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**LAMB & LENTIL STEW:** Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

**MY KIND OF CHICKEN:** A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

**CHICKEN & BLACK BEANS:** A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

**OLD WORLD STEW:** Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

**FLORENTINE LASAGNA:** This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

**PASTA WITH GARDEN VEGETABLES:** This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It’s perfectly flavored with traditional Italian seasonings.

DHABIHA HALAL

Halal certification is by the Islamic Food & Nutrition Council of America (IFANCA)

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In the name of God, the Most Beneficent, Most Merciful

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Editor’s Note

Assalamu Alaikum

If you have been following the latest food trends, you have probably heard of edible wrapping, clean labels, food deserts and lentil based snacks. What many consumers may not know is how closely IFANCA and halal are associated with many of those trends. In this issue, we have Unwrapped: Packing You Can Actually Eat, ask you to Snack on This: The Not-So-Lowly Lentil and draw inspiration from Clean Labels: A Story of Consumer Clout. We look at why American Halal Consumers are still asking Halal: Is it Here yet?

On the occasion of Eid-Ul-Adha, we examine the latest trends amongst American Muslims, whether they are Getting a Head Start— Pilgrims Hajj Bound, Younger or exploring Do-it-Yourself Udhiyah Sacrifices or learning of Food Deserts: Scarcity in the Lands of Plenty and our obligations as human beings.

And yes, since it is the Fall season, it is also time to make Back-to-School Lunches, Give Thanks Like There is no Tomorrow, and bake Thanksgiving Treats with Malika Ameen.

Sincerely,

Naazish YarKhan managing editor
**Note from the Publisher’s Desk**

Aasalamu Alaikum and Eid Mubarak. May the peace and Blessings of the Almighty be upon you.

The awareness of halal in America was non-existent, just a couple of decades ago. Today, major media outlets cover halal issues regularly. Conferences on halal as an economic opportunity are occurring all over the world. There are innumerable blogs, YouTube videos and Facebook pages about halal. New and diverse businesses catering to the halal consumer are on the rise.

The way we look at food is changing on a daily basis. Whether it is the latest trends involving edible packaging and clean food processing or the harnessing of medicinal properties of traditional foods such as lentils and Greek yogurt, industrial food technologists are committed to innovation in food.

With nine billion people to feed by mid-century, these innovations are not only important they are necessary. Adept at creating imitation products, food technologists create both natural Greek Yogurt and Greek Yogurt made with Ingredion® starch—both equally nutritious, both aimed at pleasing the palate.

Food scientists and technologists are responsible for formulating foods that are safe, flavorful and meet nutritional needs. This is especially significant when it comes to feeding millions where food shortage is common. Speaking of food shortages, one person’s ‘junk food’ is another’s life line. From an Islamic perspective, food is never junk. IFANCA halal certification ensures that all the ingredients and processes are in keeping with Islamic dietary laws.

Besides foods, the latest halal trends include the certification of vaccines and even ports. Two important vaccines, GARDASIL® and PREVANOR® are now halal certified and free of porcine materials, without a doubt. The Port of Zeebrugge in Belgium, a state of the art facility, is the largest port in Europe and a gateway to the European Union. As of July 2012, Brussels based Halal Food Council of Europe (HFCE), an IFANCA sister organization, certified the Port of Zeebrugge and warehouses at Ziegler Brussels Airport, for halal trade. Both have warehouses dedicated for the storage and shipping of halal products. Projects like these assure the halal consumer that we are trying our best to keep our food contamination free, halal and wholesome.

Sincerely,
Muhammad Munir Chaudry president, IFANCA

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UNWRAPPED: PACKAGING YOU CAN ACTUALLY EAT

By Aysha Hussain
Are you a foodie who will try anything at least once? If so, try wrapping your head around this: edible cupcake wrappers. Or imagine drinking your favorite soft drink and then munching on the bottle it came in? Do these ideas gross you out or are they environmentally friendly?

While this may sound unthinkable, manufacturers and the food processing industry are steps away from marketing this as a consumer reality. Part of a growing trend called “edible wrapping,” it could be the future of food packaging. We’d consume our favorite foods and snacks, wrappers and all, limiting the need for traditional packaging. This technology does present environmental benefits, significantly reducing paper and plastic waste, but packaging as food? Is it just me or is there an ‘ick’ factor?

On the front lines of this trend is IFANCA halal certified MonoSol®, a manufacturing company known for its water-soluble packets that currently encase many dish and laundry detergent products. Think single-serve washing machine detergent pods. Not only has MonoSol mastered water-soluble packaging, they are popularizing the concept by applying the same methodology to food and, soon, drinks. MonoSol’s edible film products cover an impressive range; from single servings of instant coffees and teas, oatmeal, pasta and rice, to a unique liquid-filled “drink stick.”

Their product line, Vivos™ Edible Delivery Systems, uses tasty, edible, water-soluble “film” made from FDA approved ingredients. This film — also IFANCA halal-certified — mimics the transparent appearance and strength of plastic, but the big difference is its ability to dissolve in water, void of any odors.

EAT THE WRAPPER?
Although consumers may not find these products in stores just yet, they are not shy to chime in on the possible drawbacks of edible packaging.

“Edible wrapping sounds environmentally friendly, but simply not realistic,” says Genevieve Kermani, New York, NY. “We can’t eat something that is sitting on a shelf, touched by others, and then safely eat it.”

“I wash all my veggies and fruits carefully as it is,” says Cindy Ji Czapla of Lake Zurich, IL. “Who knows where that drink or any food products have been or how they were handled or what scurried around it? If I have to wash it carefully to eat the packaging, it’s wasting water and waste is still waste.”

Sumeet Kumar, Senior Manager of Technical Marketing at MonoSol, understands the issue of food safety and storage concerns. He stresses a more realistic goal, one that eliminates individual or primary packaging but without discarding traditional, secondary packaging all together. Imagine ice-cream bars in a box. The wrapper around individual ice-cream bars would be edible, the outer box they all were packaged in would still be traditional packaging.
“Even though our film will dissolve, you can’t package it by itself,” says Kumar. “There are handling and dust concerns so secondary (traditional) packaging is how we would overcome the concern of handling.”

THINK FRUIT SKINS
Jon Gallagher, product development manager at MonoSol, and his team strongly believe there is a market for edible wrapping and packaging, and that it is simply a matter of time before they considered applying their water-soluble film to food products.

“We’ve been in the water-soluble film business for over 50 years,” says Gallagher. “We’ve been growing rapidly, and the food market has been kind of a natural extension for us.”

Their advocacy for this technology stems from the same principle as fruit such as an apple and its natural protective skin layer. In much the same vein, MonoSol uses an edible film that they contend is a safe, dissolvable layer and should not be mistaken for actual plastic.

“You’re not consuming plastic, it’s invisible skin,” says Kumar.

Another company driving the edible packaging phenomenon is Harvard University Professor David Edwards and his team at Wyss Institute with their development of “WikiCells.” These WikiCells are edible wrappings made from biodegradable compounds and small food particles such as chocolate, dried fruit, nuts and seeds, which are used to create a membrane-like shell that encloses food and drinks much the same way as the skin of a grape contains juice. Self-described as natural and nutritional, Edwards maintains that WikiCells will soon be commercially sold in specialty stores and restaurants. Currently, Wiki Ice Cream is their first commercial product.

Other products set for launch include a tomato membrane containing gazpacho soup, an orange membrane that’s filled with orange juice and sipped through a straw and a chocolate membrane holding hot chocolate.

Edwards and his team believe the opportunities for edible packaging are endless and that any flavor is possible. Foodies would agree.

“I think it’s interesting. (It) could be a way to add another flavor level to a dish/food,” says Deb Winson, New York, NY.

“Many of us are doing little things here and there to help the environment,” says Aïché Sissoko, New York, NY. “I think (edible packaging) will take off once we get the hang of what it includes and its benefits.”

“I wouldn’t mind trying an edible wrapped item as long as it was made from a vegetable/healthy substance,” said Sarah Marie Bashir, New York, NY. “I think presentation is a big thing as well and where it’s being sold.”

Whether consumers will latch onto the idea of consuming edible wrappings has yet to be seen given the expected psychological hump. In the meantime, there is no denying that such innovation and its overall uniqueness will spark conversations from both ends of the spectrum.

MEET THE WRITER: Aysha Hussain is a New York-based writer and producer. She has worked at NBC, CBS and has written for newspapers and magazines including Newsday, Diversity Inc and Muslim Girl Magazine. Check out Aysha’s video on this story online at http://read.uberflip.com/t/13438
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HALAL: Is It Here Yet?

By Naazish YarKhan
Did you know that all the major restaurant chains in Singapore are halal certified? And did you also know that the Muslim population in Singapore is approximately the same as that of Muslims in Metro Chicago? Many halal products being shipped to Singapore, Malaysia and Indonesia are supplied by US manufacturers. Whether it is French fries, doughnuts, ice-cream or the sauces in your favorite restaurant dish, mainstream American food service manufacturers have halal certified products. Yes, they are suppliers to chains such as Popeyes®, KFC®, McDonald’s®....overseas.

**WHAT GIVES?**

There's little demand for halal in the US, contends the food industry.

“Usually if I want to eat meat, I go to a halal place and for fish, or other things, I go to regular restaurants,” says Lailah Zee, a halal consumer, via www.facebook.com/halalconsumer. “It would be nice to have a choice everywhere.” The handful of restaurants that claim to serve halal in the US, are not certified and could have both halal and non-halal products on sale.

Just as the food service industry caters to restaurants, it also serves airlines, hospitals, correctional facilities and more. For halal products to become mainstream first you have to increase awareness about it, says Don Tymchuck, president of Med-Diet, Inc. His company works with niche food manufactures as a distributor of their halal, sugar-free and gluten-free products.

