

KBHC attains ISO 9001 Certification



Sam Kimotho, the Certification Operations Manager of Bureau Veritas hands over the ISO 9001 certification to the chairman of Kenya Bureau of Halal Certification (KBHC) Ayub Khalid. On the left is the KBHC CEO Fauz Qureishi while staff members Malika Hamid and Mgeni Hamisi are at hand to witness the achievement.

Among several other impressive achievements in 2015, KBHC has also successfully attained ISO 9001 certification, becoming the first Muslim organisation to gain the prestigious quality certification.

Alhamdulillah! This is extremely positive news for KBHC, its clientele and the Kenyan Muslim community at large.

Implementation of the ISO 9001 framework allows KBHC to develop a complete quality management system in order to chart out and define their internal processes, better understand and respond to the concerns of their clients and the Muslim community, and also continually improve themselves to more effectively serve the Muslim community by ensuring the products they consume are halal.

The Journey Towards Improvement

KBHC's journey towards implementation of the ISO 9001 standard was far from easy. It lasted for 1.5 years of tremendous efforts by all members of the KBHC team.

Training

The journey began back in May 2013, with a five day training conducted by Bureau Veritas. During this introductory session, all team members, as well as the KBHC board of trustees, were familiarized with the principles of the ISO 9001 standard.

This was followed by another five day implementers' training session, where the core team members (including the shariah advisors) learned some of the practical guidelines for success-

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Rising confidence in the halal industry

Once again welcome to the fifth issue of the Halal Bulletin. The purpose of this newsletter is to educate and inform Muslim consumers on the importance of Halal and in regards to what they consume.

Over the last eight years since Kenya Bureau of Halal Certification was born, its activities have grown tremendously. Halal certification has come of age and KBHC has endeavored to see to it that this concept gains foothold in the country. To a larger extent, the concerns of Muslims with regard to consuming what their belief dictates are being addressed and food producers and manufacturers are also becoming more aware about the need to put into consideration the spiritual needs of Muslims.

Among the momentous achievement so far made, KBHC this year attained the quality management ISO 9001 certification becoming the first Muslim organization in the country to achieve the prestigious certification.

This new achievement will help us in enhancing on our quality management practices thereby improving on service delivery.

Every year, more establishments are acquiring Halal certification while big food firms have been ramping up their investment and expertise in Halal, eyeing a fast-growing Muslim population. Apart from food based establishments, the local cosmetic industry is also gradually embracing Halal certification.

KBHC has continued to position itself as the most recognized halal certification provider in the region and a growing number of companies from outside the country have received the KBHC mark of certification while others remain in the pipeline.

A number of companies are savoring the benefits of Halal certification as they can easily market their products in other countries particularly in the Muslim world while locally consumer confidence among Muslim continues to grow.

Globally, the market to process, produce and distribute Halal products is estimated to grow into a US\$1.6 trillion industry by 2018 and this is an industry which cannot be underestimated.

From the inquiries received, concerns continue to be raised that many established hotels and hospitals are not catering for the needs of Muslims consumers when it comes to food preparation. In most of the cases, foodstuffs which include non-Halal foods are prepared in the same facility, using the same equipments making it prone to contamination. While we continue engaging with some of the hotels and hospitals, at the same time Muslims should not relent on their demands for Halal as this is an integral part of their spiritual lifestyle.

It has also come to our attention that some schools with Muslim students are including foods such as pork to their menu which is a major concern for the students and parents.

As we step up efforts to address this problem, we urge all parents to take caution and engage with school administrations to ensure that their children are being provided with meals which do not contravene Islamic dietary requirements.

As stated earlier, this publication is about increasing Halal awareness and I would like to urge all of you to use this tool to create more awareness of Halal wholesome food in homes, schools, hotels, restaurants, hospital and other areas.

It has been a long journey and no doubt, we express our thanks and gratitude to Allah without whose Tawfeeq nothing could have been achieved, and also to all of our well-wishers and supporters. May Allah bless you all for your contributions towards this important obligation.

Fauz Qureishi

Chief Executive Officer

The journey to ISO certification

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fully implementing the ISO 9001 standard within the organization.

Finally, in July 2013, the core team members and shariah advisors underwent another very valuable five day training session on document management. During this session they learnt what are the mandatory documents and records that must exist in any organization in order for it to have a successful quality management system and adhere to the ISO 9001 framework. Not only this, but the core team also learned the procedures involved in creating these documents, updating them, and finally how to and dispose of them.

Armed with their new found knowledge, the core team next began the process of implementing the ISO 9001 standard at KBHC.

In order to gauge the organization's performance, KBHC staff members set up various feedback mechanisms, including:

- Regular Internal Meetings – Where staff members are requested to bring up existing and potential problems in the quality management system.
- Surveys – Periodic surveys with existing and new clients seeking their feedback on KBHC's performance and also requesting suggestions for improvement. Periodic surveys with Muslim community members were also set up.
- Social Media – A Facebook account was set up and a KBHC

member assigned to regularly update it in order to develop a close interaction with the Kenyan Muslim community and seek their views and concerns on halal related issues.

External Audit – Decision Time!

Later in 2014, an external audit was carried out by Bureau Veritas on the KBHC quality management system. The external audit was divided into two main phases:

- Step 1 - Document Review
 - Step 2 – Implementation Review
- Step 1 – Document Review

This phase took place in August 2014 and the purpose was just to gauge whether or not all of KBHC's requirement documents are in order.

Alhamdulillah, not only was KBHC compliant with the requirements, but the auditor commented that he was very impressed with the quality management system KBHC had implemented. Only a single minor non-conformity was found which was quickly resolved.

Step 2 – Implementation Review

This phase took place in October 2014 and lasted an entire day. The BV team of two personnel thoroughly examined the entire quality management system at KBHC, interviewed all

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Haram additives in common foods

It's just a cake!!" And for the chips, there are just... potatoes, right?

"I mean, it's just cake, right? When you bake cake, you don't purposefully put alcohol in it, nor do you use meat to make the cake – well, unless it's flavoured with rum and raisin. So, an innocent chocolate cake or, the red velvet cake should be alright, yes?"

This modern era is fraught with shortcuts to baking and cooking which involves the use of additives, emulsifiers, flavourings, colourings, sauces and the likes. These items are created and put into your food for the purposes of enhancing the flavours, to make the preparation easier, make it last longer, or to change the texture (softer, harder, stronger). Since these items are manufactured and processed, absolutely anything and everything can go into these additives.

For example, certain types of emulsifiers derived from animals would contain gelatine derived from animals. Gelatine that is derived from animals can be halal, yes – but majority are derived from animals which are not permissible for consumption for Muslims. Emulsifiers and Gelatine are both largely used in the production of chocolates and other baked items.

Another good example of these sort of extraction of animal parts as an ingredient to an additive, would be the extraction of rennet (an enzyme) from a calf (baby cow) that is used in the production of cheese. Enzymes are required to coagulate the milk, so that it can turn into the blocks of cheese you see on the supermarket shelves. More often than not, these enzymes are extracted from animals which are not halal.

