



HALAAL DEPARTMENT HALAAL BRIEFS

Muslim Association of Malawi

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A GUIDE TO EDUCATING CHILDREN ON HALAAL AND HARAAM

As Muslim parents, educating your children about Islamic principles is essential, though it can sometimes feel overwhelming. A great starting point is teaching them the distinction between Halaal and Haraam, which serves as a moral compass and guides them in making thoughtful decisions.

To support parents in this process, here is a simple and clear guide to help children understand Halaal and Haraam, fostering their ethical values from a young age.

Understanding Halaal

The first step is to define key terms, beginning with "Halaal." Here are some simple explanations:

- Halaal refers to what is permissible for us according to Islamic teachings.
- Halaal foods and actions benefit us and earn the pleasure of Allah Ta'ala.
- Anything that is allowed and follows Allah's regulations is considered Halaal.

Impart these lessons into your child's daily life. For example, when dining out, you can say, "We are going to a Halaal restaurant." Connecting Halaal to everyday

curiosity is a great chance for learning. Here are some points to discuss:

- Consuming Halaal foods enables us to lead wholesome and healthy lives in accordance with Islamic teachings.
- Allah instructs us to partake in good foods that are Halaal, and adhering to His commandments secures His joy.
- Halaal foods are prepared in a manner that embodies kindness and respect, aligning with Islamic principles.



situations makes it easier for children to understand its significance.

You might explain, "Just as your school has rules about raising your hand and completing your work, our faith has guidelines on which foods, actions, and behaviours are appropriate according to Allah - these are Halaal."

Understanding Halaal Foods

Children are naturally curious, often asking why it is important to eat Halaal foods. This

curiosity is a great chance for learning. Additionally, sharing anecdotes about the Prophet Muhammad's ﷺ compassion towards animals can effectively illustrate Islamic values of kindness and respect. Storytelling serves as an engaging method to impart these values, enhancing the educational experience for children.

Encouraging Questions

Invite your child's curiosity by gladly attending to their questions. Open conversations

are vital for building understanding and connection. Be patient and refrain from dismissive remarks like, "That's a silly question." This approach helps your child feel secure in exploring their faith.

When responding, ensure your answers are honest and suitable for their age. Short and clear explanations work

best, as children may lose interest in lengthy discussions. A nonjudgmental and open dialogue lays the groundwork for your child to engage meaningfully with Islamic teachings.

Teaching your children about Halaal and Haraam is a key aspect of their Islamic education. Use simple language

and relatable examples such as explaining why certain holidays are not celebrated or why some items, like T-shirts with offensive messages or inappropriate novelty cushions, are avoided. These fosters open communication and help instill moral values positively and effectively.

WHY **ALCOHOL** CONSUMPTION IS **FORBIDDEN**



Islam forbids the consumption of alcohol "O! you who believe, intoxicants and gambling, idolatrous practices and (dividing with) arrows are repugnant and acts of Satan's doing, shun them so that you may prosper. (Qur'an 5:90)"

There are several reasons why the consumption of alcoholic beverages is prohibited in Islam.

1. It leads to addiction. Alcohol has the potential to create dependency which goes against the principles of self-discipline promoted by Islam.
2. It poses risk of social rejection and condemnation: Alcohol consumption may lead to inappropriate and dishonorable behavior resulting in rejection and condemnation from the community.

3. Loss of control, for example, Alcohol is responsible for a significant number of traffic accidents. Alcohol impairs judgment and coordination contributing to numerous traffic accidents and hazardous situations.

4. It causes diseases such as, damage to pancreas, liver, malnutrition, esophageal, colon, and head cancers among others. Alcohol is linked to various harmful health conditions negatively impacting physical and mental well-being.

Remember that Allah's prohibition of alcohol is grounded in our well-being. Being mindful of this prohibition not only strengthens our spiritual connection but also preserves our health and promotes a responsible lifestyle within the Muslim community.

LIST OF HALAAL CERTIFIED ESTABLISHMENTS IN MALAWI - JUNE - 2025

The certification status of Halaal establishments recorded underneath may change if the standards of Halaal Department (HD) are compromised. Please contact HD for any updates. The Halaal Department's certification of Supermarkets is limited to the following: Dressed Chicken, Meat and Processed Meat only. Other items on the shelf are not covered under Halaal Department's certification unless specified.

TOWN	POULTRY ABATTOIRS	PHYSICALL ADDRESS	PHONE NUMBER
Lilongwe	Go Fresh Poultry Abattoir	Kanengo, Area 28	0884 550 045
Lilongwe	Central Poultry 2000 Ltd	Plot # 856, Ex Dudu Estate, Area 1,	0999 826 676
Limbe	Central Poulrty 2000 Ltd	Makata Industrial Area	0999 826 676
Blantyre	The Whydah African Art	Pa Nyumba Ya Mpira, Chirimba	0999 951 160
TOWN	BEEF ABATTOIRS	PHYSICALL ADDRESS	PHONE NUMBER
Limbe	Muhammad Butchery Centre	Opp.Mozambiqan Club	0999 946 779
Limbe	Muaaz Butchery	House No. 100, Mudi	0999 035 900
Limbe	Kuresh Halaal Butchery	Near Hardware Bus Stage	0992 958 097
Limbe	Alkhair Foundation Ltd	House No. 104, Mudi	0995 340 286
Blantyre	Ekhaya Farms Abattoir	Behind Mpemba Admarc	0999 976 040
Blantyre	Shire Valley Abattoir	Kadamanja Village, Mpemba	0888 826 565
Blantyre	C K Cold Storage Ltd	Makata Industrial Area	0994 547 062
Lilongwe	Go Fresh Abattoir	Off Likuni Road	0884 550 045
Balaka	Balaka Beef Abattoir	Demeter Farm, Utale	0999 961 370
Karonga	Twambirire Abattoir .	Near Maghemo S.S	0999 455 664
TOWN	MARKET BUTCHERIES	PHYSICALL ADDRESS	PHONE NUMBER
Mzuzu	Wages Butchery	Chasefu	0991 522 050
Mzuzu	Chuma Butchery	Mzuzu City Centre	0999 210 329
Mzuzu	Zaliro Butchery	Mzuzu Old Town	0888 378 692
Mzuzu	Chuma Butchery	4 Ways, Chiputula	0999 210 329
Mzuzu	Delight Butchery	Opp. Chenda Hotel, City Centre	0992 952 684
Mzuzu	Chuma Butchery	Mpamba Trading Centre	0999 210 329
Mzuzu	Zaliro Butchery	Mzuzu City Centre	0888 378 692
Mzuzu	Zaliro Butchery	Chiputula	0888 378 692
Lilongwe	Chinseu Butchery	Lilongwe Main Market	0999 449 913
Lilongwe	Chisomo Butchery	Njewa Trading Centre	0999 298 821
Lilongwe	Chinseu Butchery	Area 23 Market	0999 449 913
Lilongwe	Halaal Nyama Butchery	Chinsapo 1 Bus Stage	0999 302 315
Lilongwe	Supaer Ndiwo Shop	Kandikole, Area 36	0999 798 603
Lilongwe	Superior Butchery	Kandikole, Area 36	0999 354 791
Lilongwe	Pa Sabiti Butchery	Opp. Kawale 1 Market	0888 559 065
Lilongwe	Dan Butchery	Bento, Area 23	0999 679 224
Limbe	Simmy Investments Butchery	Khama Trading Centre, Machinjiri	0993 663 639
Limbe	Takulandirani Butchery	Banana-Bangwe	0881 666 987
Limbe	Takulandirani Butchery	Bangwe Main Market	0881 666 987
Limbe	Uncle Daud Butchery	Near Newlands Masjid	0888 164 400
Balaka	Noah Butchery	Andiyamo Campus	0888 552 123

Balaka	Koloko'S Butchery	Balaka Main Market	0999 015 155
Balaka	Inusa Butchery	Balaka Main Market	0996 798 678
Balaka	Jack'S Butchery	Mthandizi Market	0993 411 934
Blantyre	Madina Butchery	Chikapa Bus Stage	0880 982 291
Blantyre	Mpanje Butchery	Pamanda Bus Stage, Chirimba	0992 623 276
Blantyre	Simmy Investment Butchery	Lizeya, Machinjiri	0999 563 269
Mzimba	Tambala Butchery	Along M1 Road, Jenda	0994 854 830
Mzimba	Tambala Butchery	Inside Jenda Market	0994 854 830
Mzimba	Makono Butchery	Ekwendeni Trading Centre	0991 780 060
Mulanje	Chako Ndichomwe Wadya Butchery	Mulanje Mission Trading Centre	0886 387 362
Mulanje	Topola Butchery	Chisitu Trading Centre	0999 319 318
Mulanje	Nkhonya Butchery	Nkhonya Village	0992 124 876
Karonga	Pangwire Butchery 2	Opp. St Mary'S Turn Off	0999 623 067
Karonga	Pa Ngwire Butchery	New Karonga Main Market	0888 201 919
Karonga	Mama Rho Nyankhonde Butchery	Opp. Karonga Bus Depot	0998 523 432
Machinga	The Village Butchers	Mangochi Turn Off, Liwonde	0992 936 910
Monkey Bay	Smart Butchery	Along Main Road, Monkey Bay	0996 854 755
Rumphi	Wanangwa Butchery	Rumphi Boma	0995 079 104
Nkhotakota	J & B Butchery	Nkhotakota Central Market	0886 779 770
Mchinji	K&K Butchery	Pa Rank, Mchinji Boma	0995 182 386
Kasungu	Kalako Butchery	Kasungu Town	0998 350 669
TOWN	SUPERMARKETS	PHYSICALL ADDRESS	PHONE NUMBER
Lilongwe	Mr. Meat Butchery	Area 3,	0996 698 293
Lilongwe	Go Fresh Butchery	Crossroads Mall	0884 550 045
Lilongwe	Sana Max Cash & Carry	Kanengo, Area 43	0998 194 499
Lilongwe	Balaka Beef	Kanengo	0999 961 370
Lilongwe	Glenae Shop	Muala Complex, Area 3	0990 232 481
Lilongwe	Sana Cash & Carry	Along Mchinji Road, Area 47	0999 240 000
Lilongwe	Sana Superette	Along M1 Road, Next To N/Bank, Area 3	0999 230 000
Lilongwe	Go Fresh Shop	Off Likuni Road	0884 550 045
Lilongwe	Sana Cash & Carry	Petroda F/Station, Opp. A/30 Police Hqs	01 758 859
Lilongwe	Sana Supermarket	Area 10, Pacific Shopping Mall	0999 240 000
Lilongwe	Balaka Beef	Gravity, City Centre	0999 961 370
Lilongwe	Sana Cash & Carry	Next To Masjid, Kamuzu Pr/ Road, Area 1	0999 240 000
Lilongwe	Sana Gravity	City Centre	0999 240 000
Lilongwe	Tutla Ltd	Kawale 1	0882 110 000
Lilongwe	Sana Cash & Carry	Lumbazi Trading Centre, Lilongwe	0999 240 000
Lilongwe	Tilawe Meat Merchants	Shire-Area 49, Gulliver	0998 606 012
Lilongwe	Lk Double M Merchants Butchery	Nsungwi Area 25	0999 397 861
Lilongwe	Go Fresh Ltd	Kanengo Market	0990 232 481
Limbe	Al-Hassan Butchery	Kanjedza Main Road, Limbe	0999 374 111
Limbe	Buy Home Mart	Makhetha Puma S/ Station	0997 297 777
Limbe	Speedy'S Shop	Yiannakis Round About	0993 307 795
Limbe	Glenae Shop	Churchill Road, Near S/Get Arcade, Limbe	0882 670 786
Limbe	Buy More Cash & Carry Butchery	Mercury House	0993 815 184
Limbe	Glenae Shop	Next To Hms, Chigumula Market	0884 550 045
Limbe	Faizan Supermarket	Along Churchill Road	0881 678 697
Limbe	Shaan Cash 'N' Carry	Yabhana House, Limbe	0992 770 848
Limbe	Quick Nyama Super Halaal	Yabhana Building	0997 801 616
Limbe	Glenae Shop	Kulsum Plaza, Along Churchill Road	0884 550 045
Limbe	Glenae Shop	Meru Service Station, Illovo, Limbe	0884 550 045
Limbe	Glenae Shop	Churchil Road Opp. Madina Properties	0884 550 045
Limbe	Sana Cash & Carry	Aram Mall, Along Churchill Road	0888 999 914
Limbe	Halaal Nyama & Supermarket	Opp. Limbe Police	0997 801 616
Limbe	Chicken & Eggmart	Opp. Heritage Hotel, Along Churchil Road	0991 377 997
Limbe	Nova Superette & Food Stop	Near Illovo Round About	0991 647 651
Limbe	House of Meat	Near Macsteel	0888 972 239
Blantyre	Speedy'S Shop	Puma F/Station, Haileselasie Road	0993 307 795
Blantyre	Glenae Shop	North Arcade, Bat Complex	0884 550 045
Blantyre	Glenae Shop	Opp. Metro, Glyne Jones	0884 550 045
Blantyre	Super Halaal Fresh Food Butchery	Old Kandodo Corner Shop	0999 233 757
Blantyre	Shaan Cash 'N' Carry	Opp. Fatima Arcade, Halile Selassie Road	0992 770 848
Blantyre	Sana Cash & Carry	Nyambadwe T/Filling Station, Along Magalasi Road	0888 999 914

