



Religious Dietary Resource



*Resource Manual for Schools:
Regional Municipality of Wood Buffalo*



Multicultural Association of
Wood Buffalo

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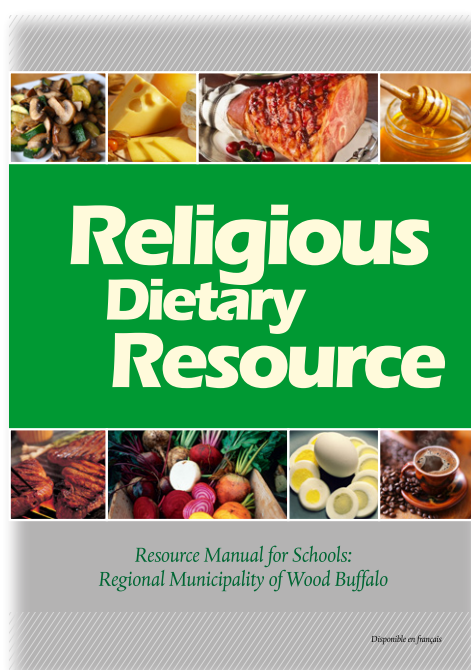
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This resource is intended to help schools recognize and honor some of the dietary practices of our multicultural community. It does not represent all religious dietary practices, nor is it intended to provide all details on dietary practices for those religions identified.

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You may print and download this resource. The intended use of this resource is for school staff within the Regional Municipality of Wood Buffalo.

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Alberta Project Promoting active Living & healthy Eating



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Introduction

The partners who created this resource recognize and value the religious diversity within the Regional Municipality of Wood Buffalo and we are committed to providing a safe, respectful and equitable environment for all. Our goal in creating this resource was to provide a practical tool for understanding religious dietary practices that helps schools promote acceptance and awareness.

Demographics

Initiatives such as the dietary resource are increasingly necessary as our region's diversity increases. The Regional Municipality of Wood Buffalo (RMWB) has seen unprecedented population growth in the last decade in parallel with continued economic development. This growth has attracted large numbers of workers from both inside and outside of Canada resulting in a dramatic increase in diversity in recent years. According to the 2012 Municipal Census ⁽¹⁾, 14.6% of the region's residents are immigrants of which 45.5% are from South or Southeast Asia. Further, 24.1% of residents are visible minorities including a sizeable 6.8% Native Aboriginal population. Finally, while there is no local data concerning religious minorities we can get a sense of the religious diversity in our region by looking at the national average which shows 21% of those living in Canada are religious minorities ⁽²⁾.

Role of Food in Religious Traditions

Food plays an integral part of religious traditions. Understanding the role of food in

religious practice shows respect and it helps foster an inclusive learning environment. The role of food in religious practice is complex and varies among individuals and communities. It is important not to make assumptions about a person's religious beliefs. It is always better to ask than to assume. Understanding religious traditions and food customs requires good communication between the family and the school. The suggested procedure for religious dietary accommodations and the special diet request form were developed with this in mind.

Using This Resource

This document is a resource for the school community. It can be used to understand food practices of various religious traditions, help to establish procedures for religious dietary accommodations, and provide some useful tips and additional resources. While every effort has been made to ensure the information contained in this document is correct, there are numerous factors to consider when talking about dietary restrictions; e.g. levels of observance, differences in interpretation of religious doctrine, culture & regional differences, family upbringing, allergies, and personal preference are all factors that determine the diet of an individual.

The focus of this resource is on religious dietary practices rather than cultural dietary practices. Other religious accommodations such as fasting, dress, etc. should also be considered by schools. For information on these topics please contact the Multicultural Association of Wood Buffalo or see the Resources section of this manual.

Rights & Responsibilities

“*Freedom of religion is an individual right that is protected by Canadian Charter of Rights and Freedoms.*”

Reasonable Accommodation

Reasonable Accommodation - Alberta Human Rights Commission (3): In Canada, educational institutions and others have a responsibility of “reasonable accommodation”. This legal duty to accommodate is specific to those areas that are protected under the Alberta Human Rights Act (race, religious beliefs, colour, gender, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status, or sexual orientation). Reasonable accommodation must be made when it does not impede the rights and freedom of others and when it does not cause undue hardship. Undue hardship may be economic and is determined based on the organization’s size, resources, nature, and structure.

