

6 Fiber: The Impactful Tourist

16 Mental Wellness and Social Media

24 Neuromuscular Training

Winter 2022
63

Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine

12 *Your Brain:
Use It or
Lose It*





J&M® halal certified meals use only wholesome ingredients and have NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

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.

LAMB & BARLEY STEW: Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

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

CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean region. It has chunks of light and dark chicken meat, tomatoes, potatoes, chickpeas, and black olives in a tangy sauce.

CHICKEN & NOODLES: A winning combination with chunks of light and dark chicken meat, homestyle Kluski noodles, peas and carrots in a lightly seasoned sauce.

CHICKEN & BLACK BEANS: A scrumptious meal with chunks of light and dark chicken meat, black & kidney beans, tomatoes, potatoes, sweet peppers and corn. Simple spicing brings out its full flavor!

BEEF STEW: A satisfying and delicious stew! It has chunks of lean beef, with potatoes, sweet peppers, tomatoes, cabbage, zucchini, chickpeas and carrots in a flavorful sauce.

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

PASTA WITH GARDEN VEGETABLES: This delicious and robust meal has rotini pasta with peppers, mushrooms, zucchini and tomatoes. It is perfectly flavored with traditional Italian seasonings.

VEGETARIAN STEW: A meal fit for vegetarian and hearty eater alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

CHEESE TORTELLINI: Cheese-filled tortellini are simply delicious in a well-seasoned tomato sauce, with the added protein and texture of pinto beans.

FLORENTINE LASAGNA: A meal influenced by the tastes of Florence. Savor the combination of small lasagna noodles in a tomato sauce with Ricotta and Parmesan cheeses, spinach and pinto bean pieces which add texture and protein.

DHABIHA HALAL حلال



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

© 2012 J&M FOOD PRODUCTS COMPANY, P.O. BOX 334, DEERFIELD, ILLINOIS 60015 USA
Tel: 847-948-1290 • Fax: 847-948-0468 • e-mail: sales@halalcertified.com • www.halalcertified.com



Contents



- 4 Editor's Note
- 5 From the Publisher's Desk

- FOOD TRENDS**
- 6 Fiber: The Impactful Tourist
- 8 Food for Thought: The Alternative Protein Revolution

HEALTH & NUTRITION

- 12 Your Brain: Use It or Lose It

MENTAL HEALTH

- 16 Mental Wellness and Social Media

RECIPES

- 20 Carrot Cake Chia Pudding
- 21 Creamy Chickpea Pasta with Kale
- 22 One-Pan Salmon with Roasted Tomatoes & Green Beans
- 23 Butter Chicken & Cauliflower Rice

FEATURES

- 24 Neuromuscular Training
- 28 IFANCA Joins UNICEF Delegation to Jordan as Part of Ongoing Partnership to Address Food and Health Insecurity

SPOTLIGHT

- 34 Award-Winning & Sponsor Companies

- 36 Halal-Certified Product Locator

IFANCA BOARD OF DIRECTORS

President | Muhammad Munir Chaudry
Vice President | Mahmood A. Baig
Secretary | Quadir Latifi
Director | Rashid A. Chaudary
Director | Mian N. Riaz
Director | Imam Mahmoud Harmoush
Director | Imam M. Radwan Mardini

IFANCA RELIGIOUS ADVISORY COUNCIL

Resident Scholar | Sheikh Rachid Belbachir
Imam M. Radwan Mardini
Imam Mahmoud Harmoush
Professor Inam Haq

HALAL CONSUMER EDITORIAL STAFF

Publisher | Muhammad Munir Chaudry
Editor in Chief | Alison DeGuide

HEAD OFFICE

2004 Miner St
Des Plaines, IL 60016-4716 USA
+1.847.993.0034
+1.847.993.0038 | fax
halal@ifanca.org
halalconsumer@ifanca.org

REGIONAL OFFICES

IFANCA – CALIFORNIA
Murrieta, California

IFANCA – CANADA
Mississauga, Ontario

IFANCA – ASIA PACIFIC
Singapore

IFANCA – CHINA
Shanghai, China
Beijing, China
Tianjin, China
Wuhan, China

IFANCA – PAKISTAN
Faisalabad, Pakistan

IFANCA – INDIA
Kochi, Kerala

IFANCA – KOREA
Seoul, South Korea

Copyright © 2022. All rights reserved.
ISSN: 1532-351X

ABOUT HALAL CONSUMER

Halal Consumer is a publication of IFANCA (Islamic Food and Nutrition Council of America). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers, and providing halal solutions to consumer needs.

DESIGNED BY Annan Shehadi
www.annanshehadi.com

Editor's Note

Assalaamu alaikum,

This issue marks the end of another successful year for Halal Consumer Magazine. Our parent organization, IFANCA, celebrated its fortieth anniversary, and Halal Consumer celebrated twenty-three years of publication. We hope you've enjoyed the myriad of articles and recipes published in our magazine over the years.

Our cover story focuses on the brain. It's arguably the most important organ in the body, and you'll find tips for how to keep it healthy on page 12. One way to keep it working smoothly is through regular physical activity. Exercise can help strengthen the connections between your brain and muscles, as you'll find in the neuromuscular training article on page 24. Social media also has quite an impact on our mental health. Read the article "Mental Wellness and Social Media" on page 16 for suggestions on how to disconnect.

This issue also explores alternative protein options, such as cultured, plant-based, or fermented. For the full story, read "Food for Thought: The Alternative Protein Revolution" on page 8. Another important food trend is fiber. Although health professionals have encouraged us to add more fiber to our diets for some time, many of us still don't get enough. Find some ways to sneak more fiber into your diet in the article on page 6.

Earlier this year, IFANCA hosted a banquet and conference as part of its fortieth-anniversary celebration. We've featured the companies that sponsored the event and those that took home awards at the banquet in the article on page 34. Want to read about what else we've been doing? Explore the photo story featured in the article "IFANCA Joins UNICEF Delegation to Jordan as Part of Ongoing Partnership to Address Food and Health Insecurity" on page 28.

If you have a friend or family member that wants their own subscription, encourage them to sign up at ifanca.org/halal-consumer-magazine/. Otherwise, follow us on [Facebook](#), [Instagram](#), or [Twitter](#) or email halalconsumer@ifanca.org. In the meantime, we wish you a peaceful and successful start to the new year.

Sincerely,

Alison DeGuide *editor*

From the Publisher's Desk

Assalaamu alaikum,

Many things have changed in the years since IFANCA was founded. Forty years ago, our focus was on selecting good products from what was already available in the marketplace. We increased consumers' awareness of certain ingredients and encouraged them to read food labels.

For halal consumers, supermarkets became like libraries. Grocery trips weren't just a quick chore; you'd often catch us standing in the aisles scrutinizing product labels to ensure they didn't contain haram ingredients.

Forty years ago, there were hardly any halal meat shops. The globalization of franchised foodservice created opportunities for industries within the U.S. and abroad, and the halal market began to grow. In the last thirty years, halal meat shops have mushroomed around cities, big and small.

More changes arose with the beginning of the health food movement. Labels became cleaner and simpler. The growing awareness of the harmful effects of fat on health forced the food industry to switch from tallow to vegetable fats.

With this increased health consciousness came a revolution in food supplements. Companies started to recognize the existence of halal consumers and began offering halal products from food to nutraceuticals. Now, supplements make up the largest group of halal-certified products.

From our inception, IFANCA's mission has been to address hunger, food security, and nutrition equity at a grassroots level. Since 2020, IFANCA has partnered with international agencies to promote nutrition through vitamins and health through vaccinations.

