



NOTICE FOR MUSJID BOARD

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“and eat and drink, but be not excessive. Indeed, He (Allah Ta’ala) likes not those who commit excess.”

Mankind at large has not heeded the Divine Command enshrined in Chapter 7, Verse 31 of the Noble Quran to the increasing detriment of the health of the population. **31% of men, 68% of women and 13% of children in South Africa are obese** with high risk of heart disease and early death.

The key concept of food in Islam is that it maintains the safety of the soul, body, and mind. Halaal food is enjoined as it nourishes the mind, body and soul; it engenders good morals and is a pre-requisite for the acceptance of prayers.

Conversely, consumption of Haraam is detrimental to both our physical and spiritual health. Food is not only meant to taste good. Equal importance must also be placed on its nutritional value. Indiscriminate selection of quick-to-fix-quick-to-devour fast foods can leave one’s health in a fix.

Remember, what we eat is digested, metabolized, absorbed into the bloodstream and circulated to all parts of the body including the brain. ***“You are what you eat,”*** as the saying goes.

As a Halaal regulatory body, **SANHA** has, as a bounden duty over the last 25 years, kept the community informed via our numerous platforms and programs of various products which contain non-Halaal ingredients including pork in margarine, yogurts, ice creams, confectionery, culinary products, food ingredients, nutraceuticals & pharmaceuticals, dental products etc.

“Man does not fill a vessel more evil than his belly...” (Sunan Tirmidhi – Hadith 2380)

Any queries pertaining to the above or any other aspect of Halaal may be referred to our offices.

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Halaal Helpline 0861 786 111