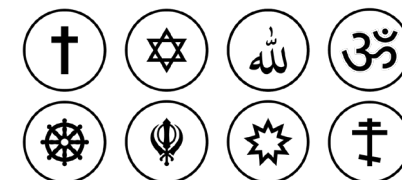


RELIGIOUS DIETARY REQUIREMENTS

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 table acts as a general guide. Individual beliefs may need to be taken into account.*



REFERENCE TABLE	BEEF	PORK	LAMB	FISH	DAIRY	ALCOHOL	NOTES
ISLAM	HALAL	✗	HALAL	✓	✗	✗	No non-halal animal-derived additives such as gelatin or suet, alcohol and any foods containing alcohol as an ingredient.
JUDAISM	KOSHER	✗	KOSHER	KOSHER	KOSHER	✓	Bread and other leavened foods are restricted during Passover.
HINDUISM	✗	✗	✗	✗	✓	✗	Lacto-vegetarian (avoiding meat and eggs), although some may eat lamb, chicken or fish. Beef is not eaten.
CHRISTIANITY	✓	✓	✓	✓	✓	✓	Catholics fast and do not eat meat on Ash Wednesday and Good Friday.
BUDDHISM	✗	✗	✗	✗	✓	✓	None.
SIHKISM	✗	✓	✓	✓	✓	✗	Eating meat is an individual preference.
BAHÁ'Í FAITH	✓	✓	✓	✓	✓	✓	Fasting between 2-20 March. No food and drink from sunrise to sunset.
ORTHODOX CATHOLICISM	✓	✓	✓	✓	✓	✓	No meat, fish, eggs, dairy or alcohol during fasting periods.

*Halal and Kosher are the ways in which food is prepared and the foods which are allow to be prepared for people of Islamic and Jewish faiths, respectively.