

Halal Food Connections (HFC)



- Partnering for Nutrition Security & Faith-Based Service
- Supporting Health, Dignity, and Equity through Food Security

Why We Care

Food is more than sustenance: it's dignity, identity, and survival.

We serve asylum seekers, survivors of domestic violence, unhoused neighbors, individuals with disabilities, communities of need.

Nutrition is a form of justice. Access to healthy, culturally relevant food is a right.

Guiding Principles



1. Health Equity



2. Cultural &
Religious Relevance



3. Client Choice and
Dignity



4. Community-Led
Solutions

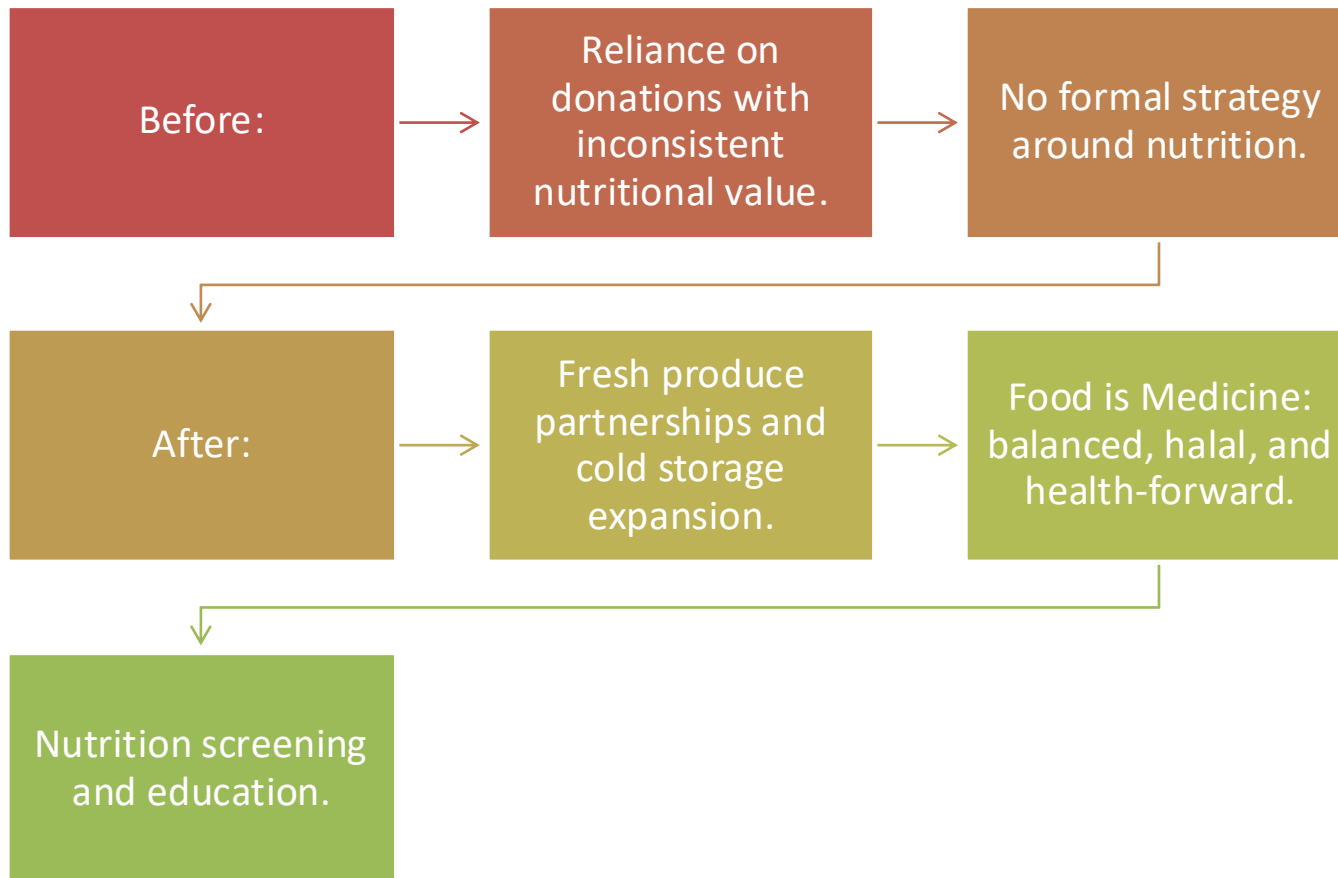


5. Evidence-Based
Practice

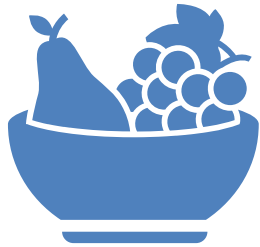


6. Sustainability

What Nutrition Work Looked Like



Nutrition Standards



Prioritized Foods:

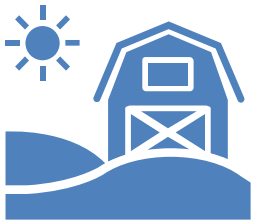
- Fresh/frozen fruits and vegetables
 - Whole grains
 - Lean halal proteins
- Low-fat dairy or fortified alternatives
 - Healthy oils and spices



To Reduce or Eliminate:

- Sugar-sweetened beverages
 - Ultra-processed snacks
- High-sodium canned goods
 - Non-halal products

Purchasing and Donations



Purchases Focus On:

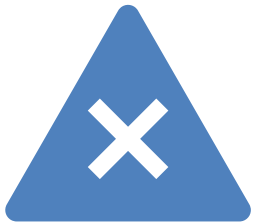
- Halal meats, produce, whole grains, spices
- Shelf-stable, culturally appropriate pantry staples



Donation Handling:

- We accept donations!
- Clear guidelines online and in print
- Donor education workshops
- Volunteer training on intake screening

Donations (Cont.)



Items Not Accepted:

- non-halal meat
- Expired/damaged goods
- Sugar-sweetened drinks or processed snacks