Shared Responsibility of Schools, Students and Families:

It is important to acknowledge each individual’s right to follow or to not follow religious beliefs and practices. Each school should be committed to taking all reasonable steps to provide religious accommodations to staff and to students. Part of creating an inclusive, healthy environment is to help all students and their families feel respected and valued.

Not only is it the school’s responsibility to take reasonable steps to ensure freedom of religion, it is also the responsibility of the students and their families to help the school community understand their religious needs. Families are expected to work with the schools to help determine appropriate and reasonable accommodations.

Recommendations & Tips for Schools

If you are not sure, it is always best to ask. Dietary practices are very individualized so asking instead of assuming is the best course of action.

A good rule of thumb is to provide at least one vegetarian and one vegan option when a meal or snack is being offered.

It is NOT the school's responsibility to enforce dietary practices

All foods offered at school or school related events should indicate if the item is a vegetarian or vegan option. Having an ingredient list available so students can determine if the food is suitable for their religious traditions is advisable.

Example Scenario

You are aware that a student in your class does not eat meat for religious reasons. You are having a class party and you want to ensure everyone feels included so you offer a variety of snacks – both vegetarian and non-vegetarian. The child is made aware which options are vegetarian and which options are not. The next day you receive a phone call from the child's parents who are upset because their child ate the non-vegetarian snacks at the party. Did the teacher take appropriate actions in this situation?

In this situation, the teacher made reasonable accommodations (i.e., ensured

vegetarian snacks were available, properly labeled, and the child was informed). There was no pressure or discrimination towards that child to eat the non-vegetarian options. Therefore, the teacher fulfilled her responsibilities in making reasonable accommodations and is not at fault. The teacher would want to discuss this concern with the parents to explain that it is the child's responsibility to comply with their religious traditions. The teacher would want to ensure that the parents are able to bring up any of their concerns so incidents similar to this do not happen in the future.



Suggested Procedure for Religious Dietary Accommodations

Note: These are suggested procedures that can be used to help guide your current procedures. These procedures are not meant to replace current practices. Contact your school administration and/or school board for information about current policies and practices surrounding dietary accommodations.

Step 1 Family fills out the diet information form (see appendix for a sample template form)

This form can be filled out by the family to inform the school of any special diet information. The form should be provided to the school at the beginning of the school year. This form is a template that can be modified based on the school's needs, policies, and procedures. This form is not intended to replace current allergy or medical information forms. However, the form can be added to the allergy or medical information form to simplify the process.

Step 2 Provide reasonable accommodation when needed

The school should take all reasonable steps to provide accommodation to individual members of a religious group to facilitate their religious beliefs and practices.

Examples of reasonable accommodations:

- Providing vegetarian and/or vegan options at school events where food is being offered. Label these options or inform the students which option is vegetarian, vegan, etc.
- Providing gelatin free yogurt options for those religions that don't eat pork products.
- Separating the root vegetables from the non-root vegetables for a Jain who does not eat root vegetables. Providing education for students to be able to identify root and non-root vegetables would help students understand the difference and avoid future problems.

If the school is unsure what an appropriate accommodation is, then the school should collaborate with the family to determine a reasonable accommodation. Communicate with the family/student ahead of time to let them know that an appropriate alternative food will be provided.

Aboriginal Spirituality

Aboriginal spirituality refers to the traditional belief system of First Nations, Metis, and Inuit groups. The Aboriginal community is represented by more than 50 cultural language groups within Canada and there are many variations on cultural practices across Canada. Many Aboriginals now follow some form of Christianity or a combined belief system of Christianity and traditional Aboriginal spirituality.

There is an underlying belief in Aboriginal spirituality of one all-encompassing Creator and of Mother Earth. Further, there is a belief that all things are interconnected in a holistic way. These beliefs are reflected in their diets with a focus on respect for the animal and land that provided sustenance. It is also important to note that Aboriginal Spirituality is based on oral traditions passed down from Elders. Elders play a central role in the education of young people in their communities. This focus on tradition affects dietary practices particularly during ceremonies and events where traditional food is seen as extremely important.



