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# Halal Food Guidebook for International Students in Tohoku University

# A. Tohoku University Muslim Cultural Associations



Tohoku University Muslim Cultural Association (TUMCA) is a student organization formed by Muslim students in the university. Found in April 2006, it aims to show the true face of Islamic culture through several activities that enable Japanese people to get first-hand interaction with Islamic culture. The senior students who have more experience living in Sendai will give you various tips and information about life in Japan and help you settle down in the beginning. They have a Facebook page where you can view updated information and contact them individually.

**Facebook homepage :** <https://www.facebook.com/TUMCA/>

# B. Halal Menu in Tohoku University

Tohoku University COOP has started the pre-packed halal meals from 2007 as a request from TUMCA to provide accessible campus food for Muslims. In the next year, they start cooking their halal food at Aobayama campus.

The standard of Halal Food was prepared together with TUMCA members. Halal food prepare using a strict method of freezing cooked food that can be safe and hygienically packed and delivered. Tohoku University COOP prepares 8 halal food dishes and offers 6 lunch boxes produced by a company in Kyusu.





The example of Halal Food menu prepared by COOP

Halal Food already provided in every campus in Tohoku University. This is the list of place which provided halal food :

## Aobayama Campus

### 1. Aoba Dining

**Open hours** : Weekdays 8 am - 8.30 pm / Sat. 11 am – 1.30 pm  
**Location** : School of Engineering Center Hall (C01)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=AY\\_Z07](https://www.tohoku.ac.jp/map/en/?f=AY_Z07)



### 2. Keyaki Dining

**Open hours** : Weekdays 10am - 7:30pm  
**Location** : Keyaki Dining (E10)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=AY\\_E10](https://www.tohoku.ac.jp/map/en/?f=AY_E10)



### 3. Aobayama COOP Restaurant

**Open hours** : Weekdays 8 am - 8.30 pm / Sat. 11 am – 1.30 pm  
**Location** : Kita-Aobayama Commons (I01)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=AY\\_Z14](https://www.tohoku.ac.jp/map/en/?f=AY_Z14)



### 4. Lunch Box and Halal

**Open hours** : Weekdays 11.30am - 1.30pm  
**Location** : Aobayama Midori Welfare Facilities (J12)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=AY\\_Z39](https://www.tohoku.ac.jp/map/en/?f=AY_Z39)



## 5. Midori Dining

**Open hours** : Weekdays 11 am - 2pm  
**Location** : Aobayama Commons (J41)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=AY\\_Z24](https://www.tohoku.ac.jp/map/en/?f=AY_Z24)



## Kawauchi Campus

### Kitchen Terrace Couleur

**Open hours** : Weekdays 8 am - 3pm  
**Location** : Kitchen Terrace Couleur (B10)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=KW\\_Z17](https://www.tohoku.ac.jp/map/en/?f=KW_Z17)



## Seiryō Campus

### Seiryō COOP Restaurant

**Open hours** : Weekdays 8 am - 7.30 pm / Sat. 11 am – 1.30 pm  
**Location** : Seiryō Hall (B10)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=SR\\_Z10](https://www.tohoku.ac.jp/map/en/?f=SR_Z10)



## Katahira Campus

### Sakura Kitchen

**Open hours** : Weekdays 11 am - 8 pm / Sat. 11 am – 1.30 pm  
**Location** : University House Katahira (A01)  
**Map** : [https://www.tohoku.ac.jp/map/en/?f=KH\\_Z16](https://www.tohoku.ac.jp/map/en/?f=KH_Z16)



# C. Halal Shop in Sendai City

Many students prefer to cook their own food for dietary of monetary reasons however its difficult to find halal groceries, especially meat. In Sendai, there are several supermarkets that sell halal meat, seasoning, and some imported groceries.

## 1. Gyomu Super

Gyomu supermarket provides products at large quantities and cheap price. It marks Halal food with Halal label that Muslim students can easily distinguish which items they can purchase. It is foreigner-friendly, with an English website.

**Website :** <https://www.gyomusuper.jp/english/>

### *Ichibancho*

**Open hours** : 10 am – 9 pm

**Location** : TIC building B1F, 4-9-18 Ichibancho, Aoba-ku, Sendai, Miyagi

**Telephone** : 022-211-8066

### *Nankodaiminami*

**Open hours** : 10 am – 9 pm

**Location** : Nankodaiminami, 2-2-1, Izumi Ward, Sendai, Miyagi

**Telephone** : 022-252-4112



## 2. Kaldi

Kaldi provides various kinds of imported products, including Halal products. You will be able to find not only Halal foods but also other foods from your country.

