

ZAMHA

A SIMPLE GUIDE TO EATING OUT



It appears that the "eating-out craze" is something which is fast becoming an integral part of a Muslim's life. All over the world, Muslims have been duped into the fast food culture. Eating out has become an inevitable reality amongst the Muslim community. Therefore, in view of these concerns, ZAMHA has prepared this guidance to highlight various issues that threaten the Halaal status of food served at restaurants and take-aways.

(1) WHO MANAGES THE FOOD OUTLET?

The food outlet must be owned by a reliable, trustworthy Muslim. At the least, it should be supervised by a dependable Halaal certifying body which implements stringent Halaal regulations at the outlet. The owners should be conscious and sensitive to Islamic requirements. If you are in doubt, avoid it. A non-Muslim simply does not understand the importance of Halaal in Islam. He will not think twice before compromising the unsuspecting Muslim public.

(2) ARE THERE ANY FOOD CONTAMINATION CONCERNS?

Halaal foods smeared by Haraam oils or Halaal foods fried in the same oil as Haraam foods cease to remain Halaal. We need to know how food is prepared in the kitchen to assess the risks of contamination. Testimonies from people who have worked in kitchens indicate that contamination risks can be high when utensils, knives, fryers and preparation surfaces are shared.

A seafood outlet may appear acceptable until one discovers that pork or bacon is prepared in the same kitchen using the same utensils and equipment. Likewise, marinades and flavourings may contain questionable ingredients. If Haraam is sold in the outlet as well, or there is no real knowledge of ingredients, it is advisable to seek a trustworthy alternative.



(3) DO THEY SERVE ALCOHOL?

Some justify frequenting food outlets serving alcohol with comments such as "alcohol is not served to us". However, the article explains that even if the food itself may be Halaal, Muslims should exercise caution regarding establishments that also sell alcohol. Rasulullah ﷺ warned believers against participating in environments associated with alcohol consumption. Therefore, Muslims should refrain from consuming from restaurants that also serve alcohol.

So the next time you feel the desire to eat out, consider the above advice carefully and act wisely as a responsible Muslim consumer.