



HALAAL DEPARTMENT

HALAAL BRIEFS

Muslim Association of Malawi

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THE PROHIBITION OF PORK IN ISLAM

It is not permissible for a Muslim to reject any ruling of Shariah or to hesitate to follow it even if the reason behind it is not clear. Rather he must accept the rulings on *Halaal* and *Haraam* when they are proven in the Qur'an and Hadith or Sunnah, whether he understands the reason behind that or not. Allah says (Interpretation of the meaning):

"It is not for a believer, man or woman, when Allah and his Messenger have decreed a matter that they should have any option in their decision. And whoever disobeys Allah and His Messenger, he has indeed strayed into a plain error" [Al-Ahzaab 33v36].

"The only saying of the faithful believers, when they are called to Allah (His words, the Qur'an) and His Messenger, to judge between them, is that they say: "We hear and we obey". And such are the successful (who will live forever in Paradise)" [Al-Noor 24 v 51]

Pork is forbidden in Islam according to the text of the Qur'an, where Allah says (interpretation of the meaning):

"He has forbidden you only the Maytah (dead animals), and blood, and the flesh of swine." [al-Baqarah 2 v 173]

There is no mention in the Shariah texts of specific reason for the prohibition of pork, apart from the verse in which Allah says (interpretation of the meaning): "for that surely, is impure" [Al-Anaam 6 v 145]. The word *rijs* (translated here as "impure") is used to refer to anything that is regarded as abhorrent in Islam and according to the sound human nature (*fitrah*). This reason alone is sufficient.

And there is a general reason which is given with regard to the prohibition on *Haraam* food and drinks. Allah says (interpretation of the meaning): "he [the Prophet ﷺ] allows them as lawful at-Tayyibaat [i.e. all good and lawful] as regards things, deeds, beliefs, persons and foods, and prohibits them as unlawful as regards things, deeds, beliefs, persons and foods" [Al-A'raaf 7 v 157]. The general meaning of this verse includes the reason for the prohibition of pork and it may be understood that in the Islamic view point, it is included among the list of things that are impure and unlawful [Al-Khabaaith]. What is meant by al-Khabaaith here is all things that will harm a person's health, wealth or morals.

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Beef Sausage

Beef Fillet

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Chicken Burger

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BELOW IS THE LIST OF HALAAL CERTIFIED ESTABLISHMENTS OF MALAWI AS OF APRIL/MAY, 2020

NOTE: The Halaal Certification status of any of the below establishments can change at anytime if the Halaal Department's standards are compromised. Please contact Halaal Department for update.

NO.	TOWN	NAME & CATEGORY / BEEF ABATTOIRS	PHYSICAL ADDRESS	PHONE NUMBER
1	Blantyre	Beefco Ltd	Opp. Munsh & Nephew, Mpemba	0995 888 999
2	Blantyre	Africa Cattle Ranch Ltd	Makata Industrial Area	0995 265 265
3	Blantyre	Shire Valley Abattoir	Off Chikwawa Road, Mpemba	0888 826 565/ 0888 835 642
4	Limbe	Muhammad Butchery Centre	Opp.Mozambigan Club	0999 946 779
5	Lilongwe	Beefco Ltd	Off Likuni Road	0881 308 729
6	Mzuzu	Nyama World	Plot No. 3680, Sonda Industrial Estate	0999 821 140
NO.	TOWN	POULTRY ABATTOIRS	PHYSICAL ADDRESS	PHONE NUMMERS
1	Lilongwe	Prime Poultry Processors Ltd	28/296, Kanengo	0888 823 628
2	Lilongwe	Central Poultry 2000 Ltd	Plot # 856, Ex Dudu Estate, Area 1,	01 727 594/ 0999 826 676
3	Lilongwe	Green Land Food Poultry	Chikola Village, T/A Chitukula	0991 100 386
4	Limbe	Speedy'S Farm Abattoir	Chiradzulu Turn Off, Mapanga	0111 916 144/ 0993 307 795
5	Limbe	Central Poultry 2000 Ltd	Along Zomba Road, Mapanga	0888 822 677/ 0111 917 771
6	Blantyre	Dhala Chickens Ltd	Green Corner, along Chikhwawa Road	0888 461 050
7	Thyolo	Glenae Poultry	Conforzi Plantation, Thyolo	0211 956 409/ 0888 666 788
8	Mzuzu	Nyaluwanga Farms Ltd	Plot 1B, Choma Agricultural Area, Mzuzu	0888 630 549/ 0993 321 066
NO.	TOWN	MEAT PROCESSORS	PHYSICAL ADDRESS	PHONE NUMBER
1	Blantyre	Meat Connection	Opposite Victoria Hotel	01 821 380/ 0888 859 542
2	Blantyre	Meatco Halaal Butchery	Gf Pamodzi Park	0999 612 763
3	Blantyre	C.J. Mkandawire	Behind Dolvic Hotel, Chirimba	0884 300 944
4	Blantyre	Zest Butchery	Chitawira Off Kenyatta Drive	0888 302 881
5	Blantyre	Malemulungu Butchery	Opposite Zingwangwa Market	0999 892 995/ 0888 892 995
6	Blantyre	Food Lover'S Market Butchery	Corner Chilembwe & Laws Road	0999 969 558/ 0881 244 581
7	Blantyre	The 18Th Fish Mart	Kamba	0999 923 900/ 0888 827 758
8	Blantyre	Africano Market	Opp. Krazy Foods Restaurant, Blantyre	0997 298 934
9	Blantyre	Sana Hyperstore	B.A.T. Complex, Ginnery Corner	0888 999 914
10	Blantyre	Sana Cash & Carry	Victoria Anenue	0888 999 914
11	Blantyre	Lily'S Meat Products	Stand No. 64 L1, Trade Faire	0881 029 987/ 0888 090 000
12	Blantyre	Faham Halaal Meats	Luwanda, Machinjiri	0888 515 841
13	Blantyre	J. A. K. Enterprise	Bhana House, Along Livingstone Avenue	0888 892 669
14	Blantyre	Buli Meat Mart Butchery	Luwanda, Machinjiri	0888 009 261
15	Limbe	Savers Choice	Chipembere Highway, Plot Cc48	01844844 Cel: 0999844786
16	Limbe	Prime Butchery	Old Lonhro Building, Along Chirchill Road	0995 965 444/ 0888 174 174
17	Limbe	Mr. Meat Butchery	Shop No. 5, Grevillia Avenue, Limbe	0991 133 006/ 0999 786 123
18	Limbe	Fresh From Farm Butchery	Kameme House, Near Limbe Police	0999 955 107
19	Limbe	The Meat Up Ltd	Next To Toyota Mw, Maselema	0997 164 381/ 0999 212 371
20	Limbe	Sana Cash 'N' Carry	Opp. Limbe Auction Holdings Ltd	0888 999 914
21	Limbe	One Stop Superette	Near Illovo Round About	0991 647 651
22	Limbe	Supreme Halaal Mart	Opp. Savage, Limbe	0991 555 000/ 0212 555 000
23	Lilongwe	Super Meat Processors	Area 2, Lilongwe	01 725 323/ 0888 844 254
24	Lilongwe	Meat Centre Butchery	Golden Peacock Shopping Mall, Area 13	0999 920 850
25	Lilongwe	United Butchery	Mchesi, Area 2	0999 987 786
26	Lilongwe	Sana Mega Store	Along Kenyatta Drive, Next To Flea Market	0996 199 948/ 0999 240 000
27	Lilongwe	Tilawe Meat Merchants	Santa Plaza Building Premises	0993 339 997/ 0888 355 616
28	Lilongwe	Ndege Highlands Butchery	Chief Kiripula Building Opp. Standard Bank	0999 664 486
29	Lilongwe	Tutla Fast Save	Mandala Road, Behind Nbs	0999 855 000
30	Mangochi	Ahad Supermarket	Along Monkey-Bay Road, Mangochi Boma	01 593 777/ 0995 199 991
31	Mangochi	Vision Butchery	Next To Tnm, Mangochi Boma	01 594 241
32	Mangochi	Capital Meat Products	Along Monkey-Bay Road, Mangochi	0888 301 483
33	Zomba	Spari Cash & Carry	Along Namiwawa Road, Zomba	01 525 103/ 0993 414 610
34	Zomba	Madula Savers Butchery	Lilongwe Bus Stop, Matawale	0888 948 503/ 0999 702 066
35	Mzuzu	Nyama World	Sonda Industrial Area	01 711 635/0999 821 648
36	Mzuzu	Mawona Meat & Meat Products	Mzuzu City Centre	0999 080 000/ 0994 251 044
37	Salima	Ndiwo Nyama Company Ltd	Kamuzu Road	0888 355 908
38	Balaka	Toleza Farms	Mbera Road, Toleza	0880 800 511/ 0992 233 544
39	Liwonde	Shire Butchery & Fisheries	Liwonde Road Block	0886 866 805
NO.	TOWN	SUPERMARKETS	PHYSICAL ADDRESS	PHONE NUMBER
1	Lilongwe	Nyama World	Kokri House, Area 2	0999 821 648/ 01 711 634
2	Lilongwe	Nyama World	Area 23 Market	0999 821 648/ 01/711 634
3	Lilongwe	Glenae Shop	Area 2	0888 666 788
4	Lilongwe	Glenae Shop	Conforzi Road	0888 666 788
5	Lilongwe	Sana Superette	Along M1 Road, Next To N/Bank, Area 3	0999 230 000
6	Lilongwe	Beefco Farm Shop	Off Likuni Road	0881 308 729
7	Lilongwe	Sana Cash & Carry	Petroda F/Station, Opp. A/30 Police Hqs	01 758 859/ 0996 199 948

