

LEE JULY, MS, RD, LDN

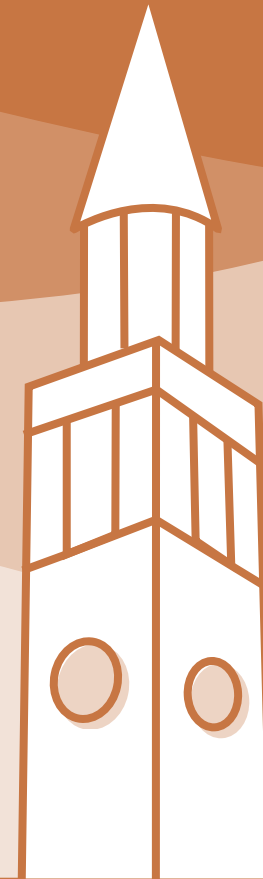
CDS Registered Dietitian

leejuly@unc.edu | office: 919-962-2352

MICHAEL GUEISS, PCIII, CCC

Senior Executive Chef

gueiss@email.unc.edu



Carolina Dining Services Guide to

HALAL AT UNC





H Halal

Our two main residential dining halls, Top of Lenoir and Chase, offer a number of halal-friendly options. **At each station, we have LED digital screens that display what we are serving, the nutritional information, ingredients, flags for the top 9 allergens and dietary preferences, including halal.**

You can also find this information on our online menu (dining.unc.edu > menus & hours). The website page also has an **interactive filter** where you can set specific rules, such as 'Halal' to find foods that meet your dietary needs and preferences.



We offer several **vegan, vegetarian, and pescatarian-friendly dishes which could be halal-friendly.**

Trout, salmon, mahi, and tuna are on our menu sporadically throughout the week, and **all our vegetable sides are cooked with oil, vegan margarine, or steamed.** We understand that some ingredients may contain trace amounts of alcohol, such as soy sauce, extracts, and rice vinegar, however those will be listed online, and you may choose to not have

those items. At our made-to-order stations, rice vinegar and soy sauce are occasionally used, but you can request to omit them as they are preparing your meal. Additionally, you may ask for a clean pan if you are concerned about cross contact. **To reduce the risk of cross-contact with non-halal meats, we use color coordinated serving utensils at other stations in the dining hall.** At the pizza station, we have separate color-coordinated pizza cutters for our pepperoni, vegetarian, and vegan pizzas.

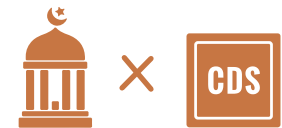
SIMPLY PREPARED STATION - CHASE DINING HALL

You can find halal protein at least seven times a week served at Chase dining hall's Simply Prepared station during lunch and dinner. This currently includes halal chicken thighs, chicken breast, lamb leg, brisket, and bone-in chicken.

MAINSTREET AT THE BOTTOM OF LENOIR

Mediterranean Deli, our retail partner, offers certified halal proteins.

PARTNERSHIP



After consulting with the Muslim Student Association (MSA) last year, we defined halal menu items as those that include halal-certified meat and exclude pork products, including gelatin and cooking alcohol.

Another result after collaborating with UNC's MSA is that we added a **variety of halal-friendly options and offer to-go options during dinner every day and late night Sunday through Thursday at Chase for Ramadan.** This is done to ensure Muslim students can eat a meal after breaking their fasts during the month of Ramadan. **After learning that dates are traditionally eaten to break a fast, we started providing them at the entrance of Chase during Ramadan. We plan to continue providing these accommodations in the coming years.**