



Faith & Food

**A Guide to
Religious Dietary Requirements**



Foreword

In 2011 the people of Queensland came from more than 220 countries, spoke 220 languages and adhered to over 100 religious traditions*. The Queensland Faith Communities Council (QFCC) celebrates this wonderful and ever growing diversity and encourages all in the Sunshine State to build strong, respectful and inclusive communities.

One very enjoyable way of doing this is by sharing food. Schools, sporting clubs, common interest groups and neighbours are ideally placed to organize such gatherings. However, as many cultural and religious traditions have certain dietary requirements, it can sometimes be tricky knowing what foods to serve. Therefore QFCC has put together this little booklet.

Of course, individuals within a tradition may adhere more or less strictly to their particular dietary requirements. If you know your guests well, it is a simple matter of asking them! This could lead to some very interesting conversations.

If your guests are “future friends” then we recommend that you follow the advice given here. If you have any particular questions, we suggest you speak to a religious leader from the appropriate community. QFCC would be happy to help you make contact.

We are so fortunate to be able to enrich our lives with such amazing diversity.
Enjoy!

*<https://www.communities.qld.gov.au/multicultural/multicultural-affairs/multicultural-communities/multicultural-diversity-figures> (ABS 2011 Census)

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The **Queensland Faith Communities Council (QFCC)** was launched on 23 May 2017 as a network of faith communities committed to advancing interfaith understanding and collaboration and to making a positive contribution within the broader community.

The Ordinary Members are:

Anglican Diocese of Brisbane
Buddhist Council of Queensland Inc
Catholic Archdiocese of Brisbane
The Church of Jesus Christ of Latter-Day Saints
Hindu Council of Australia
International Society for Krishna Consciousness
Islamic Council of Queensland Inc
Nematollahi Ghadeer Ali Shahi Sufi Order
Orthodox Catholic Church of Christ the King
Pagan Hearth Inc
Queensland Churches Together
Queensland Jewish Board of Deputies Inc
Queensland Jewish Community Services Inc
Sikh Nishkam Society of Australia
The Religious Society of Friends (Quakers)
The Spiritual Assembly of the Baha'is in Brisbane Inc
The Uniting Church in Australia (Queensland Synod)

And Affiliate Members are

Believing Women for a Culture of Peace
Centre for Interfaith and Cultural Dialogue, Griffith University

Website: www.qfcc.org.au

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BAHA'I

FOOD GROUPS	YES	NO
Meat		
Fish and other seafood		
Milk and Milk products		
Fruit and Vegetables		
Bread and Cereals		
Soups and Sauces		
Fats and Oils		
Beverages		No alcohol either as drinks or for use in cooking —for medicinal use only
Other		Baha'is fast between sunrise and sunset for 19 days in March (either 1 to 20 March or 2 to 22 March depending on the year)

For Baha'is all foods are acceptable and diet is a matter of personal choice.



BUDDHIST

FOOD GROUPS	YES	NO
Meat		Most Buddhists are vegetarians Mahayana: strict vegetarian Tibetan: prefer vegetarian Theravada: no strict requirements
Fish and other Seafood		
Milk and Milk products		
Fruit and Vegetables		Mahayana: no onion or garlic
Bread and Cereals		
Soups and Sauces		
Fats and Oils		
Beverages		Consumption of alcohol for lay Buddhists is a personal choice
Other	Theravada Monks and Nuns eat before noon with nothing consumed after noon. This does not apply to other traditions. Lay Buddhists have no strict rules and it is a matter of personal choice.	



CHRISTIAN - WESTERN (Catholic/Protestant)

FOOD GROUPS	YES	NO
Meat		Catholics fast and do not eat meat on Ash Wednesday and Good Friday, the beginning and end of the six week Lenten Season (February to April). For Protestants, fasting of any type is a personal choice.
Fish and other Seafood		
Milk and Milk products		
Fruit and Vegetables		
Bread and Cereals		
Soups and Sauces		
Fats and Oils		
Beverages		Some Christians (e.g. The Salvation Army) do not drink alcohol
Other		

For Christians, all foods are acceptable. When no fast is prescribed, there are no prohibited foods.



