



Established 1979

SUNNI JAMIYAT-e- ULAMA SOUTH AFRICA

Office 105, Mohammedeya Centre

263 Moses Kotane (Sparks) Road

Overport, Durban, 4067

Tel: +2731 2077063 Fax: +2731 2095357 email: admin@sjusa.co.za

Postnet Suite 37, Private Bag X 05, Overport, Durban, 4067

ADAAB OF EATING AND DRINKING

The Mercy to the universe, Prophet Muhammad ﷺ said:

1. The blessing of eating lies in making wudhu (washing the hands and rinsing the mouth) before and after eating.
2. Recite BISMILLAAH (*in the name of Allah ﷻ*) before eating. If you forget to do so in the beginning, then when you remember recite:

BISMILLAHI AWWALA HOO WA AAKIRA HOO

*(I eat) in the name of Allah ﷻ at the beginning (of my meal)
and at the end of it. (At-Tirmizi)*

3. Eat and drink with the right hand.
4. Eat a pinch of salt before meal to kill bacteria on fingers and in mouth.
5. Take food that is in front of you (do not let your hands move all over the plate, but eat from the side nearest to you).

(Al-Bukhari and Muslim)

6. Remove your shoes before eating as this will bring more comfort to your feet. (Ad-Daarami)
7. Do not drink in one continuous gulp like a camel, but take two or three breaths in between.
8. When you begin drinking, say BISMILLAAH and when you remove your mouth from the container after drinking, say: ALHUMDULILLAH (*praise be to Allah ﷻ*).
9. Whoever eats and then says (the following Dua), all (minor) sins of the past will be forgiven:

ALHUMDULILLA HILLAZEE AT'AMANEE HAAZAT TA'AAMA
WA RAZAQANEEHI MIN GHAIRI HOWLIM MINNEE WALAAQUWAH

*All praise is for Allah ﷻ Who has fed me this food
and given me sustenance without any effort and power of my own. (At-Tirmizi)*

10. Never eat or drink with the left hand since it's a practice of shaitaan. (Sahih Muslim)
11. Whoever eats from a plate and then cleans it (by finishing all the food in it), the plate seeks the forgiveness of Allah ﷻ for him.
12. When a morsel falls from your hand, remove whatever (grass or dirt) goes into it and do not leave it for the shaitaan. When finished eating, lick your fingers before washing your hands for we do not know in which portion of the food the *barakah* (blessing) lie in. (Sahih Muslim)
13. Do not eat from the centre of the plate but eat from the side, the *barakah* descends in the centre. (At-Tirmizi)
14. We should eat together (as a group) and take the name of Allah ﷻ since there is blessing in it for you. (Abu Dawood)
15. When one cooks a curry, add more water to it and think of your neighbours. (Sahih Muslim)
By adding more water to the curry, one would be able to share it with the neighbours.
16. Do not breathe nor blow into a cup or a container. (At-Tirmizi)
17. Do not drink from the broken, (chipped) or cracked part of a utensil. (Abu Dawood)

SUNNI JAMIYAT-e-ULAMA SOUTH AFRICA BANKING DETAILS:

Name of Account: SUNNI JAMIYAT-e-ULAMA

First National Bank Branch Code: 222826

Account Numbers:

LILLAH: 50891985036 ZAKAAT: 62030082010

P.B.O. Number: 930032675



Established 1979

SUNNI JAMIYAT-e- ULAMA SOUTH AFRICA

Office 105, Mohammedeya Centre

263 Moses Kotane (Sparks) Road

Overport, Durban, 4067

Tel: +2731 2077063 Fax: +2731 2095357 email: admin@sjusa.co.za

Postnet Suite 37, Private Bag X 05, Overport, Durban, 4067

18. One who sleeps with (oily food substance, etc.) remaining on one's hands and some harm is afflicted (form of poisonous insect bite etc.) has none but oneself to blame. (At-Tirmizi)
19. Whoever gives (others water etc.) to drink, should drink last, after everyone has drunk. (Sahih Muslim)
20. Do not stand before the dining cloth (dastarkhaan) is cleared.
21. When eating with someone, as long as the person is eating, do not withdraw your hands though you may have eaten your fill, so that the person may not become embarrassed. But if you have to stop eating, then offer some excuse for doing so. (Ibn Maajah)
22. Do not drink from a water bag by putting your mouth directly to it. (Sahih Al-Bukhari)
Drinking by putting one's mouth directly to a jug, jar, water pot, flask, bottle, etc. falls within this prohibition.
23. When a fly falls into a cup, plate or container that has water, milk, tea, curry or any consumable substance. Since a fly carries disease on one wing and antidote on the other, immerse the fly properly into it and throw the fly away. (Sahih Al-Bukhari)
In one narration it is mentioned that the fly has poison in one wing and cure in the other and that it first immerses its poisonous wing before dipping the wing that contains the cure. (Sharhus Sunnah)
Another narration mentions that a fly uses the wing that contains the sickness as its means of protection (while it tries to keep its wing containing the cure out of danger). So, immerse it properly (in order to gain cure from sickness). (Abu Dawood)
N.B. Prophet Muhammad ﷺ has shown this as a cure against the disease being carried by a fly and has not commanded us to eat such food. Therefore, if anyone feels uncomfortable eating such food, is free to leave it.
24. Do not drink while standing. (Sahih Muslim)
Zam-Zam water and the water that remains in a jug etc. after making wudhu are exempted from this rule.
25. When food is very hot, put a lid over it and keep it aside until the steam subsides. Prophet Muhammad ﷺ said that doing this is excellent for (increase in) barakah. (Ad-Daarami)
26. One occasion some food was presented to Prophet Muhammad ﷺ. He requested Hazrath Asmaa bint Yazeed ؓ to eat it. She replied that she did not feel like eating. Prophet Muhammad ﷺ said, "Do not combine hunger with lies." (in spite of being hungry, do not say that you do not feel like eating). (Ibn Majah)
27. Prophet Muhammad ﷺ did not eat at a dining table nor did he eat from a small plate. He and his companions would eat on a dining cloth on the floor. (Sahih Al-Bukhari)
28. Prophet Muhammad ﷺ said that the food of one person is sufficient for two and the food of two is sufficient for four and that of four is sufficient for eight people. (Sahih Muslim)
Therefore, when a person visits you, do not become tight fisted. With an open heart, welcome the visitor to partake in your meals as the food will suffice for all.

SUNNI JAMIYAT-e-ULAMA SOUTH AFRICA BANKING DETAILS:

Name of Account: SUNNI JAMIYAT-e-ULAMA

First National Bank Branch Code: 222826

Account Numbers:

LILLAH: 50891985036 ZAKAAT: 62030082010

P.B.O. Number: 930032675



Established 1979

SUNNI JAMIYAT-e- ULAMA SOUTH AFRICA

Office 105, Mohammedeya Centre
263 Moses Kotane (Sparks) Road
Overport, Durban, 4067

Tel: +2731 2077063 Fax: +2731 2095357 email: admin@sjusa.co.za
Postnet Suite 37, Private Bag X 05, Overport, Durban, 4067

29. Once, Prophet Muhammad ﷺ was eating some old dates and while doing so, he was examining it for worms and removing them. (Abu Dawood)
From this we learn that it is not permissible to eat dates, fruits, etc. with worms. The worms, etc. must be removed before eating that fruit, etc.
30. Prophet Muhammad ﷺ said that, whoever eats onions or garlic, should stay away from the masjid or remain in his home (until the smell disappears). (Al-Bukhari and Muslim)
After consuming food having an unpleasant smell, one should cleanse one's mouth thoroughly and remove the offensive smell before going to the masjid.
31. With regards to people eating dates (or other edibles) together, Prophet Muhammad ﷺ said that no person should take two dates in one helping without the permission of the companions. (Al-Bukhari and Muslim)
32. Prophet Muhammad ﷺ did not eat too much and said excessive eating brings misfortune. (Al-Baihaqi)
This means that when one develops such a bad habit, it may damage one's health and also lead people to dislike one.
33. Prophet Muhammad ﷺ ate with three fingers and he would lick his fingers before wiping them. (Sahih Muslim)
34. Hazrath Anas ؓ relates, "I saw Rasulallah ﷺ seated in a squatting position and he was eating dates." (Sahih Al-Bukhari)
Squatting means to sit on one's heels with the calves upright.
35. Prophet Muhammad ﷺ would not lean against anything while eating (sign of pride to do so). He also said, "I do not take my meals while leaning." (Sahih Al-Bukhari)
36. Once, the number of people eating in a group became too many, so Rasulallah ﷺ sat with his legs folded (in *Tashahud* posture since this is a sign of humility and a gesture of kindness to others in the group). This created more space for them. (Abu Dawood)
37. Rasulallah ﷺ never criticised any food. If he liked it, he ate it and if he did not, he would leave it. (Sahih Al-Bukhari)
38. Hazrath Huzaifah ؓ relates, "Rasulallah ﷺ prohibited us from eating and drinking from utensils made of gold or silver." (Al-Bukhari and Muslim)
39. Prophet Muhammad ﷺ said that when one takes the name of Allah ﷻ upon entering one's home and when one sits to eat, shaitaan announces to his group, "There is no night accommodation and supper for you here." But when a person does not remember Allah ﷻ on these two occasions, the shaitaan tells his group, "You have secured for yourselves night accommodation and supper here." (Sahih Muslim)

This is a simple and effective way of safeguarding our homes against the influence of shaitaan and the problems that result from it. In-Sha-Allah, by following the advice of Rasulallah ﷺ, an atmosphere of peace and happiness will prevail in our homes.

SUNNI JAMIYAT-e-ULAMA SOUTH AFRICA BANKING DETAILS:

Name of Account: SUNNI JAMIYAT-e-ULAMA

First National Bank Branch Code: 222826

Account Numbers:

LILLAH: 50891985036 ZAKAAT: 62030082010

P.B.O. Number: 930032675