

# WHAT DOES HALAL MEAN?

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Halal is an Arabic word, meaning lawful, and is the Islamic dietary law that identifies food permitted for Muslims. Non-halal is also referred to in Arabic as Haram (meaning not permissible).

For meat and poultry to be Halal, it must be slaughtered according to Islamic guidelines, with prayers said to God (Allah) during the process. Halal meat should be purchased from an authorised Halal butcher and a list of authorized Halal butchers in the metropolitan area is available from the ACA. Email Toni Thatcher at [discovercamp@auscamps.asn.au](mailto:discovercamp@auscamps.asn.au) for this list. Alternatively, contact your local butcher or food supplier who may also be able to assist you.

Alcohol and pork products are NOT permitted including pork lard, ham and bacon. For processed foods to be Halal, they must be free of alcohol and pork, and must not have come into contact with either of them during the manufacturing process.

Muslim people are permitted to eat fish, but it is a good idea to check with each group about shellfish as some sections of the Islamic community eat all fish, whereas some will avoid prawns and other shellfish.

Halal food cannot touch or be contaminated in the storage or preparation process with meat that has not been slaughtered in accordance with Islamic law.

The Halal logo  or the Halal symbol  indicates that only Halal certified products are contained in the product.

## What precautions must I take during food preparation?

Before preparing Halal food, all utensils, crockery, glass, serving dishes and food preparation surfaces must be thoroughly cleaned. A separate surface work area, chopping board and knife should be used for Halal meat only and should be thoroughly cleaned before use.

Halal and non-Halal meat should be placed in separate containers and should not be cooked in the same container. If cooking Halal and non-Halal meat in an oven, the Halal meat should be on the upper shelf with the non-Halal on the lower shelf to avoid contamination.

When serving Halal meat, ensure that it is completely separate from non-Halal dishes and clearly identified to avoid confusion. Again, separate serving utensils should be used and retained for Halal meat and Halal products only.

If you are frying any food (eg chips), use only vegetable oil as animal oils may contain Haram products (eg pork fat). Vegetable oil is healthier too!

Salads should also contain only Halal meat (if you use meat in salads) and cheese should also be Halal.

When you prepare cakes, biscuits etc, only vegetable oil or margarine should be used, again to ensure that no Haram product is used.

For those who like to slurp a bit of alcohol into a fruit cake – don't!

The following resources are available from the ACA:

- Halal butchers in metropolitan Melbourne
- The Halal Guide – a huge list of foods and brands that are Halal (eg biscuits, yoghurt etc)

Contact Toni Thatcher at [discovercamp@auscamps.asn.au](mailto:discovercamp@auscamps.asn.au)