

# Halaal GAZETTE



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Assalamu Alykum & welcome to the first issue of the Halaal Gazette, a publication of the Barbados Halaal Authority (BHA).

Consuming Halaal is an order of Allah ﷻ and an essential part of the Islamic faith. Allah ﷻ has repeatedly emphasised the consumption of Halaal in His book. In one verse Allah ﷻ addresses His creation saying, **“O mankind! Eat from whatever is on earth (that is) lawful and pure”** (Chapter 2: Verse 168)

Abu Huraira رضي الله عنه said: Rasulullah صلى الله عليه وسلم said: *“Allah the Almighty is good and accepts only that which is good. Allah has commanded the Faithful to do that which He commanded the Messengers, and the Almighty has said: “O ye Messengers! Eat of the good things, and do right..”* (chapter 23, Verse 51). And Allah has said: *“O ye who believe! Eat of the good things wherewith We have provided you..”* (chapter 2, Verse 172). Then he mentioned [the case of] a man who, having journeyed far, is disheveled and dusty and who spreads out his hands to the sky [saying]: O Lord! O Lord!-while his food is unlawful, his drink is unlawful, his clothing unlawful, and he is nourished unlawfully, so how can he be answered!” (Muslim)

The Barbados Halaal Authority (BHA) is a sub-committee of The Jamiatul Ulama of Barbados. This committee has been established to monitor, inspect and certify halaal products. This is a non-profit organisation which is solely aimed towards serving the Muslim public's needs with regards to consuming and using halaal foods and products.

Alhumdulillah, the BHA has been functioning for the past few months and has been investigating various restaurants and products. We request your patience and du'aas as we aim to serve the Muslims public and ensure that what we eat is halaal.

## Supplication For Good Health

Rasulullah صلى الله عليه وسلم has mentioned in a Hadeeth that there are two favours which most people take lightly; Good health and free time.

Looking after our health is an essential part of a Muslim's life. If we are not careful regarding this important aspect of our lives, then we may be deprived of many important a'maal (actions). We may be unable to perform Salaah with Jama'ah, go out in the Path of Allah, help the poor and needy and do many other good actions.

In another Hadeeth, Rasulullh صلى الله عليه وسلم has mentioned, *“A strong Muslim is better and more beloved to Allah ﷻ than a weak Muslim.”*

We have been repeatedly taught in the Ahaadeeth to make dua for good health and seek Allah's ﷻ protection from all dreadful diseases. One such dua is as follows

اللَّهُمَّ عَافِي فِي بَدَنِي، اللَّهُمَّ عَافِي فِي سَمْعِي،

اللَّهُمَّ عَافِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

O'Allah grant health to my body. O Allah grant health to my hearing. O'Allah grant health to my sight. There is no deity except You.

This dua should be recited three times in the morning and three times in the evening.

# The Prophet ﷺ Guidance on certain combinations of food

By: Imam Ibn Qayyim Al-Jawziyah

The Prophet ﷺ never mixed fish and milk, milk and sour foods or two hot dishes, or two cold dishes, two sticky dishes, two constipating dishes, two laxative dishes, two heavy dishes, two liquid foods or two types of foods that produce the same condition. Also, he did not join between two types of foods that cause opposite effects, such as constipating and diarrhoea, or dry with fresh foods, eggs and milk or meat and milk. Also he neither had food when it is rather hot nor old food that was heated for him the next day. Further, he did not eat any salty or rotten foods, such as pickles. All these types of foods are harmful and cause the health to change for the worst.

The Prophet ﷺ also used to neutralise the harms of some foods by their opposites, as much as he could. When the food was hot, he neutralised its effect with cold food, and when it was dry, he neutralised it with wet foods, such as eating ripe dates with cucumbers and dry dates with butter. He also used to drink the water of soaked dates to neutralise the effect of heavy foods. Further, the Holy Prophet ﷺ used to eat dinner even if it only consisted of a few dates.

Abu Nu'aym mentions that the Prophet ﷺ used to discourage sleeping just after eating food as it will harden the heart. Doctors also advise people to walk even a few steps after dinner because sleeping just after dinner is very harmful. Muslim doctors add that one could also pray after eating dinner.

The Prophet ﷺ did not drink (water or milk) with his food, because the drink will spoil the food especially when the water is hot or cold.

It is not preferred that one drinks water after sporting activities, when tired, after sexual intercourse, before and after eating foods and after eating fruit. Also, it is not preferred that one drinks water after taking a bath and after sleeping. All these activities are harmful to your health and one should not think about the benefits that might be gained from drinking whilst eating.



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# Beware of Cross-contamination

Muslims are encouraged to consume foods which are Tayyib (pure). One is supposed to be particularly scrupulous about food and where one eats from, as this has been particularly emphasized in Prophetic guidance. And it is the transmitted experience of the scholars and righteous that eating doubtful food or food from dubious sources hurts one's religious uprightness and stunts one's spiritual growth.

In this day and age when many of us frequent restaurants/fast food outlets that serve both halal and haram, we need to ensure that no cross-contamination takes place in the foods that we consume. This is a serious issue as cross-contamination can take place in the manner the food is stored, handled, prepared and even served. This may be surprising but halaal foods fried in the same oil as haram is no longer halaal. Similarly, halaal foods smeared by haram oils, or touched by any utensil that was used to prepare or serve haram foods, will cease to be halaal and become haram.

Testimonies from persons working in kitchens serving both halaal and haram highlight the fact that, even though precautionary measures are in place, there is still chance of cross-contamination. Many outlets separate vegetarian from non-vegetarian items. However, it is a known fact that when the kitchen gets busy it is difficult to prevent cross-contamination from occurring.

An example of cross-contamination can be seen from what occurred in a strictly fish outlet in the UK. Everything looked perfectly fine from the outside until a Muslim employee expressed his concern regarding cross-contamination. The owner and his family regularly prepared their meals which consist of bacon, pork, etc. in the same kitchen as the fish using the same fryer and utensils. Cross-contamination can take place anywhere especially in places serving both halaal and haram. We must learn to be vigilant and when in doubt, STAY AWAY.



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# HALAAL UPDATE!

## SUITABLE FOR MUSLIM CONSUMPTION

Roberts Manufacturing Brands:  
Sunflower Spread  
Low Calorie Sunflower Spread  
Roberts Garlic Spread  
Roberts Health Spread  
Glow Spread Margarine  
Mello Kreem Spread  
Velvo Kris Shortening

## NOT SUITABLE FOR MUSLIM CONSUMPTION

Haagen Dazs Ice Cream Parlour  
*Lanterns Mall, Christ Church*

Planters Dry Roasted Peanuts

Port Royal Authentic Jamaican Patties

Shellac/Confectioner's glaze  
*(this ingredient is found in sprinkles and various sweets and chocolates)*

*Here is a list of the terminology used by Islamic scholars in reference to halaal and haram in Islam.*

**Halaal** - That which Allah and the Prophet ﷺ have allowed to be done in a lawful manner.

**Haram** - That which Allah and the Prophet ﷺ have completely and specifically forbidden. Engaging in an act that is Haram (i.e. eating food like pork, drinking alcohol, having sex outside of marriage) would lead to punishment in the Next Life, and maybe even in this Life.

**Makrouh** - Something that is not liked. Also defined as offensive.

**Mashbooh** - Questionable or doubtful.

**Mushtabahat** - This is described as the "grey area" that is found between Halaal and Haram. It has also been defined as questionable.



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