Other than the animal content that could probably be found in the ingredients that are used to make your favourite bakes, there are also those with the alcohol content. In the baking industry, you would have heard about bakers looking for vanilla extracts, as opposed to just vanilla flavouring? It is really hard to find vanilla extracts that is halal. Just like how wine is being added as one of the final ingredients before they plate the food to enhance the smell (since alcohol is volatile), much of the flavourings used also contain alcohol to enhance the taste or aroma, in the same way.

Other than the halal additives mentioned, care should also be taken into consideration when choosing the basic ingredients for baking – like butter.

Chips aren't just potatoes. The next time you are chowing down on those delicious fries, don't just gobble it down. Take time, let it linger in your mouth, and savour its every taste. The moment you feel that it taste even remotely like beef (the most common animal fat used) – there was probably beef fat, essence of beef, beef marinade or even beef stock – in the oil that your delicious fries are fried in. And since we are on the subject – yes, they use pork and lard to flavour oil as well.

Even when us, as Muslims, may not be too aware of the kinds of oils or kitchen essentials that we use, what more those that claim "No Pork No Lard"? But what about your choice of oil? Is it halal certified? There may be pork and lard already

embedded in your oil and fries and perhaps any batter that you use? We aren't too sure.

These flavourings are added into the oil to give the chips that distinct taste and unique flavour to the fries. That's why one set of fries from one fast food joint will taste different from another. If everyone uses just potatoes, then everything would taste the same, wouldn't it? If animal essences are used, then these animal essences must be from halal sources.



Chips is "vegetarian" food but not halal if fried with lard. Lard is made from animal fat derived from pigs.

Even most sweets contain alcohol. Chewy sweets contain gelatine and are not all halal based as the source is suspect as gelatine is animal based.

Seldom do Muslim shoppers have to look at the ingredients to see if sweets are suitable to eat as some contain animal products that are

not halal.

Next time before ordering your favourite cake or a plate of French fries, ask yourself if it meets the threshold of halal. Remember eating halal food is a reason for duas (supplications) being accepted. After reciting the Quran verse, "Oh you who believe! Eat from the pure and good foods We have given you," (Qur'an 2:172) Prophet Muhammad peace be upon him mentioned a traveler on a long journey, who is dishevelled and dusty, and he stretches forth his hands to the sky, saying "Oh my Lord! O my Lord!" - while his food is unlawful, his drink is unlawful, his clothing is unlawful, and he is nourished unlawfully; how can he be answered?" (Muslim, Ahmad)

Therefore, among the necessary conditions of our Dua to be accepted is the purity and lawfulness of our food.

The journey to ISO certification

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team members about their respective responsibilities and checked all the relevant records in order to gauge the effectiveness of the standard implementation.

Again, alhamdulillah, by the end of the day, the auditors expressed their satisfaction with KBHC's quality management system. There were only a few minor non-conformities reported which were successfully resolved by February 2014.

Finally, after a long journey, KBHC was awarded ISO 9001 certification in March 2015.

The Journey is Far from Over!

Achieving this certification in no way means that the KBHC team can sit back and relax!

This is only the beginning. An effective quality management system needs to be constantly checked for weaknesses and areas of improvement in order to ensure that it is effectively achieving its objectives. KBHC has a huge responsibility to the Muslim community of Kenya and our objective is the Pleasure of Allah. We will continue to strive to improve ourselves in order to fulfill our responsibility to the Muslim community and pray that Allah (SWT) accepts our efforts.

PICTORIAL



Officials from KBHC accompanied by shariah supervisory officials during an inspection visit to the Neema Livestock Slaughtering and Investment Limited abattoir in Lucky Summer area near Baba Dogo, Nairobi.

The Ksh. 300 million goat, sheep, camel and beef abattoir was established by livestock traders from Kia- maiko slaughterhouse.



Sheikh Hussein Kassim from the KBHC shariah regulatory department hands over a certificate to a participant after a training session. Sheikh Abdullatif Abdulkarim from the Shariah department looks on.





The mercy behind halal slaughter methods

Like many religions, Islam is often misunderstood not only by non-Muslims but even by many Muslims as well. This is partly to do with how Islamophobic media sources portray Islam, and partly to do with how Muslims misrepresent their own religion. On the other hand, misconceptions of Islam, particularly in the West exists. However, when the two sides discuss these perceived differences through respectful and informed dialogue, they often find that they have more in common than they might have thought.

One of many areas where this breakdown in understanding exists is the rituals the slaughter of animals.

Some animal activists in the west have raised their concerns with the traditional Muslim method of animal slaughter. They prefer different methods, such as stunning, which renders the animal unconscious before the slaughter takes place. Muslim scholars, however, have ruled against the permissibility of this.

Muslims are forbidden in the Qur'an from eating pig meat (no matter how it is slaughtered), carnivorous animals (such as lions), the meat of animals that are already dead, and animals that have been killed violently. The meat must be slaughtered in a specific way and have the name of God uttered upon its slaughter.

So long as the above conditions are followed, all meat is permissible for Muslims. However, while the Qur'an mentions the necessary information for this procedure, Muslim butchers who do this as a profession must also respect the example of the Prophet Muhammad (peace be upon him), who demonstrated how the teachings of the Qur'an should be applied to everyday life. Many people may actually be surprised to find out that the Prophet Muhammad (peace be upon him) as well as being a spiritual leader, a statesman and a military commander, was also an animal rights activist. He forbade the ill-treatment of animals, such as the overloading of camels, and encouraged kindness towards them, mentioning how sins can be forgiven just for offering water to a thirsty dog.

Likewise he also explained the concept of 'dhabihah', the slaughter method for animals. He mentioned that the blade used for slitting the animal's throat should be sharp and that the animal should not witness it being sharpened. At the same time, the animal is not supposed to witness the slaughtering of other animals before it. The animal has its throat slit and is bled before removing the head completely. When the jugular veins are cut, the flow of blood is redirected and the animal becomes brain dead in a matter of seconds. This also allows the blood to be drained from the animal before its meat can be processed, which proves to be healthier for human beings who consume the meat. Due to its harmfulness, Muslims are also forbidden from consuming animal blood. Even if all of these points are followed, the meat must not come in contact with non-halal products or be cooked using the same utensils used to handle non-halal meat.

While the method used by some butchers before the animal is slaughtered may be questionable, some butchers who respect the status of animals in Islam and have gained spiritual insight through their experience in the slaughter business have demonstrated ways to bring the animals into complete submission without administering any sedatives, shocks or restraints.

Employees at Mercy Slaughter LLC in the US state of Texas have uploaded viral videos onto YouTube, showing how they bring animals three-times their size to a complete standstill by simply uttering the supplication 'In the name of God, in whose name nothing on the earth or in the heavens may bring any harm, and He is the All-Hearer, the All-Knower.' Upon saying this, the butchers cover the animal's eyes with its ear, and the animal rests in a submissive position, waiting to be slaughtered in the name of God.

This represents the true merciful nature of Halal meat slaughter, and should be taken as an example by both Muslim and non-Muslim butchers alike.

Why does a food company need halal certification

There are over 10 million Muslim consumers in Kenya and they would like to see Halal symbols on food products.

Halal Certification simply assures observant Muslims that the food or drink complies with their religious rules around food content and preparation.

What does Halal certification mean?