Blantyre	Buli Meatmart	Kameza Round About	0999 459 099
Blantyre	Sumra Butchery	Chemussa Trading Centre	0888 860 446
Blantyre	Sana Cash & Carry	Haileselasie Road, Near Puma F/Station	0888 999 914
Blantyre	S&J Investment	Chirimba Market	0988 380 787
Blantyre	J. S. Cash & Carry	Haile Selassie Road	0999 826 811
Blantyre	Pick & Save Supermarket	Next To Puma Filling Station, Haile Selassie Road	0888 168 593
Mzuzu	Nu-Madina Superette	Osman Ghan Building	0994 773 300
Mzuzu	Sana Cash N Carry	Along M1 Road, Mzuzu	0995 752 915
Mzuzu	Spice City Investment	Taifa Market	0995 354 039
Mzuzu	Macdeena Cash & Carry	Near Clock Tower, Behind Ecobank	0993 403 068
Mzuzu	Sana Cash & Carry	Next To Luwunga Petroda	0995 752 915
Mzuzu	Central Poultry 2000 Ltd	Plot No. 1085, New Commercial Area	0999 826 676
Mzuzu	B1 Ndiwo Shop	Area 1B, Luwunga	0991 139 095
Mzuzu	Nyama Den Butchery	City Centre	0992 052 684
Zomba	Glenae Shop	Along Namiwawa Road	0884 550 045
Zomba	Pak Super Halaal	Opp. Ahad Supermarket	0993 888790
Zomba	Ahad Cash & Carry	P. O. Box 587, Zomba	0999 777 162
Zomba	Pak Super Halaal	Opp. Airtel Customer Care Branch	0993 888790
Zomba	Marhaban Food Shop	Chinamwali Trading Centre	0888 821 700
Mangochi	Safari Service Station	Puma Service Station, Mangochi Boma	0881 902 415
Mangochi	Ahad Supermarket	Mangochi Round About	0995 199 991
Mangochi	No. 1 Super Al-Kaif Superette	Pa Sobo, Mh Town	0991 219 547
Mangochi	Central Poultry 2000 Ltd	Mangochi Town	0999 826 676
Balaka	Sana Cash & Carry	Balaka Boma	0994 352 276
Balaka	Dear Abadah Shop	Balaka Market	0995 816 379
Balaka	Trust Corner Shop	Balaka Market	0990 220 022
Kasungu	Local Acres Supermarket	Opp. Kasungu Bus Depot	0888 940 002
Kasungu	Sanaa Cash & Carry	Petroda-Kasungu	0995 752 915
Dedza	Panda Superstore	Opp. Total Service Station Dedza Town	0999 010 000
Dedza	Mphatso Corner Shop	Msikawanjala	0888 320 310
Thyolo	Glenae Shop	Farm Shop, Along Thyolo Road	0884 550 045
Thyolo	Relish Relish Mudzi Wa Ndiwo	Opp. Fdh, Luchenza	0998 537 388
Ntcheu	NI Supermarket	Next To Ntcheu Bus Depot	0995 059 4 232
Monkey Bay	Ahad Supermarket	Monkey-Bay	0995 199 991
Salima	Sana Cash & Carry	Salima Town	0999 240 000
Mzimba	Sanaa Cash & Carry	Mzimba Town	0994 982 672
Karonga	Sana Cash & Carry	Karonga Town	0999 240 000
TOWN	MEAT PROCESSORS	PHYSICALL ADDRESS	PHONE NUMBER
Blantyre	Meat Connection	Opposite Victoria Hotel	0888 859 542
Blantyre	Ekhaya Farms Foods Ltd	Makata Industrial Area	0999 976 040
Blantyre	Ekhaya Farms Foods	Northgate Opp. Mubas	0999 976 040
Blantyre	Empire Butchery	Trade Fair, Stand No. 73	0992 799 370
Blantyre	Buy More Cash & Carry Butchery	Livingstone Tower, Next To Ntm Head Office	0993 815 184
Blantyre	Ekhaya Farms Foods Butchery	Along Victoria Avenue	0999 976 040
Blantyre	Caterpack	Trade Fair Grounds, Stand No. 3	0999 315 131
Blantyre	The Pantry Butchery	Amaryllis Mall	0999 969 558
Blantyre	The 18Th Mart	Aling Kenyatta Drive, Kamba	0888 827 758
Blantyre	Sana Hyperstore	Ginnery Corner Round About	0888 999 914
Blantyre	Go Fresh Shop	Opp. Munshi & Nephew, Mpemba	0884 550 045
Blantyre	Zak Halaal Meats	Bus Stand, Brown'S Road	0888 346 663
Blantyre	Sana Cash & Carry	Victoria Avenue	0888 999 914
Blantyre	Ekhaya Meats Limited	Ex Chikowa Farm, Kristwick	0999 976 040
Blantyre	Heaven Food Centre	Haileselassie Road, Opp. Imtrust House	0996 602 999
Blantyre	Mr. Meat Butchery	Mall Of Africa	0996 698 293
Blantyre	J. A. K. Enterprise	Along Livingstone Avenue	0888 892 669
Blantyre	Belekia Meat Centre	Chilomoni Market, Opp. Filing Station	0886 867 811
Blantyre	Beef Masters Butchery	Kameza, Along M1 Road	0999 912 294
Blantyre	C K Cold Storage Ltd	Makata Industrial Area	0994 547 062
Blantyre	Buli Meat Mart Butchery	Luwanda, Machinjiri	0999 459 099
Blantyre	The Butcher Shop	Near Lab Enterprises, Kristwick	0997 758 585
Blantyre	Super Halaal Fresh Food Butchery	New Naperi, Near Mij	0999 233 757
Blantyre	Fresh & Tender Basket Butchery	Mandala	0993 286 009
Lilongwe	Panda Superstore Butchery	Area 12	0999 010 000

Lilongwe	Luwona Meat Market Butchery	Mchesi	0999 938 722
Lilongwe	Ekhaya Farms Foods Ltd	Olympic Mall, Behind Game Complex	0999 951 717
Lilongwe	Tilawe Meat Merchants	Queens Mall, Chilli'S Area 47	0998 606 012
Lilongwe	Central Poultry 2000 Ltd	Central Poultry Campus, Area 1	0999 826 676
Lilongwe	Panda Superstore Butchery	Zebra, Area 49,	0999 010 000
Lilongwe	All Supplies	Kawale 2	0999 977 786
Lilongwe	Super Meat Processors Butchery	South Park Mall, Area 3	0999 844 254
Lilongwe	Fishmart & Butchery	Area 25	0999 842 676
Lilongwe	Meat Centre Butchery	Golden Peacock Mall, Area 13	0999 920 850
Lilongwe	United Butchery	Mchesi, Area 2	0997 807 116
Lilongwe	Sana Cash & Carry Mega Store	Along Kenyatta Drive, Next To Flea Market	0999 240 000
Lilongwe	Ekhaya Farms Foods Ltd	Kanengo	0999 976 040
Lilongwe	Tutla Fast Save	Nico Centre	0882 110 000
Lilongwe	Haha Butchery	Kawale 1	0996 371 744
Lilongwe	Gabbys Health Food Butchery	Area 49	0981 228 446
Lilongwe	Prime Cutz Butchery	Opp. Engen Filling Station, Kawale	0999 620 468
Lilongwe	Chop Shop Butchery	Bluefin Mall, Along Mchinji Road	0992 510 257
Lilongwe	Go Fresh Ltd	Kanengo, Area 28	0990 232 481
Limbe	Savers Choice	Plot Cc47, Along Chipembere H/Way	0999 844 786
Limbe	Prime Butchery	Old Lonhro Building, Along Chirchill Road	0995 965 444
Limbe	Mr. Meat Butchery	Grevillia Avenue, Limbe	0991 133 006
Limbe	Fresh From Farm Butchery	Kameme House, Near Limbe Police	0999 955 107
Limbe	Steak Lovers Butchery	Namiyango, Near Engen F/Station	0881 815 031
Limbe	Bwanali Butchery	Inside Makhetha Market	0999 469 071
Limbe	Sb 1 Butchery	Next To Toyota Mw, Maselema	0999 212 371
Limbe	M. Yassin Butchery	Limbe Market	0884 541 437
Limbe	Boss Fisheries Ltd	City Plaza, Limbe	0996 727 379
Limbe	Ekhaya Farms Foods Ltd	Mibawa, Limbe	0999 976 040
Limbe	Costcutter Butchery	Chatha Trading centre, chileka	0991 647 651
Limbe	Golden Crown Meats	Shop No. 4, Alg Mall	0991 123 832
Limbe	Meat Plaza Butchery	Near Kanjeza Lodge	0999 924 001
Mangochi	Star Meat Butchery	Next To Madina Hardware, Maldeco	0999 216 682
Mangochi	Ahad Supermarket	Opp. Nyanja Bakery	0995 199 991
Mangochi	Ekhaya Farms Food	Mangochi Town	0999 976 040
Mangochi	Vision Butchery	Opp. Fdh Bank, Next To Tnm, Mangochi Boma	0880 261 971
Mangochi	Beef Master'S Butchery	Mangochi Round Abaout	0888 433 725
Zomba	Mercury Cash & Carry	Along Namiwawa Road, Zomba	0993 414 610
Zomba	Ffemadzi Modern Butchery	Opp. Mpondabwino Main Market Gate	0999 606 774
Zomba	Ahad Supermarket	Along Namiwawa Road	0999 777 162
Zomba	Ekhaya Farms Foods Ltd	M1 Road, Zomba	0999 976 040
Salima	Sengamart Food Market	Opp. Parachute, Sengabay	0888 662 705
Salima	Tutla'S Ltd	Senga-Bay Road	0999 232 517
Salima	Tradico Butchery	Opp. Total Service Station, Kamuzu Road	0987 389 226
Salima	Fresh Farm Meat Shop	Nsangu Trading Centre	0881 105 495
Mzuzu	Chuckmate Ltd	Northend Mall, Mzuzu City Centre	0999 690 373
Mzuzu	Tengani Super Meat Butchery	Along Chibavi Road	0883 182 759
Mzuzu	Sana Cash & Carry	North End Mall, St Andrews Street	0995 752 915
Balaka	Balaka Beef	Demeter Farm, Utale	0999 961 370
Balaka	Toleza Farms	Mbera Road, Balaka	0999 967 683
Balaka	Fresh Meat Butchery	Pa Maloboti, Along Railway	0997 389 448
Karonga	Trinity Executive Butchery	Behind Karonga Main Market	0996 411 612
Nkhotakota	Maziko Butchery & Meat Centre	Nkhotakota Town	0999 213 795
TOWN	RESTAURANTS	PHYSICALL ADDRESS	PHONE NUMBER
Blantyre	Galitos	Crossroads Mall	000 444 786
Blantyre	The Butcher Shop Deli	Behind The Butcher Shop, Kristwick	0997 758 585
Blantyre	Wimpy	Crossroads Mall, Blantyre	0999 444 786
Blantyre	The Baker Restaurant	Sharma Squire, Ginnary Corner	0881 270 274
Blantyre	Chicken Inn	Crossroads	0881 127 777
Blantyre	Kips Restaurant	Chichiri Shopping Mall	0884 990 817
Blantyre	Blantyre Lodge	Opp. Wenela Bus Depot	0995 476 775
Blantyre	Creamy Inn	Crossroads Mall	0999 444 786
Blantyre	Hotel Victoria	Off Lower Scatter Road	0994 194 895
Blantyre	Malawi Sun Hotel	Opp. Adventist Hospital, Robins Road	0991 939 191