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NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
8	Lilongwe	Nyama World	Petroda Filling Station, Biwi Triangle	0999 821 648/ 01 711 634
9	Lilongwe	Nyama World	Crossroads Shopping Mall	0999 821 648/ 01 711 634
10	Lilongwe	Sana Supermarket	Area 10, Pacific Shopping Mall	0999 240 000
11	Lilongwe	Glenae Shop	Area 4, Lilongwe	0888 666 788
12	Lilongwe	Sana Cash & Carry	Next To Masjid, Road, Area 1	0999 240 000
13	Lilongwe	Sana Cash & Carry	Area 43	0999 240 000
14	Lilongwe	Tilawe Meat Merchants	Area 23	0996 532 867
15	Lilongwe	Courageous Investment	Chroma Building, Kandikole, Area 36	0888 605 104
16	Lilongwe	Sana Cash & Carry	Area 1	0999 833 007
17	Lilongwe	Tilawe Meat Merchants	Area 25	0996 532 867
18	Lilongwe	Sana Cash & Carry	Along Mchinji Road, Area 47	0999 833 007
19	Lilongwe	Sana Cash & Carry	Kenyata Drive, Bwalolanjovu, Area 2	0996 199 948/ 0999 240 000
20	Lilongwe	Sana Cash & Carry	Lumbazi Trading Centre, Lilongwe	0996 199 948/ 0999 240 000
21	Lilongwe	Tilawe Meat Merchants	Biwi Triangle	0996 532 867
22	Lilongwe	Tilawe Meat Merchants	Kapiri, Lilongwe	0888 355 616
23	Lilongwe	Tilawe Meat Merchants	Kapili Trading Centre	0996 532 867
24	Lilongwe	Speedy'S Shop	Area 3	0993 307 795/ 0111 916 144
25	Blantyre	Hanifa Investments	Opp. Dossan House, Engen S/Station	0888 759 989
26	Blantyre	Al-Hassan Butchery	Ndirande Flats	0999 374 112
27	Blantyre	Centenary Services Ltd	Apex House, Kidney Crescent, Kristwick	01 870 024/ 0888 827 613
28	Blantyre	Speedy'S Shop	Puma F/Station, Haileselasie Road	0111 916 144/ 0993 307 795
29	Blantyre	Speedy'S Shop	Chilomoni	0111 916 144/ 0993 307 795
30	Blantyre	Speedy'S Shop	Ndirande Opp Fmb	0111 916 144/ 0993 307 795
31	Blantyre	Glenae Shop	North Arcade, Bat Complex	0888 666 788
32	Blantyre	Spice & Food Products	Petroda Service Station, Clock Tower	0991 551 541
33	Blantyre	Tambala Butchery	Lunzu Trading Centre	0994681916
34	Blantyre	Glenae Shop	Lunzu Trading Centre	0888 666 788
35	Blantyre	Glenae Shop	Opp. Metro, Glyne Jones	0211 956 409/ 0888 666 788
36	Blantyre	Shaan Cash 'N' Carry	Opp. Fatima Arcade, Halile Selassie Road	0996 063 826
37	Blantyre	J. S. Supermarket	Kandodo Corner Shop	0997 084 665
38	Blantyre	Super Halaal Store	Kandodo Corner Shop	0999 233 757
39	Blantyre	Sana Cash & Carry	Haileselasie Road, Near Puma F/Station	0888 999 914
40	Blantyre	Sana Cash & Carry	Nyambadwe T/S Station, Magalasi Road	0997 737 777
41	Blantyre	Speedy'S Shop	Lunzu Trading Centre	0993 307 795
42	Blantyre	Pay Less Superette	Haileselasie Opp. City Boutique	0997 188 424
43	Limbe	Al-Hassan Butchery	Kanjedza Main Road, Limbe	0999 374111
44	Limbe	Khan Super Halaal Butchery	Along Churchill Road, Limbe	0998 555 542
45	Limbe	Glenae Shop	Crossroads Mall, Area 9	0888 666 788
46	Limbe	Speedy'S Shop	Yiannakis Round About	0111 916 144/ 0993 307 795
47	Limbe	Glenae Shop	Churchill Road, Near S/Get Arcade, Limbe	0999 666 788/ 0888 666 788
48	Limbe	Glenae Shop	Old Jupiter House, Limbe	0888 666 788
49	Limbe	Glenae Shop	Next To Hms, Chigumula Market	0888 666 788
50	Limbe	Savers Speedy'S Meat Mart	Opp. Old Jupiter House, Limbe	0993 307 795/ 0111 916 144
51	Limbe	Chicken & Egg Mart	Jussab Arcade 1, Limbe	0991 377 997
52	Limbe	Chicken & Egg Mart	Opp. Heritage Hotel, Along Churchil Road	0991 377 997
53	Limbe	Chicken & Egg Mart	Jack Arcade	0991 377 997
54	Limbe	Shaan Cash 'N' Carry	Yabhana House, Limbe	0992 770 848
55	Limbe	Quick Nyama Super Halaal	Yabhana Building	0997 801 616
56	Limbe	Glenae Shop	Kulsum Plaza, Along Churchill Road	0888 666 788
57	Limbe	Glenae Shop	Total Service Station, Illovo, Limbe	0888 666 788
58	Limbe	Glenae Shop	Churchil Road Opp. Madina Properties	0888 666 788
59	Limbe	Glenae Shop	Price Worth Head Office, Limbe	0888 666 788
60	Limbe	Halaal Nyama & Supermarket	Opp. Limbe Police	0881 108 608