For a product to be halal, it must be as a whole, and in part:

- Free from any substance taken or extracted from a haram animal or ingredient (e.g. pigs, dogs, carnivorous animals, animals not slaughtered in compliance with Islamic rites);
- Made, processed, manufactured and/or stored by using utensils, equipment and/or machinery that has been cleaned according to Islamic law
- Free from contact with, or being close to, a haram substance during preparation, manufacture, processing and storage (e.g. blood, alcohol, poisonous and intoxicating plants and insects such as worms and cockroaches).

Halal certification means that a product's contents and manufacture has been endorsed by an accredited religious authority as meeting these standards.

Many food manufacturers seek halal certification of their facilities and processes, in order to ensure that their products are consumed by Muslim consumers and also to facilitate the export of the products especially to Muslim majority countries.

In Kenya, halal certification is conducted by the Kenya Bureau of Halal Certification which works closely with accredited religious organisations and scholars to ensure that the products conform to Islamic practices.

Our Contacts



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Eating habits of a Muslim



Eating like all other acts of a Muslim is a matter of worship and begins in the name of Allah. Islam reminds Muslims that food and drink are the provision of Allah for survival and for maintaining good health. The following seven habits were recommended by Prophet Muhammad (peace be upon him) and are practiced by Muslims all over the world:

1) Du'a' (Supplication) before each meal:

"Bismillah

"In the name of Allah"

2) Du'a' (Supplication) after each meal:

Alhamdu lillahil-ladhi 'at'amani hadha, wa razaqanihi, min ghayri hawlin minnee wa la quwwatee. "Praise is to Allah Who has given me this food and sustained me with it though I was unable to do it and powerless." (Tirmidhi, Abu Dawud, and Ibn Majah)

3) Eating less:

Overeating is discouraged and wasting of food is condemned.

"O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess." (Quran 7:31)

4) Dieting:

One of the main principals of good health is a balanced diet. Prophet Muhammad (peace be upon him) emphasized the behavior of eating less as a method of preventing sickness and diseases. He said: "Nothing is worse than a person who fills his stomach. It should be enough for the son of Adam to have a few bites to satisfy his hunger. If he wishes more, it should be: one-third for his food, one-third for his liquids, and one-third for his breath." (Tirmidhi, Ibn Majah and Hakim)

5) Moderation and sharing:

Fourteen centuries ago, Islam laid down the basis of dietary regulations as well as the limits within which man can satisfy his physical needs and desires without endangering his life and mental health. Islam motivated people to seek the good of the Hereafter as well as of this world in a balanced way. It taught us to enjoy the pleasures of life, including food, in a moderate way, not becoming a slave to his desires or losing sight of the ultimate spiritual goal. Prophet Muhammad (peace be upon him) did not permit Muslims to undertake fast which might be harmful and

lead to weakness or illness, even though fasting is considered an act of worship.

'Abdullah ibn 'Amr ibn al-'As was told by God's messenger, "Have you not been informed, 'Abdullah, that you fast during the day and get up at night for prayer?" When he replied that this was so, he said to him, "Do not do it. Fast and break your fast, get up for prayer and sleep, for you have a duty to your body, your eye, your wife, and your visitors. May he who observes a perpetual fast never fast! Fasting three days a month is equivalent to a perpetual fast. Fast three days every month and recite Qur'an every day."

A Muslim is advised to avoid extremes and to choose a moderate course in all his affairs, including his eating habits. "Eat of the good things we have provided for your sustenance, but commit not excess therein." (Qur'an 20:81)

We are also encouraged to enjoy life within certain limits which are drawn from the Shari'ah which was built on the Islamic 'Golden Rule', "Do not harm or be a cause of harm", whether for oneself or others. We are cautioned to avoid greed and to enjoy the pleasures of sharing, especially in regard to eating.

7) Eating together:

The benefits of enjoying meals together applies whether it's a family sitting down together, a husband and wife dining out, or a young couple getting to know one another. The Prophet (peace be upon him) emphasized the importance of this when he said, "Eat together and not separately, for the blessing is associated with the company." (Ibn Majah)

Drinking Habits

It is recommended not to drain a glass of liquid in one continuous draught. The pharynx serves as a common passageway for both food and air, and the pathways for these cross. Intervals while drinking are also recommended to avoid choking. Sitting down while drinking is also recommended.

The Holy Prophet said, "Do not drink water in one gulp (or one breath) like a camel, but take it in two or three installments (with breaks for breath). Mention the name of Allah (recite "Bismillah") when you start drinking and praise Him (say "Alhamdulillah") when you finish. (Tirmidhi)



The Muslim diet

Most people are aware that Muslims have certain dietary restrictions, but they are not quite sure what they are. Most know that the consumption of pork and alcohol are prohibited, but beyond that little else is known to the general populace. When beginning to explore Muslim dietary laws one should not begin with the restrictions, but later, what is permitted to the faithful, for that by far outweighs the restrictions. In the Qur'an it states: "Oh mankind! Eat of what is permissible and good on the earth, and do not follow in the footsteps of satan; truly, he is an open adversary to you." (2:168)

God's intention is not to deprive Muslims of food or to limit their nutrition. On the contrary, God's laws regarding food restrictions is to insure that Muslims consume what is good and not what is harmful. Food can be divided into several categories, halal, that which is permitted to eat, haram, that which is forbidden to eat, makrooh, that which is doubtful and mash-booh, that which is suspect. Halal, that which is permitted, is good for us and we should partake of halal foods. Milk is halal but milk products such as cheese, yogurt and butter while in their original state are halal, in many instances additives added to them by food processors contain prohibited substances and can be rendered to be haram. Fruits and vegetables are also considered halal unless they are known to be poisonous.

Vegetables may be pickled in brine or vinegar, but it cannot be fermented as it gives an alcohol content to the food and this is not permitted. Cereals are considered halal.

The meat group falls into two categories, halal and haram depending on the type of meat and how it was handled. Amongst the halal or permitted meats are fish and anything taken from the sea, unless it is poisonous. The only land animal mentioned specifically by name to be prohibited is the pig. The Qur'an states:

"Oh you who believe! Eat of the good things that we have provided for you, and be thankful to Allah if it is he alone you worship. Indeed, what He has forbidden to you is the flesh of dead animals and blood and the flesh of swine, and that, which has been sacrificed to anyone other than Allah. But if one is compelled by necessity, neither craving nor transgressing, there is no sin on him; indeed, Allah is Forgiving, Merciful.

Pork is forbidden for numerous reasons, most of them health related. There is microbial evidence that there are a number of parasites and bacteria that live in swine flesh that when eaten can transmit disease to people.

Although swine are the only animal mentioned specifically in the Qur'an that is forbidden to eat, there are other meats that are considered haram as well for instance donkey meat which was expressly prohibited by Prophet Muhammad peace be upon him.

In addition, animals which have not been slaughtered in the proper manner without the name of God being invoked or killed in the following way may not be eaten by Muslims:

1. Strangulation - Any animal that has been killed by garroting or by suffocation should not be consumed.
2. Falling - Any animal that dies as a result of a fall into a gully or ravine should not be eaten.
3. Beating - Any animal that has been beaten to death by a blunt object should not be consumed.
4. Found Dead - Any animal already found dead cannot be eaten.