Blantyre	The Palazzo Restaurant	Kabula Hills, Along Michiru Road	0993 342 106
Blantyre	Krazy Foods Restaurant	Chichiri Shopping Mall	0888 294 436
Blantyre	Kfc (Afribrands) Ltd	Fatima Arcade, Haileselassie Road	0999 844 284
Blantyre	Cherrywood Restaurant	Off Mandala Road	0988 887 772
Blantyre	Cedar Place Restaurant	Ntawa Road, Namiwawa	0999 832 955
Blantyre	Milky Heaven Restaurant	Victoria Gardens	0888 363 031
Blantyre	Fresh & Tender Basket Butchery	Mandala	0993 286 009
Blantyre	Barista Café	Sharma Square, Ginnery Corner	0888 827 575
Blantyre	Faizan Restaurant	Old Nando'S	0881 678 697
Blantyre	Joe's Café	Kidney Crescent, Ginnery Corner	0888 304 861
Blantyre	The Pantry Restaurant	Amaryllis Mall	0999 969 558
Blantyre	Mango Talaat Restaurant	Chichiri Shopping Mall	0993 415 090
Blantyre	Pizza Heaven Restaurant	Victoria Gardens	0888 363 031
Blantyre	Mango Talaat Restaurant	Along Victoria Avenue	0993 415 090
Blantyre	The Copper Pot (Crossroads Bt)	Crossroads Mall, Glyne Johns	0999 444 786
Blantyre	Kips Restaurant	Off Haile Selasie Road	0884 990 817
Blantyre	Ekhaya Farms Foods Deli	Along Victoria Avenue	0999 951 717
Blantyre	Pizza Inn	Crossroads Mall	0999 444 786
Blantyre	Krazy Foods Restaurant	Nothgate, Ginnery Corner	0888 294 436
Blantyre	Krazy Foods Restaurant	Osman House, Blantyre City	0888 294 436
Blantyre	Ekhaya Farms Foods	Northgate Opp. Mubas	0999 650 970
Blantyre	Kiki Foods Ltd	Near Qech, Opp. A-Taqwa Masjid	0999 468 260
Blantyre	Mugg & Bean	Kristwick Service Station	0998 114 500
Blantyre	Chicken Heaven Restaurant	Victoria Gardens	0888 363 031
Blantyre	Chicken Corner Take-Away	Sana Complex, Ginnery Corner	0994 817 015
Blantyre	Bupe Catering Services	Malawi Collage Of Medicine (Mca) Campus	0884 511 275
Blantyre	Le Croissant Patisserie & Coffee Shop	Puma Filling Station, Chichiri	0996 999 937
Blantyre	Kfc (Afribrands) Ltd	Chichiri Shopping Mall	0999 844 284
Blantyre	Inno'S Restaurant	Zalewa Road Block	0995 034 487
Blantyre	Turkish Doner Ltd	Puma F/Station, Kristwick	0997 760 544
Blantyre	Kips Restaurant	Clock Tower Mall	0884 990 817
Blantyre	Home Taste Daily Restaurant	St. Andrews Road, Blantyre	0995 045 080
Lilongwe	Kitchen Delights	Area 9	0888 352 646
Lilongwe	Kips Restaurant	Corporate Mall, Area 4	0886 997 743
Lilongwe	Malawi Catering Services Ltd	Kamuzu Internation Airport	0999 980 702
Lilongwe	Steers Pizza Inn	Crossroads Complex	0881 127 777
Lilongwe	Kips Restaurant	Behind National Bank	0993 646 033
Lilongwe	Crown Lodge	Malangalanga	0999 234 539
Lilongwe	Galitos Restaurant	Game Complex	0999 786 244
Lilongwe	Riverside Hotel	Along Paul Kagame Road	0997 370 009
Lilongwe	Dodiya Restaurant	Kachikungu Building, Bus Depot	0999 405 290
Lilongwe	Tawakali Restaurant	Behind Lilongwe Market, Area 2	0991 073 032
Lilongwe	Copper Pot Restaurant	Crossroads Hotel, Area 3	0888 513 096
Lilongwe	Kfc (Afribrands) Ltd	Lilongwe City Mall, Area 9	0999 844 284
Lilongwe	Mug & Bean	Total Service Station, Area 6	0999 313 786
Lilongwe	Wimpy Restaurant	Crossroads Mall	0881 127 777
Lilongwe	Ekhaya Farms Foods Ltd	Olympic Mall, Behind Game Complex	0999 976 040
Lilongwe	Ekhaya Farms Foods Ltd	Kanengo	0999 976 040
Lilongwe	Maravi Brands Café	Kidney Crescent, Near R/Traffic, Area 4	0995 326 234
Lilongwe	Bridge View Hotel	Behind Game Complex, Area 4	0885 828 777
Lilongwe	Chicken Inn	Gateway Shopping Mall	0881 127 777
Lilongwe	Ama Khof Restaurant	Four Seasons Complex	0999 836 836
Lilongwe	Mango Talaat Restaurant	Olympic Mall, Behind Game, Area 4	0981 572 157
Lilongwe	Aunty Amina;S Savouries	Area 24	0992 519 787
Lilongwe	Food O'Clock	Olympic Mall, Area 4	0999 513 111
Lilongwe	Galitos Restaurant	Gravity, City Centre	0999 786 244
Lilongwe	Flame Fresh Restaurant	Walkers Total Service Station, Biwi	0997 814 314
Lilongwe	Sana Food Court	Sana Complex, Kenyata Road	0999 240 000
Lilongwe	Smoke & Grill Restaurant	City Mall, Area 47	0994 070 918
Lilongwe	Mango Talaat Restaurant	Gravity Mall, City Centre	0981 572 157
Lilongwe	Sana Max Cash & Carry	Kanengo, Area 43	0998 194 499
Lilongwe	Pizza Stop Restaurant	City Mall, Area 47	0994 070 918
Mangochi	Pirirani Restaurant	Mangochi Market	0885 963 238