Dietary Considerations

Traditional food connects Aboriginal people with their traditions and provides them with a connection to their spirit. This connection to spirit makes traditional food integral to Aboriginal people particularly when conducting ceremonial feasts and other cultural events. Traditional First Nations, Métis, and Inuit events include activities such as a Sweat Lodge Ceremony, Pow-wow, Metis Gatherings, or round dance (1). Traditional feasts are usually part of the ceremony. Feasts may require foods such as: bannock, soup, wild meat, fish, tea, and native fruit (list is not all inclusive). The types of foods that are important vary between groups and between geographic areas.



Food not allowed

Generally no dietary restrictions however there is a high incidence of lactose intolerance, avoiding milk products may be prudent.

Baha'i

The Baha'i faith was founded in Iran a century and a half ago making it one of the youngest world religions. Today, Baha'is live all around the world and is one of the fastest growing religions in the world. The Baha'i community of Canada is made up of about 30,000 people including French and English Canadians, 18% are First Nations and Inuit, and another 30% are immigrants (4).

Bahá'u'lláh, founder of the Baha'i faith, is considered the most recent messenger of God following Abraham, Moses, Buddha, Krishna, Zoroaster, Jesus, and Muhammad. The central message of the Baha'i faith is that humanity is one single race and the aim is to create a unified global civilization. This message is reflected in some followers' practice of vegetarianism.



Dietary Considerations

There is no specific dietary restriction in the Baha'i faith except for a ban on alcohol. However, some Baha'i followers believe that fruit, nuts, and grains should eventually replace meat in one's diet. Therefore, some choose to follow a vegetarian or vegan diet.



Food not allowed

- Alcohol
- Meat (for some)

Buddhism

Buddhism is the fourth largest religion in the world. Traditionally, Buddhism has been found in Asia however Buddhism has spread all over the world including to Canada. There are many varying convictions and practices of Buddhism that mainly focus on the teachings of Siddhartha Gautama, who is often referred to as the Buddha or the awakened one. Buddhist teachings center on the elimination of ignorance and attachment as well as teaching non-violence.



Dietary Considerations

Consistent with Buddhist teachings of non-violence, most Buddhist communities practice a form of vegetarianism. The following table depicts some of the different possibilities of Buddhist diets.

Possible Buddhist Diets	Food Not Allowed
Canada's Food Guide	Generally no restrictions, but some may abstain from eating pork
Semi-Vegetarian	Beef, pork, lamb
Lacto-Ovo Vegetarian	Meat, poultry, fish, seafood, animal fats
Lacto-Vegetarian	Meat, poultry, fish, seafood, eggs, animal fats
Vegan	Meat, poultry, fish, seafood, eggs, milk, milk products, honey, animal fats

Some Buddhists who do not regularly follow a type of vegetarianism choose to eat a vegetarian diet for three designated months of the year – January, May and September. These times are designated by the Buddhist tradition⁽¹⁾.



Food not allowed

→ Meat (for many)

Christianity

Christianity is a religion that is based on the teachings of Jesus Christ and is now the world's largest religion. The religion is based on the old and new testament of the Bible. In general, Christians believe that Jesus is the son of God and is therefore referred to as Christ or the Messiah.

Worldwide, the three largest branches of Christianity include the Catholic Church, the Eastern Orthodox Church and the various denominations of Protestant Churches.



Dietary Considerations

No specific dietary restrictions. They may abstain from or limit the use of alcohol and tobacco. Some Christians may practice periodic fasting. This can take the form of refraining from certain foods for a stated period of time, or the elimination of meat from the diet once a week, on certain 'holy days', or for a 'season' in the liturgical calendar e.g. Ash Wednesday, Fridays during Lent. Other Christians may only take in liquids for a prescribed length of time or to refrain from eating sweets or fats as a spiritual discipline ⁽¹⁾.



Food not allowed

Generally no dietary restrictions

Hinduism

Hinduism refers to a diverse assortment of traditions combining to form a culture followed by the vast majority (80%) of Indians ⁽³⁾. Practitioners refer to Hinduism as “the eternal law” (Sanatana Dharma). Unlike most world religions, Hinduism does not have a specific code of conduct or common set of beliefs across its devotees. However, concepts such as karma (causality of action), dharma (ethics/duties), and punarjanma/samsara (the cycle of rebirth) are important to most Hindus. High reverence for the cow and beliefs surrounding non-violence has a major impact on Hindu dietary practices.