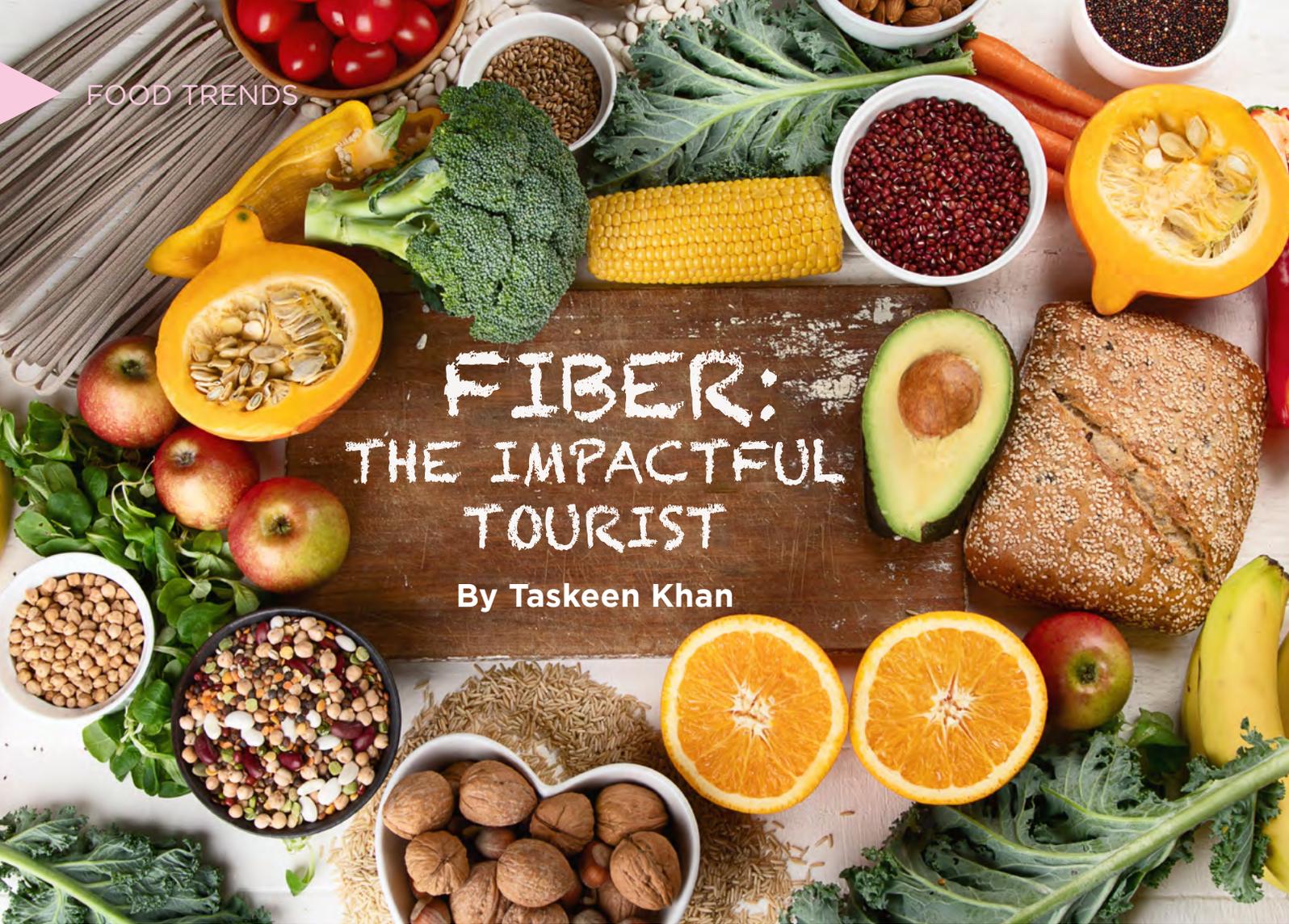
We've also worked with companies like Impossible Foods and Oatly that are trying to decrease our collective carbon footprint. Partnerships like these allow us to advance our mission of doing good and maximize the number of people we help.

Halal certification has always been a way to improve food security for halal consumers around the world. Everyone deserves the right to a nutritious meal, and IFANCA strives to make that a reality.

Sincerely,

Muhammad Munir Chaudry **president**

DISCLAIMER: The advertisements in Halal Consumer Magazine do not necessarily imply endorsement or halal certification by IFANCA. Please check www.ifanca.org to verify halal certification by IFANCA. None of the health-related information contained here should be used in lieu of medical advice nor should it be used without consulting a physician first. Halal Consumer Magazine, its writers and editors, its parent organization IFANCA, IFANCA's board of directors, and its employees and consultants are not liable for any actions taken by individuals or groups based on the information, including recipes, presented here.



FIBER: THE IMPACTFUL TOURIST

By Taskeen Khan

WHETHER IT WAS A DOCTOR, PARENT, OR friend, chances are at least one person in your life has advised, “Make sure you are eating plenty of fiber!” For many of us, fiber is a mystery. We know of a few foods that are high in fiber, like whole grains, but that is the extent of our knowledge. It’s time to solve the mystery surrounding fiber and delve into what it is, what it does for our bodies, and how it can be incorporated into our meals.

When you hear “carbohydrate,” you likely think of foods like bread, pasta, and bagels, but a carbohydrate is more than that. Carbohydrates are vital to our health and come in a variety of forms, including sugars, starches, and fiber. Fiber is a carbohydrate that the body cannot break down. This means we do not digest or absorb nutrients from it.

The two types of fiber are soluble fiber and insoluble fiber. Soluble fiber dissolves in water. As it passes through the digestive system, it dissolves into a gel-like substance. Insoluble fiber does not dissolve in water, so it largely maintains its form as it passes through the digestive system. It may sound like fiber doesn’t have much of an

impact since it’s just passing through our bodies, but that’s not the case. Despite being unable to digest fiber, we still benefit from it.

Eating fiber can mitigate heart disease and diabetes due to the way it impacts blood sugar and fat absorption. [As described by a Mayo Clinic article on fiber](#), soluble fiber specifically slows down the speed at which the body digests food. This causes the body to absorb the sugar in food more slowly and prevents a sharp rise in blood sugar after a meal. Soluble fiber also reduces the amount of fat the body absorbs, which decreases cholesterol levels, [according to a Harvard Health Blog article by Monique Tello, MD, MPH](#). Insoluble fiber helps food move through the digestive tract. It also adds bulk to stool and softens it, which can prevent constipation. Additionally, as fiber moves through the digestive system, it acts as a scrub brush for the intestines. It cleans out bacteria and buildup in the intestines, keeping them healthy.

Where are the best places to find fiber? To begin, you are going to have to bypass the deli and dairy sections of the grocery store because only plant products have fiber.

Where are the best places to find fiber? To begin, you are going to have to bypass the deli and dairy sections of the grocery store because only plant products have fiber.



Whole-grain products, legumes, beans, vegetables, and fruits are all sources of fiber. And, while one may expect a fiber-filled diet to be dull, some foods with high amounts of fiber per standard portion are sweet treats like guava and sapote (or chikoo).

Having both types of fiber is important. If you are specifically looking for soluble fiber, beans, citrus fruits, apples, and vegetables are good foods to turn to. If you are looking for insoluble fiber, whole-wheat flour, wheat bran, cauliflower, green beans, potatoes, and—once again—vegetables are good sources.

When thinking about adding grains to your diet, try to go for whole grains, if possible. Whole grains still have the outer layer called the “bran,” which is rich in fiber. Refined grains, on the other hand, have had the bran removed. Even if refined grains are marked as “fortified,” meaning some of their nutrients have been added back, they still won’t have as much fiber as whole grains. Additionally, if you want the full benefits of fiber, you should drink plenty of water. Fiber absorbs water, which allows it to act more effectively. The foods that contribute to a high-fiber diet are also generally healthy, so you’ll boost your overall health by eating them.

Making sure you are getting enough fiber-filled foods can be a challenge. [According to the USDA's report “Dietary Guidelines for Americans, 2020-2025,”](#) women ages 18 and up need between 22 and 28 grams of fiber per day. Men ages 18 and up need between 28 and 34 grams of fiber per day. To put that into context, a gram is about the weight of a paper clip. Eating that much fiber might not sound like a challenge, but it is for most. The guidelines go on to explain that “more than 90 percent of women and 97 percent of men do not meet recommended intakes for dietary fiber.” As surprising as this is, it aligns with the larger trend of 85 percent of all adults getting inadequate amounts of fruits, vegetables, and whole grains, all sources of fiber.



Despite the dismal statistics, there are a variety of quick and easy ways to increase the fiber in your diet. Add a fruit or vegetable along with each meal. Swap your usual breakfast cereal for a whole-grain alternative. When baking, add a sprinkle of uncooked oatmeal to your cake batter. Use dried fruit as a topping on your salad. These are small changes, but together, they can make a difference in your diet.

When I hear the phrase “just passing through,” I think of tourists. They come in and out of a city but don’t have much of an effect. But, when it comes to fiber, even though it is just passing through, it has quite the impact! TM

TASKEEN KHAN has a bachelor’s degree in integrative biology and a minor in sustainability, energy, and the environment from the University of Illinois at Urbana-Champaign. She is passionate about science education and communication, as well as research.



*Food for Thought:
The Alternative Protein Revolution*

**By Omolara
Funmilayo**



PROTEIN IS THE BUILDING BLOCK OF LIFE, AND IT is one of the three macronutrients from food that provides us with energy. Protein is responsible for bodily functions like muscle growth, cell and tissue repair, immune system response, and hormone regulation. Consequently, alternative protein sources are evolving into a mainstream phenomenon. Much of the rationalization for developing alternative protein products is driven by consumers' concerns about animal welfare, sustainability, and health.

Alternative protein is a blanket term for a range of products that can work as substitutes for conventional meats. These include cultured, plant-based, and fermented proteins. Cultured meat, also known as cultivated meat, is made from animal stem cells. Plant-based alternative proteins can be made from chia seeds, hemp seeds, nuts, quinoa, soy, and chickpeas. Fermentation-based proteins involve the use of microorganisms for alternative protein production.