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NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
61	Mzuzu	Nyama World	Luwunga Total Service Station	0999 821 648
62	Mzuzu	Tutla Superstore Butchery	Next To Msb, Mzuzu City Centre	0999 141 714
63	Mzuzu	Nice Cream Corner	Bazaar Building, Mzuzu	0999 823 721
64	Mzuzu	Nyama World	Kentum House, New City Centre, Mzuzu	0999 821 648
65	Mzuzu	Nu-Madina Superette	Osman Gani House	0994 866 500
66	Mzuzu	Nyaluwanga Farm Shop 2	Opp. Mataifa Market	0993 321 566/ 0888 630 549
67	Mzuzu	Zaviya Cash & Carry	Opp. Chinese Shoppings	0888 201 203/ 0991 476 980
68	Mzuzu	Nyaluwanga Farm Shop	Chimariro	0888 630 549/ 0993 321 566
69	Mzuzu	Sana Cash N Carry	Along M1 Road, Mzuzu	0996 199 948/ 01 758 859
70	Mzuzu	Sana Cash & Carry	Mzuzu Town	0996 199 948/ 01 758 859
71	Mzuzu	Sana Cash & Carry	Next To Luwunga Petroda	0996 199 948/ 01 758 859
72	Mangochi	Safari Service Station	Puma Service Station, Mangochi Boma	0888 821 955
73	Mangochi	Ahad Supermarket	Mangochi Round About	0995 199 991
74	Mangochi	Ahad Supermarket	Along Namwera Road, Mangochi Boma	0995 199 991
75	Mangochi	Jorano Investment	Next To Airtel Shop Mangochi Boma	099 938 734/ 0994 542 983
76	Mangochi	Ahad Supermarket	Monkey-Bay	0995 199 991
77	Zomba	Pak Super Halaal Butchery	Opp. Usave	0993 888 790
78	Zomba	Fair Price Shopping Centre	Opp. Airtel Care Centre, Zomba Town	0999 347 080
79	Zomba	Pak Super Halaal	Namiwawa Road	0993 888 790
80	Zomba	Chicken & Egg Mart	Zomba Town	0991 377 991
81	Zomba	Glenae Shop	Along Namiwawa Road	0888 666 788
82	Balaka	Select Superette	Balaka Boma	0998 358 308
83	Balaka	S&S Fair Price Shopping Centre	Off Toleza Road, Balaka Boma	0997 692 818
84	Balaka	Mulanje Food Zone	Opp Balaka Main Market	0888 397 953
85	Balaka	Tropical Butchery & Food Centre	Along Balaka Main Market	0212 955 989/ 0884 588 000
86	Thyolo	Glenae Shop	Ndirande Flats	0888 666 788
87	Thyolo	Glenae Shop	Thyolo Boma	0888 666 788
88	Thyolo	Glenae Shop	Off Blantyre-Muloza Road,	0888 666 788
89	Thyolo	Glenae Farm Shop	Off Thyolo Road, Near Glenae Poultry	0888 666 788
90	Ntcheu	Speedy'S Meat Mart	Mphate Trading Centre	0881 188 216/ 0993 307 796
91	Ntcheu	NI Supermarket	Next To Ntcheu Bus Depot	0999 404 786
92	Salima	Nyama World	Engen Filling Station, Salima Boma	0999 821 648/ 01 711 634
93	Salima	Tutla'S Super Save Butchery	Senga-Bay Road	0999 232 517
94	Mulanje	Speedy'S Meat Mart	Muloza Trading Centre	0881 188 216/ 0993 307 796
95	Nkhotakota	Kk Superstore	Dwangwa Road, Nkhotakota Boma	0995 144 444/ 0884 333 744
96	Kasungu	Mwalasi Poultry Outlet	Opp. Farmers World, Kasungu Boma	0888 362 004/ 0999 420 655
97	Mchinji	Nyama World	Mkanda Road, Opp. Dnna'S Eggs,	0999 821 648/ 01 711 634

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📍 Biwi, Next to the Total Filling Station

✉ tilawemeatmerchants@yahoo.com

📍 Area 49 Old Shire, Misenza Shopping Complex

📍 Area 25 Nsungwi, Old Nyama World Shop

NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
NO	TOWN	RESTAURANTS	PHYSICAL ADDRESS	PHONE NUMBER
1	Blantyre	Meatco Restaurant	Gf Pamodzi Park	0999 612 763
2	Blantyre	Pa Nandos Restaurant	Ex Nando'S, Blantyre	0994 817 015
3	Blantyre	Galitos	Crossroads Mall	0888 999 666/ 0999 444 786
4	Blantyre	Sana Food Centre	Qech, Ginnery Corner	0888 999 914
5	Blantyre	Wimpy	Crossroads Mall, Blantyre	0888 999 666/ 0999 444 784
6	Blantyre	Chicken Inn	Crossroads Mall	0888 999 666/ 0999 444 786
7	Blantyre	Kips Restaurant	Chichiri Shopping Mall	0999 037 786/ 0211 960 524
8	Blantyre	Krazy Foods Restaurant	Osman Usa Building, Chilembwe Road	0888 294 436
9	Blantyre	Krazy Foods Restaurant	G/Corner Near Standard Bank	0888 294 436
10	Blantyre	Blantyre Lodge	Chileka Road, Opp. Wenela Bus Depot	01 834 460/ 0995 767 527
11	Blantyre	Creamy Inn	Crossroads Mall	0888 999 666/ 0999 444 786
12	Blantyre	Catering Solutions Ltd	Chileka Airport	01 692 019
13	Blantyre	Hotel Victoria	Opposite Blantyre Masjid	0994 194 895/ 01 823 500
14	Blantyre	Malawi Sun Hotel	Opp. Adventist Hospital, Robins Road	01 830 069/ 0991 939 191
15	Blantyre	Chicken Cottage	Chichiri Shopping Mall	0888 294 436
16	Blantyre	Kfc (Afribrands) Ltd	Fatima Arcade, Haileselassie Road	0999 844 284
17	Blantyre	Cedar Place Restaurant	Plot No. Lk172, Ntawwa Road, Namiwawa	0999 832 955
18	Blantyre	Delish Restaurant	Pacific Mall, Lower Sclater Road	01 826 707/ 0992 835 950
19	Blantyre	109 Restaurant	Chinseu, Ndirande	0999 612 844
20	Blantyre	Tulsi Veg Delight Restaurant	Glyn Jones Road, Opp. Fmb Shop # 2	01 832 466/ 0995 421 555
21	Blantyre	Food Lover'S Market Restaurant	Corner & Chilembwe Laws Road	0999 969 558/ 0881 244 581
22	Blantyre	The Copper Pot Restaurant	Crossroads Mall, Glyne Johns, Blantyre	01 826 888
23	Blantyre	Kips Restaurant	Off Haile Selassie Road	0994 990 817
24	Blantyre	Bupe'S Catering Services	Next To Zambezi Evangelical, Ndirande	0884 511 275
25	Blantyre	Pizza Inn	Crossroads Mall	0888 999 666/ 0999 444 786
26	Blantyre	Mugg & Bean	Kristwick Service Station	0998 114 500
27	Lilongwe	Malawi Catering Services Ltd	Kamuzu International Airport	01 700 031/ 0999 664 486
28	Lilongwe	Steers Pizza Inn	Crossroads Complex	0881 127 777
29	Lilongwe	Kips Summer Park	Bhind National Bank	0993 646 033
30	Lilongwe	Chicken Land	Shoprite Complex	0995 000 058
31	Lilongwe	Crown Lodge	Old District Assembly, Malangalanga Road	01 727 089/ 0999 234 539
32	Lilongwe	Crown Hotel	Daud Complex, Area 3,	01 751 560/ 0995 752 915
33	Lilongwe	Chilambula Lodge	Chilambula Road, Area 6,	01 7531 560/ 0995 752 915
34	Lilongwe	Debonairs Pizza	Shop # 8, City Mall, Area 47,	0999 315 282
35	Lilongwe	Galitos Restaurant	Game Complex	0881 127 777/ 0999 786 244
36	Lilongwe	Dodiya Restaurant	Kachikungu Building, Bus Depot	0999 405 290
37	Lilongwe	Tawakali Restaurant	Along Devil Street, Lilongwe	0991 073 032/ 0991 042 506
38	Lilongwe	Copper Pot Restaurant	Crossroads Hotel, Mchinji Round About	01 750 333/ 0888 513 112
39	Lilongwe	Kfc (Afribrands) Ltd	Lilongwe City Mall, Area 9	0998 687 533
40	Lilongwe	Mugg & Bean	Total Service Station, Area 6	0999 313 786
41	Lilongwe	Creamy Inn	Crossroads Complex, Mchinji Round About	0881 127 777
42	Lilongwe	Pizza Inn	Geteway Shopping Mall	0881 127 777
43	Lilongwe	Wimpy Restaurant	Crossroads Mall	0881 127 777
44	Lilongwe	Walkers Foods Ltd (Steers)	Area 22/214, Lilongwe	0999 964 640
45	Lilongwe	The Cactus Restaurant	Behind Pep Store, M1 Road, Area 2	0888 589 293
46	Lilongwe	Sana Food Court	Sana Complex, Along Kenyatta Drive	0999 240 000
47	Lilongwe	Chicken Inn	Geteway Shopping Mall	0999 786 244/ 0881 127 777
48	Mangochi	Maunde Lodge	Near Bus Depot, Mangochi Boma	0999 482 003
49	Mangochi	OK Executive Lodge	Opp. G4S, Mangochi Boma	0991 025 100/ 0888 171 404
50	Mangochi	Asungwana Restaurant	Next To Maunde Lodge	0999 361 334
51	Mangochi	Mjomba Restaurant	Opp. Fdh Bank, Monkey Bay	0991 333 117
52	Mangochi	Golden Dish Restaurant	Opp. Dc'S Offices, Mangochi	0881 754 477
53	Mangochi	Chicken Line Restaurant	Puma Lake Road Service Station	0999 958 094/ 0888 563 337
54	Mangochi	Pirirani Restaurant	Mangochi Central Market	0888 838 401
55	Mangochi	Mbendera Food Shop	In Side Mangochi Bus Depot	0998 588 325/ 0886 758787
56	Mangochi	Dango'S Foods & Take-Away	Opp. Bus Depot, Mangochi Boma	0888 526 562
57	Mangochi	Mwai Kusiya Restaurant	Mangochi Central Market	0882 573 310
58	Mangochi	Yankho Restaurant	Next To Madina Masjid, Monkey-Bay	0884136761/ 09997856611
59	Mangochi	Cheza Café Express	Opp. Pep Store, Namwera Road	0881 973 305
60	Mangochi	Mama Aisha Restaurant	Mangochi Main Market	0997 220 090/ 0888 444 896
61	Mangochi	Makanjira Restaurant	Inside Mangochi Bus Depot	0993 713 600
62	Mangochi	Paradise Restaurant	Mangochi Bus Depot	0999 750 994
63	Mangochi	Tasty Foods Restaurant	Along Admarc Road	0995 886 773
64	Mangochi	Kips Restaurant	Opp. Gland Masjid, Mangochi Boma	0995 867 855/ 0996 585 705
65	Mangochi	Kes Fast Foods	Mangochi Bus Depot	0888 899 729
66	Mangochi	Ice Cream & Food Centre	Opp. Grand Masjid, Mangochi Boma	0997 859 404
67	Mangochi	Phalombe Restaurant	Next To Chingale Shop, M/Bay	0994 607 913
68	Mangochi	Chipoka Restaurant	Mangochi Central Market	0882 210 220
69	Mangochi	Bahat Restaurant	Opp. Express General Dealers, Monkey Bay	0997 907 893
70	Mangochi	Active Restaurant	Side By Kalonga Masjid, Manogochi Boma	0884 344 526
71	Mangochi	Bahat Restaurant	Opp. Express General Dealers, Monkey Bay	0997 907 893
72	Kasungu	Chimbuyako'S Take-Away	Opp. Macsteel, Kasungu Boma	0881 384 755
73	Kasungu	Chisomo Cha Mulungu Restaurant	Kasungu Main Market	0999 331 479
74	Kasungu	Chicken Pizza Hat	Opp Airtel Office, Kasungu Boma	0999 189 900
75	Kasungu	Chisomo Take Away	Main Bus Depot, Kasungu Boma	0996 885 611
76	Kasungu	H. D. T. Restaurant	Kasungu Bus Depot	0991 898 128/ 0993 799 558