The latter restriction stems from common sense. If a dead animal is found it may have died from disease. If the disease caused the death of the animal, it could still be present in the flesh of the dead animal and consuming it could be a health risk.

The practice of killing of animals by electric shock has become popular with today's meat packing industry, as it is a cost efficient method. Yet, Muslims disdain this method because it is painful to the animal and this method does not allow blood to drain from the carcass and it coagulates inside instead.

The correct way to slaughter an animal is to pronounce the name of God before the slaughtering exercise which has to be carried out by a sharp knife. The animal should not be hungry at the time and the knife should not be sharpened in front of the animal.

Cutting of the throat with a sharp knife generates the least amount of pain to the animal. Additionally, the animal should continue to be treated with respect after the slaughter. It should not be stabbed, skinned or cut open until it has died.

After the slaughter, the blood must be completely drained from the carcass.

Animals sacrificed for other than Allah is strictly forbidden for consumption by Muslims while meat from animals slaughtered by Jews and Christians are permitted if the name of God is mentioned but Muslims give preference to animals products slaughtered under Islamic law as there is certainty that the name of God was invoked prior to the slaughter.

Alcohol and drugs are considered forbidden, or haram. The Qur'an states: "O you who believe! Intoxicants and gambling, idols and raffles are only a filthy work of satan, turn aside from them so that you may prosper. Satan only wants to stir up enmity and jealousy among you by means of intoxicants and gambling, and to hinder you from remembering God, and from praying; so will you not abstain?" (5: 90 - 91) Prophet Muhammad (peace and blessings of Allah be to him) said, "Do not drink wine, for it is the key to all evils." (Ibn Majah).

Alcohol leads to many harmful things, and deserves to be called "the mother of all evils", as it was described by Prophet Muhammad, "Alcohol is the mother of all evils." (Nasai). Prophet Muhammad referred to alcohol as the mother of sins because after consuming it, man can indulge in other major sins. It is known that alcohol causes ulcers, stomach cancer, liver ailments and digestive and neurological disorders.

Additionally, money spent on these items is wasted because it is not spent on wholesome food and a person who is intoxicated and does not act in his right mind cannot be respected.

In today's world, many over-the-counter flu and cold remedies contain alcohol in their ingredients. One must be careful to read the label of such products to make sure that what they are purchasing is not haram, for using such a product would be just as forbidden as the consumption of alcohol itself for medicinal purposes.

In the past, it was easier for Muslims to distinguish between haram and halal foods and there were very few foods that fell into the makrooh or mash-booh categories. This is because food was made with natural products that were easily identified. Today this is not the case. Even simple items like bread sometimes may contain haram ingredients. It is therefore, necessary for Muslims to ensure that the product they are picking from the supermarket shelf complies with their



12 healthy food habits from Islamic teachings

The rules of Islam do not govern just the spiritual development of its followers, but also provide a guideline for their daily routines. Here are lists of 20 rules from Islamic teachings that are a healthy benefit and have been scientifically proven to be highly beneficial for healthy development.

1. Refraining from consuming alcohol

The prohibition on alcohol is probably one of Islam's most well-known dietary restrictions. Apart from a myriad of social problems such as domestic violence which often leads to family breakdown, alcohol is also a major health and has been identified as one of the main causes of cirrhosis of the liver and it can also contribute to conditions such as anemia, cancer, cardiovascular disease and even Alzheimer.

2. Refraining from eating pork

Pigs are considered to be among the filthiest animals. They are considered the scavengers of the far, often eating anything they can find. As a result of its dietary habits, its meat is more saturated with toxins more than any other animal. The United States based Center for Disease Control and Prevention (CDC) states consuming pork is responsible for passing over more than 100 viruses to humans.

3. Practicing moderation in diet

Islam emphasizes moderation – not too much and not too little – in every aspect of life. The second half of verse 31 of Surah Al-A'raf states, "Eat and drink, but be not excessive. Indeed, He likes not those who commit excess." A hadith in Tirmidhi further advises Muslims to leave "one third of the belly with food, another third with drink and leave one third empty for easy breathing."

When it comes to diet, it has been scientifically proven that eating too much can contribute to weight gain and obesity, and all the health concerns stemming from it. Similarly, eating too little can result in the body not receiving the nutrients it needs for proper development and survival.

4. Using toothbrush

One of the best ways to protect one's teeth is the siwak, which was mentioned in several sayings of Prophet Muhammad (peace be upon him). More than 1,400 years ago, the Prophet taught Muslims to use the siwak to ensure good oral hygiene. Abu Hurairah reported that Prophet Mohammad (peace be upon him) said, "Were it not that I might overburden believers, I would have ordered them to use the miswak at every prayer" (Muslim). Brushing helps to clean out food-buildup in your teeth, preventing decay and reducing the risk of cavities and tooth and gum infections.

5. Washing hands before and after meals

The Holy Prophet (peace be upon him.) used to say Bismillah before beginning to eat and used to praise Allah at the end. He used to wash his hands before taking meals, ate with his right hand and from before him. [Zad-ul-Ma'ad]The Prophet peace be upon him strongly advised that one should wash his hands before and after a meal. "It is a blessing to wash your hands before and after meal." (Abu Daud and Tirmidhi)

6. Keeping the lid on utensils

Stressing on proper care of kitchen utensils, Prophet Muhammad (peace be upon him) said, "Cover up the utensils and tie the mouth of the water skins." (Bukhari, Muslim) This prevents contamination from passing insects and lizards which could pose a health risk to the food consumer.

7. Refraining from consuming blood

Strangely enough, blood that keeps you alive when it flows in your veins can prove toxic if it enters your digestive system, and this is why the dhabiha method of slaughter requires blood to be drained from animals before it is eaten. Blood is rich in iron, which the human digestive system is not designed to handle in large quantities. An iron overdose can cause liver damage, buildup of fluid in the lungs, dehydration, low blood pressure, and nervous disorders.

8. Eating black seeds



Islamic teachings insist that black seeds should be a part of your daily diet. Abu Hurairah states, "I have heard from Prophet Muhammad (peace be upon him) that there is cure for every disease in black seeds except death." In seed or powder form, habat saudah can reduce obesity, aid digestion, treat several digestive disorder, reduce blood pressure and treat congestion. Black seed oil has proved to be effective in reducing joint pain and inflammation.

9 Fasting in the month of Ramadhan

The medical community is gradually beginning to recognize the medical benefits of refraining from eating for the better part of the day. Not only can this fasting help us to lose fat, it also gives our digestive system a much-needed and truly well-deserved break. It also increase neuronal autophagy, which means that your brain neurons flush out toxins.

10 Eating a date when breaking the fast

Breaking the fast with a date provides a quick and easy way to replenish the body's glucose reserves. Narrated Anas bin Malik, "The Prophet (peace be upon him) used to break his fast before offering evening prayer with some fresh dates." In case dates are not available, it is strongly advised to drink water, which helps to combat the dehydration caused by a fast.

11 Using honey to treat infections

Verse 69 of Surah Al-Nahl in the Quran mentions honey as a source of "healing for mankind", for good reason. Honey offers incredible antiseptic, antioxidant and immune boosting properties for our body and health. It not only fights infection and helps tissue healing but also helps reduce inflammation, even helping to cure coughs and flu, and treat acne.