[According to a press report by Benjamin Morach et al. from the Boston Consulting Group](#), by 2035, the market for alternative proteins is predicted to reach almost \$300 billion. Around this time, alternative proteins are predicted to reach full parity in taste, texture, and price with conventional animal protein. Morach et al. expect plant-based alternatives to achieve parity by 2023, microorganisms-based by 2025, and animal-based cells by 2032. This is due to the fact that the level of investment in alternative proteins continues to increase with billions invested, hundreds of new companies entering the market, and increased consumer demand.

Through novel technology, companies have taken the process of using artificial intelligence and fermentation to produce alternative proteins to the next level. Although still in its infancy, artificial intelligence is used in plant-based protein food production. [According to a 2022 FutureBridge article](#), such technology aims to scale production and processing to meet demands for these products. Artificial intelligence is useful because it helps break down molecules in plants to the degree that databases need to create the right combination of plants so that their texture, flavor, and taste mimic traditional protein. Fermentation is also useful in the industry because it uses microbes to produce ingredients that improve a product's flavor, texture, and taste.

Alternative proteins are not necessarily better than traditional proteins, however. There are still questions about their nutritional profiles, ingredient transparency, and ingredient quality. [According to an article by Kathy Beerman, PhD, for the American Society for Nutrition](#), dietary proteins derived from animal sources have the highest quality of nutrients and contain well-balanced

Compared to their traditional counterparts, most alternative proteins have been found to be extremely high in sodium, lacking in key nutrients, lacking in clear nutritional information, and highly processed.



profiles of essential amino acids. Compared to their traditional counterparts, most alternative proteins have been found to be extremely high in sodium, lacking in key nutrients, lacking in clear nutritional information, and highly processed. [In an article for Sight and Life Magazine](#), Breda Gavin-Smith examined five alternative protein products and found that the sodium level in four out of five of the products exceeded the daily value of sodium found in traditional protein. Among the sample examined, one portion size of one “vegetarian chicken” provides almost a quarter of the daily recommended salt intake, while a traditional chicken typically contains only 4% of the daily value.

Another area of concern is the lack of nutrient density in alternative proteins. Although some of these proteins have been fortified with necessary nutrients, the bioavailability of these fortified nutrients is concerning and continues to be studied. According to the article by Gavin-Smith, four out of five of the alternative protein products analyzed were classified as ultra-processed foods containing about twenty-one different ingredients, including thickeners, colors, flavors, additives, and emulsifiers.

A recent study also lends an interesting look at the comparison of traditional meat versus plant-based meat alternatives in terms of digestion. [According to an article by Yunting Xie et al. in the Journal of Agricultural and Food Chemistry](#), plant-based alternatives were found to weaken gastrointestinal digestive function in mice due to malabsorption more than traditional protein. [According](#)



[to an article by Aneta Popova and Dasha Mihaylova in the Open Biotechnology Journal](#), consuming large amounts of unprocessed plant foods may have adverse effects on the body due to these foods’ antinutrient contents. Antinutrients are natural or synthetic compounds found in foods like grains, beans, nuts, leaves, roots, and some fruits found in plant-based, raw, or vegan diets. These compounds can interfere with digestion, absorption, or utilization of nutrients in foods and may cause symptoms like nausea, bloating, headaches, and rashes. However, the effects of these compounds may be minimized or eliminated through techniques like soaking, cooking, fermentation, or sprouting.

Alternative protein production may be seen as a scientific breakthrough because these proteins are rich in fiber and short-chain fatty acids and may reduce the risk of obesity, heart disease, high blood pressure, and overall mortality compared to animal-based protein. However, [according to Michael J. Lopez and Shamim S. Mohiuddin in an article for StatPearls](#), unless these protein sources have an optimal nutritional profile, consumption of them may cause an individual to be at risk of nutrient deficiencies. Besides a few exceptions, most alternative proteins typically offer a limited amount of amino acids essential for protein production in the body. Out of the twenty amino acids found in nature, nine are considered essential, meaning that our body cannot synthesize them, and we need to get them from our diet. According to Lopez and Mohiuddin, animal protein is regarded as a single complete source of protein because it contains all nine essen-





Muslim scholars have not yet reached a unanimous conclusion regarding the halal status of animal-based alternative proteins.



tial amino acids in sufficient amounts. On the other hand, plants are sources of incomplete protein because the nine essential amino acids they contain do not come from a single source.

Muslim scholars have not yet reached a unanimous conclusion regarding the halal status of animal-based alternative proteins. However, the Impossible Burger, a plant-based protein that is beef-like but made from soy and fermentation, has been IFANCA halal certified.

The presence and bioavailability of nutrients in our food should be of utmost importance. Amino acids are the basic building blocks of protein and serve as the backbone for the neurotransmitters and hormones our body thrives on. While products made with alternative proteins are growing in popularity, certain individuals who consume them may be at risk of not getting the right amount of nutrients from their foods. It is always best to consume nutrient-dense foods and choose healthy ingredients to promote optimal health.™

OMOLARA FUNMILAYO is the owner of nourishedsupermom.com. She is a certified holistic wellness coach and nutritionist. She supports busy parents by giving them the tools they need for transformation in health and wellness for themselves and their families.

Halal Consumer



Subscribe
me to America's Authoritative Magazine for Halal Consumers for Free Halal-certified Product News - Nutrition Information - Recipes - More!

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

COUNTRY _____

EMAIL ADDRESS _____

SIGNATURE (REQUIRED) _____

DATE (REQUIRED) _____

To scan and send by Email: halalconsumer@ifanca.org



Halal Consumer

Advertise with Halal Consumer

FULL PAGE INSIDE COVER

8 5/8" x 11 1/8" \$2,900

INSIDE COVER (NO BLEED)

7 3/8" x 9 7/8" \$2,900

FULL PAGE INTERNAL

8 5/8" x 11 1/8" \$2,600



HALF PAGE HORIZONTAL

7 3/8" x 4 3/8" \$1,650



HALF PAGE VERTICAL

3 1/2" x 8 7/8" \$1,650

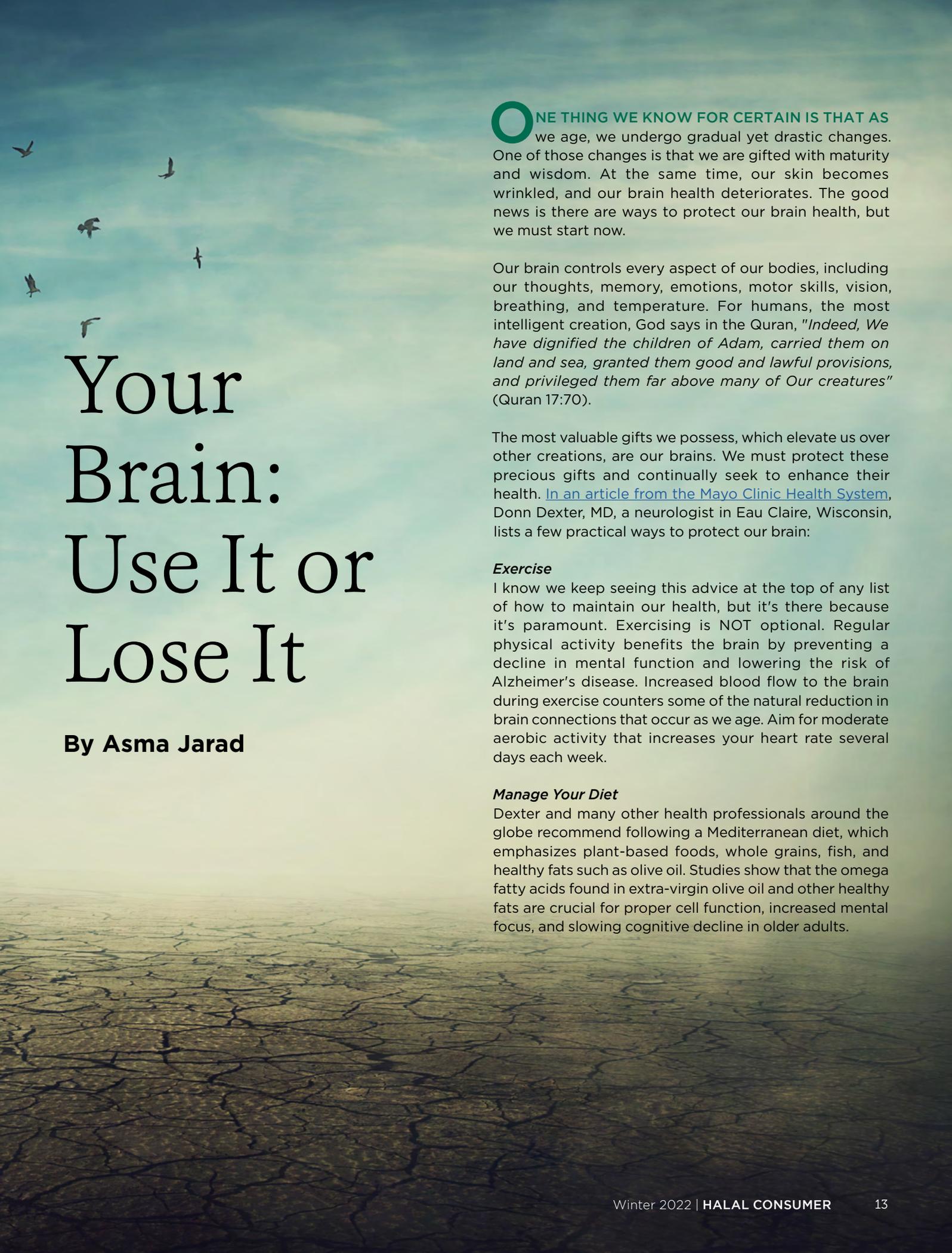


QUARTER PAGE

3 1/2" x 4 3/8" \$1,075

To place an ad or for more information, contact IFANCA at halalconsumer@ifanca.org or call 312.957.9300