- Home-cooked/canned items



Our Approach:

- Empower and educate donors
- Maintain food safety and client trust

Special Programs

- Mobile Pantry: On-the-go meals for unhoused neighbors

- Weekend Kits: Culturally appropriate shelf-stable kits for families

- Home Delivery: Low-sodium, texture-sensitive meals for seniors & disabled clients

Broader Commitments

Nutrition Goals:

- Prevent/manage chronic disease
- Culturally rooted nutrition education
- Promote healthy eating habits

Beyond Food:

- Recipe cards, nutrition workshops

- Staff & volunteer training

- Health screening referrals

Program Accountability

Participant-Centered: Regular surveys and advisory feedback

Accessible: Multilingual resources

Inclusive: Community-led design and evaluation

Implementation & Review



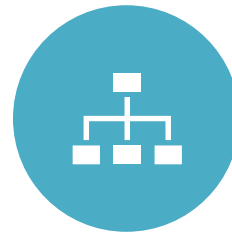
Policy Approval:
Leadership & Advisory
Board



Rollout: Training,
signage, and outreach



Annual Review:
Nutrition Policy
Review Committee



Policy adapts to client
feedback, resources,
and best practices

Join Us in Partnership

HFC is committed to
nourishing bodies and
uplifting spirits.

We welcome collaboration
with our masjid and
community partners to:

- Improve access to healthy, halal food
- Uphold the dignity and wellbeing of our communities
- Create systemic, sustainable change

Let's serve together.

Halal Food Connections

- *Halal Food Connections (HFC)* Faith-Based Collaboration for Nutrition Equity
- Nourishing Bodies. Upholding Dignity. Serving with Faith.
- Contact us:
 - email- info@halalfoodconnections.org
 - Website: www.halalfoodconnections.org