France’s Quick, a fast food chain, knows the importance of adapting to change. Two years ago, it converted 22 of its restaurants to halal-only. Pork products didn’t sell much at certain Quick locations, fish products sold best, and come Ramadan, sales slumped during the day and increased in the evening after Iftaar. Recognizing that demand was tied to the religious observances of its sizable Muslim customer base, Quick seized a business opportunity and its restaurants in those select locations went halal. France was also the first western nation to advertise a halal product on TV.

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“Generally, restaurant menus are driven by consumer demand,” says Annika Stensson, a National Restaurant Association spokesperson. “If more consumers request halal products, chances are that more restaurants would serve them. Availability and cost are also factors, of course, like with any product.”

Leila Ali is skeptical. “Here in the States, it won’t work. The Arab community in France is bigger and more concentrated than here in Chicago, for example. I see myself asking for halal in a downtown restaurant and the response would be ‘What’s that?’ I don’t think people will ask for halal in regular places anytime soon.”

Halal isn't very common in many US mainstream restaurants, yet. “If there is a relatively significant movement to adopt halal in America, it is in places where it is mandatory to offer food in keeping with religious observances. Places like hospitals, schools, correctional facilities and universities. In addition, travelers should ask for halal at airport kiosks, and destination hotels and restaurants to make them aware of the need,” says Mr. Tymchuck.

Nonetheless, here too, the relationship between demand and supply is clear. University of Michigan, for instance, recognizes the importance of offering halal meals. Many of its students are from Dearborn, Michigan, home to the largest population of Arab-American Muslims and hundreds of halal restaurants and stores.
MAKING HALAL HAPPEN
To have a successful program, “get students who want halal involved in the process. That will lead to conversations with vendors. (We) went on tours of halal based restaurants in Dearborn. Further, Muslim students spent a summer working in our kitchen and helped develop recipes. It was a very rewarding experience for the students and for us,” says Ms. Kathryn Whiteside, R.D., Menu Systems & Nutrition Information Residential Dining Services, University of Michigan. She recalls an incident when a student actually called his mother from the campus dining hall kitchen to verify seasonings for a lentil soup. “We really wanted to get the seasoning and recipes correct,” she laughs.

The result of all this engagement at University of Michigan is extensive halal availability, including at retail micro-restaurants / convenience stores in residential halls. “We offer menu options for religious observances of all faiths and try to be as fair as possible. The Muslim Students Association (MSA) has a strong presence on campus so it helps us to identify them,” says Ms. Whiteside.
Tufts University, in contrast, offers a limited menu. Halal is meat baked with salt and pepper, offered three times a week. Special requests are accepted for hotdogs and hamburgers. While a conservative estimate of Muslims on campus is a few dozen, only twelve students have asked for halal and utilize the service.

“We react to customer needs, there haven’t been requests,” says Julie Lampie, RD, Nutrition and Marketing Specialist at Tufts. Could that be because of a rather simple menu? Ms. Lampie agrees there is room for more dialogue with the students. Tufts Dining Service’s capacity is stretched to the limit but, yes, perhaps if they were to learn more about students’ needs, the halal offerings would reflect that better, says Ms. Lampie.

**LEADING THE CHARGE**

Rosemont, IL based US Foods (www.usfoods.com), a leading distributor of more than 350,000 food products, does carry halal products. US Foods is a link between manufacturers of food products and over 250,000 restaurants and cafeteria’s in hospitals, hotels, government and educational institutions.

“Muslim students spent a summer working in our kitchen and helped develop recipes. It was a very rewarding experience for the students and for us,” says Ms. Kathyrn Whiteside, R.D., Menu Systems & Nutrition Information Residential Dining Services, University of Michigan.

Gordon Foods Service®, Sysco® and other distributors also carry halal foods.

“US Foods carries a wide range of products to serve its diverse base of customers, including halal products. Consumers looking for specialty products should approach their local restaurant associations and favorite restaurants with information on how the restaurants and its diners can benefit from adding halal products to menus,” said Stacie Sopinka, senior director, Product Development and Innovation, US Foods.

On that note, here’s one final thought. The next time you are there, would you ask for halal at your favorite restaurant, ice cream shoppe, fast food chain, campus dining service? Is it time for halal consumers to be pro-active? 

Photos Source: University of Michigan.

*About the writer: Naazish YarKhan is Director, Content Strategy at IFANCA and contributing writer for numerous media internationally including NPR, Aramco World magazine, Huffington Post and Common Ground News Service.*
Do-it-Yourself Udhiyah
Sacrifices On the Rise in the USA
By Kiran Ansari

Seeing a goat or lamb being slaughtered in front of your eyes translates into seeing blood. Lots of blood. Gushing on the floor. Nevertheless, for an increasing number of families personally doing the slaughter is an experience that brings the story of Prophet Ibrahim’s spirit of sacrifice to life. Ramadan and the Eid Ul Fitr holiday are far more tangible for Muslim children, given the visual cues for an entire month. With opportunities for a Do-it-Yourself Udhiyah (sacrifice) on the rise, a growing number of North American parents now want the significance of Eid Ul Adha celebrations to be just as evident.

(Quran – 6:118-119) “Their meat will not reach Allah, nor will their blood, but what reaches Him is piety from you. Thus have We subjected them to you that you may glorify Allah for that [to] which He has guided you; and give good tidings to the doers of good.” (Quran – 22:37)

For several years now, Zeba Siddiqui of Plano, Texas, and her family have travelled an hour from home on Eid ul Adha to reach farms in surrounding cities. They prep their kids so won’t be queasy about blood they’ll see. “It is important for children to understand that the Islamic method of slaughtering is more humane as compared to the mainstream meat industry,” Siddiqui said. “They see firsthand how the free flowing blood cleanses the animal carcass of disease.” While waiting for their turn at the farm in Weatherford, Texas, her children often feed and play with the goats in the pen. “With Whole Foods and Costco selling halal meat, it is no surprise that even non-Muslims are warming up to the idea of the organic way of raising and slaughtering animals.”

Ashraf Hussain of Glendale Heights, dad to girls ages 13 and 8, steers away from the crowds to do the hand slaughter himself at a Wisconsin farm. As a hunter, he has the skill and tools to bring the fresh meat back home the same day. “I like the satisfaction of knowing that I am taking home the exact animal I slaughtered a few minutes ago,” Hussain said. “It does take a large chunk of my day to compete the cutting and cleaning process, but I think it is something important for us city dwellers to experience.”

“My girls don’t lead completely sheltered lives but watching the slaughter is not part of their reality,” says his wife, Zeenat. Further, she doesn’t feel that it’s a family holiday when the men are away for most of Eid day instead of spending time with the family.

HI-TECH UDHIYAH
Nabeela Mohammad from Montgomery, Illinois can relate to Zeenat. Until a few years ago, her family drove to a Pontiac, Michigan farm on Eid. “It used to be like a whole day affair when he had to go to Michigan,” Mohammad said. Today, they go online to secure a time slot to hand-slaughter a goat or lamb with Chicago-based, Barkaat Foods. “With their online booking and payment system, doing zubah has become a breeze as the men are back home in two hours.”

COMMUNAL EFFORTS
Eid Ul Adha is about understanding how life is sacred in Islam. “In India or Pakistan, you often see the goats brought home a week before Eid so that we establish an emotional connection with the animal,” said Ahmed Khan, CEO of Barkaat Foods. “Our children don’t see this in the United States.” As an antidote, Barkaat Foods has a community BBQ at their free range Wisconsin farm, a month prior to Eid Ul Adha. This allows customers to see the lambs and goats in their natural surroundings. Barkaat Foods also get special permission from the USDA to allow children at the slaughter so they may understand the importance of both zabiha halal and the farm to fork process.
Chicago-based Maghreb Association of North America (MANA; http://manachicago.com), with members of North African ancestry, too organizes an *udhiyah* program and they, too, make a community picnic of their visit to the farm. On average, about 70 families attend, each paying for the sacrificial lamb plus $10 per person for the picnic. Every family chooses what it does with its share of the meat while abiding by the Islamic rules governing its distribution, says Board Member Abderrahmane Khellil. The next sacrifice is scheduled for around the 26th of October 2012, depending on the day of *Arafa*.

Hafsa Chaudhry's family in Glendale Heights participates in the Abraham Day Meat Drive organized by the Islamic Circle of North America (ICNA). Her nine and six year old's, initially squeamish, now consider it tradition to attend a farm animal slaughter on Eid. ICNA volunteers then distribute the meat on Chicago's South Side to families who cannot afford it regularly.

“*So eat of that [meat] upon which the name of Allah has been mentioned, if you are believers in His verses. And why should you not eat of that upon which the name of Allah has been mentioned while He has explained in detail to you what He has forbidden you, excepting that to which you are compelled. And indeed do many lead [others] astray through their [own] inclinations without knowledge. Indeed, your Lord — He is most knowing of the transgressors.* (Quran – 6:118-19)

**DIVISION OF LABOR**

It’s essential to know the rules governing the sacrifice. The number of animals sacrificed on *Eid Ul Adha* depends on the family's size and income. Animals must be disease free. A razor sharp knife without nicks is critical to preventing unnecessary pain to the animal. In most cases, the customer invokes the name of God, makes the first slit and the slaughter house staff does the rest. One family accidentally scarified a pregnant cow one year, which goes against Islamic injunctions governing the slaughter.

Many families have animals slaughtered in countries where they have extended family. Still others donate online to organizations like Islamic Relief (www.irusa.org), Zakat Foundation (www.zakat.org ) and Helping Hand (www.hhrd.org), providing meat to countries where it is most needed.

No matter the route chosen, one goal unites these families on this holiday — the desire to please God.

**EDITOR’S NOTE:** The words ‘peace be upon him’ are recited upon mention of every prophet.

**ABOUT THE WRITER:** Kiran Ansari is a Chicago-based writer and editor with more than 12 years of experience and bylines in more than 30 publications. She can be reached via LinkedIn and at Kiran@kiranansari.com.

