANCA Halal Certified Retail Products Available in the US Market 33



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ABOUT HALAL CONSUMER

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers and providing halal solutions to consumer needs.

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Editor's Note

Assalamu Alaikum

It is 'Back to School' time. This time of year reminds me of the first verses of the Quran that were revealed to the Prophet Muhammad (PBUH):

Read! In the Name of your Lord Who has created (all that exists).

He has created man from a clot (a piece of thick coagulated blood).

Read! And your Lord is the Most Generous.

Who has taught (the writing) by the pen.

He has taught man that which he knew not...(Quran 96:1-5)

These verses emphasize the importance of learning. Learning isn't limited to school, though that is where a lot of knowledge transfer occurs. 'Back to School' time presents a number of challenges for parents. We need to meet a more rigid schedule to send our children off to school on time, pick them up on time, and shuttle them to their various activities on time while still meeting all the other household needs. It also means we don't have as much direct influence on them as we did over the summer when they were home most of the day. Stressful situations may result from peer pressure, being different, or health conditions. This issue discusses healthy snack options; how to deal with allergies and special dietary needs; and specific issues facing Muslim students.

Teaching our children to make healthy choices and living these healthy choices at home will help them when they go back to school. Rather than be stressed by any differences they see at school, they can influence their classmates to make better choices.

Discussing special needs with teachers and administrators allows them to provide the proper care and attention to our children. Educating the teachers and administrators about Islam and the need to take time off for Eids allows them to keep this in mind when scheduling assignments and exams.

Healthy living is a year-round exercise and maintaining those healthy habits does not need to be disrupted by being in school. We hope the ideas in this issue will help parents and children live a healthy, happy life.

Eid Mubarak to you all.

Sincerely,

Roger M. Othman managing editor

WWW.IFANCA.ORG

From the Publisher's Desk

Aasalamu Alaikum

The halal concept in America is no longer in its infancy; it has become a toddler and the word “Halal” is mentioned in the main stream media almost daily. Halal certified meals are now available in schools, colleges, the military, correctional institutions, four star hotels, and even some “Meals on Wheels” for seniors.

McDonald's tried offering halal meals in the US, but the casual, partial offering fell flat like a toddler and was eventually discontinued. Another halal supplier could not keep its promise of “hand-slaughtered” meat due to lack of supply chain, and regrouped under new management to offer machine-slaughtered halal poultry products. There are many other success stories. We believe this halal toddler is now walking and may even become a part of the green/organic movement.

In the eighties, Minaret brand did not survive but re-emerged as a brand backed by Vienna Beef, one of the best hot dog companies in the business. The examples go on and the landscape of halal in the US is changing fast. Major corporations now offer halal certified products to halal consumers throughout North America.

The Saffron Road™ brand debuted with frozen halal entrees made from humane treated cattle and birds that are hand slaughtered to meet the high standards of traditional halal products.

Abbott Nutrition offers halal certified nutritional supplements.

Nutrilite, the world's largest nutritional supplier, offers halal certified products that are made from ingredients grown on its organic farms.

Chocolate lovers can indulge in halal certified Godiva® products throughout the country. We have taken the alcoholic element out by reformulating many chocolates.

For high quality organic dairy products you need to look no further than Organic Valley®. They offer a myriad of halal certified products.

Toms of Maine® is a personal care product company providing halal certified organic toothpaste, mouthwash and other personal care items.

Please look at the list of products in this issue and support these companies by patronizing them. Call the companies and say thank you for listening to us, halal consumers.

Sincerely,

Muhammad Munir Chaudry *president*

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Creative and Attractive Snacks

By Kiran Ansari





When Sarah Ibrahim's children come home from school, she has healthy snacks waiting for them on the kitchen island. From piping hot lentil soup in the winter to a medley of berries when it's warmer, the key is to have everything ready.



"If you wait for them to get back and then ask them what they would like, chances are they would shrug, grab a cookie and go watch some TV," says Ibrahim, mom of four in Elgin, IL.

She has some go-to favorites that her kids love and, from time to time, she tries out new things to keep them interested. Usually, an ethnic twist makes it easier for her kids to enjoy their veggies. They often have steamed Brussels sprouts sprinkled with *chaat masala* or any chopped vegetable in a spicy *karhai* tomato paste. Just add a fork and the after-school snack is ready.

She feels that most kids love anything with dips. Homemade is always better, but if you are pressed for time, and the occasional store bought dip entices your child to have a variety of fruits and vegetables, it is worth the splurge. Putting them out in dishes with different sections gives them the choice to try a variety of healthy fruits, buffet-style. She also ensures they have plenty of milk and water, which is often side tracked when it comes to re-fueling tired kids.

"When a child is hungry, he will most likely eat anything he can get his hands on," Ibrahim said. "Just like when they have walked for three hours at a theme park, they are willing to eat something they might fuss over at home. Similarly, when kids come back from school, they are very hungry, so accessibility and appearance makes a big difference."

Speaking of appearance, Ayesha Akhtar, MPH, a community health educator for the Epilepsy Foundation of Greater Chicago and co-founder of HEART Women + Girls, has been using fun plates and straws to jazz up meals and snacks for her boys, 10 and 8.

"I'm definitely a believer in fun presentation," Akhtar says. "I'm also a smoothie machine. I will make any combo and always add protein powder to balance out the glycemic index. With some fun straws, we often have a 'liquid breakfast'. I also have plates with sections and the boys have fun loading it up with different food groups. It is so easy and makes kids accountable for a balanced meal. Even the regular healthy snack combos like apples or celery with peanut butter are more appealing when presented in a fun way."

Registered dietician and mom to three boys, Shahana Khan believes it's a good idea to talk to each of your kids and ask them what fruits and vegetables they like. Take them grocery shopping to a store with a huge variety of fresh produce so they can see that options are not limited to the bare basics.

"Have the kids make a list of healthy foods they are willing to try," Khan said. "Baked sweet potatoes julienne cut are popular in my house. I feel the way you cut vegetables can also make a difference!"

Khan also suggests giving children some choices in how they have their veggies. Whether it's a salad bar at home or a variety of





vegetable toppings to put on their whole-grain pizza, it helps when they have a say in the process.

For a quick fix, she always keeps yogurt on hand. Add in a little honey and chopped dates or raisins and you have a power house of a snack in a jiffy. She also pops her own popcorn and adds different herbs and seasonings.

“Smoothies are so popular these days,” Khan said. “Moms can sneak cucumber or spinach (little at a time) with the fruit of their choice. We also like carrots, cucumber, broccoli or celery with peanut dipping sauce or hummus. Another fun way to do it is to dip apple wedges in peanut butter and then chopped nuts or dried fruit so they stick to it.”

Akhtar, however, is not a believer in hiding healthy foods in other foods. She feels kids need to know what they are eating and why it is good for them. When her son asks for Nutella sandwiches, they agree to add banana slices which “taste heavenly together!”

Her “New Food Monday” rule has worked well for their family, especially for her picky younger son. He has learned to enjoy turkey and cheese sandwiches which are a life-saver for school lunches.

“He can choose not to like the new food, but he has to try it,” Akhtar said. “This gives the child the power he wants, and the parent the opportunity to show him new foods and continue to expand his palate”.