CHRISTIAN - EASTERN (Orthodox)

FOOD GROUPS	YES	NO
Meat		No meat during periods of fasting
Fish and other Seafood		No fish, except at weekends, during major fasting times.
Milk and Milk products		No dairy products or eggs when fasting
Fruit and Vegetables		
Bread and Cereals		
Soups and Sauces		
Fats and Oils		No olive oil, and in some cases, no oil of any type, during fasting periods
Beverages		Alcohol is not drunk on fasting days, except wine on some weekends, and in some traditions, beer
Other		

For Christians, all foods are acceptable. When no fast is prescribed, there are no prohibited foods.

Orthodox Christians follow a basically Vegan diet during periods of fasting. The most significant of these is the Great Lenten Fast which occurs during the six weeks prior to Orthodox Easter. There are three other periods of fasting as well as specific days of fasting and feasting.

In general, the more observant Orthodox Christians fast every Wednesday and Friday.

See <https://orthodoxwiki.org/Fasting> for further details. The wisest way to proceed when planning an event is to consult a local priest.

Many Christians are committed to eating foods which are ethically sourced and minimise harm to the environment.



THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

FOOD GROUPS	YES	NO
Meat		
Fish and other Seafood		
Milk and Milk products		
Fruit and Vegetables		
Bread and Cereals		
Soups and Sauces		
Fats and Oils		
Beverages		No alcohol, tea or coffee
Other		No smoking

For members of The Church of Jesus Christ of Latter-Day Saints, all foods are acceptable and they are able to eat anything in moderation.

Members fast every first Sunday of the month for two meals (breakfast and lunch). Money saved goes to the poor and needy.



HINDU

FOOD GROUPS	YES	NO
Meat		Many Hindus follow a lacto-vegetarian diet , therefore no meat (especially beef) , poultry
Fish and other Seafood		No fish, or eggs
Milk and Milk products	These are allowed and encouraged	
Fruit and Vegetables		
Bread and Cereals		
Soups and Sauces		
Fats and Oils		
Beverages		
Other	Brahmins may have restrictions on who prepares their food and how it is stored. There are many fasting days.	



ISCKON (Hare Krishna)

FOOD GROUPS	YES	NO
Meat		Devotees are generally lacto-vegetarian, therefore no meat, poultry.
Fish and other Seafood		No fish or eggs
Milk and Milk products	Milk and dairy products are fine	Cheese cannot be produced with animal rennet
Fruit and Vegetables		No onion, garlic or mushrooms
Bread and Cereals	Strict observers require grain products to be produced by other devotees	
Soups and Sauces		
Fats and Oils		
Beverages		No alcohol or caffeine (i.e. tea, coffee, chocolate)
Other		



JEWISH

FOOD GROUPS	YES	NO
Meat	Must be killed and prepared in a kosher way, which includes draining and soaking blood from the meat. It needs to be kosher certified	No pork, ham, bacon, rabbit
Fish and other Seafood	Fish must have scales	No shellfish (e.g. prawns) or crustaceans or fish without scales
Milk and Milk products	Milk (including coconut milk and other substitutes), cheese, yoghurt	No cheese produced with animal rennet. No gelatine
Fruit and Vegetables	Sourced in Australia to avoid additives	
Bread and Cereals	Kosher bread should be from a certified kosher bakery	
Soups and Sauces		
Fats and Oils		
Beverages		
Other	Strictly observant kosher requires a hechser or kosher symbol on the packet	Meat and dairy foods cannot be eaten together in the same meal.