Dietary Considerations

Dietary practices vary for Hindu followers depending on the sect to which one belongs and personal practice. Almost all Hindus refrain from eating beef due to high reverence for the cow as a mother figure, caretaker, and a sign of wealth. In accordance with the emphasis of non-violence, many Hindus are also vegetarians while some follow lacto-vegetarian or vegan diets. Further, those who are not vegetarians often practice vegetarianism during religious days of observance. A Hindu may also fast with fruits and milk or juice at times like bereavement (e.g. especially during the first week following death).

The following table depicts some of the different possibilities of Hindu diets.

Possible Hindu Diets	Food Not Allowed	Additional Information
Canada’s Food Guide	Beef	Canada’s Food Guide
Semi-Vegetarian	Beef, pork, lamb	Do not mix vegetarian food with non-vegetarian food when cooking
Lacto-Vegetarian	Meat, poultry, fish, seafood, eggs, animal fats	
Vegan	Meat, poultry, fish, seafood, eggs, milk, milk products, honey, animal fats	Vegan



Food not allowed

- Beef
- All meat (many)
- Seafood
- Eggs
- Milk
- Honey (some)

Islam

Islam is the second largest religion in the world and is the fastest growing religion ⁽⁴⁾. Muslims believe that Islam is the complete and perfected version of the faith that was revealed many times by many prophets. The first prophet was Adam, followed by others including Jesus and lastly Muhammad. The religion focuses on the Prophet Muhammad's interactions with God (Allah).



Dietary Considerations

The Qur'an and prophetic traditions set out the rules and obligations Muslims must follow with regards to their diet. The term "halal" means "that which is allowed", while "haram" refers to "that which is forbidden". Only halal meat is allowed to be eaten by Muslims. To be halal, meat must come from a healthy animal sacrificed in a particular manner and in the name of Allah. While some Muslims regard most meat sold in Canada as halal, others will only eat meat that is labeled halal and sold from a reputable halal supplier. Halal food should not come into contact with restricted food products.

Ramadan is the Muslim holy month that is observed by daily fasting for a full lunar month once a year. Fasting involves abstinence from all food and drink beginning at the break of dawn and ending at sunset. Observance of fasting begins when a child reaches puberty, but some children may try fasting before this time. If a child is showing signs of fatigue as a result of fasting, it is recommended that the school contact the parents to inform them.



Food not allowed

- Pork and pork by-products (see glossary)
- Non-halal meats
- Meat by-products (E.g. Jell-O, and some candies, soup bases, yogurt or margarines)
- Alcohol and food products made from or containing alcohol (e.g. wine based vinegar, wine sauces, and pastries/candies containing alcohol)

¹The animal must be slaughtered with a sharp knife cut to the throat and the blood must be drained.

Jainism

Jainism is an Indian religion that centers on non-violence and self-control. It is one of the oldest religions in the world. The ultimate goal is to achieve liberation from the cycle of birth, life, death and rebirth. Twenty four leaders who achieved enlightenment/liberation serve as guides or role-models for Jains to follow. The last leader, Mahavira holds an important place in Jainism and is often regarded as the founder or reformer.



Dietary Considerations

Jains practice forms of vegetarianism consistent with their focus on non-violence and self-control. Many Jains will also refrain from root vegetables, sprouts, and fruit or vegetables with many seeds. The reason behind this is that the harvest of these foods is violent (involves killing the entire plant and insects). Mushrooms, fungus, and yeast are forbidden because of the unhygienic environments in which they are grown and the likelihood of ingesting other life forms. Honey, eggs, and sometimes milk are not eaten as it amounts to violence against an animal. Garlic and onions are also avoided as these are considered harmful to the mind and body and have sedative properties. Further, many Jains will not eat from sunset to sunrise for fear of eating an insect by mistake. Lastly, Jains do not consume alcohol because the fermenting process involves killing a large number of microorganisms as well as the sedative nature of alcohol that impedes the achievement of higher states of consciousness.