**Website :** <https://www.kaldi.co.jp/>

### *S-PAL*

**Open hours** : 10 am – 9 pm

**Location** : B1F S-pal Sendai, 1-1-1 Chuou, Aoba-ku, Sendai, Miyagi

**Telephone** : 022-721-0310



### ***Oomachi***

**Open hours** : 10 am – 9 pm  
**Location** : 1F, 3-1-24 Ichibancho, Aoba-ku, Sendai, Miyagi  
**Telephone** : 022-265-5775

### ***AEON Style Sendai Oroshimachi***

**Open hours** : 10 am – 9 pm  
**Location** : 1F, Aeon Style Sendai Oroshimachi, 1-1-1 Oroshimachi, Wakabayashi-ku, Sendai, Miyagi  
**Telephone** : 022-788-2367

## **3. Majumder Foods**

Majumder is more specialized in Halal foods than imported groceries. This place is located near with Sanjo dormitory so its easy to access.

**Open hours** : 11 am – 9.30 pm  
**Location** : Shiheimachi 11-23, Aoba Ward, Sendai, Miyagi  
**Telephone** : 022-252-4112

## **4. Jupiter**

Jupiter is an import store that sells food products from various countries around the world, including the Halal ones.

**Website** : <https://www.jupiter-coffee.com/>

### ***Sendai Station***

**Open hours** : 9 am – 9 pm  
**Location** : 1F JR Sendai Station, 1-1-1 Chuou, Aoba Ward, Sendai, Miyagi  
**Telephone** : 022-714-5031

### ***Nagamachi***

**Open hours** : 10 am – 8 pm  
**Location** : Tekute Nagamachi, JR Nagamachi Station, 5-1-30, Taihaku Ward, Sendai, Miyagi  
**Telephone** : 022-714-5031

## 5. Halal Hub

Halal Hub is a new store that sells halal food and imported groceries .

**Website :** <http://www.halalhub.jp/index.php>

**Open hours** : 10 am – 8.30 pm

**Location** : Morita Corp, 101, Odawara 8-8-30 , Aoba Ward, Sendai, Miyagi

**Telephone** : 090-6687-0167



## D. Halal Restaurant in Sendai City

Some students like to buy some food rather than cook. In Sendai, you can find some Halal restaurants to eat outside or hang out with your friends.

### 1. Nan Tandoori

Nan Tandoori is an Indian Restaurant which provide Halal food. Its located near with Sanjo dormitory.

**Open hours** : Lunch 11.30 am – 2.30 pm, Dinner 5 – 9.30 pm

**Location** : Shiheimachi 16-27, Aoba Ward, Sendai, Miyagi

**Telephone** : 022-272-1523

### 2. Raj

Raj is an Indian Restaurant which provide Halal food. They mainly serve curry.

**Open hours** : 11 am – 11 pm

**Location** : Tachimachi, 2-8 1F, Aoba Ward, Sendai, Miyagi

**Telephone** : 022-263-1035

### 3. Namaskar

Namaskar is an Indian Restaurant which provide Halal food. You can reserve via website.

**Website :** <https://www.namaskarsendai.com/>

**Open hours** : Lunch 11.30 am – 3 pm, Dinner 5.30 – 10 pm

**Location** : Ichibancho 2 -2-11, Aoba Ward, Sendai, Miyagi

**Telephone** : 022-222-7701



## E. Halal Card

TUMCA has made a Halal card to support Muslims living in Sendai who are not fluent in Japanese. The card shows the ingredients that Muslims are forbidden to eat. You can show this card to staff whenever you go to a restaurant, or to your lab or classmates when you will go for a meal.

You can also check the ingredients used in Japanese products using the **list of important Kanji** indicating significant ingredients, such as alcohol and pork. Please check the ingredients using the list carefully before purchasing foods.

ハラール料理の提供をお願い

1.以下の材料を含んでいない料理。



a. 肉類（魚介類を除く）

b. 上記の肉類や油脂に由来した添加物（乳化剤やマーガリン）

c. 酒類（料理酒やみりん）

2. 上記の材料を含んだ料理と一緒に調理されていない。

3. 洗剤で洗った調理器具および食器を使用する。

			
豚肉	牛肉	羊肉	鶏肉
			
ショートニング ラード	アルコール 飲料	ゼラチン	牛乳&卵

## F. Useful Website

1. Halal in Japan



2. Halal Media Japan



3. Halal Gourmet



4. Halal Japan



5. Japan Halal TV



6. Islamic Cultural Center of Sendai (ICCS)