Your Brain: Use It or Lose It

By Asma Jarad

ONE THING WE KNOW FOR CERTAIN IS THAT AS we age, we undergo gradual yet drastic changes. One of those changes is that we are gifted with maturity and wisdom. At the same time, our skin becomes wrinkled, and our brain health deteriorates. The good news is there are ways to protect our brain health, but we must start now.

Our brain controls every aspect of our bodies, including our thoughts, memory, emotions, motor skills, vision, breathing, and temperature. For humans, the most intelligent creation, God says in the Quran, *"Indeed, We have dignified the children of Adam, carried them on land and sea, granted them good and lawful provisions, and privileged them far above many of Our creatures"* (Quran 17:70).

The most valuable gifts we possess, which elevate us over other creations, are our brains. We must protect these precious gifts and continually seek to enhance their health. [In an article from the Mayo Clinic Health System](#), Donn Dexter, MD, a neurologist in Eau Claire, Wisconsin, lists a few practical ways to protect our brain:

Exercise

I know we keep seeing this advice at the top of any list of how to maintain our health, but it's there because it's paramount. Exercising is NOT optional. Regular physical activity benefits the brain by preventing a decline in mental function and lowering the risk of Alzheimer's disease. Increased blood flow to the brain during exercise counters some of the natural reduction in brain connections that occur as we age. Aim for moderate aerobic activity that increases your heart rate several days each week.

Manage Your Diet

Dexter and many other health professionals around the globe recommend following a Mediterranean diet, which emphasizes plant-based foods, whole grains, fish, and healthy fats such as olive oil. Studies show that the omega fatty acids found in extra-virgin olive oil and other healthy fats are crucial for proper cell function, increased mental focus, and slowing cognitive decline in older adults.

Social Interaction

Ward off depression and stress by looking for opportunities to connect with loved ones and friends. Research links isolation to brain atrophy, so remaining socially active strengthens your brain. Hearing loss is one of those inevitable side effects of aging, and untreated hearing loss increases social isolation and loneliness, thus increasing the chance of cognitive impairment. Get your hearing checked, and don't be embarrassed to use a hearing aid.

Rest

Research shows that not getting enough sleep is linked to slower thinking and a higher risk for dementia. Some theories suggest that sleep helps clear abnormal proteins in the brain and consolidates memories, which boosts overall memory and brain health. Once in bed, complete a series of slow, deep breaths. This simple manipulation of your breath reduces stress in your nervous system and prepares your brain for sleep.



Exercising is NOT optional. Regular physical activity benefits the brain by preventing a decline in mental function and lowering the risk of Alzheimer's disease.

NOOTROPICS: SMARTNESS IN A PILL?

From Hollywood fiction, we've seen how a single pill can transform an ordinary person into an extraordinary high-performing individual. Is this a reality for you? Nootropics, also known as neuroenhancement drugs, are pills, supplements, and other substances designed to improve cognitive functioning in healthy individuals by boosting their brain power. As with most "cure-all" drugs, limitations and side effects inevitably raise the question: are nootropics worth the risk?

[According to Markham Heid](#), a freelance writer for *Time* magazine, "the idea that a pill can supersize human intelligence is decidedly science fiction." [Heid summarizes the study "Effect of Nutrients, Dietary Supplements, and Vitamins on Cognition: A Systematic Review and Meta-Analysis of Randomized Controlled Trials" by Forbes et al.](#), which found no convincing evidence that various nutrients and dietary supplements result in improved cognitive performance. While "plausible mechanisms" link these to better brain function, "supplements cannot repli-

cate the complexity of natural food and provide all its potential benefits," adds Heid.

In other words, although some promising prescription drugs and over-the-counter supplements may have performance-related effects on the brain, they are a poor substitute for food itself. You may enjoy a short-term brain boost, but you could also end up harming your brain and other aspects of your health in the long run. Furthermore, many of these supplements include omega-3s, creatine, ginseng, and flavonoids—well known to improve brain health and function—but consuming fatty fish, berries, herbal teas, and other foods high in these nutrients is arguably a safer option.

USE IT OR LOSE IT

The human brain is a three-pound organ that is the most complex part of the human body. It is physically composed of frontal lobes, parietal lobes, temporal lobes, and occipital lobes.

The brain sends and receives different chemical and electrical signals throughout the body. For example, some signals make us feel happy, while others make us feel stressed. The central nervous system relies on billions of nerve cells to relay messages through the spine and across the body's massive network of nerves.

The brain is not a muscle. However, it is similar to a muscle in that we will retain its power only if we use it frequently. Think of how you must hit the gym several times a week if you want a healthy body. If you want a healthy brain, you must regularly and consistently engage in problem-solving tasks and complex learning.

Remember: the less physically or mentally active you are, the more strength and agility you will lose. In other words: use it or lose it. Although we cannot control some neurological disorders, we must do what we can today to prolong our brain health by opting for intelligent choices. Poor choices now lead to poor outcomes in advanced age, such as reducing our level of independence, prematurely removing ourselves from the community and workforce, and adding to our burden of care.

Training our brains to maintain and even increase effectiveness is possible. We should avoid excessive screen time that limits brain stimulation and opt for a brain workout of reading, picking up a fun (and active) hobby, or completing a difficult puzzle. It is encouraging to know that through our actions and choices, we have the ability to positively impact our overall health and performance. Whether it's keeping up with technology, learning a new skill, or traveling to a new place, our brains thrive on tackling fresh adventures. Make your goal to keep discovering and challenging yourself as you get older.

According to Markham Heid, a freelance writer for *Time* magazine, "the idea that a pill can supersize human intelligence is decidedly science fiction."



- Your brain's storage capacity is almost unlimited.
- Your brain is always active, even when you are sleeping.
- Your brain cells use electricity and chemicals to communicate.

At the beginning and the end, we must seek God's mercy and guidance, for with Him lies all control. *"Allah grants wisdom to whoever He wills. And whoever is granted wisdom is certainly blessed with a great privilege. But none will be mindful [of this] except people of reason"* (Quran 2:269). ©

QUICK BRAIN FACTS

- Your brain is your fattiest organ, made up of sixty percent fat.
- Your brain isn't fully formed until age twenty-five.

ASMA JARAD is a Chicago-based writer, editor, and communications strategist. Her works are published across multiple forums, ranging from health and food trends to Islam in America.





Mental Wellness and Social Media

By Kelly Izdihar Crosby



THE ADVENT OF SOCIAL MEDIA HAS HAD A major impact on our lives. It enables us to make new friends and rekindle old friendships. It gives us the opportunity to show beautifully curated photographs of our loved ones, hobbies, and interests. Attending virtual meetings and discussions on Zoom has helped us cut down on gas spending and time stuck in heavy traffic.

However, every invention is a double-edged sword bringing the good with the bad. While the positive aspects of social media bring us closer together, social media has also earned a negative reputation due to the impact it has on our mental health. As we explore our friends' personal and professional accomplishments on social media, it can be difficult to avoid comparing their lives to our own. Such comparisons to the curated highlight reels of another person's life can rob us of our own contentment and self-worth.

We all want to put our best selves online, and that includes our appearance. Most apps have augmented reality filters that can make your teeth whiter, add make-up, or slim down your face. With everyone editing their looks, these filters can lead to a negative body image. Some psychologists refer to this phenomenon as "Snapchat dysmorphia," which is the comparison of your filtered selfies to your real appearance. Using special filters is meant to be fun and engaging. If you spend a lot of time editing and re-editing your photos, only feeling more frustrated or depressed, it's time to stop and be mindful of how you are using social media.