Mangochi	Maunde Lodge	Near Bus Depot, Mangochi Boma	0992 283 069
Mangochi	Asungwana Restaurant	Next To Maunde Lodge	0999 361 334
Mangochi	Palm Grill & Café	Near Round About, Along Namwera Road	0885 040 000
Mangochi	Chicken Line Restaurant	Puma Lake Road Service Station	0998 413 386
Mangochi	Mbendera Food Shop	In Side Mangochi Bus Depot	0886 758 787
Mangochi	Dango'S Foods & Take-Away	Opp. Bus Depot, Mangochi Boma	0881 005 825
Mangochi	Mwai Kusiyaana Restaurant	Mangochi Central Market	0996 359 942
Mangochi	Mama Aisha Restaurant	Mangochi Main Market	0888 155 683
Mangochi	Orama School Cafetaria	Along Namwera Road	0888 303 308
Mangochi	Blue Savana Food Court	R.G. Pack Hotel, Near Mh Round About	0888 701 474
Mangochi	Kips Restaurant	Opp. Grand Masjid, Mangochi Town	0884 990 817
Mangochi	Ekhaya Farms Food	Mangochi Town	0999 976 040
Mangochi	Active Restaurant	Side By Kalonga Masjid	0884 344 526
Mangochi	Chimwemwe Restaurant	Opp. Health Centre, Chiponde	0980 241 259
Limbe	Heritage Hotel	Milward Road, Corner Peach Tree	0996 999 937
Limbe	Noor Restaurant	Ma Hawa Arcade	0884 572 426
Limbe	Lux Downtown	Maselema, Toyota Malawi	0998 089 085
Limbe	Bolamoyo Restaurant	Limbe Market	0881 914 725
Limbe	Chicken Inn Restaurant	Opp. Limbe Aution Holdings	0888 999 666
Limbe	Nova Food Stop	Near Illovo Round About	0991 647 651
Limbe	Golden Crown Meats	Shop No. 4, Alg Mall	0991 123 832
Limbe	Kips Restaurant	Yabhana House, Limbe	0884 990 817
Limbe	Tasy Choice Restaurant	Agason Building	0888 363 393
Limbe	A. Kalungwe Restaurant	Kachere Market	0882 712 389
Limbe	Ekhaya Farms Foods Ltd	Mibawa, Limbe	0999 976 040
Limbe	Pizza Inn Restaurant	Opp. Limbe Aution Holdings	0888 999 666
Limbe	Sb1 Eats	Next To Cfao Motors, Maseleka	0999 212 371
Limbe	Home Made Delights & CATERES	Kanjedza Forest Project	0888 976 960
Limbe	Home Taste Daily Restaurant	Along Churchill Road	0995 045 080
Salima	Lakeside Hotel	Senga-Bay	0999 311 228
Salima	Kips Express	Petroda Filling Station	0992 001 557
Salima	Safari Fast Food	Along Salima Lilongwe Road	0999 300 772
Salima	Chikungu Restaurant	Along Salima Lilongwe Road	0993 072 583
Salima	Eclipse Lodge & Restaurant	Blantyre Road, Salima Boma	0999 188 310
Salima	Silver Sands Holiday Resort	Kachelenje Village, Salima	0999 860 690
Salima	D&N Restaurant	Nsangu Trading Centre	0885 837 425
Salima	Selena Lodge & Restaurant	Along Kamuzu Road	0999 257 739
Salima	Mtima Phee Restaurant	Nsangu Trading Centre	0999 383 037
Mzuzu	Low Budget Restaurant	Opp. Chenda Hotel	0993 699 323
Mzuzu	Bisimillah Restaurant	Mzuzu Bus Depot	0999 950 911
Mzuzu	Cool Bean Café	Kwawala House, City Centre	0999 823 721
Mzuzu	Kips Restaurant	Opp. Select & Save Hardware	0882 759 945
Mzuzu	Midland Fast Foods & Take Away	Katoto Puma F/Station, Luwanga	0999 668 679
Mzuzu	Chimbilima Kitchen	Opp. Mataifa Market	0884 574 481
Mzuzu	Galitos Restaurant	Near Clock Tower	0999 786 244
Mzuzu	Pizza Inn Restaurant	Near Clock Tower	0999 786 244
Mzuzu	Creamy Inn	Near Clock Tower	0999 786 244
Kasungu	Chicken Pizza Hut	Kasungu Town	0998 121 879
Kasungu	Chisomo Chamulungu Restaurant	Kasungu Main Market	0999112 067
Kasungu	Makwete Restaurant	Juma Trading Centre	0999 456 107
Kasungu	Fatsani Choncho Restaurant	Kasungu Market	0998 193 100
Kasungu	Mundawanga Restaurant	Chankhanga Area, Kasungu Boma	0999 703 835
Kasungu	Twinkling Stars Lodge Restaurant	Opp. Pep Stores	0999 349 668
Nkhotakota	God's Time Restaurant	Nkhotakota Boma	0999 048 331
Nkhotakota	Yanu Yanu Lodge Restaurant	Nkhotakota Town	0997 422 793
Nkhotakota	Tisaiwale Restaurant	Nkhotakota Town	0999 114 352
Nkhotakota	T & P Karibu Restaurant	Along Kariba Road	0991 425 719
Nkhotakota	Nana'S Restaurant	Nkhotakota Town	0991 707 669
Mzimba	Midland Fast Foods & Take Away	Next To Sana, Mzimba Town	0999 668 679
Mzimba	Makono Restaurant	Ekwndeni Trading Centre	0996 301 755
Mzimba	Peace & Love Restaurant	Jenda Trading Centre	0991 777 377
Mzimba	Peace & Love Restaurant	In Side Jenda Market	0991 777 377
Zomba	Steers	Next To Mra Offices, Along M3 Road	0888 854 269

Zomba	No. 1 Restaurant	Room No. 1, Zomba Main Market	0888 449 797
Zomba	Dona Fah Fast Food	Matawale Bus Stage	0991 222 244
Zomba	Kips Express	Next To Mhc Offices	0884 990 817
Zomba	Ekhaya Farms Foods Ltd	M1 Road, Zomba	0999 976 040
Machinga	Alea Restaurant	Ngoms Lodge, Mangochi Turn Off	0212 351 077
Machinga	Baobao Take-Away	Near Road Block, Liwonde	0991 201 342
Machinga	Salaama Fast Food	Near Liwonde Roadblock	0889 361 040
Machinga	Ekohle Restaurant	Liwonde Town	0999 460 935
Ntcheu	Dear Mama Restaurant	Mphate Trading Centre Along M1 Road	0999 402 195
Ntcheu	Kips Express	Near Dpp Office, Ntcheu Boma	0884 990 817
Ntcheu	Karibu Restaurant	Tsangano Turn Off	0998 571 574
Ntcheu	Zimandiwawa Restaurant	Tsangano Turn Off	0993 448 290
Karonga	Kapata Lodge Restaurant	Next To Red Cross, Karonga Town	0999 283 888
Karonga	Chisiza Kapata Restaurant	Karonga Boma	0999 942 698
Karonga	Aunt Naomi Restaurant	Karonga Bus Depot	0997 565 787
Mwanza	Tams Restaurant	Mwanza Boarder	0888 580 783
Mwanza	Shabaan Restaurant	Opp. Mwanza District Hospital	0882 492 360
Mwanza	Kips Express	Petroda Filling Station Near Road Block	0884 990 817
Mchinji	Mateyo Restaurant	Mchinji Market	0996 312 148
Mchinji	Zotheka Restaurant	Mchinji Boma	0991 582 386
Mchinji	Zotheka Restaurant 2	Mchinji Boma	0991 582 386
Monkey Bay	Mjomba Restaurant	Opp. Fdh Bank, Monkey Bay	0990 212 191
Monkey Bay	Sokole Restaurant	Mtakataka Turn Off	0995 825 708
Rumphi	Mpheje Restaurant 1	Rumphi Boma	0888 349 960
Rumphi	Mpheje Restaurant 2	Rumphi Bus Depot	0888 349 960
Mulanje	Mai Atiwiri Restaurant	Behind Agora, Chitakale	0993 894 224
Mulanje	Daud Restaurant	Mkando Market	0883 796 230
Dedza	Khoz Coffee Island	Kapesi Mount Meru F/ Station	0995 121 612
Thyolo	S. R. T. Restaurant	Luchenza Trading Centre	0992 801 188
Nsanje	Mina's Kitchen	Along M1 Road,	0994 660 120
TOWN	MAIN BAKERIES	PHYSICALL ADDRESS	PHONE NUMBER
Lilongwe	Kings Meal Ltd	Crossroads Mall	0999 533 353
Lilongwe	Sana Max Cash & Carry	Kanengo, Area 43	0998 194 499
Lilongwe	Strong Life International Ltd (Bakery)	Queens Mall, Chilli'S Area 47	0992 542 320
Lilongwe	Panda Bakers	Chitukuko, Area 47	0999 010 000
Lilongwe	Sana Cash & Carry Bakery	Sana Complex, Kenyatta Road	0999 240 000
Lilongwe	Maravi Brands Ltd (Bakery)	Near Lilongwe R/Traffic, Area 4	0995 326 234
Lilongwe	Bakers Pride Ltd	Behind Lilongwe Post Office, Old Town	0999 533 353
Lilongwe	Capital Bakery	Opp. Kamuzu Central Hospital	0888 908 725
Lilongwe	Ekhaya Farms Foods Ltd	Olympia Mall, Behind Game Complex	0999 976 040
Lilongwe	Tutla'S Bakery Ltd	Kawale 1	0991 480 657
Lilongwe	Nice Bakery	Khondowe Building, Lilongwe Bus Depot	0999 334 679
Blantyre	Sana Cash & Carry Bakery	Ginnery Corner Round About	0888 999 914
Blantyre	Bakeland Ltd	3/06298/ 000, Kenyatta Drive,Chitawira	8886 593 398
Blantyre	Joe's Bakery	Kidney Crescent, Ginnary Corner	0212 861 143
Blantyre	The Pantry Bakery	Corner & Chilembwe Laws Road	0999 969 558
Blantyre	Breadtalk Ltd	Haileselassie Road Opp. Taurus Battery	0886 593 398
Blantyre	Ekhaya Farms Foods	Northgate Opp. Mubas	0999 976 040
Blantyre	Ekhaya Farms Foods Bakery Ltd	Along Victoria Avenue	0999 976 040
Blantyre	Bread Haven Bakery Ltd	Off M1 Road, Likhubula	0888 404 955
Blantyre	Pick & Save Bakery	Next To Puma Filling Station, Haile Selassie Road	0888 168 593
Limbe	Savers Choice	Plot Cc47, Maselema	0999 844 786
Limbe	Olympic Bakery Ltd	Cc485, M/ Chipembere Hi/ Way, Yiannakis Bus Stage	0886 593 398
Limbe	Mega Bakers	Millward Road, Off Charterland Road, Near Bakhressa	0999 936 786
Limbe	Limbada Moon Delights Bakery	Shop # 3, Yabhan House, Opp. Fersons	0212 939 486
Limbe	Le Croissant Bakery	Along Tsiranana Road	0996 999 937
Limbe	Le Croissant Bakery	Heritage Hotel	0996 999 937
Limbe	Ekhaya Farms Foods Ltd	Mibawa, Limbe	0999 976 040
Limbe	Sana Cash & Carry Bakery	Limbe Leaf Campus	0882 588 888
Mzuzu	Sunbake Ltd	Opp. Sobo, Luwanga	0999 533 353
Mzuzu	Suhana Continebtal Bakery	Mzuzu City	0999 235 411
Mzuzu	Sana Cash & Carry	North End Mall, St Anderews Street	0995 752 915
Mzuzu	Kings Meal Ltd	Opp. Plascon Paints, City Centre	0999 533 353