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**Religious Reasons for the Sacrifice**

During the three days of *Eid Ul Adha*, any Muslim that is financially able, has to sacrifice a sheep, goat, cow or camel in the name of God. Muslims believe that all life is sacred and that by taking the name of God when slaughtering an animal, it becomes a solemn act. They also do it to commemorate the trials of Prophet Abraham* who was asked by God to sacrifice his son, Ismail* and who, without question, set out to fulfill the command. When he was just about to commence with the sacrifice, God told Prophet Ibrahim that his sacrifice was accepted and He replaced Ismail* with a ram. Muslims divide the meat from the sacrifice into thirds — one-third for themselves, one-third for the less fortunate and the rest for friends and family. However, many donate all the meat to the needy.
Hand Slaughter – Sparing Animal Suffering

By Kristin Pufpaff

It is becoming increasingly clear that there are questions related to religious slaughter that need to be addressed. The way we approach the religious slaughter should be exemplified by the following saying (hadith) of the Prophet Muhammad*:

According to Abu Ya’laa Shaddaad bin Aws, the Prophet Muhammad*said: “Verily Allah has prescribed Ihsaan (proficiency, perfection) in all things. So if you kill, then kill well; and if you slaughter, then slaughter well. Let each one of you sharpen his blade and let him spare suffering to the animal he slaughters.”

As Muslims we should not only be concerned about what was said over our meat at the time of slaughter but also how that slaughter was done. One of the primary things to examine is what size of knives we use and how sharp they are. The best current recommendations are that a razor-sharp knife without nicks that is twice the length of the animal’s neck be used for the neck cut. Using an appropriately sized knife is important because too small of a knife requires that multiple cuts be made to the animal’s neck which increases animal suffering and time to unconsciousness. Too long of a knife can cause fatigue for the slaughter person leading to a less skillful cut. Knives should be kept free of nicks and should be razor sharp to allow for the best possible cut. For this standard to be met throughout the day, knives must be checked repeatedly. If the halal meat industry as a whole can show that we are trying to maintain the highest possible level of animal welfare within our power, we can simply and truthfully undercut any allegations of animal cruelty.

Kristin Pufpaff is a class of 2013 candidate at The Ohio State University College of Veterinary Medicine and a Cornell University Alum.
Eid-ul-Adha 2012

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THE BUZZ ON
Facebook.com/HalalConsumer

I really enjoyed the article “A Child’s First Fast” in the Summer 2012 issue of Halal Consumer. As a mother of a 9-year-old, 8-year-old and a 7-year-old, I am sure the advice and tips will come in very handy in the near future. - Israth Ali.

I got my copy of Halal Consumer yesterday....great job!!! – Samira Qureshi.

I hope I’ll get mine soon. Can’t wait... Love this page. - Lailah Zee.

Me and my sister made the date filled cookies recipe and we shared some with the community at Iftar at our local masjid. Everyone loved it and asked where we got the recipe. - Maryam Raja.

I love Halal Consumer, especially it’s recipes. – Joy Turner.

In Halal Consumer’s Spring 2012 issue # 20, we asked readers to send in photos of their family cooking together. We’re thrilled to feature .... (drumroll please)

Kids in the Kitchen

“Kids in the Kitchen”

“My kids and I love to bake and decorate cupcakes together because it gives us a chance to spend that special time being creative as a family,” says Habiba Hanif, pastry chef and owner of Cakes By Beebz (www.facebook.com/cakesbybeebz). “The kids love to decorate cupcakes and create their own edible art work.”

“My son Riyaaz and his friend, Yousuf, made the Date Bars,” says Shahana Khan. “We’ve made it three times already in the first two weeks of Ramadan! From kids to grandparents it was a pleaser. Thank you Halal Consumer."

Habiba Hanif with Jasmin, 6, Noah, 4 and Dean, 3!

And Riyaaz Khan, 11 and Yousuf Khan, 10.

I hope I’ll get mine soon. Can’t wait... Love this page. - Lailah Zee.

I love Halal Consumer, especially it’s recipes. – Joy Turner. 
Like many parents, Rafiqul Haque has very busy Saturday mornings. An immigrant who moved from Bangladesh to Canada, he walks ten minutes to the nearest bus stop, foldable grocery cart in hand. He will change two buses to reach the nearest supermarket, embarking on a one-and-a-half hour commute each way. On his return, he loads his grocery cart on to the bus and stands most of the way. It is a shopping expedition that is hard, especially in winter.
Rafiqul, who has lived in Canada for five years, works as a parking lot attendant while his wife stays home to raise their two-year-old. Struggling to find a foothold in the job market, he lives in an area of Toronto which has been identified as a ‘food desert.’ Rafiqul Haque’s case is not unique but rather a growing phenomenon in developed countries including the US, Canada, and the UK. Food deserts are urban areas with the least access to healthy food stores and fresh produce. They are typically populated by residents who don’t own a car and public transit here is below average. Mr. Haque’s case meets all of the above criteria.

In Toronto alone there are several food deserts including Mr. Haque’s neighborhood, according to Second Harvest Outreach Program (SHOP). An innovative food sharing program, SHOP brings excess fresh produce, that otherwise would go to waste, to people living in food deserts.

In the US, according to President Obama’s Healthy Food Financing Initiative, approximately 23.5 million Americans now live in low-income areas that are more than one mile from a supermarket. The problem, long known to activists and academics, was brought to the forefront by First Lady Michelle Obama’s ‘Let’s Move! Campaign’ which is aimed at tackling childhood obesity.

William Allen, an urban agriculturalist and CEO of Growing Power, based in Milwaukee, Wisconsin says that he has been aware of the phenomenon all his life and associates it with racism. A majority of the areas classified as food deserts are populated by African Americans and Hispanics — a fact documented by a number of reports. A 2006 report by Mari Gallagher Research & Consulting Group empirically demonstrated that on average low income African-Americans travel the farthest distance to any type of grocery store and that Chicago’s food deserts are largely on the city’s south side — areas dominated by African-Americans.

Dr. Daniel Block, professor of geography at Chicago State University, has observed that there are pockets of food insecurity on Chicago’s north side where many newly arrived immigrants from East Africa, Sudan, Mynamar (formerly Burma) and Iraq live. Their’s is a problem not of lack of access to large grocery stores but to stores that carry products that meet their cultural and religious dietary needs. As is evident, the issue of food deserts manifests itself in varied ways which are just beginning to be understood. In Toronto, the Second Harvest Outreach Program is witnessing a demand for halal food and is trying to meet it. Tonia Krauser, director of communications

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at SHoP, says, “We keep cultural/religious dietary needs in mind when soliciting food donations. Halal meat is a high demand item in many communities we serve.”

FOOD DESERTS AND OBESITY
At first glance the relationship between food deserts and obesity appears incongruous. But as highlighted by the ‘Let’s Move! Campaign’ there is a link. The ‘food deserts’ have food, in some cases plenty of it, but the overwhelming majority of it is unhealthy and if it is fresh, it is expensive. It is often sold at corner stores or liquor stores. These types of stores don’t normally carry the variety of foods needed for a healthy diet such as fresh fruits and vegetables, whole grains, fresh dairy and lean meat products. Even if they do sell them, it is at prices higher than at regular grocery stores. In contrast, refined grains, added sugars, and fats are generally inexpensive. Families with low incomes try to stretch their budgets by purchasing these cheap, energy-dense foods that are filling. They can ill afford healthy, nutritious options, if at all available.

Food Deserts also have a higher density of fast food restaurants, again less nutritious fare sold relatively cheap compared to food that’s better for the body. Consumed regularly, such food leads to health problems like obesity, heart disease, and diabetes. These assertions have been challenged by a recent report from the Rand Corporation which claims that students’ weight and the types of food they ate were not affected by the types of grocery stores or restaurants around them. The report itself has been challenged by still others over methodological and other issues. Critics question the quality and price of fresh foods available in the food deserts.

GIVE AS YOU WOULD LIKE TO RECEIVE
As the debate continues, most experts studying the phenomenon agree that a multi-pronged approach needs to be undertaken in order to fight food insecurity. Traditional venues like food pantries while serving some purpose are not the ideal solution and have their own set of problems. According to Dr. Block, “pantries often get near expiration date products. Also people donate all varieties of food that are not always healthy or nutritious.” Consumers need to be aware that their food pantry donations could be the only food a family eats. While donating near-expiration products saves them from getting wasted, it doesn’t necessarily benefit the recipients. In the Holy Quran, Muslims are commanded to give in charity from what they would like to receive:

O you who have attained to faith! Spend on others out of the good things which you may have acquired, and out of that which We bring forth for you from the earth; and choose not for your spending the bad things which you yourselves would not accept without averting your eyes in disdain. And know that God is self-sufficient, ever to be praised. (Quran 2: 267)

Therefore, it is vital that all donations be nutritious, usable products. According to Minnesota Food Share, “Avoid the temptation to donate that old can of food that nobody in your house will ever eat. Chances are if no one in your house wants it, no one at the food pantry shelf would like it either. Never donate dented or bent cans of food, food in damaged packages, or out-of-date food.”

SOLUTIONS
One of the solutions being proposed is that existing corner stores be asked to stock more healthy food and fresh produce. The Inner-City Muslim Action Network in Chicago (IMAN; www.imancentral.org) has implemented ‘Muslim Run: A Campaign for Health, Wellness and Healing’ to do just that. “We really feel like the corner stores can have a huge impact on food deserts, these are businesses that are already in the community and where people come
Consumers need to be aware that their food pantry donations could be the only food a family eats. While donating near-expiration products saves them from getting wasted, it doesn’t necessarily benefit the recipients. In the Holy Quran, Muslims are commanded to give in charity from what they would like to receive.

is part of the larger ‘Muslim Run’ campaign, where two of the fifteen partner corner stores will get donations of fresh produce via the Lupe Fiasco Foundation,” says Ms. Bilal. “The produce is being sold at discount rates. This will bust the myth that there is no demand for fresh produce in the inner city and we will also be able to see how much residents are willing to pay for fresh produce.” And IMAN has been proven right because produce is flying off the shelves. “A majority of these stores have never stocked fresh food prior to this, so when free fresh produce is no longer available after summer 2012, we are working with the stores to procure funds, so they bring in produce on their own. The ‘Muslim Run’ campaign will be able to document that there is a need as well as educate consumers using art and media, to show why healthy produce is so important.”