Possible Jain Diets	Food Not Allowed ⁽¹⁾
Lacto-vegetarian	Meat, poultry, fish, seafood, eggs, animal fats, honey, animal by-products (including lecithin), root vegetables (e.g. potatoes, carrots and radishes), fungus, mushrooms, yeast, onions, garlic, vegetable sprouts, fruits and vegetables with many seeds (e.g. figs, raspberries, strawberries)
Vegan	Meat, poultry, fish, seafood, eggs, milk, milk products, honey, animal fats, animal-by-products (including lecithin), root vegetables (e.g. potatoes, carrots and radishes), fungus, mushrooms, yeast, onions, garlic, vegetable sprouts, fruits and vegetables with many seeds (e.g. figs, raspberries, strawberries)



Food not allowed

- Meat
- Seafood
- Eggs
- Root vegetables & fungus (most)
- Milk & honey (many)
- Onions
- Garlic
- Fruits with many seeds (some)

Jehovah's Witnesses

Jehovah's Witnesses is a Christian denomination whose beliefs differ greatly from mainstream Christianity such as their rejection of the Trinity. Jehovah's Witnesses are governed by a body of elders that interpret the Bible. They have a strong belief that Armageddon is imminent and spreading what they refer to as "the truth" is an integral part of their religious life.



Dietary Considerations

Jehovah's Witness Diet	Food Not Allowed	Additional Information
Canada's Food Guide	Meat not properly bled (i.e. blood sausage or blood pudding)	Meat sold in grocery stores are considered properly bled and suitable for consumption.



Food not allowed

Any food containing pooled blood

Judaism

Judaism is the first of the Abrahamic religions (others include Christianity and Islam) and was founded over 3500 years ago. The religion is based on the Torah (other later texts and oral traditions inform the religion) which was revealed by God to Moses. Judaism does not only refer to a religion but also to an ethnicity or culture.



Dietary Considerations

A food is considered Kosher if it conforms to the Kashrut (Jewish religious dietary laws). Kosher is the Hebrew word for “fit” or “appropriate”. In accordance with these laws, meat and dairy products cannot be cooked, served, or eaten together (separate cookware is required). Only meat from mammals that are ruminants with split hooves may be eaten. Further, animals must be slaughtered in accordance with Jewish law . Lastly, only fish that has both fins and scales is acceptable.

It is important to note that there is variance between the denominations of Judaism and personal practice so discussing with the family is important.

Judaism Diet	Food Not Allowed ⁽¹⁾	Additional Information
Canada’s Food Guide	Pork, shellfish and any byproducts	
Kosher	Pork, shellfish and any byproducts	Other meat, fish, poultry and certain food products must be Kosher
Semi-vegetarian	All meat, poultry and shellfish	Fish must have both scales and fins.

Days of special observance include:

- Passover- 8 day festival of freedom. During this time observers do not consume leavened foods or foods that are not certified “Kosher for Passover”.
- Yom Kippur- observers fast for 25 hours
- Tisha B’Av- observers fast for 25 hours



Food not allowed

- Pork and pork byproducts (see glossary)
- Shellfish
- Non-Kosher Meats
- Meat & Milk cooked, served, or eaten together

²The animal must be slaughtered with compassion and respect by a trained butcher with a sharp blade swiftly severing the throat.

The Church of Jesus Christ of Latter Day Saints (Mormonism)

The Church of Jesus Christ of the Latter Day Saints, also known as the Mormon Church or LDS, was established by Joseph Smith as a restoration of Jesus Christ's original teachings.

Its doctrine is based on the Bible, the Book of Mormon, and on the revelation spoken by Joseph Smith. Missionary work is also an integral part of religious life for Mormons.



Dietary Considerations

Mormon Diet	Food Not Allowed	Additional Information
Canada's Food Guide	Food or drinks containing caffeine and alcohol	Eat meat sparingly, encourage whole grains, herbs, fruits and vegetables



Food not allowed

- Caffeine (may include: coffee, non-herbal teas, iced tea, coffee flavoured foods or desserts, caffeinated soft drinks)
- Alcohol and food products made from or containing alcohol (e.g. wine based vinegar, wine sauces, and pastries/candies containing alcohol)

Seventh-day Adventism

The Seventh-day Adventist Church is a Protestant Christian denomination that focuses on the belief in the second coming of Jesus Christ.

Unlike mainstream Christianity, Seventh-day Adventists observe the Sabbath from sundown Friday to sundown Saturday. Health, education, missionary, and humanitarian work are a main focus of Seventh-day Adventists.