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NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
77	Kasungu	Fatz Tasty Foods Restaurant	Opp. National Bank Of Malawi, Kasungu Boma	0999 425 280
78	Kasungu	Fatsani Choncho Restaurant	Kasungu Market	0991 510 971
79	Kasungu	Tupo'S Kitchen	Belele (Kabvunguti Ward)	0993 253 634/ 0881 799 499
80	Kasungu	Praise Take Away	Inside Kasungu Bus Depot	0993 326 301
81	Kasungu	Sunset Restaurant	Kasungu Main Market	0999 318 626
82	Kasungu	Wamka Restaurant	Kabvunguti Ward, Near G4S Premises	0999 264 631/ 0882 557 702
83	Kasungu	Mundawanga Restaurant	Chankhanga Area, Kasungu Boma	0999 703 835/ 0998 704 757
84	Kasungu	Z X Sister Restaurant	Next To Pep Kasung Boma	0998 812 345/ 0998 311 111
85	Limbe	Heritage Hotel	Along Churchill Road	0996 999 936
86	Limbe	Southern Fried Chicken	Churchill Road	0888 669 535
87	Limbe	Tasty Choice Restaurant	Agason Building	0888 363 395
88	Limbe	Mulawe Restaurant	Total Service Station, Along Tsiranana Road	0996 682 270
89	Limbe	Bolamoyo Restaurant	Limbe Market	0883 421 779
90	Limbe	Noor Restaurant	Ma Hawa Arcade	0884 572 426
91	Limbe	Food Corner Restaurant	Ma Hawa Arcade, Near Nbs Bank, Limbe	0212 786 126
92	Limbe	Zinenani Restaurant	Kachere Township	0888 769 626
93	Limbe	Kanjedza Lodge Restaurant	Along Dunduzu Road, Near Limbe Market	0888 363 031
94	Limbe	Kips Restaurant	Yabhana House, Limbe	0999 796 786/ 0999 037 786
95	Mzuzu	Rayoni Guest House Restaurant	Ndunduzu Area	0999 510 350
96	Mzuzu	Kips Express	Opp. Select & Save Hardware, Mzuzu	0882 759 945
97	Mzuzu	Mzuzu Coffee Den	1St Floor, Bazaar Building, Chimtunga Road	0881 711 288
98	Mzuzu	Chickenlito'S Restaurant	Opposite Farmers World	0999 916 635
99	Mzuzu	Kalinga Restaurant	Mataifa Market, Mzuzu Old Town	0999 320 012
100	Mzuzu	Midland Fast Foods & Take Away	Katoto Puma F/Station, Luwunga	0995 785 685/ 0999 668 679
101	Mzuzu	City Café Restaurant	Luwunga	0999 916 635
102	Salima	Kips Express	Petroda Filling Station, Salima Boma	0995 867 855/ 01 235 786
103	Salima	Safari Restaurant	Along Salima Lilongwe Road	0999 300 772
104	Salima	Chikungu Restaurant	Along Salima Lilongwe Road	0888 250 900
105	Salima	Eclipse Lodge Restaurant	Blantyre Road, Salima Boma	0999 188 310
106	Salima	Silver Sands Holiday Resort	Kachelenje Village, Salima	0999 975 999
107	Salima	Selena Lodge & Restaurant	Along Kamuzu Road	0999 257 739
108	Salima	Al-Madina Restaurant	Along Kamuzu Road	0884 882 361
109	Zomba	Steers	Opp. Mbs, Next To Mra Offices, Along M3 Road	0888 854 269
110	Zomba	No. 1 Restaurant	Room No. 1, Zomba Main Market	0999 153 614
111	Zomba	Cheana Foods	Room No. 4, Pioneer Industries, Zomba Town	0999 020 698
112	Zomba	Bbq Spot Restaurant	Along M3 Road, Matawale	0999 936 490
113	Zomba	Kips Express	Next To Mhc Offices	0888 979 513
114	Zomba	No1 Lodge & Restaurant	Opp. Zomba Bus Depot	0999 219 099
115	Balaka	Aja Restaurant	Behind Sir Glyne Jones F.P. School, Balaka Boma	0885 293 045
116	Balaka	Wambone Restaurant	Opposite Sobo Depot	01 553 029/ 0888 698 735
117	Balaka	Bazale Restaurant	Opposite Milanzi Butchery	0993 492 066 / 01 552 744
118	Balaka	Kun Fayakun Restaurant	Balaka Market	0881 325 846
119	Balaka	Mai Banda Restaurant	Balaka Boma Market	0999 173 981
120	Balaka	Abiti Restaurant	Inside Balaka Main Market	0991 591 431
121	Nkhotakota	God'S Time Restaurant	Nkhotakota Boma	0999 048 331
122	Nkhotakota	Yanu Yanu Lodge Restaurant	Nkhotakota Town	0999 443 831
123	Nkhotakota	Mtemaj Lodge Restaurant	Behind Nkhotakota Market	0999 850 558
124	Nkhotakota	Tisaiwale Restaurant	Nkhotakota Boma	0999 483 559
125	Nkhotakota	T & P Karibu Restaurant	Along Kariba Road, Nkhotakota Boma	0991 425 717
126	Machinga	Alea Restaurant	Ngoms Lodge, Mangochi Turn Off	0888 843 145/ 0212 351 077
127	Machinga	D'S Restaurant	Liwonde Road Block	0884 439 493
128	Machinga	God'S Favour Restaurant	Liwonde Market	0888 535 399
129	Machinga	Bao Bao Restaurant	Liwonde Town	0888 438 968/ 0999 238 968
130	Nsanje	Dish & Curry Healthy Foods	Opp. Luso Hardware, Nsanje Boma	0888 385 282/ 0993 311 103
131	Nsanje	P & Partiners Restaurant	Bangula, Opp. Chipiku	0993 829 526/ 0881 022 628
132	Nsanje	Grace Sten Restaurant	Marka Trading Centre	0884 147 294
133	Ntcheu	Dear Mama Restaurant	Mphate Trading Centre Along M1 Road	0888 506 809
134	Ntcheu	Kips Express	Near Dpp Office, Ntcheu Boma	0995 867 855/ 01 235 786
135	Ntcheu	Tamani Delicious Foods	Opp. Works, Ntcheu Boma	0884 327 176
136	Mwanza	Tams Restaurant	Mwanza Boarder	0999 330 985
137	Mwanza	Shabaan Restaurant	Opp. Mwanza District Hospital	0882 492 360/ 0885 492 713
138	Thyolo	Zahida Catering Consultants	Must Cafeteria	0999 468 421
139	Chikwawa	Angeke Restaurant	Dyeratu Trading Centre	0888 879 154
140	Mulanje	Mai Atiwiri Restaurant	Opp. Agora, Chisitu	0993 894 224
NO	TOWN	MARKET BUTCHERIES	PHYSICAL ADDRESS	PHONE NUMBER
1	Mzuzu	Mjilijili Butchery	4 Ways, Mzuzu	0888 610 313/ 0881 058 365
2	Mzuzu	Chuma Butchery	Mpamba Trading Centre	0999 210 329
3	Mzuzu	Chuma Butchery	4 Ways, Chiputula	0999 210 329
4	Mzuzu	Kanyemba Butchery	Mchengautuwa	0888 304 148
5	Mzuzu	Chuma Butchery	Mzuzu City Centre	0999 210 329
6	Mzuzu	Zaliro Butchery	Mzuzu Old Town	0888 378 692
7	Mzuzu	Kanyemba Butchery	Chiwanga, Msungawana	0888 304 148
8	Mzuzu	Kanyemba Butchery	Chiwabvi Market	0888 304 148
9	Mzuzu	Zaliro Butchery	City Centre	0888 378 692
10	Mzuzu	Four Ways (Pvt) Butchery	Mchenga Utuwa Target	0885 006 076
11	Mzuzu	Delight Butchery	Chibavi Market	0888 201 203/ 0991 476 980
12	Mzuzu	Ulemu Butchery	Hardware Market	0888 347 588