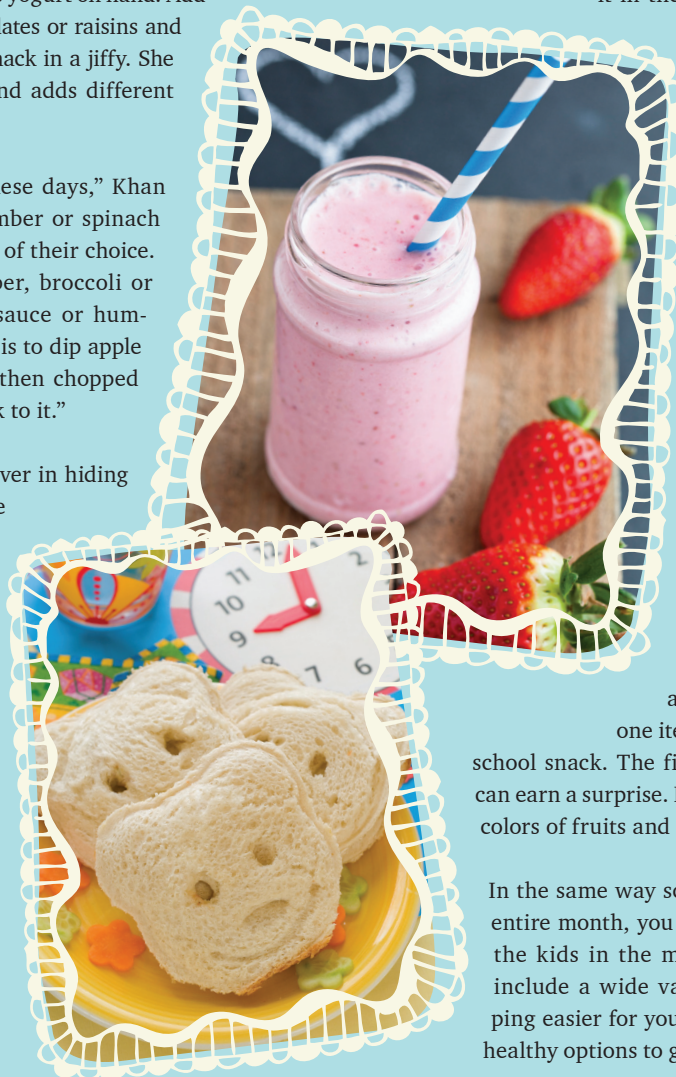
Another idea that has worked for Akhtar, would be great for working parents or older kids who come back from school to empty

homes, is mason jars smoothies. Instead of reaching for cookies and chips, these are very easy to blend and very healthy too. She puts fresh cut kale, berries, and bananas in a mason jar and stores it in the freezer. All she has to do is blend it with water or pineapple juice after school, or with Greek yogurt for breakfast, and her kids have a nourishing snack.

If your kids are craving carbohydrates, Akhtar suggests keeping healthy sandwiches ready to eat. She recommends any seed butter with jam or honey. Sometimes the same filling on a different type of whole grain bread or tortilla can make things interesting. Even rolling and slicing the sandwiches with a twist can appeal to picky eaters.

Another way to include healthy snack options in your kids’ home-from-school routine is to try and aim for a rainbow of colors every month. Draw or print a picture of a rainbow and try to include at least one item from every color in a healthy after-school snack. The first person to complete their rainbow can earn a surprise. Hopefully that will get them to try new colors of fruits and veggies.

In the same way schools create hot lunch menus for the entire month, you can do so for healthy snacks. Include the kids in the menu-making process and be sure to include a wide variety. This will make grocery shopping easier for you and you will not be wondering what healthy options to give the kids when they get off the bus.



KIRAN ANSARI is a writer and mom to Yusuf, 11 and Hana, 8. Since working on this story, she has been trying to keep a healthy snack ready for them when they come home from school.





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CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

CHICKEN & NOODLES: Chunks of light and dark chicken with Kluski noodles, peas, corn and carrots in a light sauce. A winning combination!

BEEF STEW: This satisfying stew is absolutely delicious. It has chunks of beef with chunks of potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas and carrots in a flavorful sauce.

CHEESE TORTELLINI: Cheese-filled tortellini in a well-seasoned tomato sauce with the added protein of pinto beans. Excellent texture and flavor!

VEGETARIAN STEW: A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

LAMB & LENTIL STEW: Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

MY KIND OF CHICKEN: A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

CHICKEN & BLACK BEANS: A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

OLD WORLD STEW: Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

FLORENTINE LASAGNA: This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

PASTA WITH GARDEN VEGETABLES: This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It's perfectly flavored with traditional Italian seasonings.

DHABIHA HALAL حلال



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Preparing Children With Special Dietary Needs for School

By Aysha Hussain

With summer officially over and the school year already in session, some parents may still find themselves adjusting to their youngsters heading back into the classroom. After all, the summertime offers some much-needed relief; three months of the year, parents can monitor their children more closely, including their eating habits. So for parents whose children have special dietary needs, such as food allergies and intolerances, heading back to school can be a particularly stressful time.

Approximately six million children suffer from food allergies, an immune system reaction that occurs shortly after eating a particular kind of food, usually in the form of a severe allergic reaction called “anaphylaxis.” The Centers for Disease Control and Prevention (CDC) recently found that the incidence of these food allergies among children has steadily risen since 1997. Two years later, the CDC found that food allergies actually increased by over three percent, and has continued to rise by over five percent in the last 10 years. Some common foods that make up 90 percent of these food-allergy reactions in children include milk, eggs, peanuts, wheat, and soybean.


Although these figures may not be alarming to the medical community, there is a strong possibility pediatricians and allergy specialists will continue to see a prevalence of children with food allergies. According to Dr. Chitra Dinakar, an allergist and immunologist at Children’s Mercy Hospital in Kansas City and a Professor of Pediatrics at the University of Missouri-Kansas City, there are a number of reasons why food allergies are so pervasive among children in today’s society. One factor is known as the “hygiene hypothesis.”

“Children in developed countries have less exposure to a variety of bacteria and germs because of how hygienic their surroundings are,” says Dinakar. “If there is less of that exposure, then your body starts switching to more of an allergic response because the immune balance is upset and starts reacting to harmless, normal agents such as ragweed or peanut or dust mite that you should be tolerant to.”

Dinakar, who is also a fellow of the American Academy of Pediatrics (AAP), says if your child suffers from a food allergy the only real treatment is strict food avoidance, as trace amounts of the allergic response foods can potentially cause a fatal allergic reaction. However, in the instance your child has intolerance to certain foods such as milk or gluten, a condition when the body can tolerate food but simply cannot properly digest it particularly when consumed in large quantities; studies have shown these children can outgrow these intolerances over time.

Whether your child suffers from food allergies or food intolerances, Dinakar advises parents to work closely with their child’s pediatrician or physician as well as their school’s health administrators and nurses to ensure their health is being properly monitored during lunch and snack times throughout the day. Make a list of foods your child should avoid and share it with the school health administrators. Also provide a

prescription epinephrine injection in case they experience an allergic reaction at school.

If you sometimes feel overwhelmed by the responsibility, recognize you are not alone. Food Allergy Research and Education estimates 1 in 13 children is diagnosed with food allergies. Seek the support of other parents of children with food allergies and offer them your support. You can work together in your school to help the health administrators and the children cope. You should also talk to your child and advise them not to trade lunch with friends. Let them know if they ever feel scared or concerned about something they ate at school they should let their teacher know immediately. You might also consider a food allergy medical alert bracelet. 