12. Dealing with substance abuse

We learn from verses 90 and 91 of Surah Maidah that Islam is opposed to the use of any intoxicants. The detrimental effects of alcohol, drug abuse, miraa chewing and cigarette smoking are well-documented and there would be hardly anyone who is not well-aware of the social and harms caused by these addictions.



Halal cosmetics: A new wave of ethical lifestyle

A common misconception of Halal being limited to mere foodstuff is slowly diminishing as Muslim consumerism has grown to become a global trend.

The emergence of halal cosmetics on the global beauty market with a value proposition that emphasizes universal values appeals to Muslim consumers. But it has also been drawing attention from their non-Muslim counterparts.

Halal generally refers to things or actions that are permissible under Shariah (Islamic law), a parameter designed for health, safety and benefit of all mankind regardless of age, faith or culture. In the scope of Halal cosmetics, the concept covers critical aspects of production including sourcing of Halal ingredients and usage of permissible substances – all must be manufactured, stored, packaged, and delivered in conformity with Shariah requirements.

What is really driving the industry's demand is the fact that the Muslim population is now dominated by a demographic of young, adherent and dynamic professionals. They are a new generation that embrace their Islamic lifestyle and are generally knowledgeable when it comes to preserving Halal as part of daily life.

Market distribution for Halal cosmetics products are yet to be fully adopted by most mainstream retailers. Analysts already predict that Halal cosmetics will be the next thing in the Islamic economy after Halal food and finance. Interestingly, Halal cosmetics are also gaining momentum amongst modern consumers of an eco-ethical conscious, i.e. those willing to pay a premium for organic, natural and earthy cosmetics products to suit their modern lifestyle.

What is progressing now will be the emergence of Muslim home brands that are already being touted as the choice of purity, safety and cleanliness. This new development certainly heralds a significant potential boost in the Halal cosmetics market signaling a rapid change in consumers' preference in making their decision when buying beauty products.

Usage of typical ingredients such as gelatine, alcohol, placenta, lard and collagen are prevalent within the mainstream cosmetics industry mainly due to their wide availability and in some cases, cost effectiveness and this is why this sector is generating demands among Muslims for the cosmetic industry to embrace halal.

Food ingredient numbers (E-numbers)

E-Numbers represent specific food additives, used by the food industry in the manufacture of various food products. These E-Numbers were formulated by the European Economic Community (EEC) and are universally adopted by the food industry worldwide.

It is known that many E-numbers contain unlisted haraam ingredients in them. Generally additives derived from animals and insects.

E-numbers are reference numbers used by the European Union to facilitate identification of food additives. All food additives used in the European Union are identified by an E-number. Normally each food additive is assigned a unique number, though occasionally, related additives are given an extension ("a", "b", or "i", "ii") to another E-number.

The Commission of the European Union assigns e-numbers after the additive is cleared by the Scientific Committee on

Food (SCF), the body responsible for the safety evaluation of food additives in the European Union. The convention for assigning E-numbers is:

100-199	food colors
200-299	preservatives
300-399	antioxidants, phosphates, and complexing agents
400-499	thickeners, gelling agents, phosphates, humectants, emulsifiers
500-599	salts and related compounds
600-699	flavor enhancers
700-899	not used for food additives (used for feed additives)
900-999	surface coating agents, gases, sweeteners
1000-1399	miscellaneous additive
1400-1499	starch derivatives

Additives which are ALWAYS of animal origin, such as (HARAAM):

- E120 Cochineal : a red colour obtained from female insects
- E441 Gelatine : derived from the bones and/ or hides of cattle and/ or pigs
- E542 Edible Bone Phosphate : an extract from animal bones
- E904 Shellac: a resin from the lac insect

Whilst some additives with a common code such as E471, can be either of animal or plant origin and this latter type needs to be investigated on a case-by-case basis per product/ manufacturer.

The main additives you need to be aware of are:

- Glycerol / Glycerin / Glycerine (E422) - haraam if obtained from pork or non-halal meat sources.
- Emulsifiers (E470 to E483) - haraam if obtained from pork or non-halal sources.
- Edible Bone Phosphate (E542) - haraam if obtained from pork or non-halal meat sources.

The Muslim Diet

Continued From Page 7

dietary requirement.

If one pays attention to what is written on product labels, one can better decide if the food product should be considered halal or haram. Items mentioned on a label that should be considered to make the product haram are: Shortening unless it states that vegetable shortening is 100% pure, otherwise vegetable shortenings may contain up to 10% animal fat. Lard is always haram because it comes from pigs.

If people are still in doubt about what is in a food product they should write to the food industries to make enquiries. People should also check references and talk to specialists about these food products before jumping to conclusions about judging a food product as halal or haram if they are not sure. And finally, they should lobby the food industry about their dietary concerns on products so that the food companies can be aware of consumer demand.

If Muslims pay attention to the type of food that they put into their bodies, their will insure that they lead healthy lives.



KENYA BUREAU OF HALAL CERTIFICATION

LIST OF HALAL CERTIFIED ESTABLISHMENTS - 2015



CERTIFIED FOOD PROCESSING COMPANIES

AFRIMAC NUT COMPANY LIMITED - THIKA

P.O. Box 57994 - 00200 Nairobi
Processors of Raw Macadamia Nuts

AGVENTURE LIMITED

P.O. Box 218 - 10406 Timau
Processors of Hot Pressed Rapeseed (Canola) Canola Cake Meal, Cold Pressed Rapeseed (Canola) Oil, Herb Oil, Chilli Oil, Honey Balsamic Dressing & Raspberry Dressing



ALPHA FINE FOODS LIMITED

P.O. Box 10338 - 00100 Nairobi
Processors of Meat Products



APT COMMODITIES LIMITED

P.O. Box 41037 - 80100 Mombasa
Processors (Blenders) of Tea

BAKERS OVEN LTD

P.O. Box 40534 - 00100 Nairobi
Manufactures of Cereal Rusk

BAKHRESA FOOD PRODUCTS LIMITED

P.O. Box 2517-Dar es salaam, Tanzania
Processors of Carbonated Soft Drinks (Azam Cola, Azam Cola Light, Azam Soda Limona, Azam Soda Apolina, Azam Soda Fursana, Azam Embe Fruit Juice, Azam Soda Orange Premium Drinking Water, Azam Sparkling Drinking Water, Ice Lollies, Ice Cream, Soft Serve Ice Cream Mix, Tetra Classic Aseptic Juices, Tetra Prisma Aseptic Juices, Frozen chapati, Samosa Leaves & Spring Roll Pastry



BDELO LIMITED

P.O. Box 25453 - 00603, Nairobi
Processors of Maize Tortillas, Maize Tortilla Chips & Precooked Muthokoi



BURHANI BAKERS

P.O. Box 404 - 00600 Nairobi
Processors of Baked Products



BROOKSIDE DAIRY LIMITED

P.O. Box 236 - 00232 RUIRU
Processors of Milk and Milk By-Products



BIDCO AFRICA LIMITED

P.O. Box 239 - 01000 Thika
Manufacturers of Cooking Fat, Edible Oil, Margarine, Baking Powder, Soaps & Detergents



CAFFE' DEL DUCA LIMITED

P.O. Box 64548 - 00620, Nairobi
Processors of Coffee



CARBACID (CO₂) LIMITED

P.O. Box 30564 - 00100, Nairobi
Processors of Carbon Dioxide

CROWN BEVERAGES LIMITED

P.O. Box 423 - 20106 Molo
Processors of Mineral water (Keringet)



C & R FOOD INDUSTRY LIMITED

P.O. Box 17647 - 00500 Nairobi
Processors of flavoured potato products (crisps & sticks), bhusu, chevda, chakri, spicy puri, papdigathia, sevmamra, talpak, flavoured peanuts, biscuits, cookies and cakes.