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NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
13	Mzuzu	Ulemu Butchery	Taifa Market	0888 347 588
14	Kasungu	Kasungu Main Market Butchery	Inside Kasungu Main Market	0998 500 934/ 0999 644 071
15	Kasungu	Umodzi (Pvt) Butchery	Behind Bus Depot, Kasungu Boma	0999 295 481
16	Kasungu	E.B. (Pvt) Butchery	Opp. Malawi Housing Cooperation, Kasungu	0999 251 598
17	Kasungu	Happy (Pvt) Butchery	Opp. Chitukuko Town	0999 676 947
18	Kasungu	Kasungu Main Market Butchery	Kasungu Main Market	0998 300 934/ 0999 644 071
19	Kasungu	K.B. Butchery	Chiwengo Turn Off, Kasungu Boma	0992 709 307
20	Kasungu	Katokole (Pvt) Butchery	Kabvunguti Ward, Kasungu Boma	0999 462 121/ 0997 657 798
21	Kasungu	Ju-Tawo Butchery	Kasalika Market, Kasungu	0999 025 850
22	Kasungu	Yanu-Yanu (Pvt) Butchery	Chiwengo Turn Off	0999 616 063
23	Kasungu	Majiga (Pvt) Butchery	Near Lisawa Shop, Kasungu Boma	0999 295 481
24	Kasungu	G. Mcheman (Pvt) Butchery	Total Service Station, Along Mtunthama Road	0999 233 864
25	Limbe	Dangaliro Butchery	Limbe Mkt Room 15	0998 688 499
26	Limbe	Kaphatenga Butchery	Limbe Market	0888 318 181
27	Limbe	J. K. Butchery	Room No. 24, Limbe Market	0999 128 881
28	Limbe	Middle Butchery	Room # 20, Limbe Market	0881 801 947
29	Limbe	Simmy Investments Butchery	Khama Trading Centre, Machinjiri	0999 563 269/ 0881 872 765
30	Limbe	J.W. Katyale Butchery	Limbe Market	0882 627 282
31	Limbe	M. Yassin Butchery	Room No. 17, Limbe Market	0884 541 437
32	Limbe	2P'S Butchery	Mkwate Bus Stage, Along Machinjiri Road	0888 643 074/ 0996 174 564
33	Limbe	Hellos Butchery	In Makhetha Market	0212 842 974/ 0888 342 974
34	Mangochi	Ss Star Meat Butchery	Next To Madina Hardware, Maldeco	0999 216 682
35	Mangochi	Elsa Butchery	Mangochi Boma	0888 042 938/ 0991 192 210
36	Mangochi	Chisomo Butchery	Next To Asante Shop, Mangochi Boma	0888 765 844/ 0999 784 881
37	Mangochi	Frank & Partners	New Market, Monkey Bay	0999 643 383
38	Balaka	Milanzi Butchery	Balaka Main Boma	01 552 150/ 0991 809 265
39	Balaka	Koloko'S Butchery	Balaka Main Market	0999 015 155
40	Balaka	J&D Butchery	Mthandizi Market	0993 411 934
41	Balaka	J&D Butchery	Mangochi Turn Off	0993 411 934
42	Lilongwe	Dan Butchery	Area 23 Market, Next To Main Masjid	0999 679 224
43	Lilongwe	Kawinuwini Butchery	Chinsapo 2 Market	0993 371 111
44	Lilongwe	Blessings Butchery	Chipasula Trading Centre	0999 759 589
45	Ntcheu	Mpamadzi Farm Butchery	Along M1 Road, Ntcheu Boma	01 235 313/ 0888 868 237
46	Ntcheu	Mpamadzi Farm Butchery	Opp. Ntcheu Post Office	0888 862 237/ 01 235 313
47	Nkhotakota	J & B Butchery	Nkhotakota Central Market, Nkhotakota	0999 359 507
48	Nkhotakota	Chisomo Butchery	Nkhotakota Boma	0883 698 316
49	Zomba	Ffemadzi Morden Butchery	Opp. Mpondabwino Main Market Gate	0999 606 774
NO	TOWN	MAIN BAKERIES	PHYSICAL ADDRESS	PHONE NUMBER
1	Limbe	Bakeland Ltd	3/06298/ 000, Kenyatta Drive,Chitawira	01 845 169/ 0212 821 805
2	Limbe	Olympic Bakery Ltd	Chipembere Hi/ Way, Yiannakis Bus Stage	01 845169/ 0212 821 805
3	Limbe	Mega Bakers	Off Charterland Road, Near Bakhressa	0999 936 786
4	Limbe	Limbada Moon Delights Bakery	Shop # 3, Yabhan House, Opp. Fersons	0999 939 486/ 0212 939 486
5	Limbe	Bakers Choice	Mercury House, Along Chipembere H/Way	0999 269 688
6	Limbe	Le Croissant Bakery	Heritage Hotel	0996 999 936
7	Mzuzu	Sun Bake Ltd	Opp. Sobo, Luwinga	0992 466 142
8	Mzuzu	Sana Cash & Carry Bakery	Mzuzu City Centre	0996 199 948/ 01 758 859
9	Mzuzu	Tutla'S Superstore Bakery	Next To Msb, Opp. Finca Mzuzu City Centre	0999 141 714
10	Mzuzu	Suhana Continental Bakery	Mzuzu City Centre	0999 235 411
11	Lilongwe	Kings Meal Ltd	Crossroads Mall	01 845 169/ 0212 821 805
12	Lilongwe	Sana Cash & Carry Bakery	Sana Complex, Kenyatta Road	0999 240 000
13	Lilongwe	Bakers Pride	Behind Lilongwe Post Office, Old Town	0999 533 353
14	Lilongwe	Bakers Touch	Off Paul Kagame Road	01 725 085/ 0997 383 555
15	Lilongwe	Central Bakery	Old Wenera, Behind Madeco Fisheries	0888 908 218
16	Blantyre	Food Lover'S Market Bakery	Corner & Chilembwe Laws Road	0999 969 558/ 0881 244 581
17	Blantyre	Breadtalk Ltd	Haileselassie Road, Opp. Taurus Battery	0212 821 805/ 01 845 169
18	Blantyre	Bread Haven Bakery	M1 Road, Likhubula, Near Tam-Tam Bus Stage	0883 216 521
19	Balaka	Tropical Bakery	Near Water Board, Behind Balaka Market	0884 588 000
20	Chikwawa	Shire Valley Bakers	N'Gabu Trading Centre, Chikwawa	01 427 413/ 0995449000
21	Mangochi	Nyanja Bakery Ltd	Cmt 19/8 Monkey Bay Road, Mangochi	0212 821 805
22	Ntcheu	Bakers Pride	Mphate Trading Centre	0999 533 353
23	Salima	Tutla'S Super Save	Sengabay Road, Salima	0999 232 517/ 0888 633 563
24	Nkhotakota	Yanu-Yanu Bakery	Nkhotakota Boma	0999 247 310
25	Zomba	Zain Bakery	Along M3 Road, Zomba Town	0885 484 907
NO	TOWN	FOOD MANUFACTURERS	PHYSICAL ADDRESS	PHONE NUMBER
1	Lilongwe	Quality Products Ltd	Plot No. 5-88, Petroda Flats Area 5,	0888 823 531/ 01 725 394
2	Lilongwe	Bakka Foods Trading	Area 5, Behind Maula, Mall	0999 229 980
3	Lilongwe	Shamrock Group Of Companies	Near Kanengo Post Office	0211 951 043/ 0999 786 141
4	Lilongwe	Seba Foods Malawi Ltd	Kanengo Industrial Area, Area 28.	01 710 632/ 0993 384 373
5	Lilongwe	Zamm Investment Cool Drop	Six Miles, M1 Road, Lilongwe	0999 855 000
6	Lilongwe	Grain Securities Limited	Gsl Silo Complex, Off Salima Road, Kanengo	0888 947 396
7	Lilongwe	Dairy Delights	Along Bypass, Lilikuni Road.	0998 551 902/ 0994 315 077
8	Lilongwe	Sungold Food Processing Ltd	Kanengo	0999 393 440/ 01 710 413
9	Lilongwe	Bowler Beverage Limited	Alimaunde, Kanengo	0998 484 152/ 0999 842 053
10	Lilongwe	A. G. A Trading	Kanengo	0888 834 011
11	Lilongwe	Lilongwe Dairy	Off Poul Kagame Road, Area 5, Lilongwe	01 753 111/ 0996 998 308
12	Lilongwe	Sun Seed Oil Ltd	Cp Feeds Complex, Along Airport Road	0999 966 087, 0888 999 087

