
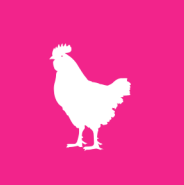







## MULTIFAITH RELIGIOUS DIETARY GUIDELINES

								DETAILS OF OBSERVANCE
BAHA'I	✓	✓	✓	✓	✓		✓	No specific food restrictions, but many Baha'i are vegetarian and abstain from alcohol. Fasting occurs on certain holy days.
BUDDHISM					✓		✓	Many Buddhists follow vegetarian diets. Fasting occurs on certain significant days.
CHRISTIAN (CATHOLIC)	✓	✓	✓	✓	✓	✓	✓	Many Catholics do not eat meat on Fridays during Lent, Ash Wednesday, & Good Friday. Fasting occurs on certain holy days.
CHRISTIAN (ORTHODOX)	✓	✓	✓	✓	✓	✓		Orthodox communities observe food restrictions during Lent, abstaining from meat and fish.
CHRISTIAN (PROTESTANT)	✓	✓	✓	✓	✓	✓		There are no specific food restrictions.
HINDUISM					✓		✓	Many Hindus follow vegetarian diets, and abstain from alcohol. Fasting occurs on certain holy days.
ISLAM	✓ HALAL*	✓ HALAL		✓	✓		✓	Most Muslims only eat Halal meats & refrain from pork products & alcohol. Most Muslims eat shellfish, though not all. Fasting is primarily during Ramadan.
JUDAISM	✓ KOSHER**	✓ KOSHER		✓ NO SHELLFISH	✓ KOSHER	✓ KOSHER	✓	Many Jews only eat kosher or vegetarian foods, and refrain from pork products, shellfish, & do not mix meat & dairy. Fasting occurs on certain significant days.
SIKHISM					✓			Many Sikhs follow a vegetarian diet.

**We want all Elon community members to have a seat at the table and food they can eat.**

These Multifaith Religious Dietary Guidelines offer suggestions to help create more inclusive menus and food options for community members who follow particular dietary practices.

We recognize that individual practice is varied, these guidelines do not represent all members of any community, and should not be seen as representative of all religious dietary guidelines for any identity group.

The Truitt Center supports and engages the Elon community with the wisdom of the world's religious, spiritual, and ethical traditions.

**KOSHER\*\*** Kosher food adheres to Jewish dietary regulations. Pork and shellfish may not be eaten at all, permitted animals must be slaughtered in a certain manner, meat and dairy products cannot be eaten together, and meat and dairy cooking and eating utensils must be separated in many understandings and interpretations of Jewish law. During Passover, many Jews refrain from eating bread and other leavened foods.

**HALAL\*** Halal means lawful or permitted, and refers to what is allowed under Islamic law in most interpretations. Animals need to be slaughtered in a certain way. Pork products and alcohol are not halal, and are prohibited. Most Muslims eat shellfish.

**Ingredients to be aware of for halal, kosher, and vegetarian/vegan diets include gelatin, lard, and rennet.**



Consult this chart to learn about different religious dietary guidelines.



Plan your menu around the needs of your participants. Always ask questions about dietary needs.



Please keep religious fast days in mind. The Truitt Center has a list of fast days on our website.



Enjoy your event, knowing that your guests have a seat at the table and food they can eat.