# Ramadan 2027 halal shopping checklist

Ramadan 2027 is expected to begin around 8 February 2027, with Eid al-Fitr around 10 March 2027, depending on the moon sighting. Stock up once, read every label once.

## Before it goes in the basket, check for

| | |
|---|---|
| A halal mark | The clearest sign. Note which certifier you trust and look for their logo. |
| Gelatin | Often from pork or non-halal beef unless the pack says fish, plant or halal. |
| Lard, bacon, ham, pork | Pork in any form. Also check 'natural flavors' with a meat taste. |
| Carmine, cochineal, E120 | A red color made from insects. Most halal authorities avoid it. |
| Rennet, enzymes (in cheese) | Can be animal. Microbial or vegetable rennet is the usual halal choice. |
| Alcohol, ethanol, wine, rum | Includes flavorings and vanilla extract. Some scholars allow traces. |
| E471, E472, E422 and other emulsifiers | Plant or animal fat. Without a halal mark, the source is unknown. |
| L-cysteine (E920) | A dough improver. Can come from feathers or hair. |

## Shopping list

### Suhoor staples

- [ ] Oats
- [ ] Eggs
- [ ] Yogurt
- [ ] Bread or flatbread
- [ ] Cheese
- [ ] Fruit
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Iftar

- [ ] Dates
- [ ] Soup
- [ ] Lentils
- [ ] Rice
- [ ] Halal meat or chicken
- [ ] Vegetables
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Drinks

- [ ] Water
- [ ] Milk
- [ ] Laban or ayran
- [ ] Juice
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

### Sweets and treats

- [ ] Dessert
- [ ] Sweets
- [ ] Nuts
- [ ] Dried fruit
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

In the aisle, PlatePal scans the barcode and checks the label against all of this for you. Free, no account needed.

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PlatePal printable. A screening guide, not a religious ruling: certifiers and scholars differ. Always read the label. Free to print and copy for personal and community use.