Mangochi	Nyanja Bakery Ltd	Cmt 19/8 Monkey Bay Road	0886 593 398
Mangochi	Ekhaya Farms Food	Mangochi Town	0999 976 040
Mangochi	Sun Bakery	Mangochi Town	0999 914 877
Zomba	Zain Bakery	Along M1 Road, Zomba Town	0884 588 000
Zomba	Ahad Cash & Carry Bakery	Opp. Zomba Bus Depot	0999 777 162
Zomba	Ekhaya Farms Foods Ltd	M1 Road, Zomba	0999 976 040
Nkhotakota	Yanu-Yanu Bakery	Nkhotakota Boma	0881 864 541
Nkhotakota	Moon Bake Bakery	Opp. Admarc	0995 219 758
Kasungu	Sanaa Cash & Carry	Petroda-Kasungu	0995 752 915
Kasungu	Tento Bakery	Behind Kasungu Market	0990 048 990
Karonga	Sana Cash & Carry Bakery	Karonga Town	0999 240 000
Balaka	Tropical Bakery	Behind Water Board, Balaka Market	0885 364 370
Salima	Tutla'S Ltd	Sengabay Road, Salima	0888 633 563
Dedza	Panda Superstore (Bakery)	Opp. Total Service Station Dedza Town	0999 010 000
Rumphi	Moon Bake Bakery	Rumphi Boma	0995 219 758
Thyolo	The Baker	No1 Stores, Along Thyolo Road	0881 270 274
Mzimba	Sanaa Cash & Carry	Mzimba Town	0994 982 672
TOWN	BAKERY OUTLETS	PHYSICALL ADDRESS	PHONE NUMBER
Lilongwe	Capital Bakery	Chinsapo	0888 908 725
Lilongwe	Capital Bakery	Lumbadzi Trading Centre	0888 908 725
Lilongwe	Bakers Touch	Off Paul Kagame Road, Near Road Trafic, Area 4	0888 908 218
Lilongwe	Bakers Pride Ltd	Behind Post Office, Area 3	0999 533 353
Lilongwe	Capital Bakery	Chimwaza, Nambuma	0888 908 725
Lilongwe	Bakers Pride Ltd	Chinsapo Trading Centre, Shop 2	0999 533 353
Lilongwe	Bakers Pride Ltd	Likuni-Chigwirizano Trading Centre	0999 533 353
Lilongwe	Bakers Pride Ltd	Area 25	0999 533 353
Lilongwe	Bakers Pride Ltd	Malangalanga, Area 1	0999 533 353
Lilongwe	Bakers Pride Ltd	Area 23, Malichelo	0999 533 353
Lilongwe	Kings Meal Ltd	Area 2	0999 533 353
Lilongwe	Bakers Pride Ltd	Lumbadzi Trading Centre Shop 1	0999 533 353
Lilongwe	Bakers Pride Ltd	Mitundu Trading Centre	0999 881 888
Lilongwe	Kings Meal Ltd	Bizinowati Complex, Area 40	0999 533 353
Lilongwe	Kings Meal Ltd	Crossroads Complex	0999 533 353
Lilongwe	Bakers Pride Ltd	Lumbadzi Trading Centre, Shop 2	0999 533 353
Lilongwe	Capital Bakery	Bwalolanjovu, Area 2	0995 106 797
Lilongwe	Bakers Pride Ltd	Nsundwe Trading Centre	0999 533 353
Lilongwe	Nice Bakery	Khondowe Building, Lilongwe Bus Depot	0999 334 679
Limbe	Bakeland Ltd	Livistonia Avenue	0886 593 398
Limbe	Breadtalk Ltd	Hajra Plaza	0880 762 783
Limbe	Olympic Bakery Ltd	Cc484, Automan, Yiannakis	0886 593 398
Limbe	Olympic Bakery Ltd	Lc 111, Noorjahah Arcade, Near Limbe Court	0886 593 398
Limbe	Mega Bakers	Near Entyre, Yiannakis Round About	0999 936 786
Limbe	Breadtalk Ltd	Next To Mac Steel	0880 762 783
Limbe	Mega Bakers	Millward Road, Off Charterland Road, Near Bakhressa	0999 936 786
Limbe	Mega Bakers	Behind Escom	0999 936 786
Limbe	Olympic Bakery Ltd	Phalombe Hardware, Livingstonia Avenue	0886 593 398
Limbe	Breadtalk Ltd	Speedy'S, Near Yiannakis Round About	0880 762 783
Limbe	Mega Bakers	Opp. Limbe Police	0999 936 786
Mangochi	Tropical Bakery	Near Bus Depot	0884 588 000
Mangochi	Nyanja Bakery Ltd	Chiponde Trading Centre	0880 762 783
Mangochi	Nyanja Bakery Ltd	Namwera Trading Centre	0880 762 783
Mangochi	Nyanja Bakery Ltd	M'Baluku Trading Centre	0880 762 783
Mangochi	Zain Bakery	Opp. Admarc	0996 664 161
Mangochi	Nyanja Bakery Ltd	Near Fmb, Mangochi Boma	0886 593 398
Mangochi	Zain Bakery	Chiponde Trading Centre	0996 664 161
Mangochi	Nyanja Bakery Ltd	Next To Nyanja Main Bakery	0880 762 783
Nkhotakota	Capital Bakery	Nkhotakota Town	0888 908 725
Nkhotakota	Moon Bake Bakery	Nkhotakota Old Market	0995 219 758
Nkhotakota	Sunbake Ltd	Nkhotakota Shop No. 1	0999 533 353
Nkhotakota	Sunbake Ltd	Mwasambo Trading Centre	0999 533 353
Nkhotakota	Sunbake Ltd	Dwangwa Town	0999 533 353
Nkhotakota	Moon Bake Bakery	Opp. Yanu Yanu Lodge	0995 219 758
Nkhotakota	Moon Bake Bakery	Mkaika Trading Centre	0995 219 758

Zomba	Olympic Bakery Ltd	Shop 2, Namiwawa Road, Zomba	0880 762 783
Zomba	Olympic Bakery Ltd	Jali Trading Centre	0880 762 783
Zomba	Breadtalk Ltd	Plot # 38A Shop #3 Along Namiwawa Road	0880 762 783
Zomba	Zain Bakery	Matawale Trading Centre	0884 588 000
Zomba	Zain Bakery	Jali Trading Centre	0884 588 000
Zomba	Zain Bakery	Chinamwali Trading Centre	0884 588 000
Zomba	Zain Bakery	Zomba Town	0884 588 000
Machinga	Zain Bakery	Nsanama Trading Centre	0996 664 161
Machinga	Nyanja Bakery Ltd	Ntaja Trading Centre	0886 593 398
Machinga	Nyanja Bakery Ltd	Nsanama Trading Centre	0886 593 398
Machinga	Nyanja Bakery Ltd	Nselema Trading Centre	0886 593 398
Machinga	Nyanja Bakery Ltd	Near 4 Ways, Along Ntaja Road	0886 593 398
Machinga	Zain Bakery	Nselema Trading Centre	0996 664 161
Machinga	Zain Bakery	Liwonde Main Market	0884 588 000
Blantyre	Breadtalk Ltd	Bw220 Meridian House, Victoria Avenue	0886 593 398
Blantyre	Olympic Bakery Ltd	Bc 193, Next To Broach Bazaar, Haileselesie Road	0886 593 398
Blantyre	Bakeland Ltd	Kenyata Drive, Next To Puma F/Station, Chitawira	0886 593 398
Blantyre	Breadtalk Ltd	Mount Pleasant	0886 593 398
Blantyre	Breadtalk Ltd	Next To Main Bakery, Bc83/84, Haileselesie Road	0886 593 398
Blantyre	Bakeland Ltd	Blantyre Market	0880 762 783
Salima	Sunbake Ltd	Opp. Kambwiri Police Unit	0999 533 353
Salima	Sunbake Ltd	Salima Town	0999 533 353
Salima	Capital Bakery	Salima Town	0888 908 725
Salima	Sunbake Ltd	Kamuzu Road, Salima	0999 881 888
Salima	Sunbake Ltd	Siyasiya Trading Centre	0999 533 353
Salima	Sunbake Ltd	Sengabay	0999 533 353
Dedza	Capital Bakery	Dedza Town	0888 908 725
Dedza	Sunbake Ltd	Dedza Town	0999 533 353
Dedza	Tropical Bakery	Mtakataka	0884 588 000
Dedza	Sunbake Ltd	Golomoti Trading Centre	0999 533 353
Dedza	Bakers Pride Ltd	Thete Trading Centre	0999 533 353
Ntcheu	Sunbake Ltd	Ntcheu Town	0999 533 353
Ntcheu	Sunbake Ltd	Tsangano Trading Centre	0999 533 353
Ntcheu	Sunbake Ltd	Lizulu Trading Centre	0999 533 353
Ntcheu	Tropical Bakery	Opp. Petroda Filling Station	0885 364 370
Ntcheu	Tropical Bakery	Tsangano Depot	0884 588 000
Mzuzu	Sunbake Ltd	Opp. Arky, City Centre	0999 533 353
Mzuzu	Sunbake Ltd	Mzuzu Main Bus Depot	0999 533 353
Mzuzu	Sunbake Ltd	Luwinga Bakery Shop	0992 466 142
Mzuzu	Kings Meal Ltd	Northend Mall, Mzuzu City	0999 533 353
Mzimba	Sunbake Ltd	Ekwendeni Trading Centre	0999 533 353
Mzimba	Sunbake Ltd	Euthini Trading Centre	0999 533 353
Mzimba	Sunbake Ltd	Mzimba Boma	0992 466 142
Mzimba	Sunbake Ltd	Raiply-Mzimba	0999 533 353
Kasungu	Bakers Pride Ltd	Kasungu Shop 2	0999 881 888
Kasungu	Bakers Pride Ltd	Jenda Trading Centre, Shop 1	0999 881 888
Kasungu	Bakers Pride Ltd	Kasungu Boma, Shop No. 1	0999 533 353
Balaka	Nyanja Bakery Ltd	Ulongwe Trading Centre	0886 593 398
Balaka	Tropical Bakery	Balaka Town	0884 588 000
Balaka	Sunbake Ltd	Mthandizi Market	0999 533 353
Mchinji	Capital Bakery	Mchinji Market	0888 908 725
Mchinji	Bakers Pride Ltd	Mchinji Boma	0999 533 353
Mchinji	Bakers Pride Ltd	Kamwendo Trading Centre	0999 533 353
Dowa	Capital Bakery	Mponela	0888 908 725
Dowa	Bakers Pride Ltd	Mponela Trading Centre	0999 533 353
Dowa	Bakers Pride Ltd	Dowa Town	0999 533 353
Nkhatabay	Sunbake Ltd	Nkhatabay Boma	0999 533 353
Nkhatabay	Sunbake Ltd	Chintheche Trading Centre	0999 335 353
Monkey Bay	Sun Bakery	Opp. Agora, Monkey Bay	0999 914 877
Thyolo	Olympic Bakery Ltd	Bvumbwe Trading Centre	0886 593 398
Rumphi	Sunbake Ltd	Rumphi Boma	0999 533 353
TOWN	FOOD MANUFACTURERES	PHYSICALL ADDRESS	PHONE NUMBER
Limbe	Poa Rice Mill Ltd	Maone Industrial Area	0882 501 020