Dr. Block adds that not only should there be more grocery stores in these areas but initiatives such as urban farming need to be adopted too. The idea of urban farms has special relevance in today’s crisis ridden times. Growing food in backyards and/or community plots greatly increases access to healthy, fresh produce. Communal urban farming also helps build neighborly ties and promotes active citizenship, creating tight-knit communities.

Besides donations to food pantries, what can those who don’t live in food deserts do to alleviate the problem? We can support advocacy organizations such as the Inner-City Muslim Action Network in Chicago with our dollars, voice our opinions to policymakers and the companies we purchase products from, and volunteer our time to urban farming community initiatives.

Resources: Donating high quality food — http://mnfoodshare.gmcc.org/docs/DonateHealthyFood.pdf

ABOUT THE WRITER: Mohammed Ayub Khan is a researcher based in Toronto. His special areas of interest are the food industry and consumer trends.
It was a no-brainer for Salma, 26 and Safi Aslam, 29 from Oak Park, Illinois, to go for Hajj in 2011, just two years after they got married. Like many their age, it was the influence of the increasing number of programs and young scholars giving classes in metropolitan Chicago that motivated them to make the journey of a lifetime.
“And proclaim to the people the Hajj; they will come to you on foot and on every lean camel; they will come from every distant pass.” (Quran – 22:27)

“You just don’t know what the future holds,” Salma Aslam said. “An early Hajj allows you to have the opportunity to refocus your goals and bring back barakah (blessings) for your family. It is also easier to change a bad habit such as backbiting, missing or delaying prayers when you are younger.”

Thanks to the social media eruption, even those that don’t have Hajj on their radar can feel their hearts soften as photos at the Kabah pop up in their newsfeed. Photos of friends praying in the Prophet’s Mosque in Medina, and the halo of serenity around them, can make even the busiest people yearn to go.

Sayeed Shariff is an organizer with Sacred Hajj, based in Chicago. For the past ten years or so, he too has noticed that the Hajj-bound are younger than what was once the norm. He feels the cultural notions behind going for Hajj when you have fulfilled all your worldly responsibilities, such as getting the children educated and married, has changed. With so many young deaths and disease, everyone realizes that there is no guarantee that they will be physically able or even around to do the Hajj when they are older. Close to 80 percent of his group consists of second or third generation Muslim Americans in the 25-35 year age group.

“I think youth today are more in tune with local scholars and are connected with the mosques,” Shariff said. “Many younger professionals are going for Hajj as soon as they have saved the money. Young scholars that lead Hajj groups make it easier for everyone to relate.”

Hardly anyone in Shariff’s group had brought children along, so that they could focus exclusively on worship during the limited time they had there.

“Planning for Hajj

1. Start looking at Hajj packages as early as possible. The longer you wait, options dwindle and popular packages are sold out. The latest a person should finalize their Hajj plan is before Ramadan.

2. Draft a budget. Evaluate what each package offers.

3. How much time can you take off from work? Who will watch your children?

4. Are you able to walk long distances? Sometimes a ten-minute walk on a regular day can translate into a 45-minute walk when there are millions of people going for prayer at the same time. Therefore, if someone can afford to stay at a hotel that is very close to the Kabah, it is worth it,” Shariff said.

5. Like-minded friends who motivate you to do more worship would make good Hajj companions.

6. Ask past travelers if organizers are accessible and whether they deliver on their promises.

7. “Get into the habit of making longer dua and build stamina before you get to Mecca,” Safi Aslam said. “It is important to build that stamina as we are usually so rushed to get back to our life. Print out specific prayers requested by your friends and family.”

8. Make sincere dua that you want to make the Hajj to complete a pillar of Islam. Pray that you complete the Hajj with ease, that it is accepted and you are able to maintain it for the rest of your life by reflecting it in your words and actions.

9. Pack a lot of patience. Flights can get delayed. The Hajj terminal is packed. Things go up and down. But once you remember whose guest you are in the sacred cities, every inconvenience is bearable.

HAJj TRADITIONALLY

Despite this growing trend in North America, globally a majority of devoted Muslims make their first Hajj when they are much older. Rahila Aslam, 65, of Fort Worth, Texas went for her first Hajj in 2010, once all four of her children were married. She is grateful for the opportunity to have completed this obligation, but says that if she had to do it over, she would have gone when she was younger.

Even though you do not have as many worldly distractions and young kids to worry about later in life, the health and strength implications outweigh these benefits.

Even though their daughter accompanied them for the Hajj, walking briskly between the hills of Safa and Marwah for instance was not as easy as it would have been thirty years earlier. She would love to go for Umrah, the lesser pilgrimage, in an off-peak season so that she can get closer to the Kabah and not be so overwhelmed by the crowds.

“As you age, you are prone to more illness, heart issues and brittle bones and that can complicate things when you are exerting yourself in a foreign land,” Aslam said. “For instance, I really wanted to pray at the Station of Ibrahim and get close to the Kabah, but since I had double knee surgery, I didn’t even dare get close in case I fell and was not able to get up.”

ABOUT THE WRITER: Kiran Ansari is a Chicago-based writer and editor with more than 12 years of experience and bylines in more than 30 publications. She can be reached via LinkedIn and at Kiran@kiranansari.com.
**Back-To-School Lunches**

By Salma Siddiqui

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**Beef Sandwich**

**FEEDS ONE HUNGRY FOOTBALL TEAM**

**INGREDIENTS**

- 5 lbs. chunk of lean beef, washed
- 1 cup yogurt, whipped
- 1 tablespoon black pepper powder
- 1 teaspoon ginger and garlic paste
- 1 tablespoon salt

**FOR SANDWICH**

- Whole Wheat Bread Slices
- Mayonnaise to taste

**INSTRUCTIONS**

1. Mix together ginger garlic paste, black pepper powder, salt and yogurt to make marinade.
2. Add beef and mix well. Marinate for 30 minutes.
3. Cook on low heat for 3 hours, turning beef chunk regularly.
4. When the water dries and the meat is cooked, let it cool, then slice into thin strips.
5. Spread mayonnaise on meat slices and stack on whole wheat bread to make a sandwich.
Dopiyaza Wrap

SERVES 4 HUNGRY MIDDLE SCHOOLERS

INGREDIENTS
2
pound veal, washed
3
medium size onions, chopped
10
pods garlic, peeled
1
inch ginger root, peeled
¾
cup water
2
bay leaves
½
cup vegetable oil
10
whole dried red chilies, crushed
6
cloves
10
black pepper corns
1
small cinnamon stick
1
cardamom
3
tablespoon yogurt, beaten lightly
cilantro for garnish
1
tea spoon salt or to taste

FOR WRAP
Warm Tortilla or Chapatti

INSTRUCTIONS
1. Slice the onions and divide into two halves.
2. Blend the peeled garlic pods, chopped ginger root and water into a smooth paste. Add little more water if necessary.
3. Heat the oil in a wide heavy saucepan over medium heat. Add half the onions and stir fry until reddish-brown.
4. Remove the fried onions and in the same oil, brown the cloves, black pepper corns, cinnamon stick, cardamom and bay leaves for a minute.
5. Add ginger, garlic paste and brown.
6. Add raw sliced onions, veal and the fried onions to the spices, stir well.
7. Stir yogurt into meat and cook on a low flame for 20 minutes.
8. Add the crushed dried red chilies and salt and simmer for another 20 minutes or until the meat is tender.
9. When the oil separates from the meat, or when done, turn off the heat.
10. Garnish with cilantro and let the pan sit uncovered for a few minutes.
11. Remove bay leaves, cinnamon stick and black pepper corns; separate veal off bone and use as a filling in warm chapatti or tortillas.
12. Wrap and serve.
Chapli Kebab Burgers

FEEDS ONE HUNGRY BASKETBALL TEAM

INGREDIENTS

5 lbs. ground beef, washed
2 bunches of green onions, finely chopped
2 big tomatoes (firm)
4 green hot chilies, finely chopped
1 tablespoon salt
2 tablespoon ginger & garlic paste
½ cup oil for frying
Burger buns, toasted

DRY INGREDIENTS

10 whole red chilies
2 tablespoon coriander seeds
1 tablespoon dried Pomegranate seeds (Anardana; available in South Asian stores,) crushed
3 tablespoon corn flour (Makai Atta) or chickpea flour (Besan)

RAITA SAUCE INGREDIENTS

1 cup yogurt, chilled
½ bunch cilantro, finely chopped
1 cucumber (medium size), finely diced
2 green hot chilies, finely chopped
1 medium onion, finely diced
¼ cup fresh mint leaves, finely chopped
¼ teaspoon salt
¼ teaspoon black pepper powder

INSTRUCTIONS FOR CHAPLI KABAB

1. Add finely diced green onions, tomatoes and green chilies, to the ground beef.
2. Add ginger & garlic paste and salt to the beef and mix well.
3. Brown dry ingredients in a separate pan for 10 seconds, remove from heat, cool, then grind to a coarse mixture.
4. Add dry ingredients to the beef. Mix well, then marinate for an hour.
5. Shape meat and vegetable mixture to make thin patties.
6. To cook, either grill or fry patties, 6-8 minutes on each side. When frying do not use a lot of oil.
7. When cooked, remove from heat.
8. For each burger, toast buns, add Chapli Kebab and two tablespoons of Raita Sauce. Serve.