NO.	TOWN	NAME & CATEGORY	PHYSICAL ADDRESS	PHONE NUMBER
13	Lilongwe	Moon Puffs Ltd	Kanengo	0212 865 433
14	Lilongwe	Viva Beverages Limited	Nampala, Kanengo	099 1019 178
15	Lilongwe	Golden Achale	Likuni Old Trading Centre	0999 282 338
16	Lilongwe	Mothers Food Ltd	Kanengo	01 845 169/ 0212 818 885
17	Lilongwe	Botanic Herbal Life 2	Mipondo Building Area2	0999 446 980
18	Lilongwe	Capital Dairy Industries Ltd	Next To Autoktec, Along Mzimba Street	0888 908 218
19	Lilongwe	Manosalwa Food Industry	Area 4	0999 222 320
20	Lilongwe	Sheniza'S Mango Achaar	Opp. Likuni (Pvt) School	0995 974 996
21	Limbe	Mothers Food Ltd	Plot # Cc390, Citrona Avenue, Limbe	01 845 169/ 0212 818 885
22	Limbe	Top Foods Ltd	Maselema, Limbe	0882 009 711/ 01 854 210
23	Limbe	F&F Industry Ltd	Along Chipembere H/Way, Opp. Udf H/Office	0212 805 232
24	Limbe	Lifestyle Industries Ltd	Masauko Chipembere H/Way, Maselema	0888 846 147/ 01 845 200
25	Limbe	H2O Beverages	Aboobakar House, Along Temple Avenue	0212 951 551/ 0999 576 786
26	Limbe	Illovo Sugar (Mw) Ltd	Illovo House, Churchill Road, Limbe	01 843 988/ 0999 968 555
27	Limbe	Fasa Products	Plot Cc935, Opp. Aqma, Maselema	0888 828 786
28	Limbe	Nali Limited	Patridge Road, Mpingwe, Limbe	01 844 129/ 0992 534 745
29	Limbe	Rab Processors	Maselema, Limbe	01 845 210/ 0882 009 711
30	Limbe	A1 Enterprises	Maselema, Limbe	0882 009 711/ 01 845 210
31	Limbe	Osman Foods	Nkolokoti, Machinjiri	0995 624 513/ 0881 145 455
32	Limbe	Mellet Enterprises	Nk 65, Maone Industrial Area	0999 577 484/ 0212 577 484
33	Limbe	Mustard Limited	Next To Chisapi Schools, Chigumula	0881 094 474
34	Limbe	Omega Beverages Ltd	Greeville Avenue, Limbe	01 844 194/ 0888 821 306
35	Limbe	M.H. Investments	After Kachere Slump Near, Near Zomba Road	0212 944 444/ 0999 444 444
36	Limbe	Kgn Distributors	Plot Cc 48, Near Polypack, Maselema	0888 207 766
37	Limbe	Ndunde Food Products	Mbayani, Nthandizi, Bangwe	0999 106 542/ 0881 738 308
38	Limbe	Moon Puffs Ltd	Plot No. Cc626, Siemssen Road, Near Bakheresa	0212 865 433
39	Blantyre	Chombe Foods Ltd	Kristwick, Along Chipembere H/Way	0884 067 238/ 0212 870 559
40	Blantyre	Universal Industries	Ginnery Corner, Along Chipembere Highway	01 870 055
41	Blantyre	Suncrest Creameries	Plot # 340, Kidney Crescent, Blantyre	0888 827 631/ 0212 827 631
42	Blantyre	Capital Oil Refining Industries Ltd	Chirimba Industrial Area	0999 928 260/ 0999 915
43	Blantyre	Milner Trading	Opp. Williams, Chilomoni Fargo	0999 34 62 61
44	Blantyre	PM & E Investment	Mlenga Vlg, Ngumbe	0999 544 835
45	Blantyre	Euro Foods Ltd	Salimin Armour Road, Ginnery Corner	0994 060 212/ 0212 406 021
46	Blantyre	Yewo Trading	Ngezo, Ngumbe	0999 290 445/ 0888 988 303
47	Blantyre	JoeClean Investments	To Meat Connection, Lower Sclatter Road	0993 935 709
48	Thyolo	Mni Macadamia Epz Co	1 Street, Thyolo Boma	0999 670 786
49	Thyolo	Conforzi Plantation Tea	1 Street, Thyolo Boma	0999 670 786
50	Thyolo	Victoria Investments Limited	Nasonia Estate, Bingu Highway	0999 961 697/ 0999 967 937
51	Thyolo	Thyolo Nut Company	Banganga Estate, Makwasa Road, Thyolo	0999 788 675
52	Mzuzu	Kwithu Kitchen	Next To Area 1B School, Luwanga	0888 300 334
53	Mzuzu	Moon Puffs Ltd	Luwanga Industrial Area	0212 865 433
54	Mzuzu	Plann Food Products Ltd	Luwanga Industrial Site	0888 171 717/ 0999 171 717
55	Salima	Salima Sugar Company Ltd	Chikwawa Off Nkhotakota Road, Salima	0887 092 021/ 0887 092 039
56	Salima	Malawi Mangoes Operations Ltd	Kambwiri Industrial Area 2, Off Senga-Bay Road	0999970315/316
57	Mangochi	Best Foods Company	Next To Mibro Loaning, Mangochi Boma	0888 402 002
58	Mangochi	Mothers Food Ltd	Mangochi Boma	01 845 169/ 0212 818 885
59	Chikwawa	Illovo Sugar (Mw) Ltd	Nchalo Estate	01 843 988/ 0999 968 555
60	Balaka	Toleza Agricultural Enterprise	Chilipa Road, Balaka	0880 800 511/ 0992 233 544
61	Nkhotakota	Illovo Sugar (Mw) Ltd	Dwangwa Estate	01 843 988/ 0999 968 555
62	Mzimba	Tropha Estate Ltd	Ekwendeni, Mzimba	0997 162 421/ 0888 515 572

