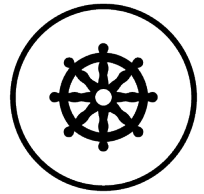
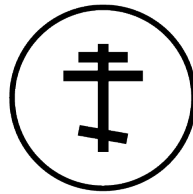
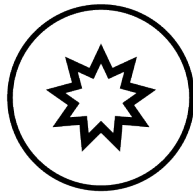


RELIGION, CULTURE, AND NUTRITIONAL CONSIDERATIONS



A GENERAL GUIDE TO RELIGIOUS
DIETARY PRACTICES.

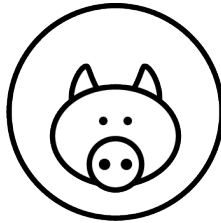
INTRODUCTION

Food surplus and redistribution projects touch a diverse group of people who differ in their cultural and religious dietary practises and preferences. These differences can vary greatly even among those who have the same faith. Having an awareness of these differences and treating people as individuals with respect and dignity is important.

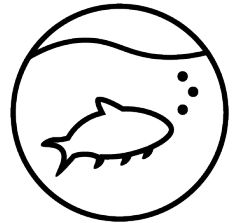
This guide explains the cultural and religious differences that one should consider in food preparation and redistribution using the following key:



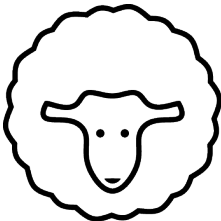
BEEF



PORK



FISH



LAMB



DAIRY

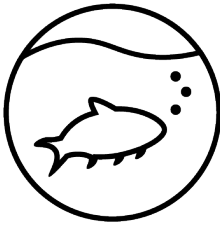


ALCOHOL

**BLACK
ALLOWED**

**GREY
NOT ALLOWED**

ISLAM



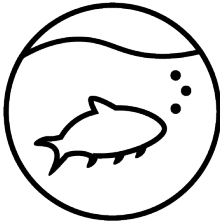
Additional Information (H)

Halal (**H**) means food that Muslims are allowed to eat. Halal meat has been farmed, prepared and slaughtered according to Islamic law. No non-halal (haram) animal derived additives such as gelatin or suet, alcohol and any foods containing alcohol as an ingredient are consumed.

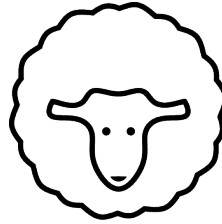
JUDAISM



K



K



K



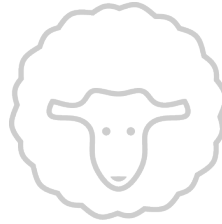
K



Additional Information (K)

Kosher (**K**) is the word used for all foods that Jews are permitted to eat, and how an animal is slaughtered. For example, Jews cannot eat shellfish but can eat fish, and Jews can eat dairy products but not with Kosher prepared meat like beef and lamb. Bread and other leavened foods are restricted during Passover.

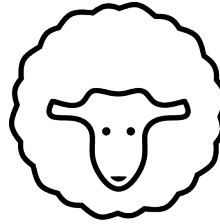
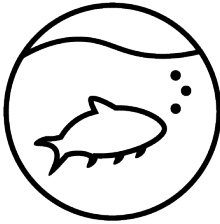
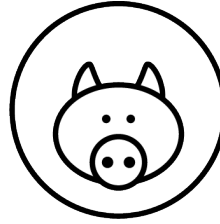
HINDUISM



Additional Information

Hindu diets are lacto-vegetarian (avoiding meat and eggs), although some may eat lamb, chicken or fish. Beef is not eaten.

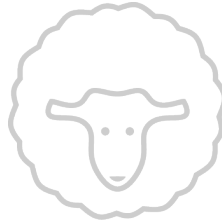
CHRISTIANITY



Additional Information

Catholics fast and do not eat meat on Ash Wednesday and Good Friday.

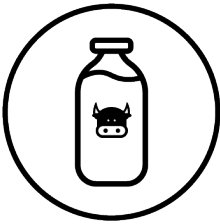
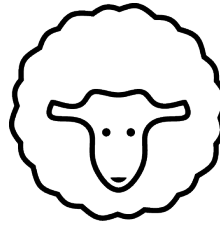
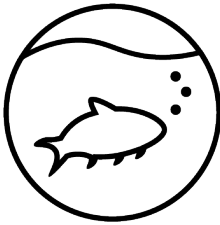
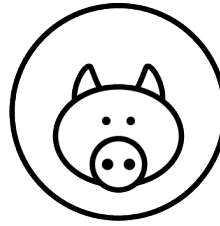
BUDDHISM



Additional Information

None.

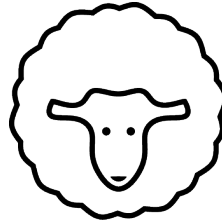
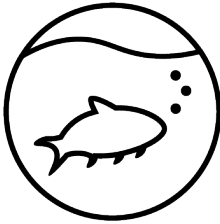
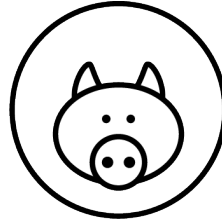
SIKHISM



Additional Information

Eating meat is an individual preference.

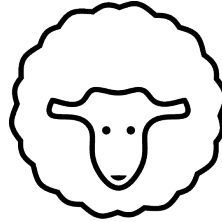
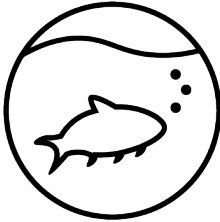
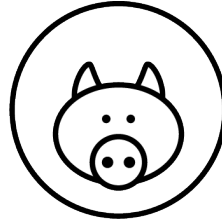
BAHÁ'Í FAITH



Additional Information

Fasting for adults is a period between the 2nd - 20th March. No food and drink is consumed from sunrise to sunset in this time.

ORTHODOX CATHOLICISM



Additional Information

No meat, fish, eggs, dairy or alcohol is consumed during fasts.

CONSIDERATIONS FOR DISTRIBUTION

Everyone should have the ability to access nutritionally and culturally adequate food. Some recommendations to improve supply for dietary and cultural needs.

PROVISION AND ACCESS

- Work with multiple faith groups to share opportunities about accessing food and reduce barriers to using services and advice. Also encourage input for appropriate foods to be included in food provision services.
- Broaden partnerships with international supermarkets and other culturally appropriate food surplus outlets like restaurants and wholesalers.

NUTRITION

- Where meat and fish are not permitted, or when non halal/kosher versions aren't available, it is important to have plant-based sources of protein like beans, pulses, tofu and nuts, or dairy sources like milk, yogurt and cheese.
- Where fasting is practised food and drink should be made available before and after the fasting period (usually sunrise and sunset)
- If unfamiliar foods are offered provide information on how to eat and cook with these ingredients. Include culturally relevant recipes.

REFERENCE TABLE	BEEF	PORK	LAMB	FISH	DAIRY	ALCOHOL
ISLAM	HALAL	✗	HALAL	✓	✗	✗
JUDAISM	KOSHER	✗	KOSHER	KOSHER	KOSHER	✓
HINDUISM	✗	✗	✗	✗	✓	✗
CHRISTIANITY	✓	✓	✓	✓	✓	✓
BUDDHISM	✗	✗	✗	✗	✓	✓
SIHKISM	✗	✓	✓	✓	✓	✗
BAHÁÍ FAITH	✓	✓	✓	✓	✓	✓
ORTHODOX CATHOLICISM	✓	✓	✓	✓	✓	✓