There is also the phenomenon of FOMO, or the "fear of missing out." This is the sensation that everyone is having fun except you. In the online world, everyone seems to have great social lives. The idea of missing out can create emotions of frustration, isolation, and anxiety. You may end up compulsively checking for updates and invites every few minutes. You could be interacting with dozens of people online, but human beings are social creatures that crave real-world touch and communication. The less you use social media and the more you engage in real-



Some psychologists refer to this phenomenon as "Snapchat dysmorphia," which is the comparison of your filtered selfies to your real appearance.

time experiences, the fewer feelings of isolation and loneliness you will face. It's important to maintain a balance between your online and offline worlds, making sure that the virtual doesn't surpass the real.

While most Americans use Facebook and YouTube, Instagram, Snapchat, and TikTok are popular among adults 30 and younger. [Brooke Auxier and Monica Anderson of the Pew Research Center](#) confirm that "there are certain sites or apps, most notably Instagram, Snapchat and TikTok, that have an especially strong following among young adults. In fact, a majority of 18- to 29-year-olds say they use Instagram (71%) or Snapchat (65%), while roughly half say the same for TikTok." Social media can provide an outlet for creative self-expression and safe spaces for teens with their own niche interests. It also offers support for teens with disabilities or chronic illnesses who may not be able to maintain a traditional school schedule. But, just like adults, teenagers seeing only the smooth and gleaming images of everyone's highlights may be under the illusion that everyone is happier than they are. [According to a Mayo Clinic article published in 2022](#), "a 2015 study found that social comparison and feedback seeking by teens using social media and cellphones was linked with depressive symptoms. In addition, a small 2013 study found that older adolescents who used social media passively, such as by just viewing others' photos, reported declines in life satisfaction. Those who used social media to interact with others or post their own content didn't experience these declines."



Before the internet, bullying was confined to face-to-face interactions at school or work. Today, a bully can harass and threaten a victim in a multitude of ways online...

There are also the dangers of cyberbullying, which involves sending or sharing damaging, false, or harmful content about someone else online. This includes sharing private information or pictures of another person in order to embarrass or humiliate them, as well as making comments on social media that degrade a person's race, gender, religion, or other characteristics. It can even involve hacking into another person's internet profile and impersonating them. Before the internet, bullying was confined to face-to-face interactions at school or work. Today, a bully can harass and threaten a victim in a

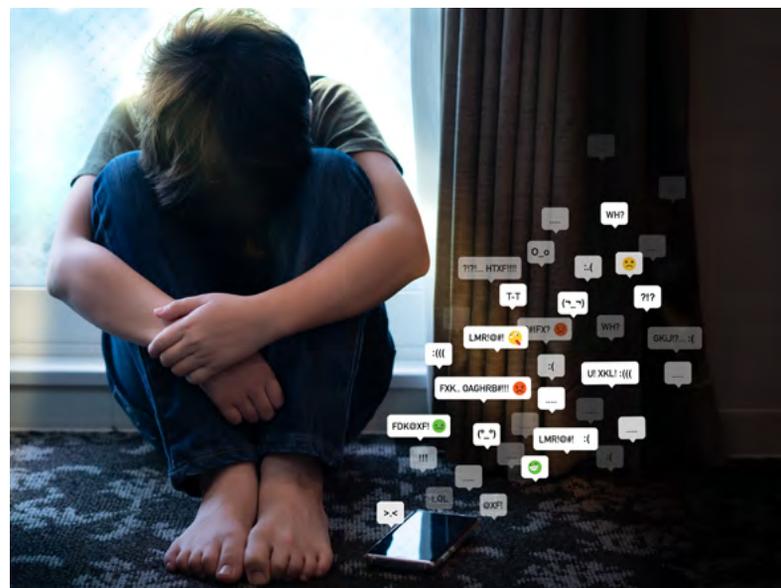
While keeping up with friends online is convenient, make sure to establish offline connections as well.



multitude of ways online, often behind fake profiles. For victims, this results in feelings of loneliness and helplessness, depression, anxiety, stomach pain and digestive issues, and an increased risk of suicidal thoughts.

With all these cyber landmines to avoid, how can we cope and thrive in this new digital age? Some suggest quitting social media altogether. However, considering that social networking sites are highly popular and offer platforms for global commerce, most people won't find this solution practical. Here are some useful tips to help protect your mental health while using social media:

- When engaging with social media, don't go into autopilot by mindlessly scrolling. Be mindful of the content you consume. Do you feel better, worse, or neutral after spending time online?
- Try to avoid doom scrolling. Though you may want to be informed of world affairs, a constant cycle of bad news can cause feelings of anxiety and helplessness.
- Like and follow the content creators you enjoy. Don't let the algorithm do the thinking for you. Your favorite author, athlete, artist, or comedian probably has an online presence. Maybe you like home repair or sports content, so follow users that post about those topics. Refocus your social media so you can receive those bursts of positivity and creativity.





Try reducing your [social media use] by thirty minutes to see if there are significant changes to your mood.



- While keeping up with friends online is convenient, make sure to establish offline connections as well. Face-to-face relationships should be your primary way of connecting. Social media should be a secondary tool to maintain them.
- Limit the time you spend on social media. Cutting back on social media consumption has been proven to show increased happier moods. Try reducing your use by thirty minutes to see if there are significant changes to your mood.
- Take advantage of your smartphone's "do not disturb" or "focus" mode.
- Take a social media break to unplug and refocus on what is most important to you. These breaks can last for a few days or months, depending on your mental health needs.

- Hop off social media and close your screens about an hour before bedtime. The blue light from these devices can negatively impact your getting a good night's sleep.
- Live in the moment and don't worry about posting any photos or videos.

It is important for parents to monitor the amount of time their children spend online and the type of content they're engaging with. Talk to your kids about social media. Let them know that you are monitoring them. Encourage face-to-face contact with friends, especially for teens who may be vulnerable to social anxiety. Hanging out with friends in real time will lessen feelings of anxiety and isolation. Remind them that many of those selfies they see online are unrealistic and heavily edited. Also, let them know what cyberbullying is and teach them that they can reach out to you for help and support.

Social media doesn't have to be a minefield of potential dangers. These tips can make your use of social media fun and engaging. 📱

KELLY IZDIHAR CROSBY is an artist and freelance writer living in Atlanta, GA.



Carrot Cake Chia Pudding

By Omolara Funmilayo

Servings: 2 | Time: 3 hours

INGREDIENTS

- 1 medium carrot, grated
- ½ teaspoon cinnamon
- ⅛ teaspoon ground cloves
- ¼ teaspoon ground ginger
- 1 teaspoon stevia powder (to taste)
- 2 cups unsweetened almond milk
- ½ cup chia seeds
- ¼ cup walnuts, chopped
- 2 tablespoons unsweetened coconut flakes

DIRECTIONS

1. In a medium-sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger, and stevia.
2. Add the almond milk, then whisk in the chia seeds. Let it sit for 5 minutes, then stir again to reincorporate the chia seeds.
3. Cover the bowl and refrigerate for at least 3 hours or overnight.
4. To serve, divide the pudding into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes:

This recipe keeps well in the fridge for up to 4 days.

For creamier pudding, replace half of the almond milk with full-fat canned coconut milk. TM



Creamy Chickpea Pasta with Kale

By Omolara Funmilayo

Servings: 2 | Time: 40 minutes

INGREDIENTS

- 4 ounces chickpea pasta
- 2 $\frac{2}{3}$ cups kale leaves, chopped
- 1 garlic clove, minced
- $\frac{1}{2}$ cup cashews, soaked for 30 minutes and drained
- $\frac{1}{3}$ cup water
- 2 teaspoons lemon juice
- 2 tablespoons extra virgin olive oil
- sea salt & black pepper to taste
- 2 teaspoons nutritional yeast (optional)

DIRECTIONS

1. Cook the pasta according to the directions on the package and set aside.
2. Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes, then mix in the cooked pasta until warmed through. Turn off the heat.
3. In a blender, add the drained cashews, water, nutritional yeast (if using), lemon juice, extra virgin olive oil, sea salt, and black pepper. Blend on high until smooth.
4. Toss the pasta with the cream sauce and enjoy!

Notes:

No kale? Use other greens instead, such as spinach, collard greens, or swiss chard.

No chickpea pasta? Use lentil, quinoa, or brown rice pasta instead.

Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat. ®



One-Pan Salmon with Roasted Tomatoes & Green Beans

By Omolara Funmilayo

Servings: 4 | Time: 25 minutes

INGREDIENTS

- 4 cups green beans, washed and trimmed
- 2 cups cherry tomatoes
- 1 tablespoon extra virgin olive oil
- 1/4 pound salmon filet
- sea salt & black pepper to taste

DIRECTIONS

1. Preheat oven to 500°F.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper.
3. Transfer to a baking sheet and bake in the oven for 10 minutes.
4. Season your salmon filets with sea salt and black pepper.
5. Remove veggies from the oven and place salmon filets on top. Place back in the oven and bake for another 7 to 10 minutes, or until the salmon flakes off with a fork.
6. Divide veggies between plates and top with salmon. Enjoy! 🍴



Butter Chicken & Cauliflower Rice

By Omolara Funmilayo

Servings: 4 | Time: 30 minutes

INGREDIENTS

- 12 ounce halal chicken breast
- 2 tablespoons extra virgin olive oil
- 2 yellow onions, diced
- 2 garlic cloves, minced
- 2 tablespoons ginger, grated
- ¼ cup tomato paste
- 2 teaspoons paprika
- 1 tablespoon curry
- 2 teaspoons garam masala
- 1 teaspoon sea salt
- 1 tablespoon chili powder
- ¼ cup water
- 1 cup canned coconut milk, full fat
- 1 head of cauliflower
juice of ½ lime

DIRECTIONS

1. Dice the chicken and set aside.
2. Heat olive oil in a large skillet over medium heat. Sauté the onion, garlic, and ginger.
3. Stir in the tomato paste, paprika, curry, garam masala, sea salt, and chili powder. Cook for 1 to 2 minutes or until fragrant.
4. Add the diced chicken and stir until cooked through, about 5 to 7 minutes. Add water to loosen the paste.
5. Stir in the coconut milk and reduce to a simmer for about 5 minutes.
6. While that simmers, create the cauliflower rice by adding cauliflower florets to a food processor. Process until it has a rice-like consistency.
7. Squeeze lime juice onto the cauliflower rice and transfer to a bowl.
8. Remove the butter chicken from heat and ladle over the cauliflower rice. Enjoy!

Notes:

To make it vegan, skip the chicken breast and replace it with chickpeas, lentils, or beans.

No coconut milk? Use halal Greek yogurt instead.

No cauliflower rice? Serve over brown rice or quinoa.

If you want more veggies, add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach, or chopped kale. You can also serve this dish with a side salad.

To store, refrigerate in an air-tight container for up to 3 days. 🍴

NEUROMUSCULAR TRAINING

By Ali Othman, NSCA-CPT®



NEUROMUSCULAR TRAINING CENTERS AROUND exercises that improve communication between nerves and muscles. Training in this method has always been an athlete favorite, but it shouldn't be limited to this small demographic. Neuromuscular training is useful in any case where proper form equals better performance. Maintaining proper form during exercise and daily activities means safer movements, which will aid in keeping your joints healthy throughout your lifetime. Whether you call it the mind-muscle connection, hand-eye coordination, or spatial awareness, training your nerves and muscles to function as one unit will improve the efficiency and effectiveness of your movements.

When applied properly, neuromuscular training, herein referred to as NT, can improve stability around a joint and decrease forces from impacts like jumping or from load-bearing movements like resistance training. NT trains specific patterns of muscle contraction and reduces the lag time between a decision and its response. This type of exercise focuses on the quality of a movement pattern rather than the number of repetitions or amount of weight. With enough repetitions of a correct movement, your mind becomes trained to recognize an altered movement pattern and correct it without making a conscious decision to do so.

The time between when you decide to make a move and when your body acts is critical. Act fast enough in the right situation, and you can prevent an injury. For instance, if a jogger steps wrong and rolls their ankle, the extent of the injury may depend on how long it took the jogger to realize what was happening and how long before they

removed their weight from that leg. The longer the lag, the more severe the injury.

NT can benefit everyone from all walks of life. It's never too early to develop a good form for exercise, standing and sitting, or even walking. Helping children develop proper movement patterns will positively affect their joint health and quality of life throughout adulthood and into old age. As soon as children begin to play, they start developing their movement patterns. Running, jumping, landing, throwing, and many other physical skills begin here. At this age, the idea of NT is simple. Give children the ability to excel at physical activity so that their desire to be active remains strong throughout adolescence. An active child forms a healthy relationship with physical activity and carries this concept into adulthood.

When applied to children, an NT program is called integrated NT and is used by many youth coaches to prevent injury. A great example can be seen while watching a girls' basketball game. When young girls land a jump, their



This type of exercise focuses on the quality of a movement pattern rather than the number of repetitions or amount of weight.





knees tend to fold in towards each other. That pattern of movement is unhealthy, and continuing it can lead to injury. In terms of effectiveness, this movement is inefficient, causes slower acceleration, and results in poorer performance in an activity where explosive starts are needed.

Analyzing an individual performing an incorrect movement usually reveals the cause. Oftentimes the cause of collapsing knees is something as simple as a lack of hip strength. An integrated NT program may involve adding a few hip-strengthening exercises to the current routine and training a person to perform the movement pattern correctly. Performing the movement in front of a mirror is a great way to recognize improper positioning and reinforce good form. In the mirror, you should observe the point where your knees begin to collapse inward. Your movement pattern is healthy up until the point of this breakdown. To correct the movement, shorten the range of motion and stop before your knees begin to collapse in towards each other. This healthy range of motion becomes the new movement. NT training should focus on increasing your range of motion and jump height at a rate equal to that of your increase in hip strength. Properly managing this rate of increase keeps the movement in line with the body's natural, healthy range of motion.

NT is routinely used to correct both standing and sitting postures. The longer you sit, especially in front of a computer, the more your torso tends to curl forward. Your shoulders roll inward, and your upper back begins to slouch. There are many ways to address this unhealthy body position, but strengthening the muscles in your lower and mid-back can assist in lifting and straightening

posture. There are even electronic devices that you can attach to your clothing that alert you when your posture is failing. Until you've trained yourself to sit and stand tall, a quick beep or buzz can give your brain the signal it needs to assess and adjust your posture.

A proper starting point for those wanting to begin an NT routine is adding a balance component to your current exercises. For example:

- Continue doing your squats, but stand on a balance ball instead of doing them on a flat and even floor.
- Do your standing curls in the tree pose. In this pose, lift one foot and balance the sole on the calf of your other leg. Instead of lifting your arms above your head and holding the tree pose as you normally would, hold your dumbbells and begin your set of curls.
- Replace your traditional deadlift with a single-leg deadlift. One foot remains flat on the floor as your upper body hinges forward. At the same time, the other foot comes off the floor as you extend your leg backwards. Throughout this exercise, keep your knees slightly bent and tighten the muscles in your stomach and back to keep your balance.

Physical therapists, especially those who practice manual therapy, are good partners for your NT routine. Personal trainers who specialize in corrective exercise can also guide you through this process. If you begin an NT program on your own, consult your physician beforehand and be consistent in your training. Find a place with a good mirror and watch closely as you perform movements. Recruit a partner so you have a second pair of eyes on each other's form.

Seeing the results of an NT program can sometimes take time because the longer a movement pattern has been established, the harder it becomes to replace. However, once a correct pattern is established, it is equally hard for your body to forget.™

ALI OTHMAN is an NSCA-certified personal trainer with over fifteen years of experience in the health and wellness industry. He works in the Technical Department at IFANCA and manages IFANCA business activities in South Korea.

The Amana Mutual Funds: “They get me.”

Where you invest your money changes your world. Isn't it nice to know there's a halal option?

The **Amana Mutual Funds** follow a value-oriented approach consistent with Islamic principles. Generally, these principles require that investors avoid interest and investments in businesses such as alcohol, pornography, insurance, gambling, pork processing, and banks. The Funds avoid interest bearing securities while seeking protection against inflation by making long-term investments.



Amana Mutual Funds Trust

www.amanafunds.com

1-800-728-8762



INCOME • GROWTH • DEVELOPING WORLD • PARTICIPATION

Investing involves risk, including possible loss of principal. The Amana Funds limit the securities they purchase to those consistent with Islamic principles. This limits opportunities and may affect performance.

Please consider an investment's objectives, risks, charges, and expenses carefully before investing. To obtain this and other important information about Amana Mutual Funds in a current prospectus or summary prospectus, please visit www.amanafunds.com or call toll free 1-800-728-8762. Please read the prospectus or summary prospectus carefully before investing.

Distributed by Saturna Brokerage Services, Inc., member FINRA / SIPC and a wholly-owned subsidiary of Saturna Capital, investment adviser to the Amana Funds.

IFANCA Joins UNICEF Delegation to Jordan as Part of Ongoing Partnership to Address Food and Health Insecurity

Through social impact and philanthropy, IFANCA is committed to bridging inequities that have emerged due to the COVID-19 pandemic.



IFANCA's visit to the Jerash and Za'atari camps, part of a UNICEF delegation to Jordan, provided insight into the needs of residents living there and how philanthropy can help mitigate the refugee crisis.

