

## What to Remember about Eating Halal

Presented by Shariah Board, New York

### What is Halal to eat?

- ☞ Halal is that which is permissible and lawful in Islam.
- ☞ The basic dietary laws for Muslims are:
  - ☞ ONLY that which is tayyib (pure) is Halal (al-A'raaf:157)
  - ☞ That which is khabeeth (impure) is Haram (al-A'raaf:157)

### What is Zabiha?

- ☞ Zabiha are the rules of slaughtering an animal to make it Halal for consumption.

### Some Basic Principles of Eating Halal

- ☞ The general ruling in all things is that it is **permissible** (allowed), unless proven otherwise.
- ☞ The principle ruling in meat is that it is **impermissible** (haram), unless proven otherwise.
- ☞ “It is **not necessary** to consume all that which is halal, **HOWEVER**, it is **absolutely necessary** to avoid all that which is haram” - Shaikhul Islam Mufti Saeed Palanpuri, may Allah preserve him

### The Conditions of Zabiha

1. At least **THREE** out of the **FOUR** main veins of the throat **MUST** be cut.
2. Mentioning the Name of Allah at the time of each slaughter
  - a. “Eat not (of meats) on which Allah's name has not been pronounced, and surely it is a sin...” (al-An'aam : 121)
  - b. Any animal upon which Bismillah is not mentioned intentionally at the time of slaughter, is considered maitah (carrion, or dead meat). **Maitah is just as haram as pork.**
3. The butcher must be a Muslim or Believing Ahlul Kitab
  - a. If one does not know who slaughtered the animal, further researched **MUST** be done before eating

Note: If any one of the above conditions is not fulfilled, the meat will be **HARAM** for consumption.

### Some Benefits of Eating Halal and Harms of Consuming Haram

- ☞ Become mustajab ad-Da'wat (He Whose Dua is Accepted), for the Prophet (peace be upon him) said: “purify your food (and as a result) you will become one whose dua are accepted.” (Tabrani, 6495)
- ☞ The Messenger (peace be upon him) mentioned (the case of) a man who, having journeyed far, is disheveled and dusty and who spreads out his hands to the heavens (saying): “O Lord! O Lord!” — while his food is unlawful, his drink unlawful, his clothing unlawful, and he is nourished unlawfully, so how can he be answered!” (Muslim, 1015)
- ☞ The body which has been nourished with Haram **WILL NOT ENTER JANNAH.** (Baihaqy)
- ☞ The Prophet (peace be upon him): “I swear by Him in whose hands the soul of Muhammad lies, verily a servant (of Allah) puts a **haram (impermissible) food** morsel in his stomach (due to which) **no good deed is accepted from him for 40 days**” (Tabrani, 6395)



## Frequently Asked Questions and Common Misconceptions

**Q: What should I do if I do not know for sure whether the meat is Zabiha Halal or not?**

A: DO NOT eat it, the Messenger of Allah, peace be upon him, said “Leave that which causes you doubt for that which is doubtless” (Tirmizhi, 2518)

**Q: Does Kosher mean Halal?**

A: No, Kosher has its own requirements which DO NOT necessarily meet the conditions of Zabiha Halal. For example, in some beliefs, if a Kosher inspector blesses an animal in a room in the morning time, all animals slaughtered in that room are considered Kosher regardless of who slaughters it or how. (MT Book 5, The Book of Holiness, *Sefer Kedushah*; Treatise 3, Laws Concerning Shehitah (*Shechitah*, Ritual Slaughter); Chapter 1, sec 2 (pages 506M 259Y) )

**Q: Does the UD or KD symbol mean Halal?**

A: No, these are Kosher symbols, which do not necessarily guarantee Halal.

**Q: Is there a difference between Halal and Zabiha?**

A: There is no difference between Halal and Zabiha meat in Islam. **Those animals declared as Halal, if they have been slaughtered according to Zabiha rules, only then consuming their meat is Halal.** If the animal has not been slaughtered according to Zabiha rules, then that meat cannot be called Halal, it would be considered as maitah (carrion) which is Haram. **Maitah is just as haram as pork.**

**Q: What is the ruling regarding the meat of the Ahlul Kitab (People of the Book)?**

A: It is permissible for consumption if it meets all the requirements of Zabiha. Allah (swt) says, “The food (slaughtered meat) of Ahlul Kitab (People of the Book) is lawful for you, and your food is lawful for them.” (al-Maa'idah : 5) **The same conditions that are stipulated for a Muslim, are also the conditions for Ahlul Kitab. Most importantly: “Eat not (of meats) on which Allah's name has not been pronounced, and surely it is a sin...”** (al-An'aam : 121)

**Q: I am invited to dinner by a relative and am not sure about whether the meat is Zabiha or not. What should I do?**

A: Find out! Do not be shy to ask, it will only help. Your asking will create awareness about Zabiha in your relative and your insisting will ensure safety of your deen and theirs. Further, as you love to eat Halal and attain it many virtues for yourself, it is necessary to love the same for your relative as well. Indeed, the Messenger of Allah (peace be upon him) said, “None of you can be a proper believer until he loves for his brother what he loves for himself” (Bukhari, 13)

**Q: Is it okay to buy meat that is common in the market?**

A: The meat situation is very difficult in the present time where we live. Haram meat is abundant in the market while even that which is labeled as Halal is based on trust, which is even harder to find these days. We need to have an alternative available to the unmonitored, uninspected, controversial 'halal meat' labels prevalent in the market. SBNY provides substantial services to fulfill this need.

### SBNY Zabiha Monitoring and Certification

- SBNY Monitoring and Certification begins only by the request and consent of the business; SBNY does not go to certify any business without a prior application from that business requesting our services
- The certification is a statement that the Zabiha process is being independently monitored by SBNY Zabiha Monitoring Committee.
- SBNY certifies ONLY hand slaughtered zabiha halal meat and does NOT certify any machine slaughtering
- SBNY certifies and monitors the entire chain, from the slaughterhouse to the processing plant, to the distributor to retailer/restaurant. If there is any link in the chain which not certified by SBNY, the levels after it cannot be certified.
- Certificates are granted for 1-year, in the term of which frequent random inspections are conducted.
- The slaughtering process, processing of meat, production records, packing, retail merchandise, verbal testimonials, and related invoices are all audited through random inspections.
- Certification is free of cost, there are absolutely no charges whatsoever, solely for the benefit of the ummah, thus there are no conflict of interests.

**Q: Where can I find an SBNY certified store near me?**

A: Please visit [www.shariahboardny.org](http://www.shariahboardny.org) and click on 'Certified Listings'. You can sign up for free updates via email on the website as well.

Note: Only those businesses listed on this website are certified by SBNY. Any claims of SBNY certification by a business not listed there is false information. Please report such claims to the contact below.

