

## **Guide to food for religious and cultural preferences**

This information is intended as guidance only. Many people will interpret their culture differently and will not follow the patterns outlined below.

The main dietary requirement for Muslims is that pork and pork products must be avoided and that all food must be halaal. Meat is made halaal by a particular method of slaughter and the meat must be dedicated to Allah. There are similar requirements for Jewish people in that pork must also be avoided and all food must be kosher. Meat is made kosher by a particular method of slaughter.

Some devout Christian groups and Rastafarians also don't eat pork.

Hindus and Sikhs are unlikely to eat beef and many devout Hindus or Sikhs maybe vegetarian (including not eating eggs).

Many religions (and cultures) disapprove of the consumption of alcohol.