By Amelia Keleher,
Food & Health Equity Program Coordinator at IFANCA

IN JUNE 2021, IFANCA ANNOUNCED A US\$3 MILLION grant as part of a five-year partnership supporting UNICEF's ongoing efforts to ensure equitable distribution of COVID-19 vaccines to 144 countries. Funds provided by IFANCA also support UNICEF's work with the World Health Organization (WHO), health equity partners, and communities to address misinformation and build trust in vaccines and the health systems delivering them through the [COVAX](#) campaign.

A trusted third-party certifying body for over 40 years, IFANCA is dedicated to addressing food and health security on the local, national, and international level. As the world continues to battle with and recover from the COVID-19 pandemic, this grant will help bridge gaps in vaccination rates and access to education, employment, and nutrition.

"It is critical to address the concerns and needs of refugees and displaced populations, because lack of equity in nutrition and health has a significant impact on people's daily lives. While the face of malnutrition is changing, its impacts continue to affect children worldwide," says Austin Chu, assistant director, Global Cause Partnerships at UNICEF USA.

IFANCA's visit to the Jerash and Za'atari camps offered more insight into the needs of residents living there and what philanthropy can do to mitigate the refugee crisis.

The photo story below offers a glimpse into the daily lives of those living at Jerash and Za'atari, the challenges they face, and the opportunities they seek.

Locally known as "Gaza Camp," Jerash was established in 1968 as a result of the Arab-Israeli War. It is one of the oldest camps in the world and currently houses around 40,000 refugees.

DAY 1: [JERASH REFUGEE CAMP](#)

Prior to entering Jerash Camp, Asma Ahad, director of halal market development at IFANCA, and Saeed Hayek, PhD, quality manager and technical auditor at IFANCA –



"While the face of malnutrition is changing, its impacts continue to affect children worldwide."

along with other members of the UNICEF delegation – were briefed about the history and services provided at the camp. This included an explanation of the camp's efforts to address food and health insecurity. Here, Hayek and Ahad attend a briefing at the UNICEF headquarters in Amaan.



"When people are displaced, there are numerous needs that need to be met. While nothing can compensate for someone losing their loved ones, homes, communities, or security, philanthropy aims to bridge the consequences and mitigate the severity of the situation," says Ahad.

This is what a typical street in Jerash looks like. Families in Jerash have lived here for three generations, and most of the population lives on just a few dollars a day.



As part of the visit, Ahad and Hayek visited the Makani Center, which translates from Arabic as “my house” or “my space,” and is a place where youth can gather to learn, socialize, and play. Members of the delegation spoke with the children about what they’re learning in school and what it means to be a refugee.



Addressing the refugee crisis goes beyond addressing the immediate housing, health, and food security needs of those who have been displaced by war and conflict; it is also critical to ensure that people have long-term access to employment, training, and development opportunities to support their overall wellbeing.



The Saru Center is a space that empowers women financially by countering the gender-based challenges they face in the camp. Having access to a space where they can embroider and sell their work empowers these women to provide for their family and improve their economic independence. The Saru Center is also one of the only spaces in the community where women can gather outside their homes.



Due to work permit restrictions, refugees have limited employment and economic opportunities in Jordan. However, the vocational center provides internet access and the opportunity for community members to develop skills that can lead to supplemental income. Residents who use the center shared that it has helped improve opportunities for employment in their communities.

DAY 2: ZA'ATARI REFUGEE CAMP

Za'atari camp is in the north of Jordan and is the largest Syrian refugee camp in the world. It was established in 2012 due to the ongoing Syrian Civil War, which has [displaced over 7 million Syrians](#) worldwide. Za'atari is divided into 12 districts that form part of a semi-permanent city and is home to 80,000 people, half of whom are children.

The UNICEF delegation visited several classes where students were celebrating their graduation from kindergarten. The students greeted the delegation with a lot of enthusiasm. Here, some students are shown proudly displaying their newly acquired diplomas and dancing and speaking with visitors.



The delegation then went to Za'atari's Makani Center, which is a space for youth to socialize, study, and learn hands-on life skills. The delegation spoke with several students who expressed a desire for more educational and economic opportunities.



Nusiba Mohammad Al Hariri, 15, has been taking a computer skills program at the center. "I wanted to learn computer [skills] because in school we only use books to learn," she says in an interview with UNICEF. "I also like to learn computer skills because it will be important for my future. It can be useful for work, like in companies or as [a] receptionist, or in a restaurant."



Al Hariri has lived at Za'atari for over ten years and wants to become a translator. She has started learning Korean and intends to learn French and English, too. She's been coming to the center for four years and shared that the computer skills program is the most inspiring course she's taken there. She hopes the center will add additional resources, such as Microsoft Office programs, to the course.



Bah'a Al Dein Hmoud, a book club facilitator at the center, explains in an interview with UNICEF why it is so important to incorporate interactive learning methods to engage students. "The old methods are usually writing on the blackboard and the student writes after the teacher. Now, there are new interactive methods for students to learn and benefit more from class, with the most amount of information," he says.

Al Dein Hmoud also says that it's important to mix up the activities in each lesson so students don't get bored. He believes that if students are educated in the right way, this helps build and elevate the community at large.



"We were in war and children have to be prepared psychologically and intellectually to build new ideas that the war has destroyed the last years," Al Dein Hmoud says. He has made a point of asking his students what they want to be when they grow up to encourage them to dream, and he's received responses ranging from "doctor" to "teacher" to "pilot."

"My role as a facilitator is to help [them] accomplish these things. And in my opinion, this is how education should be. If students get the right learning skills, they will be able to achieve what they want." And that, Al Dein Hmoud believes, "will help them build their future and the future of others."

"Philanthropy alone cannot address the global refugee crisis, but funding and support from both organizations and individuals is necessary until people are no longer displaced," says Ahad.



The Za'atari camp has a WASH (water and sanitation and hygiene) center to meet each family's water needs. The camp has 20,000 families, and each family has their own unit that provides access to toilets, showers, and running water. Throughout the camp, there are murals, such as the one depicted here, that outline and encourage hygiene protocols.



The delegation spent part of the afternoon walking around downtown Za'atari, which has been nicknamed "Champs Élysées" by the local community. Here, a young man sits outside a shop downtown, while a community elder gets around by bike. Like in Za'atari, most people get around Jerash by bike or mule as there are very few cars in the camp.



IFANCA also visited the United Nations High Commissioner for Refugees (UNHCR) headquarters in Amaan, Jordan. UNHCR's U.S. Islamic Philanthropy program is supported by IFANCA, including its Ramadan campaign, Zakat fund, and the "Aiming Higher" educational initiative, which connects professionals with high potential refugee students as part of a mentorship and scholarship program.

Here, Hayek and Ahad pose in front of the UNHCR headquarters with Evie Prastakou, associate external relations officer at UNHCR, and Tayba Sharif, PhD, senior protection officer at UNHCR.



"Philanthropy alone cannot address the global refugee crisis, but funding and support from both organizations and individuals is necessary until people are no longer displaced," says Ahad.

IFANCA is committed to strengthening global partnerships in order to meet the immediate and long term needs of people who have been displaced and are now living as refugees around the world.

If you are interested in learning more about the work of IFANCA, please visit www.ifanca.org or reach out to Asma Ahad at asma.ahad@ifanca.org.

AMELIA KELEHER is a food and health equity program coordinator at IFANCA. She works with organizations, community leaders, and colleges across the country to expand access to halal options for students. By cultivating strategic partnerships and developing written content, she also helps advocate for national halal legislation.

Spotlight on Award-Winning Companies at IFANCA's 40th Anniversary Celebration

IF YOU HAVE BEEN KEEPING UP TO DATE WITH HALAL CONSUMER MAGAZINE, you'll know that IFANCA celebrated its 40th anniversary in September 2023. Our celebration featured a banquet and a two-day conference, both of which were sponsored by Abbott, Amway, the Coca-Cola Company, and PepsiCo. Several companies were honored at the banquet for their achievements in halal production, and we would like to take a moment to recognize them. Please find the full list of award winners below.

Company of the Year:

Ecolab

Ecolab is the global leader in water, hygiene, and energy technologies and services. For 99 years, Ecolab has been an innovator in providing solutions and services that businesses in the foodservice, food processing, hospitality, healthcare, and industrial markets choose to help keep their environments clean and safe, operate efficiently, and achieve sustainability goals.

Ecolab has served 170 countries and maintains 16 technology centers worldwide. Its team of 47,000 associates includes 1,200 research, development, and engineering scientists who help Ecolab create advanced solutions for customers worldwide. Ecolab was the first company to initiate the halal certification process for cleaning and sanitation chemicals, and it has a portfolio of 405 halal-certified products and 65 plants.