Parent's Back-To-School 'To Do List'

- Receive an accurate diagnosis from your child’s doctor (i.e. food allergy vs. food intolerance).
- Have the doctor provide a “food allergy action plan” or a list of foods your child should avoid as well as an epinephrine prescription; provide these for the school nurse in case of an allergic reaction.
- Inform school administrators and other staff about your child’s health needs; make sure to leave your contact information with your child’s teacher.
- Check with your child’s school to see if it provides dietary alternatives.
- Create your own food allergy support group with other parents at your child’s school.
- Get in the habit of reading food product labels; encourage your child to do the same.

— CHANGING — EATING HABITS

By Mujahed Khan



After a long day of gardening and yard work during the sweltering summer days Faiza Khan and her husband Abdul Wasif of Woodale, IL, often find themselves hot, tired, and hungry. They typically crave something cold and sweet, and ice-cream usually does the trick.

“The first thing I used to reach for was the ice-cream tub in the freezer. I knew that it wasn’t the healthiest of options; however, it was something that was cold, tasty, and most of all ready for me to enjoy,” said Faiza.

That was then. Today, Faiza and Wasif have swapped high fat, high sugar and highly processed ice-cream for healthy desserts — an increasingly common trend across health conscious Middle America. Realizing that their eating habits were

impacting their two year old daughter, Amaana, they saw room for re-evaluation.

“We knew that we needed to set a positive example for her and that more importantly, eating healthy is a major part of the Sunnah (traditions of the Prophet Muhammad)). I always remember the story of how the Prophet (PBUH) was requested to tell a child to cut back on eating too much sugar; however, before he went to preach that he first reduced how much sugar he himself consumed,” said Faiza.



Ingredients

- 2 ripened avocados, peeled and pitted
- 1 cup low fat milk
- ¼ cup sugar
- 2 tablespoons lime juice (from one large lime)
- 1/8 teaspoon salt

Directions

1. Put all ingredients in the blender and blend until smooth.
2. Pour into popsicle molds and freeze.

Now that Faiza and Wasif had their mindset on living a healthier lifestyle, all they needed to do was find the means of doing it. They looked for healthy ice-creams in the grocery store aisle only to discover them with too many empty calories (high-caloric foods with little nutrients). So the couple decided to do some research on the internet which led them to the website Teaspoon of Spice, a blog containing many healthy dessert recipes created by a group of nutritionists.

One particular recipe that caught the eye of Faiza was that of the Avocado Lime Popsicles. These cool tasty treats are made with real avocados and just a few other pantry ingredients. “They have a tangy sweet flavor and they are easy to grab out of the freezer on any hot summer day and best of all, Amaana also loves them too.”

Before making this dessert swap, Faiza wanted to speak to a food and nutrition expert to get some advice on how to make the transition seamless for her family. She spoke with Plainfield, IL based registered dietitian; Nausheen Karim on whether consuming the popsicles was a better choice than the grocery store bought ice-cream. Dietitian Karim explained that the popsicles are definitely a health-conscious choice. She said that “these popsicles are made from avocados which contain significant amounts of MUFAs (monounsaturated fatty acids). MUFAs helps to build up the good cholesterol-HDL (high density lipoprotein) which in turn helps fight the bad cholesterol triglycerides. Having lower amounts of triglycerides means less fat in the blood stream all eventually leading to good heart-health.” Dietitian Karim continued to stress the importance of introducing new foods such as healthy desserts slowly rather than making sweeping changes. She stated “stick to using ingredients that your family is already familiar with. This will allow them to be open-minded about trying new foods.”

Now Faiza feels confident that what her family consumes is not only yummy but also healthy and easy to make. She usually prepares the popsicle-batter at night and puts it into the freezer to let it set after pouring it into the individual molds. By mid-morning the next day they are ready for them to enjoy. 🍷

===== 3 OPTIONS FOR SATISFYING YOUR SWEET-TOOTH =====

Good

If choosing a packaged dessert, select one in which the first ingredient listed on the panel is not sugar or high-fructose corn-syrup.

Better

🍷 If you need something a bit more sugary then try minimally preparing a fruit dessert. Use a couple of fresh cut apples. Drizzle 1 tablespoon of honey and a pinch of cinnamon over it. Bake for about 20 minutes for an easy apple-pie filling taste!

Best

Fulfill your sweet-tooth naturally by picking up a sweet fruit. We don't often realize that God has created desserts for us that really don't need to be altered. A date and fig are both sweet and satisfying. Plus they provide nutrients!

Modesty

A Challenge for Teenage Muslim Girls

By Asma Jarad



It seems like yesterday my husband and I began our lives as parents. In reality, it has been nearly fourteen years since our daughter, Amira, was born. Today, Amira is a maturing teenager, exemplifying much of what it means to be a typical American teen. This is true, with the exception of her being a Muslim girl who recently began wearing her hijab. Muslim teens in America not only have to deal with the everyday adolescent issues surrounding them, especially in junior high and high schools, they also have the responsibility of practicing humility in clothing and behavior. Although this distinction often causes them to stand out from among their peers, nonetheless, it is the halal choice leading to contentment now and in the future, inshaAllah. In the Quran, Allah (SWT) says, *"O children of Adam! We have bestowed raiment upon you to cover yourselves (screen your private parts, etc.) and as an adornment. But the raiment of righteousness, that is better"* (Quran 7:26).

Based upon this verse, Muslims, not only in America but also around the world, are required to observe modesty in their daily lives. For teens, this can be an exceptional challenge. Ugo Uche, a licensed professional counselor who specializes in adolescents and young adults, points out that children today are "considerably more egotistical than past generations. Most people may look at social media and come to the decision that more youths than generations past present larger than life egos, particularly when sites like Facebook and Twitter are looked at. Another source for a rough measurement of ego among today's youth would be popular music. While on the subject of media and entertainment, let's not forget reality shows." Indeed, the emergence and heavy influence of these factors play an enormous part in the daily lives of our teens, persuading them to push the boundaries of clothing and behavior to lower levels. Whether they are Muslims or not, it is an incredible challenge to live a life of humility when faced with the

popular demand of keeping up with fashion trends that encourage skimpy clothing and smug demeanors.

Although Amira has taken the decision to wear her hijab in public for the rest of her life, it was not a decision taken lightly. Over the past couple of years, as adolescence crept upon her, like many of her peers, she experienced changes not only in her physical appearance, but also changes in the way she thinks and processes the world around her. It is true that we live in a society that prides itself on acceptance of the other as well as of the individual; however, it can be a difficult task, especially for an adolescent in middle school, to act upon a decision that will change her life forever. Unlike early childhood, the pressure of fitting in with the crowd is immense in adolescence, when kids are beginning to discover who they are and starting to form plans for a future. Teenagers do not want to feel that they do not belong or are different. One of the keys for a successful transition from childhood to adulthood, is for families to provide continued love and support even if it takes some of our children a longer time to mature and act upon the commandments of Allah (SWT) and the teachings of the Prophet (PBUH).

