

EID SURVIVAL GUIDE

**a concise list of what you need to prepare for eid
it all comes down to food and mentality**

FOOD PREP

- ❖ Cook vegan versions of eid meals such as rendang, kuah kacang and lontong.
- ❖ Pack your food or snacks for travels / balik kampung.
- ❖ Know that the least you can eat at open houses are nasi impit, lemang and acar.
- ❖ Know the typical traditional kuih you can eat:

Kuih Koci	Bubur Sagu Merah
Kuih Lopes	Agar-agar Santan
Kuih Talam	Talam Ubi Kayu
Kuih Keria	Onde-onde
Kuih Bom	Tapai
Kuih Cek Mek	Cakoi

MENTAL PREP

- ❖ Ready your reasons in all languages that your relatives speak for the questions:
 - What's the difference between vegetarian and vegan?
 - What food can you eat?
 - Why don't you eat meat?
- ❖ Take deep breaths when you see meat/carcass.

MAY PEACE BE UPON YOU