



Home Hospitality Guidelines



❖ What is Home Hospitality?

Home hospitality provides visiting international professionals the opportunity to spend an afternoon or evening with a local resident of Oregon. Typically, hosting involves having an international visitor to your house for a meal. Hosting an international visitor allows for both parties to learn about each other's culture, way of life, and ideas in an informal, relaxed environment.

❖ What you should expect as host?

Home Hospitality is meant to be an enjoyable and relaxing experience for both the hosts and the visitors. You should expect that the visitors will have a genuine interest in learning more about you and your family. Depending on the visitor's or the host's language ability, you should be prepared for certain language barriers to arise, but we make every effort to ensure that you will be able to communicate with your visitor.

❖ What do we expect?

Dinners are meant to be informal, and there is no special preparation required. We simply ask that you allow the visitors to experience your normal routine, so they get a genuine idea of American home life. Typically, hosts are expected to pick up and drop off the visitors at their hotel. If hosts have invited a large group of visitors for home hospitality, then transportation will be arranged by the Council.

❖ Why is home hospitality important and what is the purpose?

Home hospitality dinners often make the biggest impact on the foreign visitors as they allow for one-on-one conversations and a deeper appreciation for the commonalities of life. Often these visits lead to long-term friendships. The purpose is for the visitors to see another side of American life outside of the professional arena, and for the hosts to learn about the customs and ideas of another culture.

❖ Who are the visitors who come on the International Visitor Leadership Program?

The International Visitor Program brings 4,500 participants to the United States from all over the world each year to meet and confer with their professional counterparts and to experience the U.S. firsthand. The visitors, who are current or potential leaders in government, politics, the media, education, and other fields, are selected by American Officials overseas. More than 200 current and former Heads of State, 1,500 cabinet-level ministers, and many other distinguished world leaders in government and the private sector have participated in the International Visitor Program. A few of the Program's distinguished alumni include such Margaret Thatcher, Anwar Sadat, Giscard D'Estaing, Indira Gandhi, Julius Nyerere, Oscar Arias, and F.W. deKlerk.



Dietary Guidelines



When hosting international visitors, it is important to be mindful of any dietary restrictions they might have. Of particular consideration are the religious practices of the visitor(s) because this can often mean that strict dietary guidelines must be followed. The following is an overview of cultural/religious practices to be aware of when preparing to host an international visitor.

Halal Diet: Some Muslims may only eat and drink things considered "Halal," meaning "legally permissible" under Islamic law. Foods that are definitely halal are plentiful and include: milk, honey, fish with scales, plants (non-intoxicating), fresh or naturally frozen vegetables, fresh or dried fruits, legumes and many nuts (peanuts, cashews, hazelnuts, walnuts, etc.), and grains such as wheat, rye, barley, rice, oats, etc. Cows, sheep, goats, deer, chickens, ducks, game birds, and such meats are halal as long as they are zabihah (slaughtered according to Islamic rites).

Things to Keep in Mind:

- ❖ Avoid pork and pork products like ham, bacon, pate, hot dogs or sausage. Avoid food prepared with pork products like lard, which can include even pies.
- ❖ Don't serve shellfish like crab or lobster. **Fish with scales is an acceptable alternative to meat and shellfish. Salmon is an excellent option for a Northwest dinner hosting.**
- ❖ Some Muslims prefer Zabihah meat which has been slaughtered according to special rules. Zabihah meat is similar to, but not the same as, kosher meat.
- ❖ Do not serve alcohol in the presence of guests. Many Muslims, however, do take exception to the rule forbidding alcohol.
- ❖ Avoid food cooked in alcohol, even if all the alcohol has burned off in cooking.
- ❖ Caffeine and nicotine are discouraged, although they tend to be consumed in great quantity in Arabic and Middle Eastern countries.
- ❖ Muslims fast until sundown during the month of Ramadan.

Halal/Arab Recipes: <http://www.al-bab.com/arab/food.htm#recipes>

Kosher Diet: Most Jews in America, Israel and other countries are not strictly observant other than possibly avoiding shellfish, pork and pork by-products. If a kosher meal is required here are some of the precautions to take and possible ways to handle the situation.

Things to Keep in Mind:

- ❖ Kosher meat must be slaughtered by a kosher butcher and prepared in a kosher kitchen. Kosher meat typically can be found at grocery stores like Trader Joe's.
- ❖ Utensils and containers must never have been used to prepare, serve or eat certain foods or combinations of food. Nor can these utensils ever have been washed with utensils that were so used. Glass containers, glass plates and new plastic flatware are acceptable alternatives to a kosher place setting.
- ❖ While both meat and dairy products are part of the kosher diet, they cannot be combined at the same meal. Substitute margarine or oil for butter and avoid any desserts with cream or milk if serving meat.

- ❖ Most fish, except shellfish, is considered kosher and need not be bought in special shops.
- ❖ Fresh fruit salad or non-cooked vegetarian meals are suitable alternatives since all fruits and vegetables are considered kosher.
- ❖ Kosher foods are marked at food wholesalers, often with a circled "U" or "K". Wines should be from Israel or a kosher vineyard in the United States of America.

Kosher Recipes: <http://www.koshercooking.com/recipes/everyday/index.html>

Hindu Diet: Hindus live predominantly in India, Nepal and Sri Lanka with large groups also found in Great Britain and Pakistan. Their dietary restrictions vary according to region, local custom, caste and acceptance of outside practices. Primarily, though, orthodox Hindus shun all animal and fish products except milk and honey because of the Hindu doctrines of non-violence, karma and rebirth.

Things to Keep in Mind:

- ❖ Beef is taboo because the cow is sacred. However, milk and butter are considered pure because of their non-violent connection to the cow.
- ❖ Most Hindus are vegetarian. Some do eat eggs and occasionally westernized Hindus do eat meat. Others, especially Jains, do not eat root vegetables such as onions, carrots, potatoes or beets.
- ❖ While westernized Hindus often drink alcohol, most Hindus don't drink alcoholic beverages. Fruit juice or soft drinks should always be offered as alternatives, especially for women.

Hindu (Vegetarian) Recipes: <http://vegweb.com/>

Buddhist Diet: Buddhism is a personal and individualistic religion based on the teachings of Buddha who lived in India in the 6th and 5th centuries B.C. Buddhism is commonly practiced in Japan, China, Taiwan, Tibet, Singapore, Thailand, Myanmar, Laos, Kampuchea and Vietnam. Although dietary restrictions are not part of Buddhist doctrine, they may be self-imposed.

Things to Keep in Mind:

- ❖ A great number of Buddhists are vegetarian because of the Buddhist abhorrence of killing.
 - ❖ Most Thais, Japanese and Tibetans do eat meat because they reason that the animal was already killed. You're more likely to find vegetarians among the Chinese, Myanmen and Sri Lankans.
 - ❖ While some Buddhist men don't drink alcoholic beverages, others do. Women for the most part abstain, and soft drinks should be provided for them.
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Vegetarian & Vegan Diet: Vegetarians eat no meat, poultry or fish, but do eat dairy products. Vegans follow a much stricter form of vegetarianism that also prohibits them from eating any animal related products including all dairy products, eggs and honey.

Vegetarian & Vegan Recipes: <http://vegkitchen.com/>