Limbe	Amani Industry Ltd	Plot No. Nk 642, Maone Industrial Area	0888 444 666
Limbe	Bakhresa Malawi Ltd	Charterland & Tsiranana Road	0888 520 770
Limbe	Mothers Food Ltd	Citrona Avenue, Limbe	0886 593 398
Limbe	Rab Processors Ltd (Soya Pieces)	Maselema	0882 009 711
Limbe	Ndunde Food Products	Mbayani, Bangwe	0999 106 542
Limbe	Chombe Foods Ltd	Along Viphya Avenue, Chigumula	0991 719 211
Limbe	Van Rees Ltd	Maone Industrial Area	0993 242 804
Limbe	Illovo Sugar (Mw) Ltd	Illovo House, Churchill Road, Limbe	0888 787 601
Limbe	Fasa Products	Next To Egenco, Along M3, Road, Mapanga	0888 828 786
Limbe	Nali Limited	Patridge Avenue, Mpingwe	0994 899 095
Limbe	Rab Processors	Maselema, Limbe	0883 009 711
Limbe	A1 Enterprises	Maselema, Limbe	0882 009 711
Limbe	Osman Foods	Nkolokoti, Machinjiri	0995 624 513
Limbe	Mustard Ltd	Next To Chisapi Schools, Chigumula	0991 143 038
Limbe	Mellet Enterprise	Nk 65, Maone Industrial Area	0993 876 577
Limbe	Omega Beverages Ltd	Greeville Avenue, Limbe	0888 821 306
Limbe	M.H. Investments	After Kachere Slump Near, Near Zomba Road	0999 936 786
Limbe	Sharma Water Supply Ltd	Chigumula Industrial Area	0996 444 000
Limbe	Fadamz Rice Milling	Maselema	0997 975 670
Limbe	Rab Processors (Beverages)	Maselema, Limbe	0882 009 711
Limbe	Afrika Dairy Ltd	Mapanga, Off, Zomba Road	0999 111 388
Limbe	Illovo Sugar Mw (Olivewood)	Chiwembe	0888 787 601
Limbe	Moon Puffs Ltd	Partridge Avenue, Mpingwe	0998 451 513
Limbe	Lilongwe Dairy (2001) Ltd	Yabhana House, Shop 2	0999 821 339
Limbe	Lilongwe Dairy (2001) Ltd	Plot No. Lc11, Kulsum Arcade	0999 821 339
Limbe	Capital Dairy Ltd	Pacific Warehouse, Off Chiwembe Road	0992 609 031
Limbe	Lilongwe Dairy (2001) Ltd	Yabhana House, Shop 1	0999 821 339
Limbe	A. S. Enterprise	Next To Top Range	0880 100 819
Limbe	Lilongwe Dairy (2001) Ltd	Off Temple Road, Limbe	0999 821 339
Limbe	Poa Rice Mill Ltd	Plot No. LI1217/ 1218, Temple Road,	0882 501 020
Limbe	Alford Hill	Mpingwe	0999 082 121
Limbe	Maa Investment	Maone Industrial Area	0999 114 488
Limbe	V. T. Enterprises	Near Limbe Police	0882 227 190
Lilongwe	Hali Ice Cream	Behind Indian Embass,Y Area 9, Lilongwe	0885 919 995
Lilongwe	Sss Investments	Area 47/ 1220D	0999 441 757
Lilongwe	Bakka Foods Trading	Chitipi	0996 652 796
Lilongwe	Seba Foods Malawi Ltd	Kanengo Industrial Area, Area 28.	0993 384 373
Lilongwe	Sati Group Ltd	Bella Complex, Area 25C,	0880 060 169
Lilongwe	Biz Beverages Ltd	Plot No. 29/188, Kanengo	0885 984 007
Lilongwe	Greendom Farming	Mzungu Vlg, T/A Njewa	0888 078 666
Lilongwe	Zamm Investment Cool Drop	Six Miles, Along M1 Road, Lilongwe	0991 111 000
Lilongwe	Harry Adamson Food & Beverages Industry	Chitipi	0999 694 496
Lilongwe	Sungold Food Processing Ltd	Kanengo	0994 710 413
Lilongwe	Bowler Beverage Limited	Area 28/94/95, Kanengo	0999 899 495
Lilongwe	A. G. A Trading	Area 28, Kanengo	0888 834 011
Lilongwe	Lilongwe Dairy 2001 Ltd	Off Poul Kagame Road, Area 5, Lilongwe	0999 821 339
Lilongwe	Sun Seed Oil Ltd	Off Airport Road, Along M1 Road	0886 446 788
Lilongwe	Moon Puffs Ltd	Kanengo	0998 006 800
Lilongwe	Atlantico Ltd	Njewa, Along Mchinji Road	0995 310 103
Lilongwe	Golden Achale	Likuni Old Trading Centre	0999 282 338
Lilongwe	Mothers Food Ltd	Kanengo	9886 593 398
Lilongwe	Lilongwe Beverages Ltd	Njewa Industrial Area	0999 555 234
Lilongwe	Lilongwe Dairy (2001) Ltd	Karims Arcade, Shop No. A1, Area 2	0999 821 339
Lilongwe	Lilongwe Dairy (2001) Ltd	Off Paul Kagame Road, Area 5	0999 821 339
Lilongwe	Manosalwa Food Industries	Njewa	0999 222 320
Lilongwe	Sheniza'S Mango Achaar	Opp. Likuni (Pvt) School	0995 974 996
Lilongwe	Lilongwe Dairy (2001) Ltd	Malangalanga	0999 821 339
Lilongwe	Hi-Tech Manufactuerers Ltd	Plot. 98/49257, Kanengo	0886 446 788
Lilongwe	Lilongwe Dairy (2001) Ltd	Kamuzu Procession Road, Area 3	0999 821 339
Lilongwe	Lilongwe Dairy (2001) Ltd	Karims Arcade, Shop A 2	0999 821 338
Lilongwe	Sweet Nothings	House 9/286, Area 9	0885 108 108
Lilongwe	Lilongwe Water Board	Along Likuni Road, Area 3	0885 629 405
Lilongwe	Moti Oil Mills	Plot No. 1, Lumbadzi, Area 55	0996 111 111

Lilongwe	Dhan Enterprises	Area 4	0999 917 676
Lilongwe	Malawi Catering Services (Bottled Water)	Kamuzu International Airport	0999 062 942
Lilongwe	Mekala Oil	Area 6	0991 174 557
Blantyre	Universal Industries	Makata Industrial Area	0999 822 677
Blantyre	Suncrest Creameries	Kidney Crescent, Blantyre	0888 827 631
Blantyre	Applecore Grain & Milling	Kwacha	0999 964 333
Blantyre	4Tee Foods Products	Chilomoni Trading Centre	0888 584 027
Blantyre	Capital Oil Refining Industries Ltd	Chirimba Industrial Area	0999 341 119
Blantyre	Mologo General Dealers	Ci, Chimtengo	0995 423 685
Blantyre	Timwe H2 Ltd	Kayange, Mbayani	0888 590 195
Blantyre	Capital Oil Refining Industries Ltd	Opp. Mapeto Tyres	0991 577 161
Blantyre	Joecean Investments	Bt 140, Lower Sclatter Road	0993 935 709
Blantyre	Mach Milk Company Ltd	Off Blantyre/Chigumula By Pass, Mpemba	0984 425 341
Blantyre	Lilongwe Dairy (2001) Ltd	Sterling Arcade	0999 832 339
Blantyre	Capital Oil Refining Industries Ltd	Chirimba Industrial Area	0999 341 119
Blantyre	Tajo Products	Old Magalasi, Chileka Road	0999 773 676
Blantyre	Lilongwe Dairy (2001) Ltd	Rosewood Mall, Mount Pleasant	0999 821 339
Blantyre	Mishakamwa	Near Chilobwe Market	0995 911 767
Blantyre	Ebony Food Products	Changwani Residence, G. D. C, Kameza	0883 627 521
Blantyre	Food Tech Industries	Near Escom Traing College, Mpemba	0998 888 945
Blantyre	Amahoro Investments	Chatha, Chileka	0996 686 200
Blantyre	Theophilus Investment	Opp. Pazinziri, Ngumbe, Chileka	0999 429 664
Blantyre	Girach Farms Ltd	Chirimba Industrial Area	0999 961 700
Mangochi	Sharma Water Supply Ltd	Tiger Arcade	0996 444 000
Mangochi	Best Foods Company	Next To Mibro Loaning, Mangochi Boma	0888 402 002
Mangochi	Mothers Food Ltd	Mangochi Boma	0886 593 398
Mangochi	Moon Puffs Depot	Tiger Arcade, Mangochi	0998 610 616
Mangochi	Lilongwe Dairy (2001) Ltd	Opp. Agora, Mangochi Town	0999 821 339
Mangochi	Focus Grain Trading & Processing Ltd	Mangochi Old Town	0991 462 304
Mangochi	Omar'S Honey	Ahad Building, Mangochi Round About	0888 841 092
Mzuzu	Mzuzu Coffee Planters Coperative Union	Luwanga	0987 005 551
Mzuzu	Kwithu Kitchen	Next To Area 1B School, Luwanga	0997 406 925
Mzuzu	Glorious Peanut Butter	Near Luwanga Secondary School	0993 774 622
Mzuzu	Lilongwe Dairy (2001) Ltd	New Commercial	0999 821 339
Mzuzu	Beulaland Food Processors	Kat 2/53, Mzuzu	0991 191 696
Mzuzu	Moon Puffs Ltd (Depot)	Luwanga Industrial Area	0998 451 513
Mzuzu	Lilongwe Dairy (2001) Ltd	Boldman Street, Opp. Masjid	0999 821 339
Thyolo	Planters Pride Ltd	Le 21, Thyolo	0882 670 786
Thyolo	Conforzi Plantation Tea	1 Street, Thyolo Boma	0882 670 786
Thyolo	Victoria Investments Limited	Nasonia Estate, Bingu Highway	0995 555 081
Thyolo	Lilongwe Dairy (2001) Ltd	Goliati	0999 821 339
Thyolo	Thyolo Nut Company Ltd	Bandanga Estate, Makwasa Road, Thyolo	0999 788 675
Thyolo	MNI Macadamia (Epz) Company	Thyolo Boma	0882 670 786
Thyolo	Leesha Food Enterprises	Bvumbwe Trading Centre	0999 946 401
Salima	Salima Sugar Company Ltd	Chikwawa Off Nkhotakota Road, Salima	0999 950 350
Salima	Malawi Mangoes Operations Ltd	Kambwiri Industrial Area 2,	0995 505 756
Salima	Lilongwe Dairy (2001) Ltd	Next To Nbs, Salima Town	0999 821 339
Mzimba	Lilongwe Dairy (2001) Ltd	Jenda Trading Centre	0999 821 339
Mzimba	Tropha Estate Ltd	Ekwendeni, Mzimba	0999 688 129
Zomba	United Macadamia Processors Ltd	Msamba Estate, Thondwe	0999 961 990
Zomba	Lilongwe Dairy (2001) Ltd	Along Namiwawa Road	0999 821 339
Balaka	Toleza Agricultural Enterprise	Chilipa Road, Balaka	0999 967 683
Balaka	Mike Nuts Foods	Kapire Village, Near Vito Maize Mill	0999 595 737
Mulanje	Zikometso Small Holder Farmers Association	Nkhonya Village	0999 597 276
Chiradzulu	Petroda Beverages Ltd	Namadzi, Along M3 Road	0985 970 609
Chikwawa	Illovo Sugar (Mw) Ltd	Nchalo Estate	0888 891 199
Nkhotakota	Illovo Sugar (Mw) Ltd	Dwangwa Estate	0888 232 773
Nkhotakota	PYH Trading	Mgona, Area 28	0886 808 885
Nkhatabay	The Village Farms	Phwechi	0888 894 212
Dowa	Mount Meru Millers Mw Ltd	Plot No. 7, Mguba Village	0990 425 750
Machinga	Lilongwe Dairy (2001) Ltd	Liwonde Town	0999 821 339
Monkey Bay	Ahsulu Food Enterprise	Behind Eagles Pvt Sec- School	0999 488 993

SEASONAL FRUITS AND VEGETABLES

We have become accustomed to having access to any product throughout the year without stopping to think about which ones are seasonal food. We don't mind buying strawberries in December, or in July. However, choosing seasonal fruits and vegetables is about striving for a healthier, more affordable, sustainable and waste free world.



Seasonal fruits, and vegetables are healthier because they are at their optimal time for consumption. As a result, they have better flavor, aroma, and color. Their freshness and intensity make seasonal foods much more appealing and appetizing. Remember to replace products that contain additives with healthy seasonal vegetables. It is cheaper and healthier. Your healthy is your responsibility.

E920 ADDITIVE CAN COME FROM HUMAN OR ANIMAL HAIR



Cysteine (E920) is primarily obtained from feathers, and it sometimes extracted from human or pig hair by boiling these substances with concentrated hydrochloric acid, activated carbon, and subsequent electrolysis. This additive is considered Haraam. In Asia especially in China feathers are the main material. It is used in production of Dairy products such as yogurts, cottage cheese and products containing flour.