INSTRUCTIONS FOR RAITA SAUCE

Whip chilled yogurt lightly, then add all ingredients to make a smooth paste. Serve on Chapli Kebab with burger buns.
Seekh Kebab (Outdoor Grilling)

FEEDS ONE ELEMENTARY SCHOOL CLASS

INGREDIENTS
5 lb. ground beef, washed
1 medium size onion chopped finely
4 green chilies
½ green bell pepper
1 tablespoon ginger root
1 bunch cilantro
2 tablespoon garlic paste
1 tablespoon ginger paste
2 teaspoon papaya paste (or meat tenderizer)
1 tablespoon salt
Hot dog buns, toasted

FOR GRILLING
6 inch bamboo or wooden skewers, soaked in water for 30 minutes.

DRIY INGRDIENTS
15 black pepper corns
10 cloves

RAITA SAUCE INGRDIENTS
1 cup yogurt, chilled
½ bunch cilantro, finely chopped
1 cucumber (medium size), finely diced
2 green hot chilies, finely chopped
1 medium onion, finely diced
¼ cup fresh mint leaves, finely chopped
¼ teaspoon salt
¼ teaspoon black pepper powder

INSTRUCTIONS
1. Slice chilies, bell pepper, cilantro and ginger root; add to ground beef.
2. Next add onion, papaya paste, ginger paste, garlic paste and salt to the ground beef and mix well.
3. Toast all the dry ingredients, cool and grind into powder. Add to beef and mix well.
4. Cover and marinate for an hour.
5. Take meat out from fridge, moisten hands with oil regularly, pack meat onto skewers in sausage like shape.
6. Using outdoor grill, cook kebabs for 5-6 minutes on each side. Keep rotating the skewers till the meat is reddish brown. (Avoid using a stove grill as it will dry the meat out.)
7. Serve Seekh Kebab on a hot dog bun with a dollop of Raita Sauce.

INSTRUCTIONS FOR RAITA SAUCE
Whip chilled yogurt lightly, then add all ingredients to make a smooth paste. Serve on Seekh Kebab with hot dog buns.

EDITOR’S NOTE: Recipe for homemade bread, paratha, chappati or tortilla not provided.
This tiny powerhouse packs a punch of nutrients, fiber, iron and protein. Formerly relegated to ethnic grocery stores, the humble lentil is finally garnering respect across mainstream North American grocery stores. Lentils, aka *daal* in South Asia, also have a new lease on life as (and you may not believe this) crackers, hummus and energy bars. And that’s a good thing considering that America is snacking more than ever before.

A staple in most parts of the world, lentils are nothing short of a true superfood. Minerals in lentils include iron, potassium, magnesium and zinc, as well as B vitamins folate, thiamin and niacin. They are also low fat, contain no cholesterol, and are a high protein (20 to 25 percent protein) alternative to meat. A single serving is an excellent source of fiber, providing nearly half of the U.S. recommended daily allowance.

Throw gluten allergy into the mix and lentil flour replaces wheat flour easily in many recipes. It’s no wonder that manufacturers are rapidly recognizing the versatility and nutritional quality of lentils.

Ali McDaniel, of the U.S. Dry Pea and Lentil Council, says the growing popularity of lentils can be attributed to a number of factors: “an increase in the number of individuals embracing vegetarian, flexitarian and healthy diets, revised USDA nutrition guidelines and the growing ‘superfood’ status of pulses and beans.”

**LENTIL SNACKS**

Historians can date the lentil to early archaeological times. Snacking, while not new, accounts for as much as 48 percent of eating habits amongst Americans, according to The Hartman Group, a market research firm. Another finding: Americans want snacks containing richer sources, protein and fiber.

The latest companies to take on this challenge include Simply 7, IFANCA halal-certified Enjoy Life Foods and Mediterranean Snacks, all of which offer a different assortment of all-natural treats. What the trio share in common is their love of the “lowly” lentil. Joel Warady, chief sales and marketing officer of Enjoy Life Foods and a true advocate of the legume, says that research across all three companies suggests that lentil-based snacks are “one of the top three fastest growing subcategories in the healthy snack sector”—definitely a popular consumer choice.

“Snacking is not going to go away,” says Warady. “But people want to alleviate a little bit of their guilt when they snack, and find products that satisfy their snacking desires but at the same time are healthier.

Among Enjoy Life Foods’ halal certified lentil-based snacks is Plentils, a snack chip made with a lentil-potato
mixture. According to Warady, their snack products contain 40 percent less fat than ordinary potato chips and have a thickness that holds up well to dips. The health-conscious company, which specializes in allergen and gluten free foods, boasts that their Plentils chips are also free from the eight most common allergens and are free from dairy products.

“We made the decision to halal certify all of our products about three years ago,” says Warady. “We are one of the few brands that have all of our products halal certified. We are re-certified on an annual basis.”

To Warady, the halal market in the U.S. is a growing one so the decision to get halal-certified was not a difficult one. “When you look at the trends; the population and lifestyle trends, there’s no question that the market for halal products is growing very similarly to the way the market for the Hispanic products grew,” Warady adds. “[For us] it was both a good business decision as well as the right thing to do.”

Since the introduction of Plentils in March 2012, Enjoy Life Foods has had a great response from consumers. “There’s a great opportunity for lentils to be the base of other product lines,” Warady explains. “We use alternative bases for all of our products... we’re always looking at the unique lentil.”

While most mainstream consumers are still relatively new to the idea of incorporating lentils and lentil-based snacks into their diet, ardent snackers are excited about the possibility of trying a healthy snack food that’s different, like lentil chips and crackers. Responding on facebook.com/halalconsumer this is what they had to say:
“There are so many different types of lentils. It has a unique flavor and is filling. I think lentil-based snacks sound great,” said Farah Hussain Baig of Chicago, Illinois.

“When I do snack I am looking for healthy options with high protein and low fat content. As far as lentil-based chips or crackers, I would try them as long as they are baked and are sold in small calorie packaging,” said Akbar Ghous from Charlotte, North Carolina.

“I’ve tried a lot of different alternate snacks, like dried fruits and dried veggies, but I’ve also tried Wasabi peas, dried edamame, and different soy-based snacks. All of these were pretty good, but I found them a little oily. I’d like to try another alternative if it was lighter and crispier, but with less carbs. Lentils would probably be a good option for that,” said Azmat Hussain of Portland, Oregon.

BAKING WITH LENTIL FLOUR
Another growing trend is cooking with lentil flour. “Gluten free is one of the fastest growing food market segments. As many as one in 133 people are affected by some level of gluten intolerance. Pulses and pulse ingredients are gluten-free and easy to use in many recipes including baked goods, snacks and meals,” said Peter Watts, Director of Market Innovation for Pulse Canada. While lentil flour may have originally been a response to gluten allergies, it is a healthy option in and of itself.

Aside from providing you and your family with a high protein meal, lentil flour unlike regular flour, can give an extra kick to your baked goods in other ways. Lentil flour has the potential to give your favorite batch of baked cookies, breads and even pancake mix a boost in color, aroma, and of course, flavor.

Ready to get your lentil flour fix? Although not surprising, lentil flour is more readily available at most Asian and South East Asian shops, but can also be found at local organic and natural food stores. Yes, believe it or not, lentil flour like the regular kind, is also sold in organic varieties. If you don’t have the convenience of one of these nearby stores, there are several online web sites that offer lentil flour without being overly expensive.

Pulsecanda.com offers Pulses and the Gluten-Free Diet, lentil flour recipes popular with those on a gluten free diet and healthy cooking aficionados, alike. Check out Halal Consumer magazine’s digital issue for a selection.

HOW GRANDMA DID IT
Yvonne Maffei, IFANCA resident chef and creator of MyHalalKitchen.com prepares lentils often, usually every other week. “I mostly make soups with red lentils because it’s such a quick way to incorporate them into our diet since they don’t have to be soaked overnight or pressure cooked like the brown lentils,” she says.

Chicagoan Rosanna Dikbas adds sprouted lentils to her tuna salads. Her husband, Mustafa, who is Turkish, enjoys red lentils.

“The trick Turks use with lentils to make them aromatic is to saute them in the pan with olive oil until they get saturated and somewhat translucent,” Dikbas explains. “Red lentil soup is a favorite for my husband. I warm olive oil, add chopped onion, salt and saute a bit. Add the lentils and saute until the lentils are translucent. Add chicken broth, cook until creamy and blend. You can also add mint or parsley. However, I find simplicity is key when cooking with lentils.” Remember, lentils may double or triple in volume when soaked or cooked, so use an appropriate size pot.

MEET THE WRITERS:

Aysha Hussain is a New York-based writer and producer. She has worked at NBC, CBS and has written for newspapers and magazines such as Newsday, DiversityInc and Muslim Girl Magazine. Check out Aysha’s video on this story online at http://read.uberflip.com/t/13438

Check Out Pulse Canada’s Bean Flour Recipes in Halal Consumer online as a PDF Magazine at www.ifanca.org and as a digital flip-magazine at http://read.uberflip.com/issue/80803/47.
Malika Ameen (www.MalikaAmeen.com) is passionate about beautiful, delicious food. From attending New York’s Institute of Culinary Education and the French Culinary Institute, to working with an array of renowned pastry chefs, Malika has had a stellar background in culinary training. She has worked as executive pastry chef at the famed Chateau Marmont in West Hollywood, and in Chicago, opened her restaurant, Aigre Doux. Chicago Tribune restaurant critic, Phil Vettel, gave Aigre Doux an excellent rating of 3 stars and national attention was quick to follow from the likes of ‘Bon Appetite’ and ‘Conde Nast Traveler’ magazines. With the closing of Aigre Doux in 2009, Malika began creating private order pastries based on her popular desserts and consulting with restaurants. In 2010, she became one of 12 contestants on ‘Top Chef: Just Desserts’ and also started her made to order Couture Cookies, byMdesserts. You can order them at (www.byMdesserts.com). We thank her for sharing her recipes with the Halal Consumer magazine family.
Oat Crisps with Cranberries and Orange

These elegant cookies require only a few minutes to put together. They have the toasty and warm flavor of brown sugar and molasses and a brightness from orange and cranberries. They are a quick and easy holiday treat to share with loved ones.