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Frozen Chickens

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Nyaluwanga Shop, New VCG Building
Ground Floor, Behind PTC

For Live Chickens Plot 1B, Choma Agriculture Area, Mzuzu
Contact Number: 0993321566/0888630549



FOOD INGREDIENTS

What is in our Food...? Is it permissible?

As Muslims, we are constantly striving for perfection in all facets of life. As a result, we are constantly trying to gain knowledge so that we may further progress.

The reality is that while we aim to perfect our relationships, our roles at work, and our habits as students, we sometimes fail to realize that there is a catalyst that will help facilitate this quest for perfection, and that is food. While our bodies are nourished by the food we consume, our souls too are nourished by the permissibility and purity of that same food. Those who strive to consume only that which is Halaal (lawful) are blessed with their bodies striving towards that which is Halaal. As a result, as Muslims, we need to make a conscious effort to answer the question, "is what we buy and consume everyday really Halaal?"

The mission of the Halaal Department of the Muslim Association of Malawi is to promote the concept of Halaal and uphold product Halaal status thereby educate Muslims regarding Halaal, Haraam and Mashbooh (doubtful) ingredients, including those that are present in food; and cosmetics.

Ingredients:

There are various kinds of ingredients found on the labels of products we buy. Some of them are simple or single components, like salt, sugar and water. Others are complex or compound, such as colourings, cheese powder, flavourings, seasonings, shortening, spices etc. On some labels we see the ingredients are listed by their functions, such as antioxidants; emulsifiers; preservatives; supplements and thickeners to name a few. Sometimes the questionable ingredients such as alcohol; enzymes; fats and gelatine are not clearly listed but are hidden in flavourings; cheese, gums and ice cream. As Muslims we should know if the ingredients, we see on the label are Halaal, since they could be obtained from animal, plant, microbial, or synthetic sources. A list of such items is given below for a quick reference and can be copied and carried along for shopping convenience. Mashbooh - For all Muslims, this group of consumables consists of ingredients that are doubtful or questionable whether they can be used or not. HD provides the information that will take the "doubt" out of these doubtful items e.g. Animal fat or

proteins; Antioxidants; Dairy products; Emulsifiers; Enzymes; Flavourings; Gelatine; Glycerine and Vitamins. All such items are derived either from animal, plant, microbial or synthetic sources. If it comes from an animal source, then we need to know if the animal was Halaal and if so, was it slaughtered properly or not. If yes or if the source is plant or certified-microbial, then we can eat it.

Solutions & Suggestions:

It is every Muslim consumer's responsibility to be conscientious of what he/she does, whether it be the consumption of food or cosmetics items, the aim should be to please Allah (Subhanahu wa ta'ala) by following his commandments. We should:

1. Look for a registered Halaal logo such as HD's or other credible Halaal Authorities on the packaging of the product.
2. Always read the ingredients on labels carefully.
3. Avoid products that contain Mashbooh ingredients.
4. Look for pertinent information by visiting reliable web sites (such as www.halaalmalawi.org).
5. Share correct information with relatives and friends and refrain from rumours.
6. Ask the manufacturers if their products can be Halaal certified for consumers and have Halaal logos on their products.

Mashbooh (Doubtful) Food Items

- Animal fat or protein (*Halaal* animal, *Halaal* slaughtered?)
- Anti-oxidants (animal or plant source?)
- Dairy Products (enzymes/cheese/whey?)
- Emulsifiers (animal or plant source?)
- Enzymes (animal/microbial/plants?)
- Flavouring agents (non Halaal ingredients?)
- L-Cysteine and other amino acids (source?)
- Gelatine (animals, Halaal certified?)
- Glycerine (animals or plant?)
- Vitamins (carriers?)

QUESTIONS AND ANSWERS SEGMENT

Q. Why should we think according to what we eat?

A. What we eat not only feeds the stomach but also the soul. Following a healthy and balanced diet has many more benefits in our daily lives than we think. Eating well helps us stay healthy and happy something that makes us see life differently. It is important to know what is in the products we buy for ourselves or our family. There are commercial products that you should avoid, so that you do not harm your physical and mental health.

Q. Which toothpastes are *Halaal*?

A. The following toothpaste products are *Halaal* suitable per information at our disposal. Aquafresh, Close Up, Sensodyne, Mentadent P, Miswak and White Glo.

Q. Are Cheese containing animal rennet *Halaal*?

A. Rennet is an extract from the stomach of young animals, such as cows, goats, and sheep. If they were slaughtered according to the Islamic rite, the rennet extracted is obviously pure and lawful (*Halaal*). Rennet extracted from plants are also *Halaal* (permissible). Pig Rennet is absolutely Haraam.

Q. What is the difference between *Halaal* and *Halaal an-tayyiban* are they the same?

A. The former applies compliance with fundamental Shariah parameters, while the latter goes beyond those fundamentals to invoke enhanced features that make something good, pure and wholesome. For example, Junk food that comply with *Halaal* Certification requirements are certified as *Halaal*. Such Certifications tells the world these products do not contain items prohibited by the Shariah. But although, they are Certified *Halaal* as such eating junk food is unhealthy and could lead to many health issues. Thus, *Halaal* certified junk food are *Halaal* but not *tayyib*.

The basic principle for the Muslim is to obey whatever Allah enjoins upon him, and refrain from what He forbids him whether the reason is clear or not.

Q. What is the HD's stand on Gelatine?

A. Gelatine is a protein which is derived from animal skin and bones.

If the Gelatine was obtained from pork (porcine) it will be deemed Haraam. If from fish (marine) sources then its *Halaal*, from Cow (bovine) we determine whether it has come from *Halaal* slaughtered source or not, if the answer is yes, HD accepts that particular Gelatine as *Halaal*, if not *Halaal* slaughtered HD rejects that Gelatine. The same ruling applies to Glycerine.