DEEPA INDUSTRIES LIMITED

P.O. Box 44804 - 00100 Nairobi
Processors of spices & seasonings, herbs, flavoured potato products (crisps, crinkles & sticks), flavoured banana crisps and other snacks (flavoured popcorn, peas, Bhusu, chevda & peanuts)



DELUXE FOOD INDUSTRIES LIMITED

P.O. Box 39150 - 00623, Nairobi
Processors of Snacks, Spices and Grains



DIAMOND INDUSTRIES LIMITED

P.O. Box 98107 - 80100 Mombasa
Manufacturers of Refined Vegetable Cooking Oil, Refined Vegetable Cooking Fats, Laundry and Toilet soap



DOINYO LESSOS CREAMERIES LIMITED

P.O. Box 169 - 30100, Eldoret
Processors of Milk and Milk By-Products



ELDOVILLE FARM LIMITED

P.O. Box 24390 - 00502 Karen, Nairobi
Processors of Yoghurt, Cheese, Creams, Vegetables & Juices



ENERGY FOODS LIMITED

P.O. Box 39833 - 00623 Nairobi
Processors of Sauces, Essences, Peanut Butter, Jelly Crystals, Food Colours, Vinegar



ENNSVALLEY BAKERY LTD

P.O. Box 75070 - 00200 Nairobi
Manufactures of Baked Products



EQUATORIAL NUTS PROCESSORS - Murang'a

P.O. Box 27659 - 00506 Nairobi
Processors of Roasted Nuts



GLACIERS PRODUCTS LIMITED

P.O. Box 45473 - 00100, Nairobi
Manufacturers / Processors of Ice Creams



GLACIERS PRODUCTS LIMITED (CHOCOLATE PLANT)

Muthiga Regen - Magana, Kikuyu.
P.O. Box 45473 - 00100, Nairobi
Manufacturers / Processors of Chocolate Compounds, Ice-Cream Coating Chocolate, Spray Chocolate and Chocolate Confectionery

GOKAL BEVERAGES (EPZ) LIMITED

P.O. Box 99351 - 80107, Kilindini Mombasa
Processors (Blenders) of Tea



GOLD CROWN FOODS (EPZ) LIMITED

P.O. Box 89103 - 80100 Mombasa
Processors (Blenders) of Tea



GRAINSTAR LIMITED

P.O. Box 17881 - 00500 Nairobi
Processors of Soya Chunks, Soya Mince and Snacks



HUNTLEYS BISCUITS LIMITED

Jamia House - Nairobi
P.O. Box 45544 - 00100, Nairobi
Manufacturers of Snacks and Pies



HONEY CARE AFRICA LIMITED

P.O. Box 24487 - 00502, Nairobi
Processors of Honey



HAPPY COW LIMITED

P.O. Box 558 - 20100, Nakuru
Processors of Cheese, Yoghurt, Cream, Butter and Ghee



JAMES FINLAY (K) LIMITED - TEA EXTRACTS SAOSA FACTORY

P.O. Box 160 - 20200, Kericho- Kenya
Processors (Blenders) of Tea



JUJA COFFEE EXPORTERS LIMITED

P.O. Box 85039 - 80100
Processors (Blenders) of Tea

IMPERIAL FOOD INDUSTRIES LIMITED

P.O. Box 9 - 00623, Nairobi
Processors of Spices, Spice Blends and Seasonings

KAPA OIL REFINERIES LIMITED

P.O. Box 18492 - 00500, Nairobi
Manufacturers of Cooking Fats, Edible Oils, Margarine, Baking Powder, Noodles, Soaps & Detergents



KENAFRIC INDUSTRIES LIMITED

P.O. Box 39257 - 00623, Nairobi
Manufacturers of Seasoning Mixes, candies, Bubble Gums & Chewing Gums, Toffees, Icing sugar, drinking concentrate in solid form Gum Base, Soya Based Products (Pikaraka) and Bar Line Products (Chocolate and Non Chocolate Bars)



KENYA TEA PACKERS LIMITED (KETEP)

P.O. Box 436, Kericho- Kenya
Processors (Blenders) of Tea



KEVIAN KENYA LIMITED

P.O. Box 25290 - 00603, Nairobi - Kenya
Processors of Natural Fruit Juices and Bottled Drinking Water



KILIMANJARO BIOCHEM LIMITED

P.O. BOX 1575, Moshi-Tanzania
Processors of Carbon dioxide



LLOITA HILLS SPRINGS

P.O. Box 39264 - 00623, Nairobi
Processors of Natural Spring Mineral water Ngoswani, Narok South

MULCHAND DEVJI MILLERS

P.O. Box 18501- 00500 Nairobi
Processors of Curry Powder, Cereals, Lentils, Food Seasoning Mix, Whole & Ground Spices

MEAM TAYSTEE FOODS

P.O. Box 31512 - 00600, Nairobi
Processors of Sauces and Chevda



MENENGAI OIL REFINERIES LIMITED

P.O. Box 2918 - 20100, Nakuru
Manufacturers of Cooking Fats, Edible Oils, & Soaps



MIREVA LIMITED

P.O. Box 49125 - 00100 Nairobi
Processors of Crisps, Chevda, Corn / Rice Products and Snacks

MJENGO LIMITED

P.O. Box 1536 - 01000, Thika
Processors of Vanilla Extract and Orange Extracts



NATURAL EXTRACTS INDUSTRIES LIMITED

P.O. Box 7628 - Moshi, Tanzania
Processors of Biscuits and Cookies

NEW KENYA CO-OPERATIVE CREAMERIES LIMITED (K.C.C)

P.O. Box 30131 - 00100 Nairobi
Processors of Milk and Milk By-products



NESTLE KENYA LIMITED

P.O. Box 30265 - 00100 Nairobi
Processors of Beverages, Infant & Whole family Cereals and Culinary



NJORO CANNING FACTORY (K) LIMITED

P.O. Box 7076 - 20110, Nakuru
Processors of Sauces, Mayonnaise, Salad Cream, Jam, Brine Products, Beans in Tomato Sauce, Gherkins, Herbs, Spices, Frozen Vegetables, Dehydrated Vegetables, Ketchups, Orange Powder, & Custard Powder



NORDA INDUSTRIES LIMITED

P.O. Box 60917 - 00200, Nairobi
Processors of Fried and Flavoured Maize based snack products



PRADIP ENTERPRISES (E.A) LIMITED

P.O. Box 10336- 00100 Nairobi
Flavours, Emulsions, Colours (Food) and Food Additives.





