

FOOD and FAITH

PROVIDING REFRESHMENTS AT INTERFAITH GATHERINGS - SIMPLE PRINCIPLES

Food rules Most faith groups have these. This is intended only as an outline guide.

Observance can vary within a faith group.

No hard and fast rules will cover all faith groups or all members of a given faith group.

Have two tables - one with strictly vegan foods, the other vegetarian.

Clearly label the content of each dish.

If there is a third table with meat dishes, out of respect for the Jews, Muslims and Hindus present, it is considerate not to serve beef or pork dishes.

Meat, vegan and vegetarian food should never be on the same plate.

Where practicable, have separate tables for each diet type.

Alcohol should not be served as the only beverage. Along with tea or coffee, include alternatives – eg herbal teas, fruit juice, water.

VEGETARIAN OR VEGAN DIETS

Kept by strict Buddhists, Jains, some Hindus and Sikhs

Hindus do not eat beef but will eat milk and butter.

Out of respect for their Hindu neighbour, some Christians from India will not eat beef.

EGGS need to be declared kosher to be eaten by **Jews**, Not all eggs (especially free range) are necessarily kosher.

Strict Hindus, Jains and strict Sikhs will abstain from eggs (but – if it has been made without the use of animal rennet – they may eat **cheese**).

PORK, PORK PRODUCTS are not eaten by **Jews, Muslims, or Ethiopian and Eritrean Orthodox Christians**

Jews Need meat to have been **kosher killed**. **Muslims** Need meat to be **halal**.

SEAFOOD is not eaten by **Jews, Ethiopian and Eritrean Orthodox Christians**.

However, they do eat fish if it has bones and scales.

FASTING This is a very important part of some faith traditions. It can either mean abstention altogether from food and drink, or from particular food and drink types.

Muslims

During the daylight hours of the Islamic month of Ramadan, no food or drink is consumed.

Jews

On the Day of Atonement, one to three days of fasting may be observed by some people.

All yeast products are not eaten during the period of Passover.

Christians

Catholics are expected to observe some measure of fasting on Good Friday (and Ash Wednesday).

Orthodox Christians During the four fasting periods of the year most will remove meat fish and dairy products from their diet. If observant, on most Wednesdays and Fridays, they will also abstain from all foods derived from an animal with a backbone.

Sikhs, Buddhists and Hindus, and some people of other faiths

They may enter on periods of personal fasting for religious purposes but not at specific times of the year.

COELIAC DISEASE, DIABETES, FOOD ALLERGIES do not demand a particular diet on account of a person's religious faith, but occur in all faith communities. Occurring in an increasing proportion of the population, they should be taken into consideration