



# HALAAL DEPARTMENT HALAAL BRIEFS

Muslim Association of Malawi

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## THE MYTH OF SIMPLY SAYING BISMILLAH AND CONSUMING FOOD

A common misconception regarding the phrase “just say bismillah and eat,” which is often interpreted to mean that uttering this phrase makes any food Halaal. This belief stems from a misinterpretation of a Hadith where Prophet Muhammad (ﷺ) advised companions to mention Allah’s name when uncertain about the slaughter of the animal whose meat is not to be consumed. The context of this statement is crucial; it was directed at new Muslims who may have unintentionally omitted the

name during slaughter.

The belief in the power of saying “**Bismillah**” over any meat, regardless of its source or preparation, is flawed and lacks a solid basis in Islamic teachings. It highlights the importance of understanding religious texts within their proper context and the role of learned scholars in interpreting these teachings accurately. Overall, there is need for a more nuanced understanding of Halaal practices rather than relying on superstitions or oversimplified interpretations.

Islamic scholars emphasize that Bismillah is to be said before eating as a blessing, but it does not magically turn explicitly prohibited (Haram) food into lawful (Halaal).

*“And eat not of that whereon Allah’s name hath not been mentioned, for lo! it is abomination. Lo! the devils do inspire their minions to dispute with you. But if ye obey them, ye will be in truth idolaters” (6:121).*

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# ROLE OF HALAAL CERTIFICATION

Certification plays a crucial role in ensuring that products and processes comply with Shariah, the Islamic ethical framework, while also adhering to international standards for hygiene, safety, and quality. It serves as a significant business facilitator across various sectors. For manufacturers, certification opens doors to new markets, while retailers benefit from the assurance it provides to a diverse consumer

base. Exporters find that certification helps eliminate trade barriers in Muslim-majority countries, and consumers gain trust and loyalty through certified products.

For three decades, HD has been a prominent certifier, recognized both locally and internationally for its commitment to integrity, transparency, and global cooperation in the certification process.

# HALAAL MARKET TOO BIG TO IGNORE

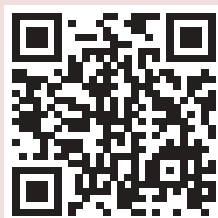
The global Halaal economy is currently valued at over US\$ 2 trillion annually and is experiencing steady growth, driven by the demands of two billion Muslim consumers for products and services that adhere to their religious beliefs. This demand spans various sectors, including food and beverages, pharmaceuticals, cosmetics, logistics, hospitality, fashion, tourism, and finance, with the Halaal certification emerging as a symbol of quality, safety, and trust.

For businesses in Malawi, this presents a significant opportunity. The country's diverse Muslim community, along with its increasing capacity to supply Halaal products to regions such as Africa, the Middle East, and Europe, positions Malawi uniquely to compete and thrive in this expanding market. The potential for growth in the Halaal sector could lead to enhanced economic development and increased trade opportunities for local businesses.

# HALAAL DEPARTMENT MASTER LIST

To enhance visibility among potential customers. The Halaal Department (HD) has launched a Master List, a comprehensive national directory of Halaal certified businesses, including Beef and Poultry Abattoirs, Butcheries, Supermarkets, Restaurants, Bakeries, and Food Manufacturers. This regularly updated resource aims to improve

connections between Halaal producers, suppliers, and consumers, thereby enhancing the visibility and viability of these businesses. Users can access the Master List via a QR code below leading to the official HD website, facilitating easier engagement with certified establishments and supporting their growth in the market.



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Images are for illustrative purpose only.



# Does Vegan (Vegetarian) Mean Halaal?

## The Truth Every Halaal Consumer Should Know

Vegan and vegetarian foods are increasingly popular, and many Muslims assume that these products are automatically Halaal. However, it is important to understand that vegan and Halaal are not synonyms, although they do have a special relationship that can facilitate our diet.