INGREDIENTS
10 tablespoons Organic Valley® unsalted butter
1 cup Firmly packed dark brown sugar
½ cup Granulated sugar
1 Vanilla bean, seeds scraped (optional)
½ cup Karo dark corn syrup
1 tablespoon Grated orange zest
1 teaspoon Freshly grated nutmeg
¼ teaspoon Salt
3 cups Thick rolled oats
1 cup Sliced Wonderful® almonds with skin
1 cup Dried Ocean Spray® cranberries, roughly chopped

INSTRUCTIONS
1. Preheat oven to 350ºF degrees.
2. In a microwave safe medium sized bowl, combine sugars, vanilla bean and orange zest. Gently rub together with fingers until sugar looks slightly coarse.
3. Add butter and corn syrup. Microwave for 1-2 minutes until butter is melted. Whisk until smooth.
4. Add in nutmeg, oats, almonds and cranberries. Mix until well incorporated.
5. Line a baking tray with parchment paper.
6. Place one tablespoon of oat mixture on baking tray, leaving several inches between each.
7. Press cookies gently with the palm of your hand to help it spread evenly when baking.
8. Bake crisps for 12-13 minutes until golden brown and bubbly.
9. Cool for several minutes and then remove from baking tray,
10. Cool and serve or store in an airtight container up to 4 days.
**Cornmeal Rosemary Cookies**

Not too sweet, not too savory, these cookies can be enjoyed as a dessert or as an accompaniment to a cheese platter. The freshness of the rosemary pairs beautifully with the natural sweetness and nuttiness of the cornmeal. These cookies taste best after a day or two, as the flavors have time to marry and reach their full potential.

**INGREDIENTS**

1 ¼ cups All purpose flour  
1 cup Yellow cornmeal  
1 teaspoon Baking soda  
¾ teaspoon Coarse salt  
8 tablespoons Organic Valley® unsalted butter, at room temperature  
1 ¾ Organic cane sugar  
1 tablespoon Finely grated orange zest  
2 teaspoons Finely chopped fresh rosemary leaves  
2 Large Organic Valley® eggs  
1 teaspoon Pure halal vanilla extract

**INSTRUCTIONS**

1. Preheat oven to 350°F.
2. Whisk together flour, cornmeal, baking soda, and salt in a bowl.
3. Put sugar and orange zest in the bowl of an electric mixer and gently rub together with your fingers. Mixture will become sandy and fragrant.
4. Add butter, and with the electric mixer fitted with the paddle attachment mix on medium speed until pale and fluffy, about 4 minutes.
5. Mix in rosemary, vanilla extract, and eggs, one at a time making sure to fully incorporate all ingredients.
6. With mixer on low speed add the dry ingredients until just combined.
7. On a parchment lined baking tray, drop rounded tablespoons of dough making sure to leave a spacing of 2 inches.
8. Bake 8-9 minutes or until lightly browned on the edges.
9. Let cool and serve immediately or store in an airtight container for 3-4 days.
Maple Walnut Sticky Bars with Clove Scented Shortbread

These shortbread bars have an irresistible crisp cookie bottom with a subtle hint of sweet, aromatic clove. The topping is quick and requires no additional baking. The result is a gooey toffee nut topping with a deep maple flavor. These bars are the perfect finish to a meal as an accompaniment to a strong hot cup of coffee. Sweet, sticky, buttery and absolutely divine! The flavors intensify even more after a day or two making them a sought after leftover.

INGREDIENTS FOR SHORTBREAD

- ½ cup Organic Valley® butter, at room temperature
- 1 ¼ cup All purpose flour
- ½ teaspoon Kosher salt
- 1 teaspoon Ground cloves
- ½ cup Light brown sugar, firmly packed
- 1 teaspoon Pure maple syrup

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Butter an 8 inch square baking pan.
3. Line with parchment paper allowing a two inch overhang on two sides. Butter the lining (not overhang).
4. Whisk together flour, salt, and ground cloves.
5. Put ½ cup butter, and ¼ cup brown sugar into the bowl of an electric mixer fitted with a paddle attachment; mix on medium speed until pale and fluffy.
6. Add flour mixture and 1 teaspoon maple syrup. Press dough evenly into bottom of prepared pan and chill 30 minutes or overnight.
7. Bake for 20-25 minutes until shortbread is a pale golden color and set in the middle.

INGREDIENTS FOR WALNUT TOPPING

- 9 tablespoons Organic Valley® Butter
- 2 cups Walnut halves
- 1 ½ teaspoons Pure maple syrup
- ¼ cup + 2 tablespoons Maple sugar
- ¼ heaping teaspoon Salt
- 3 tablespoons Light corn syrup
- ¼ cup + 1 ½ teaspoons Organic Valley® heavy cream or evaporated milk

INSTRUCTIONS

1. Place butter and walnuts in a medium sized saucepan, cook over medium high heat, stirring constantly until nuts are fragrant. This will take 3-4 minutes and you will also see the butter become foamy.
2. Add maple syrup, sugar, salt, corn syrup and cream.
3. Boil, stirring constantly for 2 minutes.
4. Remove from heat and let stand for 2 minutes.
5. Spread over the shortbread crust and cool completely.
6. Lift shortbread out of dish using the parchment overhang.
7. Cut into sixteen 2 inch squares.
8. Cool and serve or store in an airtight container up to 3 days. Bars also freeze well for up to one month.
Mommy and son make memories as they bake together.

Malika Ameen on NBC Today.

Malika Ameen Sharing the Kitchen on the Martha Stewart Show.
**Chewy Ginger Cookies**

This is the ultimate holiday spice cookie that tickles the tongue and satisfies the most sophisticated of palettes. The fresh ginger gives it a real kick, the sweet cardamom adds an unusual backdrop of flavor and the orange zest brightens up the cookie. Try and use the most freshly ground spices you can find for the best results.

**INGREDIENTS**

| ½ cup Cake flour            | 2 tablespoons Light brown sugar             |
| ½ cup Bread flour           | 2 teaspoons Orange zest                   |
| 1 teaspoon Baking soda      | 5 Tablespoons Organic Valley® melted butter at room temperature, preferably European style |
| ½ teaspoon Sea salt         | 1 Organic Valley® egg white               |
| ½ teaspoon Ground Vietnamese cinnamon | 1 ½ teaspoons Freshly grated ginger |
| ¼ teaspoon Ground cinnamon  | 2 Tablespoons Molasses                     |
| ¼ teaspoon Ground cardamom  | ½ teaspoon Pure vanilla extract            |
| ¼ teaspoon Ground white pepper | ¼ cup Organic cane sugar, for rolling    |
| ½ cup Organic cane sugar    |                                          |

**INSTRUCTIONS**

1. In a bowl, combine flours, baking soda, salt, spices and cocoa. Whisk together.
2. In another medium sized bowl mix together sugars and orange zest. Rub together gently with your fingers to release the oils in the zest.
3. Add butter and beat together on medium speed until combined.
4. Beat in egg white, fresh ginger, molasses and vanilla until smooth.
5. Add in flour mixture all at once and beat on low until thoroughly mixed.
6. Chill dough overnight.
7. Preheat oven to 350ºF and line a baking sheet with parchment paper.
8. Scoop one teaspoon of dough and roll between the palm of your hands to make an even ball.
9. Place ¼ cup of sugar in a plate. Roll dough in sugar making sure all sides are coated.
10. Place on baking tray. Repeat with remaining dough.
11. If dough begins to get warm, chill for 5-7 minutes before baking.
12. Bake cookies 8-10 minutes maximum for chewy cookies. For crisp cookies bake longer.

Photo credit: ByMDesserts.
Thanksgiving — just the mention of the word conjures images of homes bustling with family and happy voices, and an endless spread including roasted turkey, warm bread rolls, pistachio Jello moulds and cranberry sauce. For those with younger kids, it's also a time for school plays about the pilgrims surviving the Mayflower and bonding with Native Americans over food. But how often have we used Thanksgiving as an occasion to give thanks?
“Therefore remember Me, I will remember you, And be thankful to Me, and do not be ungrateful to Me.” (Quran 2:152)

“And He gives you all that you ask for. But if you count the favors of God, never will you be able to number them. Verily, man is given up to injustice and ingratitude.” (Quran 14:34)

From the Islamic perspective, one of the best ways of giving thanks whether to the Almighty or our friends, community and loved ones, is by giving back. It is about sharing the opportunities that we have been blessed with. Often we inadvertently stay within the Muslim bubble, just donating to or serving the mosque or Islamic school. However, just as our Prophet Muhammad* was sent as a Mercy to Mankind, and not just to Muslims, we too must broaden our horizons.

“Who spend [in the cause of God] during ease and hardship and who restrain anger and who pardon the people — and God loves the doers of good.” (Quran 3:134)

When we read this verse, the first thing that comes to mind is giving thanks by giving a monetary donation. However, “spending from that which you love” is a much wider concept. In this super-busy age, one of our most prized commodities is our time. Sometimes, writing a check is easy. Taking time out to serve the needy is much harder. Use www.Serve.gov to identify opportunities in your area.

**GIVE FOOD**

According to the 2012 Hunger in America report, 17.2 million households, around one in seven, were “food insecure”, the highest number ever recorded in the United States. There were 46.9 million people in poverty — the largest number in the 52 years of published poverty rates.

“And they give food in spite of love for it to the needy, the orphan, and the captive, [saying], “We feed you only for the countenance of God. We wish not from you reward or gratitude.” (Quran 76:8-9)

The Greater Chicago Food Depository distributed 42 million pounds of food in 2011, serving more than 90,000 families a week. Besides donating food to them, you can volunteer year round to repack bulk purchases into individual sizes, loading, order checking and much more.

IFANCA’s Sabeel Food Pantry in Chicago has also been providing volunteer opportunities since 2003 as they reach out to the needy, regardless of ethnicity. For the last several years, Sabeel Food Pantry and the American Muslims for Activism and Learning (AMAL) have joined hands to provide turkeys to the less fortunate on Thanksgiving.

