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.