Vegan products do not contain ingredients of animal origin, which eliminates concerns about pork or animal gelatin. This makes them generally safer options for our community. However, we

must be attentive to other aspects: some vegan foods may contain alcohol in their processing, questionable flavorings, or have been produced on equipment shared with non-Halaal products.

Vegetarian foods require even more care, as they may include eggs, dairy or honey and some contain non-Halaal gelatine or rennet. Always look for the Halaal certification in addition to the vegan or vegetarian seal. The combination of both certifications is your best guarantee.

# SALUTE TO WOMEN IN HALAAL

Muslim women play a foundational role in ensuring, preparing, and promoting Halaal food, acting as primary guardians of dietary laws within the home and community. They are responsible for vetting food sources, ensuring compliance with Islamic dietary regulations (excluding pork/alcohol), and often nurturing the family's spiritual well-being through nutritious, permissible, and blessed sustenance.

To all the women, mothers, daughters, sisters, wives, teachers, entrepreneurs, and friends who serve as unwavering drivers of the Halaal initiative, HD honors you. Your efforts may often go unspoken, but they are never unseen. You are the spiritual traffic officers in our homes, guiding hearts and plates toward purity, ethics, and Divine connection. Women are always Champions of Halaal.

# NOTICE!

The Halaal Department (HD) is responsible for protecting the term "Halaal" and its associated logo. Unauthorized use of these elements on business premises and on products constitutes a breach of the country's trademark registration laws. Consequently, the HD will initiate legal proceedings against any individual or company discovered using them without the requisite permission from HD.

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As we traverse this blessed journey, let us remain steadfast in our efforts to maximize its spiritual rewards. Ramadhaan is not merely a period of ritual observance but a transformative opportunity to realign our lives with our Creator’s Will. Through sincere worship, introspection, and acts of kindness, we can shape our character for the year ahead and beyond.

On behalf of The Halaal Department, our certified establishments, member organizations, officials and staff, we extend our heartfelt wishes for a fulfilling

Ramadhaan graced with peace, prayer, good health and spiritual elevation. May it be a time of profound connection with our Creator and lasting personal growth. Let us Preserve our Imaan, Always Consume Halaal! Aameen.

“The Messenger of Allah ﷺ would break the fast with fresh dates before performing Salat. If there were no fresh dates then (he would break the fast) with dried dates, and if there were no dried dates then he would take a few sips of water.”



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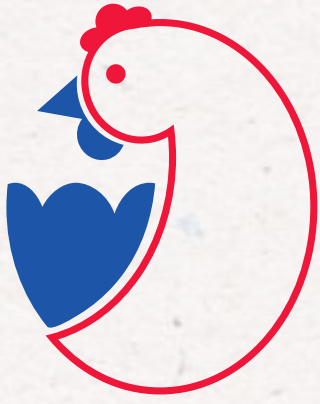
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## H2O WORLD HALAL SUMMIT AND WORLD HALAAL COUNCIL AGM

**H2O World Halal 2025 Summit**

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The event took place on November 12th to 16th, 2025, at the Qurtuba Convention Centre in Linbro Park, Johannesburg. This high-level forum featured global Halaal authorities and policymakers engaging in panel discussions focused on strategic developments, mutual recognition agreements, and the future of Halaal standards and technology.

The event also included an exhibition showcasing

international Halaal certified brands, exporters, trade agencies, and Small to Medium and Micro-sized Enterprises (SMMEs) from around the world. HD's participation underscores its commitment to Halaal certified businesses and highlights the international recognition of its certification standards, positioning it as one of the key players in exploring global opportunities within the Halaal market.

*"And hold firmly to the rope of Allah all together and do not become divided". Surah Al-Imran Ayat 103.*



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# FOODS WHICH ARE HARAAM ACCORDING TO ISLAM

According to the Quran, Haraam (forbidden) foods primarily include pork (swine flesh), blood, carrion (animals that die of themselves/ not slaughtered), and food consecrated to idols or deities other than Allah. Intoxicants: Alcohol and substances that hinder intellectual capacity. Exceptions to prohibition: The Quran permits the consumption of forbidden food items only if forced by extreme hunger

(necessity) and not out of desire or willful disobedience, provided that it is not done in a way that violates, transgresses, or is malicious.

