

RELIGIOUS DIETARY REQUIREMENTS

A Guide for Community Food Providers

We encourage food providers to have a general understanding of the common religious practices and to gather additional input directly from community members, for example through your registration form or simply by asking. This guide is not all-inclusive and compliance with restrictions may vary between denominations, branches and even families.

RELIGION						MORE INFO
BAHA'I	✓	✓	✓	✓	✓	Some are vegetarians, fast from 2-20 March, and abstain from food and drink from sunrise to sunset.
BUDDHIST	✗	✗	✗	✗	✓	Many prefer not to eat meat or fish, and monks have additional restrictions.
PROTESTANT	✓	✓	✓	✓	✓	No apparent dietary restrictions, but moderation and some forms of fasting are observed.
EASTERN ORTHODOX CHRISTIAN	✓	✓	✓	✓	✓	Meat and fish are at times restricted in observance of a fast.
HINDU	✗	✗	✗	✗	✓	Usually a lacto-vegetarian diet. Beef is never eaten. Fasting is observed on certain days and certain foods are forbidden.
MUSLIM	✓ _(H)	✗	✓ _(H)	✓	✓	Can eat Halal meat however all pork products are forbidden. Check the alcohol content of any foods. More information is provided below.
JEWISH	✓ _(K)	✗	✓ _(K)	✓	✓	Certain food combinations are restricted. Fish is permitted but shellfish is not. Some may observe strict fasting where no eating or drinking is allowed. More info provided below.
ROMAN CATHOLIC	✓	✓	✓	✓	✓	Fasting is practised. Meat is restricted on certain days.
RASTAFARIAN	✓	✗	✓	✓	✓	Prefer to eat a pure and natural diet, and many are vegetarian or vegan. May exclude tea and coffee.
SIKH	✓	✓	✓	✓	✓	The religion allows individual choice about meat consumption. Many eat a lacto-vegetarian diet.

HALAL (H)

Halal refers to foods that are allowed to be eaten according to Islamic law, because of how an animal has been prepared and slaughtered. This may include gelatine, fats, emulsifiers, stabilisers and additives from animal origin that is not halal. No alcohol or foods containing alcohol are consumed.

KOSHER (K)

Kosher refers to food and drink that comply with Jewish religious dietary law, and refers to how an animal has been slaughtered. This may include gelatine, fats, emulsifiers, stabilisers and additives from animal origin that are not kosher. Meat and dairy are never eaten at the same meal and must be prepared separately.



TOP TIPS

In order to be inclusive for diverse religions, as a general rule it is best to assume that pork products (e.g. ham, bacon, sweets containing gelatin) cannot be eaten. All foods containing pork and alcohol should be clearly labelled. Alcohol can sometimes be included as an ingredient in foods, check that a person's religious practice doesn't affect their consumption of alcohol.