Dietary Considerations

Many Seventh-day Adventist adherents practice a form of vegetarianism.

Judaism Diet	Food Not Allowed ⁽¹⁾	Additional Information
Canada's Food Guide	Alcohol, caffeinated beverages, biblically unclean meats such as pork, pork-by-products, shellfish, fish without fins or scales	All plant foods and biblically clean meats such as poultry, beef, lamb, fish with fins and scales
Lacto-ovo vegetarian	Meat, poultry, fish, seafood, animal fats	Grain products, legumes, vegetables, fruits, tofu, nuts, seeds, eggs, milk, milk products
Vegan	Meat, poultry, fish, seafood, eggs, milk, milk products, animal fats	Whole grain products, legumes, vegetables, fruits, tofu, nuts, seeds

During food preparation food must avoid contact with food not allowed.



Food not allowed

- Pork and pork-by-products (see glossary)
- Shellfish and fish without fins and scales
- Alcohol
- Caffeine (most)
- Meat (many)
- Seafood (many)
- Eggs (some)
- Milk (some)

Sikhism

Sikhism was founded by Guru Nanak in the Punjab region of India. The teachings are based on ten Sikh Gurus the last of which is the holy book, Guru Granth Sahib.

The main belief of Sikhism is the oneness of God. Sharing, equality, and service to community and God hold particular importance in Sikhism.



Dietary Considerations

Sikh dietary laws forbid the eating of meat from an animal slaughtered in ritual (this would include all halal and kosher meat). Acceptable meat is referred to as “Jhatka” or “Chatka”. Jhatka meat is from animals slaughtered by a single strike that severs the head cleanly.

Further, Sikhs are forbidden from ingesting any intoxicants including alcohol.

Many Sikh adherents restrict themselves from meat entirely and are in fact Lacto-vegetarians.

Possible Sikh Diets	Food Not Allowed ⁽¹⁾
Canada's Food Guide	Beef
Lacto-ovo vegetarian	Meat, poultry, fish, seafood, animal fats
Lacto-vegetarian	Meat, poultry, fish, seafood, eggs, animal fats

During food preparation food must avoid contact with food not allowed.



Food not allowed

- Non-Jhatka meat
- Beef
- Meat
- Seafood
- Eggs (most)
- Alcohol & Intoxicants

Appendix

Resources (click to follow hyperlink or view address on references page)

[Eating Well with Canada's Food Guide \(English, French, First Nations, Inuit and Métis, Translated Versions\)](#): this handout is a recommended food intake pattern that is based on current nutritional science (5).

[Alberta Nutrition Guidelines for Children and Youth](#) are guidelines from the Alberta government designed to help schools make healthy food readily available. (6)

[Cultural Competence - A Guide to Organizational Change](#) is a Government of Alberta document that helps organizations promote cultural diversity and competence (7).

Websites

[Multicultural Association of Wood Buffalo](#) supports cultural groups and newcomers through programs and events and fosters cross-cultural awareness and understanding (8).

[Alberta Health Services- School Nutrition](#) website provides a comprehensive list of resources on healthy eating in schools (9).

[Healthy U Food Checker](#) Allows you to compare a Nutrition Facts Table to the Alberta Nutrition Guidelines to determine if your food or beverage choice is a Choose Most Often, Choose Sometimes or Choose Least Often (10).

[APPLE Schools](#) (Alberta Project Promoting active Living and healthy Eating) is helping to create healthy school communities in Alberta. This website provides resources to support healthy schools (11).

[My Health Alberta- Vegetarian Diets](#) explains the different types of vegetarian diets (12)

[Health Canada Food Allergies](#) provides information on the top ten food allergies and explains allergen labeling requirements (13).

[My Health Alberta Allergy Information](#) provides a complete topic overview on food allergies (14).

[University of Calgary Diversity Toolkit](#) provides Alberta web-based diversity resources (15).

[Canadian Halal Foods](#) provides information on halal foods in Canada (16)

[The Kashruth Council of Canada](#) provides information on Kosher foods in Canada (17)

These resources are provided as sources of additional information. They are believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.