This additive (E920) would be considered Halaal only when it is synthetically produced, however, this proves to be cost effective expensive.

HALAAL DEPARTMENT INCOME AND EXPENDITURES FOR THE YEAR 2024

Collections		Expenses	
Certification Fees	95,274,000.00	Operations	47,221,360.36
Stickers Sales	466,600.00	Fuel	28,450,740.00
Insight Bulletin	14,800,000.00	Vehicles & Service	29,588,000.00
Halaal Briefs	4,870,000.00	Halaal Briefs	4,601,750.00
Asset Disposals	4,650,000.00	Insight Bulletin	1,568,436.25
		Welfare	247,200.00
		Stickers	-
		Salaries	127,044,000.00
		Pension	12,958,488.00
		Furniture	-
		Donations	2,388,400.00
		Furniture	2,388,400.00
			254,068,374.61
		Shortfall	-134,007,774.61
	120,060,600.00		

YOU ARE WHAT YOU EAT

Prophet Muhammad ﷺ said:

O young boy, say Bismillah, eat with your right hand, and eat from what is directly in front of you.

GUIDELINES TO HALAAL AND HEALTHY LIFESTYLE

You are what you eat:

You have heard it before and you will continue to hear it that Islam is a complete way of life. It covers all aspects of living, ranging from standard faith practices like prayer and charity, to the mundane like dress, social etiquette, finance and food.



Halaal and health is part of Shariah, the Islamic way of life. It reflects balance, moderation, clean living, all with the aim of pleasing Allah and maintaining optimum health.

Food is something we consider a personal choice, as well as one that affects our health so directly that the Prophet Muhammad ﷺ, once said:

“No human ever filled a vessel worse than the stomach. Sufficient for any son of Adam are some morsels to keep his back straight. But if it must be, then one-third for his food, one-third for his drink, and one-third for his breath” (Ahmad, At-Tirmidhi, An-Nasaa’i, Ibn Majah)

Today, countless sicknesses have been linked to what and how much we eat, ranging from

THE HALAAL DEPARTMENT (HD)

PARTICIPATES IN THE ANNUAL GENERAL MEETING OF THE

WORLD HALAAL COUNCIL (WHC)

Recently, the Halaal Department (HD) participated in the Annual General Meeting of the World Halaal Council (WHC) held at Umhlanga in Durban, South Africa. This event also commemorated the 25th anniversary of the organization, representing a notable achievement. During the conference themed Halaal beyond boundaries, experts emphasized the significance of Halaal in the global economy, highlighting a demand that exceeds 1 billion and continues to expand. They noted that Halaal extends beyond the Muslim community, encompassing sectors such as tourism and pharmaceuticals. Halaal represents a standard of quality assurance, which was a central theme in the

committee of the WHC and wishes them success and longevity in their vital global Halaal initiatives. Furthermore, the Halaal Department of the Muslim Association of Malawi has been elected to serve on both the Shariah and Technical Committees.

The week-long meeting, which took place from October 18 to 25, 2024, included various activities, such as a review of the World Halaal Council Charter and a workshop designed to enhance the understanding of WHC member organizations regarding Halaal certification, with a particular emphasis on the integrity of product certifications across companies. This annual event attracted participants from both



panel discussions at the World Halaal Conference.

In a noteworthy development, Sheikh Thafier Najjaar of IQSA in South Africa has been elected as the new president, succeeding Zafer Gedikli, who now serves as the vice president representing GIMDES of Turkey. Brother Abdul Rahaman T. Linzag from the Philippines, under IDCP, and MIn. Navlakhi of the South African National Halaal Authority (SANHA) have retained their positions as General Secretaries. The HD extends its congratulations to the newly elected executive

member and non-member countries from Africa, Asia, Europe, America and Austria.

The World Halal Council (WHC) was established in 1999 in Jakarta and serves as a World body that unites Halaal certifying organizations from around the globe.

*News source>>> Halaal Department Malawi
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cancer, heart disease and diabetes. While other factors like genetics do have a role, many sicknesses find a place in our body due to what we consume and the amount of it.

Although Islam offers us guidelines, it restricts only a few kinds of things when it comes to what we can eat.

“Forbidden to you is that which dies of itself, and blood, and flesh of swine, and that on which any other name than that of Allah has been invoked, and the strangled animal and that beaten to death, and that killed by a fall and that killed by being smitten with the horn, and that which wild beasts have eaten, except the one you are able to slaughter before its death, and what is sacrificed on altars for idols and that you divide by the arrows;”

(Quran Chapter 5, Verse 3)

The general rule is that Muslims can consume everything else that is Halaal (legally permissible) but also tayyib (pure and good). If it is pure and good it would be considered acceptable and healthy. This latter categorization is a crucial distinction and one that we often tend to forget.

For example, most junk food would qualify as Halaal, but is it tayyib? Does it nourish us, maintain good health and wellness, and keep us fit and alert so that we can fulfill our obligations to Allah in the best way? Of course not.

In contrast, the emphasis on organic and natural foods is a step in the right direction and one that is in line with Islamic recommendations of consuming that which is Halaal, clean, good, and natural. With fewer or no antibiotics, hormones, preservatives, and other chemicals, organics offer us a way to consume our food in line with principles of Halaal and pure (tayyib).

But it does not stop there. We should always precautionary contemplate, as the above-mentioned Hadith makes clear, how much we are consuming. A doctor visiting Madinah around the time of the Prophet Muhammad ﷺ was amazed at the lack of illness in the city. He discovered that the key to their good health lay in eating less overall as a lifestyle choice.

In this regard, eating less meat needs to be mentioned as well. Although consuming it is not forbidden, The Prophet Muhammad ﷺ subsisted on a diet that included very little meat. This practice is more beneficial for our health since meat is often raised today in ways that range from questionable to ghastly. Whether it is the torturous practices found on factory farms where animals are mistreated, to the kinds of hormones and antibiotics they are injected with while being raised. Eating meat is not without long-term health repercussions. What animals are fed eventually ends up in our bodies as well.

EXPRESSION OF GRATITUDE FROM HALAAL DEPARTMENT DESK



The Halaal Department of the Muslim Association of Malawi (HD) wishes to express its sincere appreciation to its Ulama (Islamic scholars), Halaal Committees across towns, districts, and townships, as well as all individuals committed to ensuring that the food and beverages consumed in Malawi and beyond adhere to Halaal regulations. Your steadfast dedication to upholding Islamic dietary practices serves not only the Muslim community but also represents a commendable effort that brings significant rewards from Allah.

Your relentless work in overseeing, advising, and verifying Halaal compliance in various establishments has bolstered consumer trust and fostered the development of a responsible and ethical food industry. Due to your commitment, numerous businesses have gained insight into the significance of Halaal, allowing countless individuals to access pure and lawful food options.

HD encourages everyone to persist in this noble endeavor with sincerity and dedication, understanding that your contributions not only benefit the community but also serve as a pathway to earning great rewards in this life and the hereafter. May Allah Taala bless your efforts, provide you with strength, and guide you in this vital mission.

MFUMU YAIKULU M'BOMA LA MACHINGA ILIMBIKITSA ASILAMU KUDYA ZA HALAAL



Mfumu yaikulu (Paramount Chief Kawinga) yakhala pa mpando mu jeketi yofiila

Mfumu yaikulu Kawinga yalimbikitsa Asilamu kuti azidya chakudya cha Halaal nthawi zonse. Mfumuyi yanena izi pa msonkhano omwe unachitikira pa Ntaja Trading Centre m'boma la Machinga. M'mawu ake mfumu yaikuluyi, inapempha Asilamu m'dziko muno kuti azitsatira chikhalidwe cha Chisilamu monga kudya ndi kumwa za Halaal.

Mfumu yaikuluyi, inadzudzula Asilamu ena omwe salabadira kudya ndi kumwa za Haraam. Iyo inati ena anafika pomadya nyama yakufa yokha (chibudu), ena magazi (liwonde), chifukwa chosadziwa kufunika kwakudya za Halaal. Iyo idadzudzula Asilamu omwe amati akakhala kudziko la chilendo amatulutsa mwambi oti "Kwakwenda kwangachapa kasoti"

kutanthauza kuti ukakhala koyenda siuyenera kutsatira malamulo a Chisilamu. Choncho chifukwa cha mwambi umenewu, Iyo inati, anthu ambiri maka Asilamu adya zakudya zomwe siziri za Halaal kuphatikizapo nyama ya galu ngakhalenso ya munthu. Pachifukwachi, Asilamu ambiri ataya chizindikiritso cha Chisilamu ndipo sasangalala ndi umoyo wawo.

Mfumuyi, yapempha Asilamu kuti akhale ogwirizana ndi kupititsa patsogolo ntchito za Halaal. Iyo inati izi zichititsa anthu kukhala ndi umoyo wabwino komanso kukweza moyo wawo wauzimu. Mfumu yaikuluyi, idayamikira Halaal Department pochititsa msonkhano oterewu m'dera lake ndipo inapempha bungwe la Halaal Department kuti lipitirize

kuchititsa misonkhano yetereyi chifukwa ndi yofunikira kwambiri maka podziwitsa anthu kufunika kwa Halaal ndi kuyipa kwakudya za Haraam. Mfumu yaikuluyi, inapemphanso HD kuti iganizire zochititsa misonkhano ngati iyi ku Nsanama, Liwonde ndi malo ena.

Msonkhano umenewu unali umodzi mwa misonkhano isanu yomwe Halaal Department inachititsa m'malo osiyanasiyani m'dziko muno monga ku Nkhotakota – Mwasambo Turn Off, Sengabay – Salima, Chitakale-Mulanje, ndi Nselema-Machinga. Cholinga cha misonkhanoyi, ndi kudziwitsa anthu okhudzidwa ku mbali ya chakudya kuti nawonso azidziwa za Halaal kuti azitsatira ndondomeko zake.

QUESTIONS AND ANSWERS SEGMENT

We believe it is beneficial to share some of the questions posed by our stakeholders as this would help in disseminating knowledge about Halaal practices to a wider Muslim community and the general public at large.

1. Q. Does reciting “Bismillah” prior to consuming non-Halaal food render it permissible to eat?

A: Absolutely not. The Hadith referenced by some to support this claim is commonly misunderstood. In the Hadith, Aisha (Radhiyallahu Anhaa) recounts receiving meat from a group of individuals who had recently converted to Islam, and she was uncertain whether they had invoked the name of Allah during the slaughter. The Prophet (ﷺ) instructed her to say “Bismillah” and then eat.

Some individuals erroneously interpret this Hadith to imply that the meat was prohibited (Haraam) and that saying “Bismillah” would render it permissible (Halaal). However, the true interpretation is that the meat was inherently Halaal. Therefore, even if the name of Allah was not mentioned, the meat remains Halaal. When the Prophet (ﷺ) advised her to “say Bismillah,” it was not meant to convert the meat into Halaal but rather to illustrate the Sunnah of saying “Bismillah” before eating, regardless of the food type, even if it’s merely dates. No recognized Madhhab (School of thought) teaches that Haraam meat can be made Halaal through the utterance of “Bismillah” when it is already on the table.

2. Q. Recently, the Malawi Bureau of Standards (MBS) has shut down several shops for failing to uphold hygiene standards, including those that are Halaal certified. This raises the question: have the shop owners not at one point in time sold us non-Halaal food?