In 2011, AMAL & Sabeel Food Pantry raised pledges for and distributed more than 600 turkeys to needy families of the children at Emmett Till Academy in Chicago.

“Despite a few hurdles, the distribution process was fluid,” said Dr. Jihad Shoshara about the Turkey Drive in 2011. “A human chain of men moved 55-pound boxes of frozen turkeys from the delivery truck into the school’s auditorium, where they were then wheeled by gurney to the stage and stacked, ready to be distributed. Every parent (this is not hyperbole — every parent) expressed their gratitude for this simple gift.”

Ed Pilolla has witnessed the impact of poverty as a volunteer at the Los Angeles Catholic Worker Soup Kitchen since 2006. “Everyone who is served at the kitchen is called a guest. Nearly 1,000 guests are served daily.” The last days of the month are the most frenetic, he says, as families run out of government assistance and wait for welfare checks that arrive at the start of the following month. “It’s a busy kitchen with hard working people,” Pilolla says of the

Recipients were given time slots to pick up their turkeys, but some arrived two hours early to make sure they got one. This year’s goal is 800-1000 turkeys. God willing, 2012 will see the tradition grow still stronger. Donations are being accepted by check (mention Turkey Drive in the memo) and online. Details are at www.sabeelpantry.org.
volunteers. Extra hands are always welcome to help make and serve meals.

**START YOUNG, GIVE TIME**

Zakat Foundation (www.zakat.org) in Delaware invests in the local community through programs that vary from teaching ESL to positive parenting classes and feeding the needy. Volunteers ages 4-14 can help too. In the Environmental Group project youth and adults plant, nurture and harvest an array of vegetables as part of a community garden.

“There are three main benefits of this project,” said Murat Kose, East Coast Program Director at Zakat Foundation. “One, our youth are learning about gardening and where their food comes from. Two, they are helping people in need and three, they are part of a visibly strong dawah (outreach) project as Muslims gather at a prominent place like the Delaware Food Bank to donate the food they grow.”

Kose encourages the youth to take a leadership role in the programs. They present at fundraising events, and even submit progress reports to learn how organizations work.

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**The Greater Chicago Food Depository**

**distributed 42 million pounds of food in 2011, serving more than 90,000 families a week. Besides donating food to them, you can volunteer year round to repack bulk purchases into individual sizes, loading, order checking and much more.**

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**GIVE UP COMFORT**

If there’s one thing that people are very protective about, it’s their sleep. It takes sleeping outside on a winter’s night in Chicago to realize that not everyone has a comfortable bed and 500-thread count sheets to snuggle into. That is what Glen Ellyn, IL based Bridge Communities’ (www.bridgecommunities.org) ‘Sleep out Saturday’ is all about. An annual event, on the first Saturday night of November, more than 70 faith communities and 1,500 multi-generational do-gooders sleep outside in the cold, asking friends and family to sponsor their participation.

‘Sleep out Saturday’ is a game changer in the lives of homeless families but makes a lasting impact on more than those in need. Mark Milligan, Bridge Communities Co-Founder and Director of Donor Relations, sleeps out in his front yard but others sleep in their cars, in cardboard boxes, sleeping bags and tents or in the forest preserve. “It shouldn’t be like a camping trip,” Milligan said. “It needs to be a little uncomfortable for the point to get across.”

The event raises awareness that homelessness exists nearly everywhere — including in relatively prosperous DuPage County. Second, it creates empathy as to what it feels like to be homeless. After all, temperatures can range from anywhere between 22-50 degrees Fahrenheit and it could rain too. Finally, the event moves people to action, raising finances to alleviate others’ problems.

“We were looking for an activity that spoke to our mission,” said Mr. Milligan. “We could have raised funds at a black tie gala at a fancy country club but Sleep Out Saturday, now in its ninth year, is in sync with our mission.”

According to the 2011 World Giving Index, the United States is the most generous country in the world. What will you give up to give thanks and fulfill your religious obligation and patriotic duty? We would love to hear from you.
GIVE TIME: Our youth are learning about gardening and where their food comes from and they donate what they grow to the Delaware Food Bank, says Murat Kose, Zakat Foundation, Delaware. Source: Zakat Foundation, Delaware.

SOUP KITCHENS:
1. Los Angeles Catholic Worker Soup Kitchen  
   www.lacatholicworker.org  
   821 East 6th St., Los Angeles, CA 90021  
   213.614.9615 Group Info: 323 267-8789

2. Magnificat House  
   www.mhihouston.org  
   3300 Caroline Street, Houston, TX 77004  
   713.520.0461

3. Meat Loaf Kitchen  
   www.meatloafkitchen.org  
   Cardinal Spellman Center, 137 East 2nd Street, New York, NY  
   917.754.9878

FOOD PANTRIES:
1. Sabeel Food Pantry  
   3031 W. Belmont Ave., Chicago, IL 60618  
   773.267.7031

2. Greater Chicago Food Depository  
   4100 W. Ann Lurie Place, Chicago, IL 60632  
   773.247.3663 or volunteerservices@gcfd.org

3. San Francisco Food Bank  
   www.sffoodbank.org/volunteer  
   900 Pennsylvania Ave., San Francisco, CA 94107  
   415.282.1900

4. Capital Area Food Bank  
   www.capitalareafoodbank.org  
   645 Taylor Street, NE, Washington, DC 20017  
   202.526.5344

5. American Red Cross Food Pantry  
   4800 Harry Hines Blvd., Dallas, TX 7523  
   214.678.4800

ABOUT THE WRITER: Kiran Ansari is a Chicago-based writer and editor with more than 12 years of experience and bylines in more than 30 publications. She can be reached via LinkedIn and at Kiran@kiranansari.com.
Healthy eating experts recently cheered along with Walmart executives as they unveiled a new grocery logo in Washington D.C. Yes, Walmart’s new “Great for You” logo stars in a fresh campaign and is leading the ‘clean’ labeling trend sweeping the food industry.

As more shoppers seek nourishing food at lower prices, Walmart’s “Great For You” program piggybacks on their thrifty slogan, “Save money. Live better.” “No family should have to choose between food that is healthier for them and food they can afford,” stated Bill Simon, Walmart’s President and CEO.

The move reflects the power of consumer voices. “Moms are telling us they want to make healthier choices for their families, but need help deciphering all the claims and information already displayed on products,” says Andrea Thomas, Walmart’s Senior Vice President of Sustainability.
Walt Disney is not far behind. By year’s end, they anticipate having a “Mickey Check” seal of approval on food products sold in stores and Disney parks and resorts, in alignment with nutrition standards the company itself is devising.

WHAT’S A CLEAN LABEL?
The term “clean label” is well known in Europe, but just gaining traction in North America, despite familiar terms like “heart healthy” and “low-fat.” The “Great for You” logo is a ‘clean’ label - a seal designed to appear on package fronts to spotlight foods that meet higher health standards.

Clean labels are not the same as nutrition labels, but can provide a bright cue for quick shopping decisions. Overall, many people do want to eat better. Over 54% of shoppers have tried healthier recipes in the last year, yet fewer actually read the nutrition labels of foods they regularly buy, according to the Shopping for Health 2011 survey. Clean labels highlight natural, minimally processed and additive-free food, and signal ingredients with familiar household names — and fewer of them. Since there isn’t nationally accepted criteria as to how clean labels are defined, some influential corporations, such as Whole Foods Market, Walmart and Disney, have voluntarily created their own guidelines in an effort to meet market demands.

Similar to how the IFANCA Crescent-M logo identifies halal certified products, the “Great for You” logo, “Mickey Check” icon and Whole Food’s “Health Starts Here” icon are a quick and easy visual shortcut to healthier fare. Whole Food’s “Health Starts Here” icon identifies plant-based, nutrient-rich foods for the grocer’s niche of health conscious consumers. Walmart shoppers can expect to spot the “Great For You” logo on fresh items such as eggs, bagged arugula, and organic milk, and packaged products such as pasta, beans, canned greens and olive oil.

CLEAN LABELS AND CONSUMER CLOUT
What’s behind the growing clamor for ‘clean’ food? Usually, a big media story can spark popular interest. In 2007, a widely publicized Lancet research study in UK linked synthetic food colors to hyperactivity. The resulting outcry from parents and consumers had the European Parliament responding by requiring clearer labeling of foods containing these dyes.

The clean label movement now enjoys popularity in Europe, where grocery shoppers prefer upbeat labels about the benefits of good ingredients. These labels focus on products’ healthy ingredients such as fiber, whole grains, protein, Omega-3, and antioxidants. North Americans also see optimistic messages, such as “heart healthy”, but according to researchers, traditionally tend to put their money behind labels which emphasize a lack of bad ingredients, such as “no additives” or “low-fat.”

In recent years, books like Michael’s ‘Pollen’s Food Rules: An Eaters Manual’, which became a bestseller, have further demystified and fuelled the interest in eating simple foods.

The food industry plays close attention to consumer desires, and created clean labels to make it easier for shoppers to identify healthier items. Food package design also plays a surprisingly significant role in shopper awareness. Recent research shows simple labels are perceived as “less processed.”

A RIPPLE EFFECT — ARE CLEAN LABELS HERE TO STAY?
The consumer advocate Marion Nestle notes in her book, ‘What to Eat’, “You cast your vote for your choice of food environment every time you put something in your shopping cart or order off a menu. If enough people vote with you, changes will happen.” If shoppers see clean labels as a sign of better nutrition, and continue to buy these
IFANCA has been helping Halal Consumers since 1982

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www.twitter.com/ifanca
www.youtube.com/ifanca4halal
halal@ifanca.org
www.ifanca.org
products, their purchasing actions will keep healthier foods on the shelf.

