



Let's all have a *halal* of a good time!

Tips for ensuring your club is inclusive

Why halal? Halal is an Arabic word that means 'permissible' or 'allowed'

For many muslims their faith includes observing dietary laws which define foods and beverages that are *halal* - permissible, and foods that are *haram* - not permissible.



Halal foods and beverages may be enjoyed by everyone, regardless of their religion or culture. Halal options are widely available in your local supermarket, butchers and at specialty stores in your local area.

Halal simply implies the absence of pork and alcohol* (*more information on alcohol below*) and that meat has been slaughtered according to religious requirements as prescribed in the Qur'an. As you would for vegetarians and vegans, always check that the food supplied doesn't contain any animal by-products (such as gelatin and rennet or made with animal stock that is not derived from halal meat.)

WHAT FOODS ARE HALAL?

- Meat that has been *halal* certified (with the exception of Pork)
- Fish and seafood
- All foods or beverages that do not contain alcohol or non-halal animal by-products

HOW TO PREPARE A HALAL MEAL

- Ensure you purchase meat from a *halal* butcher or meat that has been clearly labelled with *halal* certification
- Read food labels carefully to ensure no alcohol, pork or non-*halal* meat by products are included
- Ensure preparation and cooking areas as well as plates, trays and utensils have been cleaned before handling *halal* foods

We are here to advise and help if you have any questions!

Zeina: 9380 9536 or Sarwat: 0497 085 397

ALCOHOL



In Islam, the consumption of alcohol is strictly prohibited. Some Muslims may feel uncomfortable in environments where alcohol is consumed. If your next club function will include the supply and consumption of alcohol, please communicate this clearly to Muslim families and club members. You may want to consider having an alcohol free period during awards and medals ceremonies or clearly defined areas for alcohol supply and consumption.

There is no right or wrong rule on alcohol so it is best to always speak honestly with individual families and members on what is the best outcome for everyone to participate and have a good time.