The Oxford American Dictionary defines humility as "a modest or low view of one's own importance." However, in the context of religion, humility is about promoting an honest, precise, and independent view of human importance in the overall expansive universe. In the adolescent state of mind, acting in humility is akin to living beneath the cool group, which must keep in step with the fashion of the week no matter the cost. However, instead of viewing humility as synonymous with low self-esteem, one might consider that, through humility, we are developing an understanding of Allah's (SWT) view of us as individuals. Based on this, our self is separate from our physical appearance, wealth, shortcomings, assets, and our past. Instead, it complements the design of Allah (SWT) who created us with a purpose and who gives us the power to fulfill that purpose. With humility, we view ourselves as equals with other human beings. A person who practices humbleness should not feel insecure or self-conscious. They acknowledge and act upon what they are responsible for and give credit for that which they are not. All the while, their self-esteem is stable, feeling no need to keep up with the ever-changing trends.

When it comes to hijab, Allah (SWT) instructs women specifically to *"display of their adornment only that which is apparent, and to draw their veils over their bosoms, and not to reveal their adornment save to their own husbands or fathers or husbands' fathers. Or their sons or their husbands' sons, or their brothers or their brothers'*

sons or sisters' sons, or other women, or male attendants who lack vigor, or children who know naught of women's nakedness. And let them not stamp their feet so as to reveal what they hide of their adornment." The verse ends with the instruction for women and men: *"And turn unto Allah together, O' believers, in order that ye may succeed"* (Quran 24:31). Indeed, the purpose of hijab beginning in adolescence is to instill, from an early age, a sense of core values revolving around what is more important rather than showing off one's beauty and physical attractiveness in public. Instead, the focus is on developing intelligence, good manners, and strong moral principles.

Although the Quran may appear to designate a series of strict prohibitions, one should take the outlook and understanding of the teachings as a form of defense from the ugly side of society. We must begin with the premise that Allah (SWT) does not seek blind followers. For this reason, He clarifies His words in the Quran with analysis that is applicable to our daily lives. Unfortunately, parents sometimes take one of two extremes. Some parents are afraid that their children will lose their cultural and religious identity; therefore, they drill a series of dos and don'ts into their children's heads without explaining why the behavior is allowed or unacceptable. Indeed, in America, we live among people from various backgrounds united by the common bond of citizenship. The second extreme belongs to parents who let the reigns completely loose and encourage their children to melt into society without retaining any heritage. It can be a challenge to maintain our historical, ethnic, and religious identity in this overwhelming melting pot. With the explosion of social media, our American melting pot has essentially become a global melting pot.

Halima, a seventeen-year-old high school senior, says that, "I always knew I'd wear the hijab. When I did, I was a naïve twelve-year-old who knew little about the rules of hijab, but what I did know then and now is that haram is all around me. It is easy to be in the moment. Wearing my hijab every day before I walk out, reminds me that this choice is meant as a physical and mental protection that gives me the priority to have my mind judged, not my body."

Although physical covering is an essential part of hijab and of living a life of humility in Islam, we must

understand that it is not only about the fabric we use to cover our bodies. Remember, veiling women is a historic custom among aristocrats, as well as pious people from other faiths. Look at any picture of Mary, mother of Jesus (PBUH), for example. This custom of veiling was practiced for thousands of years before the arrival of Islam. In addition, pious members of Christianity, Hinduism, Buddhism, and Judaism continue to practice veiling.

Should Muslim parents compel their daughters to wear the hijab? Additionally, should they impose a modest dress code upon their sons? For many Muslims, following in the path of the Prophet (PBUH), or the Sunnah, is the best option. As we know, the female relatives of the Prophet (PBUH) were instructed by Allah (SWT) to modify their clothing: *"O Prophet, tell your wives, your daughters, and the wives of the believers that they shall lengthen their garments. Thus, they will be recognized and avoid being insulted. God is Forgiver, Most Merciful"* (Quran 33:59). Also in the Quran, Allah (SWT) turns his attention to men: *"Say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them. And Allah is well acquainted with all that they do"* (Quran 24:30).

For the new school year, Amira has decided to fulfill the teaching of the Prophet (PBUH), as narrated by his wife, Aysha: "Asma, the daughter of Abu Bakr, entered upon the Apostle (PBUH) of Allah (SWT) wearing thin clothes. The Apostle (PBUH) of Allah (SWT) turned his attention away from her. He said, 'O Asma, when a woman reaches the age of menstruation, it does not suit her that she displays her parts of body except this and this,' and he pointed to his face and hands."

In the end, our intentions are just as important as our actions, if not more. As Dania, an Islamic studies teacher points out, "We do not have the right or responsibility to judge our fellow Muslims because it is ultimately Allah (SWT) who will judge each of us based on what is apparent as well as what is concealed in our intentions and in our hearts." Indeed, Allah (SWT) is the creator and the final Judge of all.

May He (SWT) guide us and forgive our shortcomings. ﴿

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..... Lunchtime Bliss By Tayyaba Syed

As a young immigrant to this country, I had a lot to learn about what were the best and healthiest choices when it came to eating. Many a times, I just ate what was convenient or readily available not being cognizant of what I was consuming. This was over two decades ago, and there was not as much awareness about healthy eating back then. Whatever we could afford, we ate.

One major setback that occurred from this for me is that as an adult, it is hard for me to let go of these bad habits. Skipping breakfast, eating quick-fix meals, and waiting until the late hours to eat is what my body has become accustomed to. Now as a mother, I have to go against my poor self-training and set a better, proper example for my children.

Breakfast is a must in our house, even if it is a bowl of cereal. The kids are hungry first thing in the morning, so they are not as picky. Eggs are a staple breakfast item

for us with so many different ways to cook them.

Lunch time is where things get tricky. My kids are different ages, go to different schools, and have the most different tastes and preferences. My older daughter wants more dry foods that can be easily sandwiched or rolled, whereas my younger son wants rice mixed with some kind of savory meat or vegetables. This sounds like a recipe for more work for mommy dearest, but I do not mind it. With a little extra planning, meeting my kids' needs is doable. This way I know what they are eating and can insure that it is only from halal and tayyab (pure and good) ingredients. The most rewarding thing for me as a mom is when my kids bring home empty lunch boxes and satisfied tummies.

So what am I filling their lunch boxes with exactly? The main thing is to keep the lunches simple, healthy, yet keeping

the kids' particular taste buds in mind. It is important to give moderate portions to avoid over-eating, keep the selections colorful, presentable, and pleasing to the kids' little eyes, and avoid any sugary snacks or drinks. Throwing in a nice little note also helps put them in good moods.

However, since I am still a work in progress on incorporating a healthy eating regimen and lifestyle for my family and me, I turn to the experts to help me along the way.

Farheen Farooq of Schaumburg, Illinois, is a nutrition educator for Salihah Central, a Muslim women's online community that teaches about various Islamic sciences and includes information on how nutrition affects our spirituality. Farooq has dedicated nearly 15 years to the field of health and nutrition. After obtaining her Bachelor's degree in Human Nutrition and Dietetics, she has headed various seminars and workshops in the areas of eating right, stress management, exercise



and weight loss, diabetes, high blood pressure and heart disease, living 'green', and other topics aimed at relating one's livelihood to one's faith in God.

Farooq, mother of three, shares with Halal Consumer some of her great tips on ways to make lunchtime easy and full of bliss for both parents and kids alike. These should be plastered on all our refrigerators.