MUSLIM

FOOD GROUPS	YES	NO
Meat	Meat must be killed the halal way which includes prayer, draining and soaking blood from the meat	No pork, ham, bacon, rabbit, carrion, birds of prey
Fish and other Seafood	For Sunni Muslims all seafood is permissible	Shi'a Muslims only eat fish with scales. They can eat prawns and shrimps but no other shell fish, crab or oysters.
Milk and Milk products	Milk, cream, cheese , ice cream They must all have halal ingredients. Cheese and gelatine should be from halal animals	No animal based food colouring.
Fruit and Vegetables	All fruit and vegetables should preferably be Australian grown	
Bread and Cereals	Most bread. Emulsifiers must be from a halal source	
Soups and Sauces	Soups and sauces must be from halal products. Only pure vegetable soup	
Fats and Oils	Olive oil, vegetable oil and rice bran oil	No animal fat or lard from non-halal animals
Beverages	Tea, coffee	No alcohol
Other	Sweets and jellies from halal products only	For strict observers, vanilla extract is not permitted

Fasting (no food or drink) from sunrise to sunset, is required during the Holy Month of Ramadan. Muslims are allowed to eat as much as they like after sunset and are encouraged to invite family and friends to join them. The date of Ramadan moves forward each year.



PAGAN

FOOD GROUPS	YES	NO
Meat	Pagans who eat meat generally prefer to source their meat from high animal welfare producers who are organic or free range and humanely killed	Vegetarians, pescetarians and vegans
Fish and other Seafood	Pagans who eat seafood generally prefer wild caught/sustainably sourced product over farmed	Vegetarians and vegans
Milk and Milk products	Preference is to support small, local dairies and producers of milk, cream, butter, cheeses and yoghurt (or make own).	Non-animal rennet and gelatine for vegetarians, none for vegans
Fruit and Vegetables	All –preference for organic, home grown	
Bread and Cereals		No animal additives for vegetarian, vegan
Soups and Sauces		No animal additives for vegetarian, vegan
Fats and Oils		No animal fats/oils for vegetarians, vegans
Beverages	Preference for organic/fair trade tea, coffee and chocolate.	
Other	Most Pagans take into account the ethics of where their food comes from when choosing what to eat – sustainable, organic, free range, nonGM, food miles travelled, what is in season, are taken into consideration.	For vegans no animal product at all – no honey, eggs, dairy.



SIKH

FOOD GROUPS	YES	NO
Meat	Non-halal meat for non-vegetarians	Most Sikhs are vegetarian
Fish and other seafood		Most Sikhs are vegetarian
Milk and Milk products	Milk, Butter, Cream Cheese, Yoghurt, Ice Cream Coconut milk and other milk substitutes	
Fruit and Vegetables	All	
Bread and Cereals	Bread, pasta, noodles and rice	Nothing made with eggs, egg whites or animal based emulsifiers
Soups and Sauces	All made with vegetables and vegetable stock	No animal fats, fish sauce and Worcestershire sauce
Fats and Oils	Vegetable oils, butter, margarine (using vegetable oils), Ghee	No animal fats, lard, suet, fish oils
Beverages	Fruit or milk based Soft drinks (e.g. lemonade)	No alcohol or fermented drinks (e.g. ale)
Other		No animal based: thickeners (e.g. chitin); food colouring (e.g. cochineal/ carmine); emulsifiers (e.g. lecithin); enzymes (e.g. lipase, pepsin, rennet); Gelatine (in chocolate or ice-cream)



SUFI

FOOD GROUPS	YES	NO
Meat	Meat must be killed the halal way which includes prayer, draining and soaking blood from the meat	No pork, ham, bacon, rabbit, carrion, birds of prey
Fish and other Seafood	All seafood is permissible	
Milk and Milk products	Milk, cream, cheese , ice cream They must all have halal ingredients. Cheese and gelatine should be from halal animals	No animal based food colouring.
Fruit and Vegetables	All fruit and vegetables should preferably be Australian grown	
Bread and Cereals	Most bread. Emulsifiers must be from a halal source	
Soups and Sauces	Soups and sauces must be from halal products. Only pure vegetable soup	
Fats and Oils	Olive oil, vegetable oil and rice bran oil	No animal fat or lard from non-halal animals
Beverages	Tea, coffee	No alcohol
Other	Sweets and jellies from halal products only	For strict observers, vanilla extract is not permitted

Fasting (no food or drink) from sunrise to sunset, is required during the Holy Month of Ramadan. Sufis are allowed to eat as much as they like after sunset and are encouraged to invite family and friends to join them. The date of Ramadan moves forward each year.



