

HALAL FOODS IN THE TUCKSHOP

QUICK GUIDE

WHAT IS HALAL?

Islam is one of the fastest growing religions in Australia, so it's important to understand its different dietary requirements for school tuckshops.

Halal is an Arabic word meaning lawful or permitted. It is contrasted with its opposite, Haram, which means unlawful and not permitted.

While these terms are used in all aspects of Islamic life, Halal is particularly associated with Islamic dietary laws and especially meat processed and prepared in accordance with those requirements.

MAKING THE SCHOOL TUCKSHOP HALAL

Vegetarian dishes can be a quick and easy way to cater for Halal requirements in the tuckshop, but if your school has a high proportion of Islamic students, it's recommended that the entire menu is Halal. Alternatively, you can offer a mixture of Halal and Haram foods.

To prevent cross-contamination between Halal and Haram foods:

1. Store, prepare and serve in a different area of the tuckshop.
2. Use different cutting boards, utensils and equipment that are sanitised.
3. Store Halal foods on the top shelf, above Haram foods to prevent spoilage.

HALAL FOODS (ALLOWED)



- All fruit, vegetables, grains, legumes, nuts and eggs.
- Most dairy products (depending on sources of additives).
- Meat and seafood products are also allowed, if they are prepared and killed in accordance with Islamic law. (check with your meat supplier)

TIP: Refer to the Easy Meal Ideas on page 2.

HARAM FOODS (NOT ALLOWED)



- Pork, bacon, ham and any other products sourced from pigs.
- Animal products not killed as per Islamic law, including derivatives such as gelatin and stock.

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PRE-PACKAGED FOODS

Pre-packaged Halal options are also available and can be a useful addition to tuckshop-made Halal items, or if you only have a small number of Islamic students to cater for.

TIPS:

- Double check with manufacturer.
- Keep products in original packaging to prevent cross-contamination.
- Check for hidden sources of Haram foods - gelatin or additives from Haram animals.
- Products should be marked with a Halal symbol.



MARKETING TO YOUR COMMUNITY

It's important to communicate that you are offering Halal options to your community.

TIPS:

- Write on your menu that Halal options are available.
- Add a function to your online ordering system, similar to allergens.
- Advertise in the school newsletter.
- Put posters at the tuckshop window.
- Add stickers or labels on packaging.

Build trust with parents by explaining your practices for maintaining a Halal menu or offer a tour of your tuckshop.

In return you may be rewarded with menu ideas, supplier options or extra volunteers, as well as more students ordering from the tuckshop!

EASY MEAL IDEAS



Vegetarian pizza



Mexican quesadilla
(bean mix or Halal meats)



Pumpkin and chickpea soup



Chicken and salad burger
(Halal chicken)