1. For sandwiches, use toast made from 7-9 grain breads (high fiber) and spread low-fat cream cheese or nut butters (antioxidants) on them.
2. Carrot sticks, cucumbers, broccoli, green bell peppers with dips make great sides and snacks for school.
3. Fruit kabobs are easy to make and fun to eat. Put pieces of pineapple, strawberries, melons, blueberries and other cancer-fighting, fiber-rich fruits on non-pointy skewers.
4. Chop up broccoli in milk-based soups or with melted cheese and even bake in quiche. Broccoli is anti-cancer!
5. Add beans (kidney, great northern, pinto) to a colorful salad or serve with rice to add fiber, protein, vitamins, and minerals. You can even add raisins to provide additional antioxidants, fiber, and iron.
6. Make yogurt shakes with berries, bananas or mangos and sweeten with honey.
7. Put whole grain cereals in baggies. Use those brands that are packed with fiber and protein.
8. Whole wheat pita bread can be served with boiled chicken chunks and hummus dip for added fiber and protein. Make sure the first ingredient listed for the bread is 100% whole grain flour.
9. Steamed vegetables with some home-made butter sauce can make a tasty treat.
10. Offer children water or milk instead of juice. If juice is preferred, then orange juice is good as long as it is 100%.

"It is very important as parents for us to set an excellent example for our children by eating healthy foods and in moderation," says Farooq, mother of three. "Do not talk about dieting, fat, or calories to children. Instead, talk about healthy eating habits and inculcating the Prophet Muhammad's(PBUH) eating style of moderation and health," she says. ☺

PARENTAL TIPS

By Roger Othman



When our children were younger, we lived in a school district with very few Muslim students. The students, teachers, and school administrators had limited exposure to Muslims and the Islamic culture and practices. In order to avoid any awkward situations, we thought it prudent to share some information on Eid and Ramadan and to let them know our children would be absent during Eid.

Today, many more teachers and administrators are familiar with Islam, and there are more Muslim students attending public schools. But, there is still a lot of misinformation out there, so it may not be a bad idea to start the school year sharing some basic information on Islam with your child's teachers and school administrators. Some information you might want to share is a basic introduction to Islam; information on Ramadan and the two Eids; dietary needs; the requirement to pray five times a day and the need to pray during school hours; dressing for gym class and the hijab and why it is worn. You can find excellent

information on the basics of Islamic Beliefs, Ramadan, Eid, and Hajj on the IFANCA website (www.ifanca.org).

The benefit of providing this information early is to avoid any embarrassing situations like a field trip involving a stop at a fast food restaurant where your child can't find anything to eat; having to find a secluded place to pray and being late to class because he or she is praying; or being taunted during Ramadan because he or she cannot eat or drink. You never know, it may also help other Muslims. I recall one year my son spoke to his high school counselor about the need to find a place to offer Dhuhr salat. She let him use her office and, after another Muslim student found out, he began joining my son for salat. They ended up becoming very good friends.

Our experience is that teachers and administrators have been very accommodating once they are made aware of, and understand, the needs of our children. It makes the school environment

more pleasant for both, the student and the teacher. You also want to take every opportunity to thank teachers and administrators when they do accommodate your children's needs.

School should be a fun, comfortable place. Eliminating an unnecessary source of anxiety helps keep it that way. Being a Muslim student in public school should not be stressful for a child. Providing some information on Islam at the beginning of the school year will keep it from becoming a place of unease.

A letter is a great way to inform your child's teachers and administrators of your circumstances. A sample letter is provided below. You can compose your own letter to meet your needs. 📧



Name

Street Address

City, State, Zip

Telephone

Date:

Dear Teacher / Administrator,

Ali and the rest of the St. Louis Muslim community are currently observing the blessed month of Ramadan. Actually, Muslims the world over are observing this blessed month.

The Muslim calendar is a lunar calendar, with each month commencing with the sighting of the new moon. While this is an astronomically predictable date, Muslims also seek to confirm the calculations with the actual observation of the new crescent moon. Consequently, each month may not start on the precisely calculated day.

After the blessed month of Ramadan ends, Muslims observe a holiday called Eid-ul-Fitr. This is one of the two holidays in the Islamic faith, the other being Eid-ul-Adha. This year, the holiday will fall on March 2nd or March 3rd. As a result, Ali will be absent on one of those days. As I indicated earlier, we cannot confirm the date until the sighting of the new moon, which will not occur until the evening of March 1st.

I would ask you to take this into consideration when scheduling exams and major assignments and also allow Ali to make up any missed assignments without penalty.

I have attached a brief introduction to Ramadan for your reading pleasure. Should you require further information on Ramadan, Islam, Eid, or Muslims, I would be happy to provide it.

Thank you

Sincerely,

Your signature





HEALTHY SNACKS

By Sarene Alsharif

As school begins, parents' frantic search for snacks also starts. Be it snacks for school, after school, home, or sporting events, feeding kids healthily is a never-ending dilemma. So can snacks be a healthy part of a balanced diet? Over the years, snacks have earned a bad reputation from all the chips, candy bars, cookies and other foods the media has been marketing to us as easy snacks. But healthy snacks are neither time consuming nor expensive if you know what to look for. Keep these tips in mind for creating healthy, fun munchies:

PROVIDE HIGH FIBER OPTIONS

Fiber dense foods like fruits, vegetables, beans, and whole grains all provide numerous nutrients and vitamins in addition to preventing and relieving constipation. Although constipation may not seem like a big deal, most school-age children complain of constipation at some point and, according to a study published in the journal *Pediatrics* in June 2013, the number one diagnosis of children taken to the emergency room with abdominal pain is constipation. Deema Al-Sayed, a nutritionist from Winnipeg, Canada says she serves her two children a colorful plate of freshly cut vegetables for a fiber-rich snack. Her children enjoy colorful peppers, cauliflower, broccoli, cucumbers, and celery. They munch on them plain or sometimes with a healthy dip like hummus or low-fat ranch.

KEEP THE FAT, SUGAR, AND SALT CONTENT LOW

Companies tend to market their snacks as healthy, which can make choosing beneficial options difficult and deceiving according to nutritionist Hend Elburi from Little Ferry, NJ. Providing healthy snacks for children plays a vital role in teaching them healthy habits, which is why she recommends always reading the nutrition facts before buying anything at the grocery store. Or better yet, opt for foods naturally low in the treacherous trio: fruits, vegetables, low-fat dairy, and lean meats all make healthy

options. Nuts are also an excellent choice, packed with nutrients, antioxidants, and healthy fats. Raw nuts are your best bet, but if you prefer roasted nuts read the nutrition facts to make sure they are low in salt with no added fat or sugar. A serving of nuts is one ounce or about 12 individual almonds.

LOOK FOR PROTEIN-RICH SNACKS

Protein and fiber take longer for the body to digest, keeping kids and adults fuller for longer periods of time. The USDA and MyPlate.gov recommend pairing fiber-rich and high-protein foods for filling, healthy, fun snacks. Children will have fun dipping matchstick vegetables, like carrots, cucumbers, and celery in hummus or bean dip, both of which supply good proteins. Elburi gives "Ants on a Log" to kids and they love it. To make this fun snack, spread peanut butter on a celery stick then line raisins on top of the peanut butter like ants walking on a log in a line. Kids cannot get enough of this fast, easy, healthy snack. Finally, Mayo Clinic suggests revisiting breakfast. Kids who love scrambled eggs will also love them in the afternoon. Another healthy option you can pack in a cooler for school or the park is low-fat cheese sticks and grapes. Cheese provides protein and calcium, while the grapes supply vitamins, fiber, and healthy sugars creating an easy, tasty snack you can take just about anywhere.