Glossary

Alcohol containing food/beverages - Examples may include but are not limited to: wine based vinegars, wine sauces, some pastries (due to the vanilla extract or other extracts in the ingredients), candies containing alcohol, other desserts made with liqueurs (ex. rum, brandy, coffee or orange liqueurs), beer batter, soya sauces naturally brewed (ex. Kikkomann), teriyaki sauces containing soya sauce

Bannock- A food that is a form of flat bread cooked on a griddle or fried in a pan. Many variations exist, both in Scotland from where it originates and in other countries. Indigenous people particularly Métis in western Canada and the northern Great Plains in the United States, adopted bannock in their own cuisine over the eighteenth and nineteenth centuries ⁽¹⁸⁾.

Meat by-product- This term refers to a secondary product derived from a manufacturing process. Meat by-products include products such as: blood meal, collagen, gelatin (more info under pork and pork byproducts), bone meal, whey, lard, tallow, unspecified shortening, pepsin, rennin/rennet, etc. ⁽¹⁹⁾

Caffeine containing foods/beverages: Examples may include but are not limited to: coffee, chocolate, some teas, energy drinks, soda, ice cream containing coffee or chocolate etc.

Fasting- Abstaining from food, or some types of food, especially as an act of religious observance ⁽²⁰⁾

Fish with scales and fins- These are allowed in Jewish dietary law. A few examples include: bass, cod, haddock, halibut, mackerel, pollock, salmon, sole, tuna, walleye ⁽²¹⁾.

Fish without scales and fins- These are not allowed in Jewish dietary law. A few examples include: catfish, eels, shark, swordfish, sturgeon, shell fish ⁽²²⁾

Halal- Means “that which is allowed”. Halal

foods are foods/beverages that Muslims are permitted to consume under Islamic law.

Haram- Means “that which is forbidden”. Haram foods are foods/beverages that Muslims are not permitted to consume under Islamic law.

Jhatka- Is a term for meat that is slaughtered by a single strike that severs the head cleanly in accordance with Sikh dietary law. Sikh dietary laws also forbid the eating of meat from an animal slaughtered in ritual (this would include all halal and kosher meat).

Kosher- Is the Hebrew word for “fit” or “appropriate”. A food is considered Kosher if it conforms to the Kashrut (Jewish religious dietary laws). In accordance with these laws, meat and dairy products cannot be cooked, served, or eaten together (separate cookware is required). Only meat from mammals that are ruminants with split hooves may be eaten and the animals must be slaughtered in accordance with Jewish law ⁽²⁾. Lastly, only fish that has both fins and scales is acceptable.

Lacto-ovo-vegetarian- A person who eats milk products such as milk, cheese, and yogurt—and eggs, but no meat, poultry, seafood, or fish. “Lacto” means “milk.” “Ovo” means eggs ⁽¹²⁾.

Lactose Intolerance- A condition in which your body does not make enough of an enzyme called lactase. Lactase breaks down lactose, which is the natural sugar found in mostly milk and milk products. Lactose intolerance can cause symptoms such as gas, bloating, cramps, diarrhea, and nausea. The amount of lactose a person tolerates can vary.

Lacto vegetarian- A person who eats milk products, but not eggs, meat, poultry, seafood, or fish ⁽¹²⁾.

Leavened foods- Leavening agents may include yeast, baking powder, baking soda (sodium bicarbonate), and potassium bicarbonate.

Leavened foods may include foods such as: bread, cake, crackers, cookies, prepared cereals and pies ⁽²³⁾.

Pork and Pork Byproducts (Include):

- Pork, bacon, ham
- Lard
- Unspecified shortening
- *Gelatin* - Is made from collagen which is extracted from the skin, bones, and connective tissues of animals such as cows, chickens, pigs, and fish. Gelatin is often used as a gelling agent in foods. Foods that may contain gelatin include (not all inclusive): Jell-O, yogurts, marshmallows, icing, gummy candies (e.g. Starbursts or gummy worms), and even some frozen vegetables contain gelatin.
- Animal enzymes such as:
 - Pepsin
 - Rennin/Rennet

*Note- these enzymes are typically found in milk products such as cheese.

Root vegetables- Root vegetables are plant roots used as vegetables. Some examples include: potatoes, onions, carrots, turnips, beets, yam, sweet potato, jicama, cassava, ginger, garlic etc.