**The Beloved Prophet ﷺ said “Halaal is clear and the Haraam is clear, and between them are matters unclear... Whoever is wary of these unclear matters has absolved his religion and honor”. (Sahih al-Bukhari and Muslim)**

# Knowledge Is Bliss

The jihad nafsi is bolstered with the Halaal diet, and accepted du’a is the key to success. “O! Allah, you have chosen us to be Muslims; therefore, please do not deny us Your Jannah as we beseech You.

# FOODS THAT STRENGTHEN THE IMMUNE SYSTEM

Good nutrition is key to keeping the immune system strong and protected against illness. Including certain foods in your daily diet can make a difference:

- Citrus (orange, lemon, mandarin): rich in vitamin C
- Green vegetables: provide antioxidants and minerals
- Garlic and onion: reinforce natural defenses
- Oily fish: source of omega-3 to reduce inflammation
- Nuts and seeds: rich in zinc and vitamin E

A Halaal diet rich in fresh, natural foods is the best shield against viruses and bacteria.



# HOW CONSUMPTION OF HALAAL FOOD CAN SHAPE LIVES OF PEOPLE IN COMMUNITIES

The well-being of people is deeply connected to the food they consume. Halaal food is not only a religious requirement for Muslims, but a complete system that promotes purity, ethics, health, and responsibility. By embracing Halaal principles, communities can positively influence the physical, spiritual, and moral development of the generations in our society.

Halaal food ensures that what people eat is lawful, clean, and ethically sourced. It emphasizes hygiene, humane treatment of animals, honesty in trade, and accountability in production. When children and youth consume Halaal food, they are nurtured

with values of discipline, consciousness of Allah, and respect for life. These values help shape responsible individuals who contribute positively to society.

Allah (SWT) reminds us of the importance of consuming what is lawful and pure: "O mankind, eat from whatever is on earth that is lawful and good." (Surah Al-Baqarah 2:168)

On the authority of Abu Huraira (may Allah be pleased with him), who said: The Messenger of Allah (SWT) said: "Allah the Almighty is good and accepts only that which is good.



Food colouring is sourced from synthetic and natural origins like plants, animals, insects and minerals, appearing in liquid, powder, gel, and paste forms. While chemical colours are artificially produced, both synthetic and natural colourants can potentially contain Haraam ingredients. Adhering to Halaal, and avoiding Haraam foods

is a religious obligation, but discerning Halaal status in food products is difficult due to complex ingredient lists and proprietary formulations. For example, E120, a natural colour from the Cochineal beetle, is not considered Halaal by the HD, a fact not always apparent. Manufacturers are not always required to fully disclose all

details needed for consumers to make informed Halaal decisions. Furthermore, varying food colour regulations across countries, with some colours banned in certain regions while permitted elsewhere, highlight the necessity of local Halaal certification for compliance and safety.



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# Ramadan Kareem

May this blessed month of Ramadan  
bring you peace and countless blessings.  
May your prayers be answered and  
your heart be filled with light.