It is in consumer’s interest to keep the momentum going. After all, Walmart’s clean label initiative promises large-scale implications for the American diet. The chain plans to open new grocery stores in USDA designated food deserts (low-income neighborhoods with little access to healthy fare; see related story “Food Deserts: Scarcity in the Lands of Plenty”). Walmart is also working directly with manufacturers to improve many packaged foods by removing excessive salt, sugar and calories, and will be allowing other brands to use the “Great For You” seal if they meet its stringent requirements. What’s more, as manufacturers rework their food formulations and consequently their nutrition labels, they will likely serve up the same improvements to other stores and their customers. The ripple effect will invariably extend beyond Walmart’s aisles.

Health advocates recognize and support clean labels as a stepping stone to better diets. “Those two moves by Walmart ultimately should save thousands of lives each year that might otherwise be lost to heart disease or stroke,” said Michael F. Jacobsen, the co-founder of The Center for Science in the Public Interest.

But Linda Lee, an educator and Walmart shopper in Libertyville, Illinois, says, “If Walmart really wants to make a change, they should put all of the junk food in one aisle, and fill the rest of the grocery section with healthier choices like fresh, locally-grown produce, hormone-free meats, and bulk whole grains.” And, New York Time’s Tom Laskawy wonders if Walmart, the nation’s most influential retailer, really needs “five years to enact a 10 percent reduction in added sugar in its products?”

**FOOD CHOICES, CONSUMER VOICES**

Even if buyers prefer honest, transparent labeling, they may not always make healthy choices. In 2008, New York required larger restaurant chains to include calorie information on their menus. Not surprisingly, fewer calories per meal were consumed at McDonalds and KFC, subsequently. However, at Subway, which positions itself as the healthier option, average caloric intake actually went up almost 20%. People seemed to believe it was okay to consume excessive amounts of a healthier food, overlooking the fact that cumulatively calories were still adding up. Even so, readily available information is better than no information at all.

Whatever shoppers crave, the marketplace will eventually deliver. The clean label trend sprouted because shoppers called for more nutritious groceries. If clean labeling has arrived at Walmart, halal products on mainstream grocery shelves can’t be far behind. The caveat? Halal consumers must continue to ask for these products and vote with their dollars (see related story “Halal — Is it Here Yet?”).

As author Marion Nestle says, “The choices you make about food are as much about the kind of world you want to live in as they are about what to have for dinner. Food choices are about your future and that of your children.”

**ABOUT THE WRITER: Linda Gardner Phillips is a writer and the Director of Public Relations for Deerpath Farm, a conservation community north of Chicago. She also blogs for Enjoy Illinois, the official blog of the Illinois Office of Tourism.**
We Make Sure the Food You Serve is Halal.

Islamic Food and Nutrition Council of America:

In matters of halal, we take the doubt out of doubtful.

The Islamic Food and Nutrition Council of America, IFANCA, is working with the world's food producers to ensure what you eat is halal and healthy.

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Apple Crisp

Makes 6 servings

Fruit
5 large Granny Smith apples
Zest and juice of 1 lemon
2 tbsp (30 ml) sugar
2 tsp (5 ml) vanilla extract

Topping
⅓ cup (125 ml) chickpea (garbanzo) flour
3 tbsp (45 ml) packed brown sugar

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Coat an 8x8-inch (glass or ceramic) baking dish with cooking spray.
2. Peel, core, and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar, and vanilla. Place in the baking dish.
3. In the same bowl, whisk the chickpea flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves, and salt with a whisk until blended. Cut in the butter with a fork until the mixture forms small clumps and sprinkle evenly over the apples.
4. Bake 40 to 45 minutes or until the topping is crisp and browned. Serve warm, with vanilla ice cream.

Chocolate Brownies

Makes 16 servings:

- ¼ cup (125 ml) unsalted butter or butter spread
- ¼ cup (175 ml/about 6 oz) bittersweet chocolate chips
- 1 cup (300 ml) sugar
- 3 large eggs, room temperature
- ¼ cup (125 ml) black bean flour
- ½ tsp (2 ml) xanthan gum
- ½ tsp (2 ml) table salt
- ¼ cup (50 ml) chopped walnuts or pecans (optional)

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Line a 9x9-inch nonstick metal baking pan with parchment paper, leaving a 2-inch overhang on all sides.
2. In a microwave-safe mixing bowl, beat the butter and chocolate chips on low power until the chips are melted. Stir until blended, then beat in the sugar with an electric mixer on low speed. Beat in the eggs, one at a time, until well blended.
3. In a small bowl, whisk together the bean flour, cocoa, xanthan gum and salt until well blended and then gradually beat it into the chocolate mixture on medium-low speed until no flour is visible. Stir in the nuts (if desired). Spread the batter in the pan with a spatula. This batter is very thick.
4. Bake until the brownies feel firm to the touch, about 30 to 35 minutes. Do not over-bake. Cool the brownies in the pan on a wire rack for 10 minutes. Use the parchment overhang to transfer the brownies from the pan to the wire rack to finish cooling. Remove the parchment and cut into 16 squares.
**Crêpes**

Makes six 8-inch crêpes

1 egg
1/2 cup (125 ml) milk of choice
1 tsp (5 ml) canola oil
1 tbsp (15 ml) parsley, chopped
1 tbsp (15 ml) grated parmesan or substitute of choice
Pinch salt and pepper
1/2 cup (125 ml) chickpea (garbanzo) flour

1. In medium bowl, whisk egg, milk and canola oil. Continue whisking and add parsley, parmesan, salt and pepper.
2. Add the chickpea flour to the egg and milk mixture and whisk until smooth with no lumps.
3. Heat an 8-inch non-stick crêpe pan over medium heat and lightly grease. Using a 1/4 cup (50 ml) measure, scoop batter into hot pan and quickly tilt the pan using a circular motion so that the batter evenly coats the surface.
4. Cook the crêpe for about 30 seconds, until bubbles show on the surface and the bottom is light brown. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings – cream cheese and smoked salmon are delicious on this crêpe.

**Nutrients Per Serving**

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This recipe can be modified for sweet fillings such as fruit or jam. Instead of the parsley, parmesan, salt and pepper, whisk in 1 tsp (5 ml) vanilla and 1/4 tsp (1 ml) ground cinnamon.

**Oatmeal-Berry Bars**

Makes 16 squares

1 cup (250 ml) white bean flour
1 cup (250 ml) pure uncontaminated rolled oats*
1/2 cup (125 ml) packed dark brown sugar
1/2 tsp (7 ml) xanthan gum
1/4 tsp (4 ml) cinnamon
1/4 tsp (1 ml) ground allspice
1/2 tsp (1 ml) table salt
1/2 cup (125 ml/1 stick) unsalted butter or buttery spread, melted
2 tsp (10 ml) pure vanilla extract, divided
1/2 cup (150 ml) berry preserves or berry jam

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Line an 8-inch square non-stick pan with foil that extends over the edges to make handles for easy removal. Grease the foil.
2. In a medium mixing bowl, whisk together the white bean flour, oats, sugar, xanthan gum, cinnamon, allspice and salt until thoroughly blended. Add the melted butter and 1 tsp (5 ml) of the vanilla and mix with a spatula until crumbly. Press 1 cup (250 ml) of this mixture firmly and evenly on the bottom of the pan.
3. Mix the remaining tsp of vanilla with the preserves and spread evenly on top. Sprinkle the remaining oat mixture over the preserves and pat firmly to make an even crust.
4. Bake 20 to 25 minutes or until the top is lightly browned. Cool bars in pan for 10 minutes on a wire rack. Use the foil handles to lift the bars onto a cutting board. Cool completely before cutting.

**Nutrients Per Serving**

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* If you have celiac disease or gluten sensitivity, check with your physician about eating pure, uncontaminated oats.
Peanut Butter Cookies

Makes 32 small cookies
1 cup (250 ml) crunchy natural peanut butter
1 cup (250 ml) sugar
2 large eggs
1 tsp (5 ml) vanilla extract
1/2 cup (125 ml) chickpea (garbanzo) flour
1/4 tsp (1 ml) xanthan gum
1/4 tsp (dash) table salt

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Line a 13x9-inch nonstick baking sheet with parchment paper.

2. In a medium bowl, beat the peanut butter, sugar, eggs and vanilla with an electric mixer on low speed until well blended. Add the chickpea flour, xanthan gum and salt and beat on low speed until well blended. Shape half of the dough into twelve 1 inch balls and place 2 inches apart on the baking sheet. Flatten each ball to 1/2-inch thick by making cross-cross marks with the tines of a fork.

3. Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the pan on a wire rack for 10 minutes. Transfer the cookies to the wire rack to cool completely. Repeat with remaining dough.

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Speckled Chocolate Chip Cookies

Makes 48 cookies (360g)
1 cup (250 ml) black bean flour or whole bean flour
1/2 tsp (2 ml) baking soda
Dash salt
1/2 cup (125 ml) unsalted butter or buttery spread
1/2 cup (125 ml) sugar
1/4 cup (50 ml) packed brown sugar
1 egg
1 tsp (5 ml) vanilla extract
1 cup (250 ml) semi-sweet chocolate chips

1. Preheat oven to 350°F (180°C).
2. In small bowl, stir together bean flour, baking soda and salt.
3. In mixing bowl, cream together margarine and both sugars. Beat in egg and vanilla until light and fluffy.
5. Drop by small teaspoons 2 inches (5 cm) apart onto nonstick baking sheets. Bake for 10-12 minutes or until golden brown.


The dough will seem sticky when using bean flours. Leave enough room in between cookies for them to spread out as they bake.

Nutrients Per Serving

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<tr>
<th>Nutrient</th>
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<th>% Daily Value</th>
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To help the polar bear, we’re partnering with World Wildlife Fund to help protect its Arctic home. To raise awareness and additional support for this initiative, we’re turning our cans and bottle caps white, and inviting the world to join us in our effort to create an Arctic refuge. By working with local communities, supporting research and through additional conservation work, WWF will strive to protect the space the polar bear so desperately needs and help ensure they have a place to call home. Arctic Home is just one example of our efforts to effect positive change in the world as part of our Live Positively commitment. LEARN MORE AT ARCTICHOME.COM

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