

## **FOOD FOR RELIGIOUS FAITHS AND BELIEFS**

We will cater for different diets due to health or religious reasons and we enjoy working with our parents to research and learn about new aspects of diet.

The following notes on religious needs for food are meant as a guide only and the list is not authoritative. Some people within some of the faith groups identified may not observe the dietary laws stated above. Prohibitions and restrictions even within a particular faith may change between denominations or branches.

Alcohol and caffeine drinks are mentioned in connection with the adults who use our nursery, either staff or parents within these faith groups.

### **BUDDHIST**

Many are vegetarian but some may eat fish. Some may be vegan. Some may exclude eggs. Diet will vary depending on country of origin. Fasting is acknowledged.

### **HINDU**

Most are vegetarian. Dairy is generally acceptable. Those who eat meat, poultry, and fish will exclude beef. Diet will vary depending on country of origin.

Strict Hindus also exclude: Tea and Coffee, Alcohol

Fasting is acknowledged.

### **JEWISH**

Pork and pork products are excluded. Kosher beef, lamb, poultry and fish (with fins and scales) are eaten. Shellfish is not eaten. Meat and dairy are never eaten at the same meal. Dairy may not be eaten until 3 hours after meat or poultry. Eggs can be eaten without blood spots. They will also exclude: Gelatin, Fats, Emulsifiers, stabilisers, and additives from animal origin that is not kosher.

Fasting is acknowledged.

### **MUSLIM**

Pork and pork products are excluded. Halal beef, lamb, poultry, fish are eaten.

Dairy products and eggs are eaten by most. They will also exclude: Alcohol, Gelatin, Fats, Emulsifiers, stabilisers, and additives from animal origin that is not Halal.

Fasting is acknowledged.

### **SIKH**

Many are vegetarian. Those who eat meat, poultry and fish will exclude beef and possibly pork. Halal and kosher meat are not eaten. Some may exclude eggs.

### **RASTAFARIAN**

Pork and pork products are excluded. Many will be vegetarian. Some may be vegan. Some may exclude eggs. They prefer to eat a pure and natural diet so may exclude: coffee, alcohol, canned or non-organic foods.

Fasting is acknowledged.