Q. May you tell us some of the Ahaadith from the Prophet of Allah ﷺ ordering us to always consume *Halaal* food?

A. Narrated by Rafii bin Khadji, the Prophet ﷺ told Muslims

who wanted to slaughter some animals using reeds, "Use whatever causes blood to flow, and eat the animals if the Name of Allah has been mentioned on slaughtering them..." Reported by Bukhaari

On the authority of Abu Hurairah (May Allah be pleased with him), who said: "Allah the Almighty is good and accepts only that which is good. Allah has commanded the faithful to do that which He commanded the Messengers, and the Almighty has said: "O ye Messengers! Eat of the good things, and do right..." (Qur'an 23:51). And Allah the Almighty has said: "O ye who believe! Eat of the good things wherewith We have provided you." (2:172). Then he mentioned [the case of] a man who, having journeyed far, is dishevelled and dusty and who spreads out his hands to the sky [saying]; O Lord! O Lord! -while his food is unlawful, his clothing unlawful, and he is nourished unlawfully, so how can he be answered!" Muslim.

Narrated Ibn Umar: The Prophet ﷺ cursed the one who did Muthla to animal (i.e. cut its limbs or some other part of its body while it is still alive) Reported by Bukhaari.

Q. There is a common trend nowadays of people roasting sausages in the streets especially in the cities. Are these sausages *Halaal*?

A. These sausages are not *Halaal* Certified by HD hence there could be high chances of being made from pork casing and meat from non-*Halaal* sources.

Q. What can be eaten safely and what should be avoided as per Islamic law?

A. List of permitted (*Halaal*) and prohibited (Haraam) animals.

1. The animals which are shown as prohibited in the Holy Qur'an and by the traditions, such as Swine or Pig, Pet Donkey are undoubtedly prohibited.
2. The animals which there is no blood at all such as flies, mosquitoes, spiders, cockroach, scorpion etc are all prohibited (Haraam), but locusts are permitted without slaughter.
3. The animal which contains blood but it does not flow such as snakes, lizard, etc are all prohibited.
4. The animals which are called Insects which live under the earth such as rat, mongoose, etc are all prohibited.
5. The animals which are born in water and live therein such as frog, carb, alligator, tortoise etc. All are prohibited but the fish, even dead is permissible.
6. The animals containing flowing blood which eat grass, leaves etc. But they do not inflict wounds with their teeth and do not prey such as camel, goat, sheep, cow, ox, buffalo etc. All are permitted.

7. The birds which peck only (to peck the corn is a sign of lawfulness and to tear the flesh with claws is the sign of prohibition.) but do not cause wound with their claws and do not prey such as pigeon, cock, duck is all permitted.
8. The beasts which inflict wounds with their teeth and prey such as tiger, leopard, cat, dog, monkey, are all prohibited.
9. The birds which use their claws for hunting and inflict injury such as falcon, sparrow hawk, female hawk is all prohibited. The birds which feed up dead such as vultures are all prohibited.
10. The milk of the permitted animal is permitted. Similarly, the eggs of the permitted birds are permitted and the prohibited are prohibited.

Q. I live with my non-Muslim family who eats non-Halaal food. We share the same utensils, pans, plates and so on. How precautionous should I be using the same as my family use?

A. Washing utensils once, is enough to remove ritual impurity (Najasa). As such if the dishes and utensils are washed whether by hand or in a dish washer, with or without soap- they would be considered pure and permissible to use.

Q. Can we use vessels made of gold and silver for eating and drinking?

A. It is not permissible to use vessels made of gold and silver for eating and drinking. The Prophet ﷺ said: "Do not drink from vessels of gold and silver, and do not eat from plates of gold and silver, because they are for them in this world and for you in the Hereafter". Al-Bukhaar and Muslim.

Q. Please advise me on Glycerine is it Halaal or not, someone told me that it is a form of alcohol.

A. Glycerine is not alcohol nor is it derived from alcohol. It is a syrup liquid which is a by-product of animal fats such as hard fats such as Cow, Sheep, Pig. It is also widely derived from plant source i.e. palm kernel and some are synthetically made which is free of animal sources and are Halaal. Glycerine made from animal fats has to be verified before use.

Q. How can I know if the Restaurant or a Butchery is Halaal certified by HD or not?

A. All Halaal certified places e.g. Restaurants, Hotels, Butcheries and Abattoirs are issued with Halaal certificate by HD. The Certificates are displayed where customers can easily see. In addition of Halaal certificate look for official HD wall/ glass stickers. You as a customer, have the right to ask for HD signage.

Q. What food are mentioned in the Quran and their significant to the human body?

A. The foods mentioned in the Quran are of great spiritual value, and many eating habits are drawn from the practice

of the Prophet Muhammad ﷺ. Islam's holistic approach to the health includes treating our bodies with respect and nourishing them, not only with faith but also with lawful and nutritious foods. Choosing healthy foods and avoiding harmful is essential for good health. Food such as Olives, Honey, Dates, Figs, Grapes, Bananas, Pomegranates, Lentils, Cucumbers, Garlic and onions are the most mentioned in the Holy Quran. Therefore, do not forget to consume these foods they are important for your health and well-being.

Q. Why is Pumpkin mentioned in the Quran 37: 145-146?

A. The beneficial properties of pumpkin are so multifaceted that they extend to almost any area of human health. Pumpkin has absorbed all kinds of trace elements and vitamins. Pumpkin outperforms many other vegetables in the content of healing substances. It contains many vitamins that are necessary for blood clotting. Pumpkin was and remains indispensable dietary product, especially useful for liver problems, gallbladder, gout, gastritis and colitis. Do not forget the pumpkin in your diet.

Q. Is Wine Vinegar Halaal?

A. Vinegar is a basic and well-known edible, made with wine in which the chemical composition has changed, and its taste is no longer sweet but acidic or sour.

Yabir (May Allah be pleased with him) reported that the Prophet Muhammad ﷺ said: "What great food is Vinegar" (reported by Muslim). So, when the Wine becomes Vinegar by itself, without any deliberate treatment to change it, it is permissible to put it in meals, drink it, and use it according to the consensus of Scholars, because of the report we quoted above. However, you must check the ingredients of the product before consuming it.

Q. Are Soya Pieces Halaal?

A.. Soya Pieces are made from Soybeans, it is a kind of vegetable food, there is no harm in consuming it. But because you do not know what contains in it (ingredients) e.g. Beef and Chicken flavours, then it is better for you to buy Soya Pieces that are certified Halaal by HD or any other reputable Halaal certifying body. The same ruling applies to Soy Sauces.

Al-Nuuman ibn Basheer reported: The Messenger of Allah ﷺ said, " Verily, the lawful is clear and the unlawful is clear, and between the two of them are doubtful matters about which many people do not know. Thus, he who avoids doubtful matters clears to himself in regard to his religion and his honour, and he who falls into doubtful matters will fall into the unlawful as the shepherd who pastures near a sanctuary, all but grazing therein. Verily, every king has a sanctum and the sanctum of Allah is his prohibitions. Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart. " Reported by Al-Bukhaari and Muslim.

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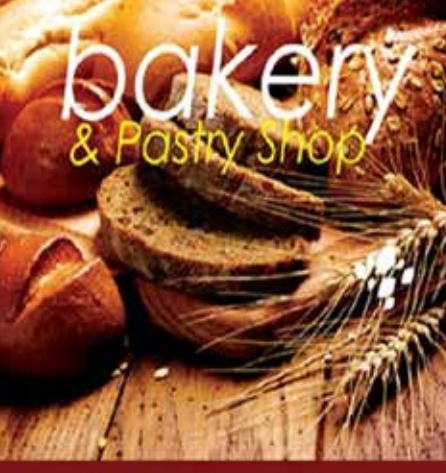


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