



RELIGIOUS DIETS

Kosher & Halal Options at Rutgers Dining Facilities

WHAT IS A KOSHER DIET?

A kosher diet is one that complies with Jewish religious dietary law. Kosher foods fall into three categories: meat, dairy, and pareve. The pareve category includes foods that are neither meat nor dairy. Kosher meats and dairy must be derived from specific animals that are processed in a specific manner and cannot be consumed at the same time.



WHAT IS A HALAL DIET?

Halal is an Arabic word meaning lawful or permitted. In reference to food, it is the dietary standard that is prescribed in the Qur'an (the Muslim scripture) which many Muslims observe. The term is commonly used in relation to food products, meat products, cosmetics, personal care products, pharmaceuticals, food ingredients, and food contact materials.

A Halal diet is prepared free of certain types of foods and ingredients including pork products and their derivatives, alcohol, and meat that has not been prepared in an Islamically ethical manner.

HOW CAN I FIND KOSHER OR HALAL OPTIONS IN DINING FACILITIES?

Dining Services is not a certified kosher or halal facility. Therefore, kosher prepackaged entrées are available upon request.



All fresh chicken used in recipes at the Busch, Neilson, and Livingston Dining Halls and The Atrium is halal certified. This includes chicken breast, rotisserie chicken, chicken thighs, and chicken strips. Please note that processed chicken items, such as chicken fingers, nuggets, and wings, are not halal unless explicitly labeled as such within the dining facility.



Additionally, there is a variety of meat-free or vegetarian options available daily within dining facilities. If you wish to have a kosher prepackaged meal, please ask for a Chef or Manager when entering a dining facility, and he/she will be happy to assist you.



TIPS: RELIGIOUS DIETS IN THE DINING HALLS

Always ask before you eat!



Visit our website at food.rutgers.edu or via the myRutgers app to view the online menu for daily food offerings with nutritional information and ingredients.



Having difficulties finding food options that meet your religious dietary needs? Email the Nutritionist at nutrition@dining.rutgers.edu to discuss your dietary concerns and options further.



The dining halls offer a buffet style of service providing a wide variety of food options to meet many dietary needs.



If you are unsure of the ingredients in a food item, ask to see a Chef or Manager.

MEAL OPTIONS GENERALLY AVAILABLE:



KOSHER CERTIFIED:

- ✓ Fish
- ✓ Beef
- ✓ Chicken
- ✓ Vegetarian

HALAL CERTIFIED:

- ✓ Chicken breast
- ✓ Chicken thighs
- ✓ Rotisserie chicken



HOW CAN I TELL IF A PRODUCT IS KOSHER OR HALAL?

Look for these symbols to determine if a food product is **kosher**



Look for these symbols to determine if a food product is **halal**



DINING SERVICES CONTACTS:

BUSCH DINING HALL

848-445-4253

THE ATRIUM

848-932-7236

NEILSON DINING HALL

848-932-9798

LIVINGSTON DINING COMMONS

848-445-7250

NUTRITION/HEALTHY DINING NUTRITION SPECIALISTS:

Alison H. Brown, MS, RDN

(848) 932-3648

nutrition@dining.rutgers.edu

Peggy Policastro, PhD, RDN

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Brought to you by:

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