KENYA BUREAU OF HALAL CERTIFICATION

LIST OF HALAL CERTIFIED ESTABLISHMENTS - 2015



PROMASIDOR KENYA LIMITED

P.O. Box 10336- 00100 Nairobi
Processors of Corn Soya Blend (Unimix),
Soya Chunks and Onga Mchuzi mix



WHITE DEZERT LIMITED

P.O. Box 24138 - 00502, Nairobi
Processors of Yoghurt



CHOICE MEATS

(Beef Abattoir)
P.O. Box 47791 - 00100
Nairobi- Kenya.
Tel: 254 20 8711722 / 0722 685887



PATCO INDUSTRIES LIMITED

P.O. Box 44100 - 00100 Nairobi
Processors of sweets, Gums, Toffees and Jelly
Products



CERTIFIED RESTAURANTS

ADEGA NAIROBI RESTAURANT

P.O. Box 2464 - 00800, Nairobi
Lavington Curve, Along James Gichuru Road



PREMIER FOOD INDUSTRIES LIMITED

P.O. Box 41476-00100, Nairobi
Processors of Sauces, Squashes,
Peptang Jams and Canned products



HASHMI BARBEQUE LIMITED

P.O. Box 47227-00100, Nairobi
Ukay Complex, Westlands



PREMIER OIL MILLS LIMITED

P.O. Box 59307 - 00200 Nairobi
Manufacturers of Cooking Oil



BAKER'S INN - MWEMBE TAYARI (MOMBASA)

GALITO'S / CHICKEN INN
(Nairobi, Thika & Mombasa)



PWANI OIL PRODUCTS LIMITED

P.O. Box 81927 - Mombasa
Manufacturers of Cooking Oil & Laundry Soaps



RAKA MILK PRODUCTS LIMITED

P.O. Box 1182 - 10100 - Nyeri
Processors of Cheese



PIZZA INN - CITY MALL & HABARI (MOMBASA), BELLEVUE, PARKLANDS, OJIJO ROAD & WESTLANDS (NAIROBI), ANANAS MALL (THIKA)

P.O. Box P.O. Box 27724-00506, Nairobi
OTHER PIZZA INN BRANCHES IN NAIROBI ARE NOT HALAL CERTIFIED



RANFER TEAS KENYA LIMITED

P.O. Box 90342- 80100- Mombasa
Processors (Blenders) of Tea



NAIROBI JAVA HOUSE (NYALI BRANCH) ONLY

P.O. Box 21533 - 00505, Nairobi
Nyali Centre, along Nyali Link Road - Mombasa
OTHER NAIROBI JAVA HOUSE BRANCHES ARE NOT HALAL CERTIFIED



RAZCO LIMITED

P.O. Box 63538 - 00619, Nairobi
Processors of Ice Cream, Yoghurt, Sauce,
Mayonnaise, Cones & Pastry



SALIM WAZARAN KENYA COMPANY LIMITED

P.O. Box 43277 - 80100, Mombasa
Manufacturers of Indomie Instant / Cup Noodles



SAMEER AGRICULTURE & LIVESTOCK (K) LIMITED

P.O. Box 102 - 00507, Nairobi
Processors of Pasteurized Milk, UHT Milk,
Lala, Ice Cream, Yoghurt and Drinking Water



SILENT VALLEY CREAMERIES (K) LIMITED

P.O. Box 1182 - Nanyuki
Processors of Cheese, Ghee, Cream & Crisps



SPICE WORLD LIMITED

P.O. Box 78008 - 00507, Nairobi
Processors of Whole wheat flour, (Atta Mark 1),
Whole Pulses, Split Lentils, Specialized Flour
(Gram Flour), Dry whole Beans, Semolina, Cracked
Wheat, Short and long Pasta



SUNPOWER PRODUCTS LIMITED

P.O. Box 41112 - 00100, Nairobi
Processors of Cheese and Yoghurt



TRUFOODS LIMITED

P.O. Box 41521 - 00100, Nairobi
Processors of Fruit Jams & Marmalades, Tomato
Sauces & Ketchup, Fruit Squashes & Juices,
Peanut Butter and Powder Products.



TOP FOOD (EA) LIMITED

P.O. Box 32172 - 00600, Nairobi
Processors of Ground and blended spices



UNILEVER KENYA LIMITED

P.O. Box 30062 - 00100, Nairobi
Processors of Royco, Knorr and Margarine



VITAL CAMEL MILK LTD NANYUKI

P.O. Box 21707-00506, Nairobi
Processors of Halal Camel Milk &
Milk products



THE WRIGLEY COMPANY (E. AFRICA) LIMITED

P.O. Box 30767-00100, Nairobi
Processors of Chewing and Bubble Gums (Juicy
Fruit, Big G Original, PK Peppermint,
PK Cinnamon, PK Menthol, Doublemint
Peppermint & Doublemint Menthol
NOTE: OTHER WRIGLEY PRODUCTS ARE NOT HALAL CERTIFIED



AGA KHAN UNIVERSITY HOSPITAL - NAIROBI

P.O. Box 30270-00623, Nairobi
3rd Avenue Parklands



AGA KHAN HOSPITAL - KISUMU

P.O. Box 530-40100, Kisumu
Otieno Oyoo Street



AGA KHAN HOSPITAL - MOMBASA

P.O. Box 83013 - 80100, Mombasa
Vanga Road



FOURTEEN BIS CATERING SERVICES LIMITED

P.O. Box 303 - 00502, Nairobi
1st Floor Semco Industrial Park, Mombasa Road,
Nairobi



LIBERTINE CUISINE

P.O. Box 11213 - 00400, Nairobi
Syokimau - off Katani Road



CERTIFIED ABATTOIRS

BIN IBRAHIM INDUSTRIES & FOOD SUPPLIES LTD

(Poultry Abattoir)
P.O. Box 40312 - 80100,
Mombasa - Kenya
Tel: 0734037663/0720289095/0706426022

C.E. NIGHTINGALE

(Poultry Abattoir)
P.O. Box 100 - 20117
Naivasha - Kenya
Tel: 254 50 2021100 / 0722 526389

CA and EZ FARM PRODUCE

(Poultry Abattoir)
P.O. Box 70 - 10400
Nanyuki- Kenya
Tel: 0722246661/0720829938

DAGORETTI SLAUGHTERHOUSE

(Beef & Sheep Abattoir)
P.O. Box 1779 - 00902
Kikuyu - Kenya
Tel: 0727065701

FARMERS POINT

(Poultry Abattoir)
P.O. Box 24033 - 00502
Karen - Kenya
Tel: 0722266710

GOLDEN HILLS ENTERPRISES LIMITED

(Poultry Abattoir)
P.O. Box 6116 - 00100
Nairobi
Tel: 0722748381/0722496857/0725908832

KAKUZI LIMITED

(Beef Abattoir)
P.O. Box 24 - 0100
Thika - Kenya
Tel: 020 -
2184137/4440115/0733600931/0722205342

KENCHIC LIMITED

(Poultry Abattoir)
P.O. Box 20052 - 00200
Nairobi -Kenya. Tel: 020 2013209 /
2042428/2060428