A: It is important to understand that the MBS is a government entity with established protocols for issuing business certifications. The Halaal Department operates under its own guidelines, which are based on Shariah and it is supervised by the country’s Ulama. The MBS evaluates the cleanliness and structural integrity of buildings, indicating that any failure to comply with these

standards can lead to closure of business operations.

In contrast, the Halaal Department’s procedures do not involve revoking certifications due to construction issues, such as cracks in walls or floors because that is handled by MBS. Instead, the Halaal Department focuses on ensuring that food remains Halaal from its origin through storage, preparation, and production, ensuring there is no contamination with Haraam substances, and that hygiene is strictly observed.

3. Q: What makes food Halaal?

A: Food is considered Halaal if it does not contain any prohibited (Haraam) ingredients, and it is processed in a clean and ethical manner. For meat, the animal must be slaughtered according to Islamic teachings and guidelines.

4. Q: Why is Halaal important in Islam?

A: Consuming Halaal food is a religious duty for Muslims. It ensures that one’s body and soul remain pure, and it aligns with the teachings of the Qur’an and Sunnah.

5. Q: Who ensures that food is Halaal?

A: The Halaal Department of the Muslim Association of Malawi (HD) as a legally registered Halaal certification body, inspects and certifies food outlets, ensuring they meet Islamic dietary requirements.

6. Q: Is all meat Halaal?

A: No, meat is only Halaal if the animal is slaughtered in the name of Allah, ensuring the blood is drained out properly according to Islamic teachings and guidelines.

7. Q: Why is pork Haraam in Islam?

A: Pork is prohibited because it is considered impure in Islam. The Qur’an explicitly forbids it, and it is believed to be harmful to health.

8. Q: What is Halaal certification?

A: Halaal certification is a process where a recognized Islamic authority conducts inspection and verification to ensure that the outlet's food products meet Halaal standards to qualify for a Halaal certificate and label.

9. Q: How can consumers identify Halaal food products?

A: Consumers should look for a valid Halaal certification logo from a trusted Halaal authority on food packaging.

10. Q: Why is it important for businesses to get Halaal certification?

A: Halaal certification increases consumer trust, expands market reach, and ensures compliance with Islamic dietary laws.

11. Q: Can a food product become Haraam if it is in contact with Haraam food?

A: Yes, contamination with Haraam substances makes the food impure and unsuitable for consumption in Islam.

12. Q: Is it permissible to eat Haraam food in an emergency or desperation?

A: Yes, Islam allows a person to eat Haraam food only in extreme cases where there is no other option for survival.

13. Q: Is medicine required to be Halaal?

A: Yes, whenever possible, medicine should be Halaal, meaning it should be free from alcohol, gelatin from non-Halaal sources, and other Haraam ingredients.

14. Q: Can a Muslim take medicine that contains alcohol?

A: If there is a Halaal alternative, it must be chosen. However, if no other option exists and it is necessary for health, it is allowed under Islamic law.

15. Q: Are vaccines Halaal?

A: Many vaccines are Halaal, but some may contain Haraam ingredients. It is important to check with Halaal certification bodies and medical professionals for guidance.

16. Q: Can a Muslim use gelatin-based medicine?

A: If the gelatin comes from Halaal sources, it is permissible. However, if it is from pork or non-Halaal slaughtered animals, it is Haraam unless there is no alternative.

17. Q: What should Muslims do if they are not sure about a medicine's Halaal status?

A: They should consult Halaal certification bodies, Islamic scholars, or pharmacists who can verify if the medicine is Halaal or suggest an alternative.

18. Q: How available is the market for Halaal certified products?

A: The market for Halaal certified products is large and fast-growing. It includes the 1.9 billion Muslims worldwide and many millions of health-conscious non-Muslims who choose to eat Halaal certified products because these products are inherently cleaner and manufactured in a compassionate manner with respect to the treatment of slaughtered animals. (When animals are slaughtered in a less compassionate manner, hormones and toxins from fear and shock are released into the respective bloodstreams of the animals; these hormones and toxins find their way into the musculature and taint the aft-consumed meat with unnecessary ingredients.) There are over 5 million Muslims in Malawi, over 300 million in Africa, 9 million Muslims in North America, over 20 million in Europe, nearly 200 million in the Middle East and over 800 million in Asia.

19. Could you please provide assistance in identifying which toothpaste and toothbrushes are Halaal or have received approval from the Halaal Department?

A: Based on the information at our disposal, the following toothpastes are deemed suitable for Halaal use: Sensodyne, Aquafresh, White Glo, Miswaak, Close Up, Colgate Toothpaste distributed by Colgate Palmolive South Africa, Pepsodent, and Clicks My Earth Charcoal Toothpaste. In terms of Halaal toothbrushes, it is advisable to select those made with nylon bristles and avoid those crafted from animal hair.

ENA MWA MAFUNSO OMWE ANTHU AFUNSA

F1. Posachedwapa, kukwera kwa ntchito zachitukuko ndi zopezera ndalama kwachititsa kuti anthu ambiri akhazikitse mabizinesi, kuphatikiza ogulitsa nyama. Ndi mfundo ziti zazikulu zomwe Asilamu ayenera kukumbukira kuti athandizire mabizinesiwa pomwe akusunga chikhulupiliro chawo cha Chisilamu (Imaan)?

Y. Anthu apewe kugula nyama butchale yomwe ilibe satifiketi ya Halaal chifukwa palibe umboni okwanira kuti nyamayo ndi ya Halaal. Dipatimenti ya Halaal imayang'anira kasamalidwe ka mabizinesi azakudya a mitundu yonse, kuwonetsa kuti ngakhale mabizinesi ang'onoang'ono atha kulandira satifiketi ya Halaal, malinga ngati atsatira ndondomeko zomwe Dipatimentiyi yakhazikitse. Koteromabizinesi ngati amenewa akuyenera kuwalimbikitsa kuti akhale ndi Halaal satifiketi.

F2. Y. Kodi Kombucha ndi wa Halaal?

Y. Kombucha yomwe akupezeka m'dziko muno si wa Halaal chifukwa ali ndi mowa mkati mwake.

F3. Kodi Nkhuku za ku Central Poultry, Dudu Estate ndi za Halaal? Nanga ngati ziri za Halaal, bwanji zilibe chizindikiro cha Halaal Department pa mapaketi ake?

Y. Nkhuku za Central Poultry ndi za Halaal ngati mwagula ku Central Poultry kwenikweniko kapena ku mashopu ena omwe ali ndi Halaal satifiketi. Kusapezeka kwa chizindikiro cha Halaal Department pa zikutilo zake sizikuchititsa kuti nkhuku za Central Poultry zikhale za Haraam. Koma ngakhale izi ziri chomwechi, anthu omwe amadya ndi kumwa za Halaal, akulangizidwa kuti azigula katundu yemwe ali ndi chizindikirochi.

F4. Posachedwapa Malawi Bureau of Standards yatseka mashopu ambiri chifukwa cholephera kukwaniritsa ukhondo m'mashopu mwawo kuphatikizapo omwe ali ndi satifiketi ya Halaal. Kodi pamenepa eni mashopuwa sanatidyetse za Haraam?

Y. Choyamba muyenera kudziwa kuti Malawi Bureau of Standards (MBS) ndi Bungwe la Boma loyima pa lokha ndipo liri ndi ndondomeko zake zoperekerasatifiketi ku mabizinesi. Halaal Department nayonso iri ndi ndondomeko zake zochokera ku Sharia motsogozedwa ndi ma Ulama a m'dziko muno zoperekerasatifiketi ya Halaal. Bungwe la MBS limayang'ana ukhondo ndi mamangidwe a nyumbazo zochitira bizinesi ndi zina zotero. Izi zikusonyeza kuti ngati nyumbazo sanazimange bwino mogwirizana ndi ndondomeko za MBS ndiye kuti kampaniyo iri pa chiopsezo choti atha kuyitseka.

Pomwe Halaal Department ndondomeko zake sizotero ayi, HD siyilanda satifiketi chifukwa cha kung'aluka kwa khoma kapena kukumbika kwa pansipa nyumba ayi. HD imayang'ana kuti chakudyacho chikhale cha Halaal kuyambira kumene chachokera, kasungidwe, kapangidwe kapena kaphikidwe kake mpakana kogulitsira; pasakhale kusakanikirana kulikonse ndi zomwe siziri za Halaal.

F5. Kodi Energy Drink wa Yess ndi wa Halaal?

Y. Katundu opangidwa ndi Kampani ya ACACIA Food Beverages Ltd yomwe imapanga YES Energy Drink si yovomerezeka ndi Bungwe la Halaal la ku Zambia la ZAMHA lomwe limagwira ntchito mogwirizana ndi Halaal Department. Choncho, HD siinganenepo kanthu pa u Halaal wa katundu opangwidwa ndi kampaniyo.

ZOTSATIRA ZAKUDYA NDI KUMWA ZA HALAAL KAPENA HARAAM

Asilamu amaphunzira kudya zakudya za Halaal (zololedwa) za ukhondo komanso zotetezeka. Chisilamu chimayika chidwi chake powonetsetsa za gwero ndi ukhondo wa chakudya, momwe akuphikira, momwe akuphatikizira, momwe akudyera komanso akutayira zotsalira. Lingaliro la Chisilamu mu chakudya ndilofanana ndi lingaliro la Chisilamu muzinthu zina, monga chitetezo cha uzimu, thupi, ndi maganizidwe. Chakudya cha Halaal

chimaloledwa chifukwa chimapindulitsa kaganizidwe ndi ku thupi. Chakudya chomwe ndi cha Haraam sichololedwa chifukwa chimaononga maganizo ndi thupi lomwe. Chakudya cha Halaal ndi Haraam zili ndi chikoka chachikulu pa moyo wa munthu. Munthu samakhala ndi umunthu omwe Allah anamulengera kuti azikhala nawo, makamaka makhalidwe, mtendere wa mumtima, ndi kukwaniritsa mapemphero ngati akukhutitsa thupi lake

ndi zakudya za Haraam. Munthu amene nthawi zonse amadya za Halaal, amakhala ndi makhalidwe abwino, mtima wake udzakhala wa mtendere ndipo mapemphero ake adzayankhidwa. Mosiyana ndi zimenezi, munthu amene amadya za Haraam amakhala ndi makhalidwe oyipa, mtendere wa mutima umamusowa. Kuonjezera apo mapemphero ake samayankhidwa ndi Allah, thanzi lakuthupi silikhalanso labwino.

DETAILS ABOUT THE FOOD OPTIONS AVAILABLE ON AIRLINES THAT OPERATE IN MALAWI.

It is important to note that the inflight hot meals provided by Malawian Airlines on routes to South Africa, Zimbabwe, Zambia, and Kenya-both outbound and inbound flights-are recognized as Halaal by the Halaal Department (HD). However, the same flights originating from Tanzania do not have their meals recognized as Halaal by the HD. In contrast, the hot meals served on Kenyan Airlines are acknowledged as Halaal for both outbound and inbound flights of Malawi. When making a reservation, be sure to request a Muslim meal to enjoy a special Halaal option marked with the HD logo.