STEER CLEAR OF ARTIFICIAL FOOD COLORING

The food industry uses artificial food coloring to make foods more appealing to consumers, especially children. When artificial food coloring was introduced, scientists believed it did not have negative effects on children. However, current research shows artificial food coloring increases hyperactivity and behavioral problems in children, with some children being more sensitive to the effects than others, according to pharmacist Lina Alkasm from Ottawa, Canada. Additionally, numerous countries, including the United Kingdom and France, have deemed artificial food coloring to be unsafe and have banned companies from selling them to the public. If other countries have declared artificial food coloring dangerous, should our kids be eating it?

With a little planning, putting together healthy snacks becomes easier than you think. Boil a chicken or roast some meat during the weekend and put it in the fridge. Now healthy sandwiches are only a minute away. Whip out the whole wheat bread, avocados to spread instead of mayonnaise, tomatoes, and lettuce for a yummy sandwich loaded with nutrients. Elburi recommends buying healthy snacks, like whole wheat crackers, in bulk then packing them into 100-calorie portions. This way parents have healthy snacks ready and save money at the same time. Store-bought trail mix can be very



expensive and unhealthy, but healthy ingredients like raw nuts, whole grain pretzel sticks, dried cranberries, and dark chocolate bits combine to make a nutritious snack everyone will love, including your wallet.

Children and adults eat with their eyes; therefore, presentation plays a big part in encouraging children to eat healthy snacks. Rainbow fruit skewers make appealing options for kids. Elburi suggests pinwheels made with pita bread spread with avocados, shredded carrots, and chicken breast then rolled up and cut into individual circles as a fun, healthy, and appealing snack. Kids can help make them by choosing their own nutritious ingredients.

Including children in meal preparation is extremely effective in encouraging them to eat healthier. Take your kids to the grocery store and let them pick the fruits they want for school snacks. Spend Saturday morning at the local farmers' market visiting the stands and talking to the farmers; your kids will surely come across a fruit or vegetable they want to eat. Let them choose what they want for dinner and include them in the cooking process; they are more likely to try something they chose or helped prepare.

The complaint nutritionists hear most from parents is, "I cannot get my kids to eat healthy." Parents go out of their way to provide healthy snacks for their children, but kids still reach for the junk food. Al-Sayed solved the problem in her household by not bringing home junk food, period. Now, when her children want to eat, they can choose from the fruits and vegetables stocked in the fridge. The unhealthy food never makes it into the house so it is not even an option. Al-Sayed understands kids will be kids and they like cookies, muffins, chips, etc. from time to time. But, she teaches them moderation and only allows her children to eat them when the family is out and about. Dr. Zeina Hawasli, a physician from Phoenix, AZ reports a similar story. Her two-year-old daughter refused to eat healthy food and would only eat cookies. Dr. Hawasli decided her daughter had enough junk food and would not give her anymore cookies. Instead they went out to run some errands and Dr. Hawasli packed a few apples for the trip. When her daughter realized she had no other option, she delightfully ate the whole apple. Now, Dr. Hawasli only packs healthy snacks for her three children.

Different tactics work for different families. Healthy eating is not one-size-fits-all.




Be flexible and try numerous methods when switching to healthier options. Discuss why these changes are important with everyone in the family and listen to their opinions; they might have a great idea or a suggestion you can work with. When everyone understands why these changes are important, they will be more likely to respect them and adhere to them. If you are making dramatic changes, do them slowly. Let your children get used to one change before you introduce another one, that way they are less likely to resist. Stay positive; soon they will love it. Dr. Hawasli said she made the decision to switch to healthier eating last year. At first her children found it difficult, but now Dr. Hawasli's 6-year-old daughter refuses to take cookies to school because she says they are not good for her.

Nutritious snacks play a vital role in any healthy diet. With a little planning, putting together healthy snacks can take as little as thirty minutes a week. By involving children in the process, you can identify what nutritious snacks they prefer, encourage them to try new things, and educate them about the relation between food and health. Teach children healthy habits at a young age and they will stick with them for life. (M)



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- a working knowledge of Islam and the U.S. Muslim community
- excellent communication and interpersonal skills

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For consideration, email your cover letter and resume to: zkazmi@zhkcpa.com or mail to: PO Box 597722, Chicago, IL.

SCHOOL, SNACKING, AND SUCCESS

By Husna Ghani



It's that time of year again when you hear squeaking of new sneakers, smell newly sharpened pencils (do children use pencils and sharpeners anymore), and feel the sticky, humid breeze that makes your hair look like damp hay. No more crowded malls or crowded streets with semi-stable drivers. The look of sheer joy and relief on parents' faces, and the smell of butterflies and rainbows in the air (okay, maybe not).

Back to school....the three words that cause so much happiness for parents and dread for children. Whether it's back to school or back to college, one of the most important aspects of studying is eating. When I was an undergraduate student, my physics exams were always in the late evening, when you're completely exhausted and can't differentiate between Isaac Newton and a Fig Newton. My study snacks on exam day would be M&M's and chocolate milk. Yup, talk about the breakfast of champions! Obviously I would justify it because milk had protein and chocolate originated from a seed so essentially it was a fruit! However, now that we all know better, let's figure out what could constitute a healthier school snack.

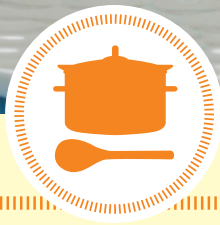
School presents an exciting day with various stimuli. Children's energy levels need to cope with their daily activities. A healthy breakfast of protein and complex carbohydrates is essential. Proteins such as eggs, milk, and lean meats are essential for keeping the mind alert and getting the neurons up to par with the rigors of learning. Complex carbohydrates such as whole grain breads and oatmeal are needed to sustain energy throughout the day. Notice I did not mention cereal. Yes, I'm sure there are "nutritious" cereals out there, however,

let's be real. Given a choice, even I'd opt for Cocoa Puffs in a heartbeat. Most cereals contain high amounts of sugar and little to no protein. This puts you in a sugar high, which will make your energy levels crash quickly. Researchers were serious when they said breakfast is the most important meal of the day.

Now as for lunch, I'm not going to reprimand the school systems for the lack of nutritious lunches (who are we kidding; I am going to reprimand them). Cheese pizza and fries daily with a can of cola is nowhere near brain fueling food. Perhaps a good lunch from home will save your money and your health. Some examples are sandwiches made from whole grain bread with low fat cheese and vegetables (think Subway sandwiches), or pita bread with low fat meat, lettuce and tomatoes. If sandwiches aren't your child's forte, then pasta primavera (it sounds fancier than it actually is) with vegetables/meat is a good alternative. Make sure to pack some fruit and a small bag of unsalted almonds or pecans as well. Avoid sugary drinks and opt for water or low fat milk.

Most students snack sometime during the day and after school. Many researchers promote snacking, and recharging with a healthy snack is a good way to stay alert throughout the day. You don't want your child to fall asleep in the last two classes...especially they are calculus and honors physics. For older students, a handful of nuts or a low fat, low sugar whole grain bar or some dried fruit could be eaten in between classes to sustain energy until they go home. Younger students usually have a designated snack time. Some good snack options for them could be low fat cheese and crackers, milk, fruit slices, cut up vegetables, or yogurt.