Excellence in Halal Production of Dairy Products:

Milk Specialties Global

Milk Specialties Global is one of the foremost companies in the dairy space. It got its start over 70 years ago and has since become the largest producer of whey protein isolate in the world. The company's 900+ employees have helped make Milk Specialties Global a leader in milk and whey protein ingredients, with its products sold under the consumer labels of partners around the globe. The company serves 38 countries from 11 facilities and is headquartered in Eden Prairie, Minnesota.

Milk Specialties Global is committed to sustainability, focusing on responsible sourcing, efficient transportation, and water conservation. The company was founded in part by the desire for waste reduction in cheesemaking, and whey, once considered a waste byproduct, is now one of the staples of the Milk Specialties Global portfolio. Milk

Specialties Global currently has 18 plants registered with IFANCA, as well as numerous dairy ingredients and products that have received IFANCA halal certification.

Excellence in Halal Production of Flavor and Fragrances Products: **Symrise**

Symrise is a leader in providing fragrances, flavors, food, nutrition, and cosmetic ingredients to 150 countries around the world. Its two main segments of focus include the taste, nutrition, and health space and the scent and care space. The company, which got its start in 1874, now has over 11,000 employees who help Symrise maintain its high standards of innovation and emphasis on customers. Though its headquarters are in Holzminden, Germany, Symrise has over 100 sites in Africa, Asia, Europe, Latin America, the Middle East, and North America.

Symrise has numerous plants and products that have been certified halal by IFANCA. Over the years, Symrise took the initiative of adjusting its formulas in order to meet halal requirements, demonstrating its care for the needs of halal consumers and its clients.

Excellence in Halal Production of Nutritional Products: **Arbonne**

Arbonne International is focused on using high-quality ingredients to create choice nutrition and skincare products. Arbonne was founded in the 1980s by Petter Mørck and has since grown to be a multinational company with its headquarters in Irvine, California. Arbonne emphasizes four key factors in all its products: plant-based ingredients, high clean standards, co-developments with experts, and scientific testing.

As a direct-selling company, Arbonne empowers its independent consultants. The company also emphasizes transparency and sustainability in its business practices, striving to do its part to protect the planet and its inhabitants. Arbonne currently has six plants registered with IFANCA and 141 halal-certified retail supplement products. The company has shown flexibility in developing formulas that meet the needs of halal consumers around the world.

Excellence in Halal Production of Retail Products: **Wonderful Pistachios & Almonds**

Wonderful Pistachios & Almonds leads the world in the production of almonds and pistachios. As the world's largest grower and producer of these nuts, Wonderful produces over 640 million pounds of almonds and pistachios from its 310,000 acres of land. Its headquarters are in Los Angeles, California, and it has three processing plant locations in Firebaugh, King Facility, and Lost Hills that measure over 4,000,000 square feet.

Wonderful not only leads the world in almonds and pistachios; it also places an enormous emphasis on sustainability. Through its focus on renewable energy, sustainable agriculture, and upcycling waste, Wonderful demonstrates its care for the environment and the planet. The company's innovative marketing process has helped Wonderful become a favorite among halal consumers, and its products adorn shelves in stores in bulk and retail categories.

We thank all our sponsors for their generous aid in making the event happen and the award winners for their excellent work over the years. Without your support, IFANCA would not be the successful halal-certifying body it is today. 

HALAL-CERTIFIED PRODUCT LOCATOR

Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the certified products listing on www.ifanca.org.

HALAL-CERTIFIED PRODUCT LOCATOR

Brand	Product Type	Company Name	Available At
Cabot®	Cheese	Cabot Creamery	Supermarkets throughout the United States
Campbell's®	Food Products	Campbell Soup Company	Supermarkets throughout Canada
Casa Grande Farms Green Mountain Farms® Hahn's®	Dairy Products	Franklin Foods Inc.	Supermarkets, discount stores
Desi Natural™	Dairy Products	Desi Fresh Foods™	Visit their website: desifreshfoods.com
Dr. Chen® Kandesn® Oi-Lin® SunBreeze® Sunrider® SunSmile® SunTrim® VitaShake®	<ul style="list-style-type: none"> • Cosmetics • Food Products • Nutritional Supplements • Personal Care Products 	Sunrider International	Visit their website for distributors: home.sunrider.com
Elecare® Ensure® Glucerna® Pediasure® Pedialyte® Similac® ZonePerfect®	<ul style="list-style-type: none"> • Infant / Baby Food Products • Nutritional Supplements 	Abbott	Supermarkets and drugstores throughout the United States and Canada
Enfagrow® Enfakid® Enfamil® Enfapro®	Infant / Baby Food Products	Mead Johnson B.V.	Department stores, supermarkets, and drugstores throughout the United States
Enjoy Life®	Snack Food	Enjoy Life Natural Brands	Supermarkets, convenience stores, drugstores
Flipz® Turtles®	Candy / Chocolate	DeMet's Candy Company	Supermarkets, drugstores, discount stores
Fruitfull® Happy Indulgence®	Food Products	Happy & Healthy Products Inc.	Supermarkets, convenience stores, mini marts, gas stations

Brand	Product Type	Company Name	Available At
Godiva	Candy / Chocolate	Godiva Chocolatier	Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States
Golden Bonbon™	Candy / Chocolate	Asti Holdings Ltd.	Visit their website: www.goldenbonbon.com
Impossible™	Food Products	Impossible Foods Inc.	Grocery stores and select restaurants throughout the United States
J&M®	Food Products	J & M Food Products Company	Visit their website: www.halalcertified.com
Kontos®	<ul style="list-style-type: none"> • Bakery Items • Bread 	Kontos Foods, Inc.	Ethnic (Arab, Indo/Pak) stores and fruit & vegetable markets throughout the United States
La Yogurt®	Dairy Products	Johanna Foods, Inc.	Supermarkets, fruit/vegetable markets, discount stores
Love & Quiches Gourmet®	Brownies and Cakes	Bello LLC, dba Love and Quiches	Visit their website for outlets: www.loveandquiches.com
MAYA™	Cosmetics	Maya Cosmetics	Visit their website: www.maya-cosmetics.com
Melaleuca	<ul style="list-style-type: none"> • Nutritional Supplements • Personal Care Products 	Melaleuca, Inc.	Visit their website for distributors: www.melaleuca.com
Mountain High™	Dairy Products	General Mills	Supermarkets throughout the United States
My Own Meal®	Food Products	My Own Meals, Inc.	Visit their website: www.myownmeals.com
National®	<ul style="list-style-type: none"> • Dessert Mixes • Food Products • Sauces & Dressings, Condiments • Spices & Seasonings 	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
Natural Delights®	Food Products	Datepac, LLC	Kroger, Meijer, Publix, Walmart, Whole Foods, and various markets throughout the United States

Brand	Product Type	Company Name	Available At
Nestlé	<ul style="list-style-type: none"> • Beverages / Beverage Concentrates • Dairy Products • Drink Mixes • Dessert Mixes • Food Products 	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
Nutrilite™	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: amway.com/en_US/nutrilite
Olympia® Foods	<ul style="list-style-type: none"> • Flat Bread • Gyros 	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada
Organic Valley®	Dairy Products	Organic Valley	Supermarkets throughout the United States
Peek Freans	Bakery Items	English Biscuit Manufacturers (Pvt.) Ltd.	Ethnic (Indo/Pak) stores throughout the United States and Canada
POM Wonderful®	Beverages / Beverage Concentrates	POM Wonderful, LLC	Supermarkets throughout the United States
Saffron Road™	<ul style="list-style-type: none"> • Appetizers • Food Products • Snack Foods 	American Halal Company, Inc.	HEB, Kroger, Publix, Target, Whole Foods, and various markets throughout the United States Visit their website to locate a store near you: saffronroad.com
Tom's of Maine	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
Wonderful Pistachios®	Pistachios & Almonds	Wonderful Pistachios & Almonds	Supermarkets throughout the United States

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.



www.facebook.com/halalconsumer



www.twitter.com/ifanca



www.youtube.com/ifanca4halal



halal@ifanca.org



www.ifanca.org

*The Crescent-M[®] and IFANCA are registered trademarks of the Islamic Food and Nutrition Council of America (IFANCA) and appear on IFANCA halal-certified products internationally.

Postmaster – If undelivered, return to:
Kazi Publications, Inc.
3023 W. Belmont Ave
Chicago, IL 60618

Non-Profit Org.
US Postage
Paid
RIPON, WI
Permit No. 100

ifan(a)

Halal Consumer is a quarterly publication of IFANCA
(Islamic Food and Nutrition Council of America)



www.ifanca.org



IFANCA's registered halal-certification logo is the Crescent-M. IFANCA halal-certified products are authorized to display the Crescent-M logo on the halal-certified product labels. The Crescent-M logo may appear alone or with additional information as shown above. All forms displayed are registered trademarks of the Islamic Food and Nutrition Council of America.



HalalConsumer



ifanca4halal



@ifanca



halalconsumer@ifanca.org

