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Halal Food Assessment Tool

Store Name:

Date:

Time:

Store Type

☐ Niche ☐ Chain ☐ Conv. ☐ Ethnic

Notes:

Measure 1: Milk

Available? ☐ Yes | ☐ No

Milk Alternatives Available? ☐ Yes | ☐ No

Alternatives: _____

Whole Available ☐ Yes | ☐ No

Price: _____ Unit: _____

1% or Skim Available ☐ Yes | ☐ No

Price: _____ Unit: _____

Infant Formula ☐ Yes | ☐ No

Price: _____ Unit: _____

Measure 2: Fruit

Available? ☐ Yes | ☐ No

Fresh/Frozen? ☐ Fresh | ☐ Frozen

Available Types? ☐ 1-3 ☐4-6 ☐ 7-10 ☐ 11-25 ☐ 25+

Bananas? ☐ Yes | ☐ No

Price: _____ Unit: _____

Apples? ☐ Yes | ☐ No

Price: _____ Unit: _____

Oranges? ☐ Yes | ☐ No

Price: _____ Unit: _____

Measure 3: Seafood

Available? ☐ Yes | ☐ No

Options: ☐ Frozen ☐ Fresh

Cheapest Scaled White Fish Available: _____

Price: _____ Unit: _____

Measure 4: Vegetables

Available? ☐ Yes | ☐ No

Fresh/Frozen? ☐ Fresh | ☐ Frozen

Available Types? ☐ 1-3 ☐4-6 ☐ 7-10 ☐ 11-25 ☐ 25+

White Potatoes ☐ Yes | ☐ No

Price: _____ Unit: _____

Sweet Potatoes/Yams ☐ Yes | ☐ No

Price: _____ Unit: _____

Broccoli ☐ Yes | ☐ No

Price: _____ Unit: _____

Carrots ☐ Yes | ☐ No

Price: _____ Unit: _____

Tomatoes ☐ Yes | ☐ No

Price: _____ Unit: _____

Onions ☐ Yes | ☐ No

Price: _____ Unit: _____

Variety of Leafy Greens ☐ Yes | ☐ No

Price of Cheapest leafy green: _____

Unit: _____ Type: _____

Measure 5: Halal Certified Animal Protein

Available? ☐ Yes | ☐ No

Options? ☐ Fresh | ☐ Frozen

Beef Available: ☐ Yes | ☐ No

Price: _____ Unit: _____

Chicken Available: ☐ Yes | ☐ No

Price: _____ Unit: _____

Lamb Available: ☐ Yes | ☐ No

Price: _____ Unit: _____

Goat Available: ☐ Yes | ☐ No

Price: _____ Unit: _____

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Measure 6: Bread & Flour

Available? ☐ Yes | ☐ No

100% Whole Wheat? ☐ Yes | ☐ No

Price: _____ Unit: _____

White Bread? ☐ Yes | ☐ No

Price: _____ Unit: _____

Bulgur? ☐ Yes | ☐ No

Price: _____ Unit: _____

Semolina Flour? ☐ Yes | ☐ No

Price: _____ Unit: _____

Measure 7: Packaged Foods*

Dried Beans ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Rice ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Lentils ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Pasta ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Peanut Butter ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Measure 8: Canned Foods*

Vegetarian Soup ☐ Yes | ☐ No

Fruit in Syrup ☐ Yes | ☐ No

Fruit in Juice ☐ Yes | ☐ No

Beans ☐ Yes | ☐ No

Low-Sodium Vegetarian Soup ☐ Yes | ☐ No

Vegetables Available

*All Packaged and Canned Foods must be checks for artificial flavoring, gelatin, glycerides, stearates, enzymes, phospholipids, sodium lauryl sulfate, fatty acids, or other additives that may have been derived from animals or alcohol

** Low sugar= <7 g sugar, >3 g fiber per serving

Measure 9: Fats

Oil:

☐ Olive

☐Canola

☐ Vegetable

☐ Other

Cheapest Oil Price_____ Unit_____ Type_____

Salted Butter ☐ Yes | ☐ No

Price: _____ Unit: _____

Unsalted Butter ☐ Yes | ☐ No

Price: _____ Unit: _____

Butter Alternative ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Ghee ☐ Yes | ☐ No

Type: _____ Price: _____ Unit: _____

Measure 10: Cereal

Available? ☐ Yes | ☐ No

Low Sugar Options** ☐ Yes | ☐ No

Low Sugar/High Fiber Options? ☐ Yes | ☐ No

Price of Oats ☐ Yes | ☐ No

Price: _____ Unit: _____

Measure 11: Spices

Turmeric ☐ Yes | ☐ No

Chili/Chili Pepper ☐ Yes | ☐ No

Cilantro ☐ Yes | ☐ No

Garlic ☐ Yes | ☐ No

Ginger ☐ Yes | ☐ No

Cumin ☐ Yes | ☐ No

Parsley ☐ Yes | ☐ No

Paprika ☐ Yes | ☐ No

Cinnamon ☐ Yes | ☐ No