The saying "you are what you eat" is very true. Especially during the early years, children need the proper nutrition for them to grow physically and mentally. Proper learning requires proper nutrition. If a child inputs high quality food, then he or she can output high quality performance. A balance of quality protein and whole grain complex carbohydrates is essential for success, both at home and at school. Therefore, don't forget to eat healthy snacks! As for the M&M's and chocolate milk....shhhh, save it for Saturdays! 🤫



Egg Sandwich

By Aisha Kureishy

PREPARATION TIME-5 MINUTES | COOKING TIME-20-25 MINUTES

INGREDIENTS

- 4-6 organic eggs
- 4-6 tablespoons mayo
- your favorite bread
- tomato, lettuce & cucumber for garnish

DIRECTIONS

1. Boil eggs for twenty to twenty five minutes.
2. Rinse eggs under cold water to remove shell easily.
3. Put peeled hard-boiled eggs in a mixing bowl.
4. Add mayo and mash eggs until this mix is nice and smooth.
5. Add salt and black pepper to taste.
6. Spread lavishly on the bread, add garnish and serve. (M)



Simmering Special Soup

By Sarah Ibrahim

INGREDIENTS

- 2 cups of any type of dried split peas, washed and soaked for at least 2-3 hours
- 1 large onion
- 1 medium potato, peeled and cut into small cubes
- 2 clove garlic, minced
- 2 medium celery stalks, chopped
- 2 medium carrots, peeled and chopped into cubes
- 8 cups water or vegetable/chicken broth
- $\frac{1}{2}$ teaspoon ground pepper
- pinch of salt according to your taste
- 3-4 small pieces of chicken with bones (optional)

DIRECTIONS

1. Heat peas and water to boiling in big 5-6 quart pot.
2. Add all other ingredients except carrots.
3. Once water boils, lower the heat, cover and cook for 3-5 hours at low temperature.
4. Remove bones from chicken, add chicken if desired and carrots, cover and simmer for about 30 minutes or until soup is at desired consistency.
5. Enjoy with garlic bread or by itself. 🍴



Chicken Soup & Sandwich

By Aisha Kureishy

PREPARATION TIME-5 MINUTES | COOKING TIME-20-25 MINUTES

INGREDIENTS

- 2-4** medium lean chicken breast pieces
 - 1** medium onion
 - 2** whole garlic
 - salt to taste
- 8-12** whole black peppers
 - 1** green banana pepper (optional)
- 5** cups of water
- bread
- tomato, lettuce & cucumber for garnish

SOUP DIRECTIONS

1. Wash and remove extra fat from the chicken.
2. Add to the pot with peeled onion, garlic and 5 cups of water.
3. Add salt, whole black peppers and banana pepper.
4. Cook for 20-25 minutes.
5. Remove chicken pieces from the pot, let those cool down.
6. Strain the chicken broth into soup bowls.
7. Take one chicken breast piece, shred it and add it to your broth.
8. Garnish it with fresh coriander leaves and enjoy.

SANDWICH DIRECTIONS

1. Shred rest of the chicken pieces; add mayonnaise, and mash it thoroughly.
2. Spread it on your favorite bread and garnish. 🍴



Meat Loaf

By Asma Shakir Farhan

RECIPE THAT IS SURE TO PLEASE THE KIDS. THIS RECIPE YIELDS 4-6 SERVINGS AND CAN EASILY BE USED FOR MEATBALLS AS WELL. THE NEXT DAY!

INGREDIENTS

- 1 lb of ground chicken or ground beef
- 1 finely miced onion
- 2-3 teaspoons of garlic, or more depending on preference
- 2 tablespoons ground parsley
- ¼ cup seasoned breadcrumbs
- ¼ cup grated parmesan cheese
- ¼ teaspoon crushed red pepper
- pinch of salt
- pinch of black pepper
- 2 tablespoons Worcestershire Sauce
- 2 - 3 tablespoons of ketchup (3 medium squeezes of the bottle)
- 1 large egg

DIRECTIONS

1. Preheat oven to 350 degrees and grease a glass loafpan.
2. Combine all ingredients in a medium mixing bowl using your hands.
3. Mix until all ingredients are blended well together.
4. Spread evenly into the loaf pan.
5. Spread a thin layer of ketchup evenly over the top of the loaf.
6. Bake the meatloaf at 350 degrees for 1 hour.
7. Cool for about ten minutes and slice before serving.

Leftovers make a delicious sandwich for lunch 🍷



Banana Date Bread

By Sofia Alam

PREPARATION TIME 10 MINUTES | COOKING TIME 15-20 MINUTES

INGREDIENTS

- 1 cup flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs
- 1 stick of butter, melted
- 2 overripe bananas, mashed or chopped up
- 5-6 Medjool pitted dates chopped up in small pieces
- ½ cup of chopped walnuts

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease 9 x 5 loaf pan.
3. Mix all the ingredients well, pour into the pan and bake for 40 minutes or until top is brown.
4. Best way to know if it's done is insert toothpick in middle, it comes out clean, bread is done.
5. Slice it, and serve it warm. 🍴



Sloppy Joe

By Aisha Kureishy

PREPARATION TIME-5-7 MINUTES | COOKING TIME-20-25 MINUTES

INGREDIENTS

- ½ lb extra lean ground beef
- 1 medium finely chopped onion
- 1 finely chopped garlic
- ½ teaspoon ground black pepper
- salt to taste
- 1 green finely chopped banana pepper (remove seeds)
- 4-6 tablespoons of any cooking oil
- 4-6 hot dog buns
- lettuce, tomato & cucumber for garnish

DIRECTIONS

1. Heat oil in a medium pot, add ground beef in the pot and stir.
2. Add onion, garlic, salt, black pepper and banana pepper.
3. Stir on medium heat until nice and brown.
4. Cover and simmer for a few minutes before removing.
5. Mix ketchup or BBQ sauce for a southern touch.
6. Spread on hot dog buns. Add garnish for extra taste. 🍴



Chocolate Cheese Truffles

By Amtul Nayeem Farha

INGREDIENTS

- 8 cups whole milk
- ¼ cup lemon juice
- ¼ cup sugar
- 2 tablespoons cocoa powder

FOR GARNISHING:

- ¾ cup semisweet chocolate chips
- ¼ cup heavy cream
- 2 tablespoons sliced pistachios or almonds
- ¼ cup shredded coconut

DIRECTIONS

TO MAKE PANEER/INDIAN CHEESE:

1. Mix lemon juice in half cup of hot water and keep aside.
2. Boil the milk, stirring occasionally. As the milk comes to a boil, gradually add lemon juice and stir gently. When Milk starts to curdle, turn off the heat. Once the milk fat has separated from the whey, drain the whey using cheesecloth, or muslin cloth.
3. Wrap the curds, rinse under cold water, and squeeze well.
4. To take out the excess water, put a heavy weight on top of wrapped paneer.

MAKING TRUFFLES:

1. Once the paneer is drained, place it on a dry surface and knead until it rolls into smooth soft dough. Add sugar and coco powder and knead again until all is mixed.
2. In a non-stick pan cook the mixture on low heat, stirring continuously, until the mixture starts leaving its edges. This should take about 6 to 7 minutes.
3. Once the mixture becomes soft dough, turn off the heat and refrigerate it for an hour.
4. Take out from refrigerator, divide the dough into 18 balls, and back in the refrigerator.