KINJA FARM

(Poultry Abattoir)
P.O. Box 711 - 00902,
Kikuyu.
Tel: 0722 284852

KUKI FARM- TIGONI

(Poultry Abattoir)
P.O. Box 56996 - 00200
Nairobi -Kenya. Tel: 0721 166030

KEEKONYOKIE SLAUGHTERHOUSE

(Beef & Sheep Abattoir)
P.O. Box 1
Kiserian - Kenya
Tel: 0721525376/0720968874/0710351056

KISERIAN SLAUGHTER HOUSE

(Beef & Sheep Abattoir)
P.O. Box 106
Kiserian- Kenya
Tel: 0721450521/0722325638/0720880590

KUKU PRIDE

(Poultry Abattoir)
P.O. Box 9557 - 00100, Nairobi
Katito - Nyando County
Tel: 0722486978/0725896276/0722654213

MARA BEEF LIMITED

(Beef & Sheep Abattoir)
P.O. Box 961 - 20500
Narok - Kenya
Tel: 0733887110

MARULA ESTATES LIMITED

(Beef & Sheep Abattoir)
P.O. Box 466 - 20117
Naivasha - Kenya
Tel: 050-0332/2021020/0722509748/0733577566

MAASAI OSTRICH FARM - ABATTOIR

(Poultry Abattoir)
Kitengela - off Namanga Road
P.O. Box 72695 - 00200, Nairobi
Tel: 020 - 2502128/9/0713669630



International News

FRANCE: ENTREPRENEURS LAUNCH PORTABLE HALAL TEST

Two French entrepreneurs have launched a portable 'HalalTest' that detects the presence of pork in food.

Jean-Francois Julien and Abderrahmane Chaoui first came up with the idea for the portable test (which is aptly named HalalTest) whilst at university, when Julien was in the midst of developing tests for people suffering from food intolerances and allergies.

The test is somewhat similar in size to a pregnancy test, and comes with a small test tube where the food sample is mixed with warm water. A test strip is then inserted into the mixture, delivering a result within a two minute time frame.

HalalTest was released under the pair's company, Capital Biotech, and Julien and the company says that there are 99 percent accurate...

SPANISH HOTELS LURE TOURISTS WITH HALAL FOOD AND SPECIAL SERVICES

Hotels in Madrid are luring tourists from the Middle East by offering special services and halal food offerings.

The capital of Spain, known for its spectacular old buildings and a world famous football team, has 10 five-star hotels and dozens of boutique hotels.

The hotels expect the number of guests from the Gulf to increase as air connectivity strengthens.

Etihad recently started non-stop service to Madrid four times a week from Abu Dhabi, while Emirates flies to Madrid daily from Dubai.

Hessa Abdullah Ahmad Al Otaiba, the UAE ambassador to Spain, said that more than 70,000 people from the UAE visited Spain last year and that the number is expected to go up this year.

At InterContinental, meanwhile, guests staying in royal suite are treated to special privileges where guests are provided halal foods to attract Gulf tourists.

SATS' JAPAN RECEIVES HALAL CERTIFICATION FOR IN-FLIGHT MEALS

TFK Corporation, a Japanese subsidiary of Singapore in-flight food catering group SATS, has achieved Halal certification for its kitchen in Tokyo's Narita airport.

This will allow it to prepare certified Halal meals to cater to the growing number of Muslim travellers, TFK said on Wednesday.

The certification was awarded by Warees Halal, a division of Warees Investments, which is in turn a subsidiary of Majlis Ugama Islam Singapura (Muis).

TFK, the first Japanese airline caterer to set up a dedicated Halal kitchen, has invested 60 million yen in buying new kitchen equipment and expanding its Halal kitchen output from 3,000 meals to 6,000 meals a day.



KENYA BUREAU OF HALAL CERTIFICATION

LIST OF HALAL CERTIFIED ESTABLISHMENTS - 2015



MUSTAFA POULTRY- ABATTOIR

(Poultry Abattoir)
Mtwapa - Mombasa
P.O. Box 82206 - 80100, Mombasa
Tel: 0723435888/0733601432

NEEMA LIVESTOCK & SLAUGHTERING INVESTMENT LIMITED

(Beef, Camel, Goat & Sheep Abattoir)
P.O. Box 8267 - 00610,
Nairobi - Kenya.
Tel: 0787949604/0708039242/0722708440
Lucky Summer - Embakasi

NGUKU PRODUCTS TWENTY TEN LIMITED

(Poultry Abattoir)
P.O. Box 21002 - 0500
Nairobi - Kenya.
Tel: 0713073053/0722795902

NJIRU SLAUGHTER HOUSE

(Beef, Goat & Sheep Abattoir)
P.O. Box 5213 - 00100
Nairobi - Kenya. Tel: 0720419932

NYONG'ARA SLAUGHTER HOUSE

(Beef & Sheep Abattoir)
P.O. Box 64382 - 00620
Nairobi - Kenya.
Tel: 020 2513021 / 0722 714990

OL PEJETA RANCHING LIMITED

(Beef & Sheep Abattoir)
P.O. Box Private Bag
Nanyuki- Kenya.
Tel: 020 - 2033244 / 0720 851937

QUALITY MEAT PACKERS LIMITED

(Poultry & Beef Abattoir)
P.O. Box 41748 - 00100
Nairobi- Kenya.
Tel: 020 - 2525334/0737617447

RUARAKA DUCKS LIMITED

(Poultry Abattoir)
P.O. Box 168 - 20117
Naivasha - Kenya.
Tel: 0733 727028

SIGMA SUPPLIES LIMITED

(Poultry Abattoir)
P.O. Box 18138 - 00500
Nairobi- Kenya.
Tel: 020 2338172 / 0728 306306

TAM TAM CHICKEN - EMBAKASI

(Poultry Abattoir)
P.O. Box 57715 - 00200
Nairobi - Kenya
Tel: 0722267244

THE AFRICAN GREEN FARM

(Poultry Abattoir)
P.O. Box 51271 - 00200
Nairobi - Kenya
Tel: 0721739494/0711638530

TURKANA MEAT PROCESSORS CO. LTD (LOMIDAT SLAUGHTERHOUSE)

(Beef & Sheep Abattoir)
P.O. Box 52 - 30502
Lokichogio- Kenya
Tel: 0712480636 /0722470869

WAN LIMITED

(Poultry Abattoir)
P.O. Box 3694 - 00200
Nairobi - Kenya.
Tel: 0721 646041

CERTIFIED BUTCHERIES

ROMAN MEAT SUPPLIES

Embakasi, Off Northern By-Pass
P.O. Box 414 - 00400
Nairobi - Kenya

SAFWAYS HALAAL BUTCHERY

Mpaka House, Westlands Shopping Centre
P.O. Box 13901 - 00800
Nairobi - Kenya

SOUTHERN MEAT SUPPLY

South C Shopping Centre
P.O. Box 41419 - 00100
Nairobi - Kenya

TUSKYS EASTLEIGH BUTCHERY

Madina Mall - General Waruinge Street - Eastleigh
P.O. Box 54280 - 00200
Nairobi - Kenya

WEST END BUTCHERY LIMITED

Westlands Shopping Centre
P.O. Box 14367 - 00800
Nairobi - Kenya

CERTIFIED COSMETIC COMPANIES

GHANA EXHIBITION CENTRE

P.O. Box 51790 - 00100, Nairobi
Manufacturers of Shea Butter and African Queen
Black Soap