# TEST YOUR IQ ON

## H A L A A L

- ◆ When was the Halaal Department of the Muslim Association founded? (A) 1998 (B) 1993 (C) 1995 (D) 2000.
- ◆ The first entity to receive Halaal certification from the HD in Malawi was: (A) Lilongwe Cold Storage (B) Dimakis Chicken (C) Central Poultry (D) Blantyre Cold Storage.
- ◆ For meat to be considered Halaal, the slaughtering must be performed by a practicing Muslim, using a sharp knife, and the invocation of dua "Bismillah Allah Akbar." **True** or **False**?
- ◆ Why are street sausages deemed non-Halaal by the HD? (A) Because the origins of the meat and sausage casings are unknown, (B) because they also sell alcohol, (C) the casings are made from pork, (D) the fillers are not Muslims.
- ◆ Is chicken slaughtered by a Muslim in Janaba considered Halaal? **Yes** or **No**.
- ◆ Can chicken slaughtered by a Muslim sister be regarded as Halaal for consumption? **Yes** or **No**.
- ◆ What should Halaal consumers look for when purchasing Halaal certified products? (A) HD logo, (B) Muslim owned shop, (C) long beards, (D) juba or hijab photo.
- ◆ Who are the Theological Directors of the HD responsible for signing Halaal certificates in Malawi? (A) Sh. Muhammad Idrissa and Sh. Dinala Chabulika (B) Mln. Ahmed Arif & Sheikh Abdulmajid Chibwe (C) Sh. Ismail Maulidi and Sh. Mcdad Alie (D) Sh. Muhammad Nadwi and Sh. Muhammad Silika.
- ◆ Who holds the responsibility for declaring Halaal and Haraam? (A) Halaal Department (B) Muslim Association of Malawi (C) Majlis Ulama (D) Allah.
- ◆ Is it Halaal to eat at a restaurant where alcohol is served? (A) Yes, because I only consume the food, not the alcohol. (B) No Islam prohibits sitting and eating at a table where alcohol is present. (C) Yes, as long as there is no contamination between the alcohol and the food. (D) No, because the food is devious
- ◆ If a small amount of alcohol is added to food for flavor but does not intoxicate, is it Halaal? (A) Yes, if it does not intoxicate (B) Yes, if it is cooked (C) No, because anything that intoxicates in large amounts is forbidden even in small amounts (D) It depends only on the taste
- ◆ Does alcohol that evaporates during cooking make the food Halaal? (A) Yes, evaporation automatically makes it permissible (B) No, deliberately cooking with alcohol remains impermissible according to many scholars (C) Yes, if cooked for more than 10 minutes (D) It becomes makruh (disliked) but not Haraam
- ◆ What is Istihālah (complete transformation)? (A) Mixing Halaal and Haraam ingredients together (B) Washing food with water (C) A substance completely changing into a new substance with different properties (D) Cooking food at high temperature.
- ◆ Which of the following is a classic example of istihālah? (A) Pork mixed into soup (B) Wine naturally turning into vinegar (C) Adding spices to food (D) Freezing meat
- ◆ Does cross-contamination affect Halaal status? (A) No, as long as the main ingredient is Halaal (B) Yes, if impurity transfers to the food (C) Only in restaurants (D) Only if someone sees it happen.
- ◆ When does the principle "necessity permits the prohibited" apply to food? (A) When someone prefers the taste (B) When Halaal food is expensive (C) In genuine life-threatening situations with no lawful alternative (D) When traveling.

Carelessness in consuming Halaal food involves overlooking the permissibility of food sources, which leads to consuming forbidden (Haraam) items like pork, alcohol, or non-slaughtered meat, violating Islamic law. This negligence risks spiritual harm, including the rejection of prayers, and physical detriment due to consuming non-Tayyib (impure) food.

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# POSITIVE IMPACT OF HALAAL DEPARTMENT IN MALAWI

The Halaal Department has significantly contributed to enhancing the availability of health food in Malawi by ensuring that individuals are consuming food that is Halaal certified.

Through rigorous certification and monitoring standards, consumers can enjoy their meals with assurance, knowing that they adhere to established Halaal criteria.

Furthermore, the Halaal Department has empowered local producers and

entrepreneurs by providing assistance in the certification and marketing of their Halaal products. To date, almost 700 establishments have received certification, allowing businesses to broaden their reach both within Malawi and internationally. This initiative has generated new economic opportunities, supported small and medium-sized enterprises, and facilitated the acceptance of Malawian products in regional and global markets.

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