Semi Vegetarian- A person who eats mostly plant foods, dairy products, and eggs, and occasionally chicken, fish, and red meat (24).
Shellfish- Any aquatic invertebrate having a shell or shell-like carapace. Some examples include: crabs, lobsters, oysters, mollusks, shrimp, crayfish, etc. ⁽²⁵⁾

Vegan- A person who eats only plant foods and avoids food that are animal byproducts such as: milk products, eggs, honey, and gelatin (which comes from bones and other animal tissue) ⁽¹²⁾.

Vegetarian- A person who does not eat meat. There are several kinds of vegetarian diets ⁽¹²⁾

Wild meat- May include meat such as deer, caribou, elk, rabbit, buffalo, duck, pheasant, grouse etc.

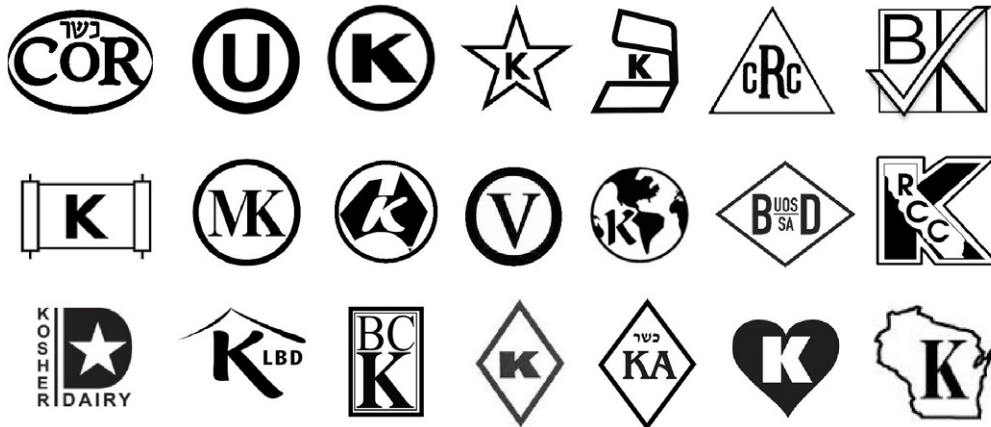
Food Symbols

There are many symbols used on food labels which can be helpful in determining if a food is halal, kosher, vegetarian, or vegan. These symbols may come from certification agencies, food companies, or non-profit organizations. There are not universal symbols for halal, kosher, vegetarian, or vegan foods, so these symbols can vary quite a bit. Below are some examples (please note that this is not all inclusive and this should not be considered an endorsement of any symbol).

**Please note: A food may be halal, kosher, vegetarian, or vegan even though it has no symbol at all.*

Kosher Symbols ⁽²⁶⁾

COR KOSHER SYMBOL CARD



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Halal Symbols (27)



Vegan Symbols (28) (29) (30)



Vegetarian Symbols (31) (32) (33)



(Place School Logo Here)

Diet Information Form

Date:

Student's Name:

Parent/Guardian:

Home Room: Phone:

Email:

This form is to inform the school of special religious dietary requirements. It is not just the responsibility of the school to provide reasonable accommodations; it is a shared responsibility between the student, family, and the school. The division of responsibility is as follows:

Student	Family	School
It is the responsibility to the child to comply with their religious traditions. The school will not enforce religious obligations.	It is the responsibility of the family to inform the school of special religious dietary requirements.	It is the responsibility of the school to provide reasonable accommodations.

Foods Not Allowed:

Please specify any foods that your child is not allowed to consume for religious or other reasons. This may include pork, beef, meat, eggs, milk, root vegetables, yeast, mushrooms, honey, etc.

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Other special dietary considerations:

Please specify any special dietary considerations your child has including: vegetarian, lacto-vegetarian, vegan, halal, or kosher laws. Please indicate if your child follows any fasting or dietary restrictions on certain days of the week or days of observance

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Please return this form to your school.

Available in French, Cree, Dene, Amharic, Arabic, Eritrean, Gujarati, Mandarin, Russian, Somali, Spanish, Tagalog, and Urdu



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Notes

Lined area for notes, consisting of multiple horizontal dotted lines.

RELIGIOUS DIETARY RESOURCE



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