CHOCOLATE GANACHE:

1. Heat heavy cream to a boil.
2. Pour it over chocolate chips and mix well until chocolate syrup consistency.

FOR GARNISHING:

1. Dip the truffles into chocolate ganache or drizzle over the truffles, garnish it with sliced pistachios, almonds or any nuts of your choice.
2. Refrigerate them for few hours and serve them chilled! ^(M)




IFANCA HALAL CERTIFIED RETAIL PRODUCTS AVAILABLE IN THE US MARKET

By Dr. Farhat Quadri

IFANCA provides halal certification services in over 60 countries. We often receive questions from consumers asking where the IFANCA halal certified products can be found. As you probably know, companies undertake extensive market research before introducing new products to the marketplace. One element of market research is consumer requests for different products. As you, the consumer, let companies know the type of products you want, they consider the opportunity to produce those products. When they offer the products you

requested or you find new products that you enjoy, it is a good idea to thank them for making the products available.

We now share information on some of the products that are halal certified for sale in the US and where you can find them. We hope this makes it easier for halal consumers to find the products they seek. Look for the IFANCA Crescent-M, , symbol on the packaging to confirm the products have been halal certified.


For a complete and up-to-date list of halal certified companies and halal certified products, visit www.ifanca.org



 **Abbott
Nutrition**

ABBOTT NUTRITION


www.abbottnutrition.com
800.227.5767

Abbott produces a number of IFANCA halal certified nutrition products. Look for the Crescent-M, , on Ensure®, PediaSure®, Similac® and Similac® Soy Isomil®, products. You can find these products at major department stores and pharmacies like Target, Walmart, Walgreen's, Osco and CVS.



**AMERICAN HALAL
COMPANY**

www.saffronroadfood.com
203.0961.1952

American Halal Company produces the Saffron Road™ brand of IFANCA halal certified products. Look for the Crescent-M, , on Crunchy Chickpeas, Savory Hors D'oeuvres, Chapatti Wraps, Gourmet Frozen Entrees, Chicken Nuggets, Artisan Grade Broths and Simmer Sauces. You can find these products at Whole Foods Market, Cost Plus, World Market, Meijer, Target, Treasure Island, Plum Market, Pete's Fresh Market, Valli Produce, Brookhaven Marketplace, Fresh Farms International Market, Publix, Kroger, Shaw's, Fairway, Stop & Shop, Giant, ShopRite and Earthfare stores.


ifanca®



AMERICAN BAKERY

www.lawash.com


313.624.9605

American Bakery produces delicious IFANCA halal certified bakery products. Look for the Crescent-M, , on Lawash bread products. You can find these products in many ethnic stores.



BEST CHICAGO MEAT COMPANY

www.bestchicagomeat.com 773.523.8161

Best Chicago Meat Company produces IFANCA halal certified meat products. Look for the Crescent-M, , on beef patties, frankfurters and kabobs. You can find these products at Restaurant Depot as well as some ethnic stores.



AMWAY/NUTRILITE

www.amway.com

800.253.6500


Access Business Group — Amway/Nutriline produces IFANCA halal certified vitamins and nutritional supplements. Some of the products are in capsule form and the capsules are also IFANCA halal certified. Look for the Crescent-M, , on the products. Nutrilite products are marketed through distributors throughout the US.



CHOCOLAT UZMA

www.chocolatuzma.com

312.694.3471


Chocolat Uzma produces IFANCA halal certified exotic chocolate products in eco-friendly packaging. Look for the Crescent-M, , on the exotic chocolates. You can find these products locally in Chicago at Uzma's shop and at Food Ease Market inside the Water Tower, Market Chicago inside the Hyatt Regency on Wacker Drive, Marion street cheese market in Oak Park, IL, and also in the Plum Market in Old town, Chicago and through the website. Chocolat also have partnerships with Send Flowers.com and Opensky.com along with Sears.com.



BAQI INC (AMARA COSMETICS)

www.amaracosmetics.com

818.783.6126


Amara Halal Cosmetics produces a complete line of IFANCA halal certified cosmetic products. Look for the Crescent-M, , on lipstick, lip gloss, foundation, eye shadow, and mascara. Amara cosmetics are free of lead, alcohol, animal products, gluten and petrochemicals. For the time being, you can find these products online on the Amara website.



KONTOS™ FOODS, INC

www.kontos.com

973.278.2800


Kontos™ Foods produces a variety of IFANCA halal certified bakery products. Look for the Crescent-M, , on flatbreads and other products. You can find these products at grocery stores and ethnic shops.



CABOT CREAMERY

www.cabotcheese.com

888.792.2268


Cabot Creamery produces IFANCA halal certified dairy products. Look for the Crescent-M, , on a variety of cheese products. You can find these products at major grocery stores like Caputos, Jewel, Ultra Foods, and Whole Foods.



LABAYK PRODUCTS BY RAANI CORP

www.labaykproducts.com

617.575.9854


Labayk produces a number of IFANCA halal certified personal care products. Look for the Crescent-M, , on body wash, hand soap, shampoo and body lotions. These products can be free of odors, alcohol, and animal ingredients. You can find these products online at their website.



CROPP COOPERATIVE/ ORGANIC VALLEY® BRAND

www.organicvalley.coop

888.444.6455

Organic Valley produces IFANCA halal certified dairy products. Look for the Crescent-M, , on a variety of milk products. You can find these products at major grocery store chains.



TOM'S® OF MAINE

www.tomsomaine.com

855.415.0069


Tom's of Maine produces a variety of IFANCA halal certified personal care products. Look for the Crescent-M, , on toothpaste, mouthwash, soap, antiperspirant and deodorant products. You can find these products at major department stores and pharmacies like Walmart, Target, Walgreen's, and Osco. 



GODIVA® CHOCOLATIER

www.godiva.com

800.946.3482

Godiva Chocolatier produces a variety of IFANCA halal certified chocolate products. Look for the crescent-M, , on a variety of chocolate products. You can find these products at major grocery stores, department stores, pharmacies, airports and hotel gift shops.



®

WE MAKE SURE THE FOOD YOU SERVE IS HALAL.



ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA:

In matters of halal, we take the doubt out of doubtful.

The Islamic Food and Nutrition Council of America, IFANCA, is working with the world's food producers to ensure what you eat is halal and healthy.



www.facebook.com/halalconsumer



www.twitter.com/ifanca



www.youtube.com/ifanca4halal



halal@ifanca.org



www.ifanca.org

*The Crescent M[®] and IFANCA are registered trademarks of the Islamic Food and Nutrition Council of America (IFANCA) and appear on IFANCA halal-certified products internationally.

2-INCH

CLAWS.

YET IT STILL NEEDS

OUR HELP

TO HOLD ON.



To help the polar bear, we're partnering with World Wildlife Fund to help protect its Arctic home. To raise awareness and additional support for this initiative, we're turning our cans and bottle caps white, and inviting the world to join us in our effort to create an Arctic refuge. By working with local communities, supporting research and through additional conservation work, WWF will strive to protect the space the polar bear so desperately needs and help ensure they have a place to call home. Arctic Home is just one example of our efforts to effect positive change in the world as part of our Live Positively commitment. LEARN MORE AT ARCTICHOME.COM

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