

month in review

a brief review of stuff from last month on eat-halal.com

eat-halal.com is a non-profit site

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UPDATES

Claritin free of animal ingredients

(October 5, 2004) Following an inquiry regarding the allergy-relief medication **Claritin**, eat-halal.com contacted Schering Canada, the manufacturer of the product. According to a spokesperson, Claritin, in both tablet and syrup form, is free of all animal-derived ingredients in Canada. Claritin is an over-the-counter drug that offers relief from symptoms of seasonal allergies such as sneezing, runny noses, and itchy eyes.

>> Schering Canada: (800) 463-5442

Info on Krinos feta cheese

(October 15, 2004) eat-halal.com has learned that **Krinos** feta cheeses can contain animal as well as non-animal rennet. According to the company, the domestic (Canadian) feta cheese contains artificial rennet, while the imported feta cheese contains animal rennet. We advise that products containing animal rennet from non-Zabihah or Haram animals be avoided.

>> Krinos Canada: 905-669-4414
Web: krinos.ca

**EAT-HALAL.COM WISHES
EVERYONE A VERY HAPPY**

EID

Mubarak!

Canadian flu shots gelatin-free

(October 28, 2004) With flu vaccination season coming around, eat-halal.com was once again asked to find out if this year's Canadian influenza (flu) vaccines contain any gelatin. **Aventis-Pharma Canada** and **ID Biomedical** have both confirmed that their vaccines, Vaxigrip and Fluviral respectively, are free of gelatin.

>> **Aventis-Pharma Canada:** (888) 621-1146
Web: aventis-pharma.ca
>> **ID Biomedical:** (888) 382-2246
Web: idbiomedical.com

ARTICLE

Food: for stomachs or trash bags?

From the moment we leave Eid prayers and for days and perhaps even weeks ahead, many of us will find ourselves feasting as if we haven't eaten for a month.

That's fine, since Eid is a time of celebration and food - lots of it - is usually how many people tend to celebrate.

Unfortunately, hand-in-hand with the all-time high in food consumption comes an all-time high in food wastage. Seldom is there a party where plates of leftover food aren't thrown away.

"Food is a great blessing of Allah (SW). The Prophet (SAW) has said (to the nearest meaning) that we do not know which morsel contains barakah (blessings). Therefore, we should try and gain this barakah by finishing off our food and not wasting it," explained Ml. Zainul Abedeem of Leicester, UK.

"So many people in the world, including Muslims, haven't got food to survive. We should really be helping them."

According to published statistics, 24 000 people die of hunger or hunger-related causes each day, close to 18 000 of which are children. That adds up to a person every 3.6 seconds; more than 16 people each minute; 1,000 each hour; translating into 8,760,000 every single year.

In the luxury of the times, it may be tough to give up on everything we're used to, said Ml. Zain. But we can still do our part.

"It's hard to give up our luxurious parties, but at least we can make an attempt on not wasting food," said the 22-year-old scholar.

As well, wasting has been condemned by Allah. In the Quran, Allah says, "Verily, spendthrifts are brothers of the devils, and the Devil is ever ungrateful to his Lord." (17:27)

Allah also warns humans against wasting food and drink.

"O Children of Adam! Wear your beautiful apparel at every time and place of prayer, and eat and drink, but waste not by excess, for Allah loves not the wasters." (7:31)

One way to lessen food wastage is to take only as much food as one is sure that one can finish, and then head for seconds if more is needed.

If there are leftovers afterward a party, they can be distributed to the guests or sent to a food bank or homeless shelter.

Read the complete article at www.eat-halal.com !

Please note that the information in this newsletter is deemed to be correct at the time of publication and may become outdated at any time. Please visit us at <http://www.eat-halal.com> for the latest.

Please post this newsletter in your local Mosque or Center and pass on to friends. Jazakallah-hu-Khairan!