

# JEWISH DIETARY LAWS & CUSTOMS ~ KASHRUT



Traditional Jews observe the Jewish dietary laws that are known as *Kashrut* or *Kashrus*.

The biblical references on which these laws are based can be found in:

Exodus 23:19

"You shall not boil a kid in its mother's milk"  
(Also in Exodus 34:26 & Deuteronomy 14:21)

Leviticus, Chapter 11 ~ Details the kinds of animals that can & can not be eaten

You may also be familiar with the term, **kosher**. When we talk about kashrut, we are referring to the types of meats, fowl, fish and other edibles that can be eaten by traditionally observant Jews, as well as the ways in which these foods are prepared. When we talk about kosher, we are referring to whether or not a specific food item is acceptable to be eaten. There are also certified kosher food products that have been approved for consumption by recognized organizations that provide supervision of the preparation of the foods. These items bear a kosher certification symbol. A list of these symbols will follow at the end of this brochure.

## THE JCC KASHRUT POLICY

All of the food that is prepared and served at the JCC is certified kosher. All of the ingredients that are used are certified kosher and the JCC kitchens are regularly inspected by a Mashgiach (a supervisor of Kashrut of the Vaad Hoiir of Columbus) who routinely oversees the proper preparation, storage and presentation of food.

In order to understand the basics of Kashrut, we would define these three terms:

- ❖ **Meat** ~ all meat and fowl, and all foods that are cooked with meat/fowl or meat/fowl products (such as chicken soup cubes)
- ❖ **Dairy** ~ all foods that are made with any animal milk such as milk and cheeses, and all foods that are prepared or cooked with any dairy product or its derivatives (such as margarine containing whey)
- ❖ **Parve** ~ all other foods: fish, eggs, fruits, vegetables, nuts, soy products, pasta and breads (as long as they do not contain any dairy or meat products) Parve food products can be served and eaten with any meal
- ❖ **Kashrut practice strictly avoids the mixing of dairy and meat products.** Fowl is considered to be meat and should not be mixed with dairy in any way. Fish (which is considered to be neither meat nor dairy) and other Parve foods can be served with either ingredient at any given meal. It is also required that a person will wait several hours after eating meat, before being allowed to consume any dairy products and vice versa.

The avoidance of mixing dairy and meat also extends to the use of utensils, pots and pans. Pots and pans may be used for dairy or meat but may NEVER be used for both. People who keep kosher homes usually have separate sets of dishes, silverware, pots, pans and utensils to be used when preparing and serving meals. This is the case in the JCC kitchens; there is a strict separation between meat and dairy. Our kitchen has designated "meat" or "dairy" days and meals are prepared accordingly and staff is trained to observe the dietary laws including not serving milk with a meat lunch or using meat utensils to serve a dairy meal.

The ECS program has a small Dairy Kitchen, which is used for classroom cooking projects. All food prepared or handled in this kitchen is Dairy or Parve.

All of the public spaces in the JCC are considered to be "kosher" spaces and employees and patrons are asked to be respectful of this policy and not bring non-kosher foods into these areas.

## WHAT IS KOSHER AND WHAT IS NOT?

- ❖ In a nutshell, any mixing of milk & meat products is **NOT** kosher.
- ❖ All shellfish are **NOT** kosher.
- ❖ All foods that are not prepared in a kosher kitchen are **NOT** kosher.
- ❖ All fresh fruits and vegetables, properly cleaned, are considered **kosher**. Canned products must have a kosher symbol.
- ❖ Fruit juice must be 100% juice & no grape products.
- ❖ Kosher meat and fowl must be slaughtered according to Jewish law and inspected for disease before it can be **certified kosher**. Typically cows, sheep and domesticated fowl are the kinds of meat that can be kosher if properly slaughtered. Pork products are forbidden.
- ❖ Kosher fish must have scales and fins. (Tuna, Salmon, Sol, Cod, Sardine, etc.) Canned products must have kosher symbol.
- ❖ Dairy products and all other processed foods must bear valid kosher symbols. (Bread, cookies, pasta, cake mix, jelly, peanut butter, drinks, etc.)

These are some of the common, reliable symbols of Kashrut that you will see on packaging:



The symbol usually appears on the front of the package and is very small in size. These symbols are provided by different organizations around the country and represent a statement of certified Kashrut. A "D" or "P" next to the symbol indicates Dairy or Kosher for Passover items. We do not accept K alone or in a triangle.

## WHAT TO BRING FOR BIRTHDAYS & PARTIES?

As we have explained, ALL food that is served in the classrooms **MUST** be certified kosher.

It is important that you coordinate any party with your child's teacher in advance. Check with the teacher as to what is on the menu for the day you wish to supply treats and remember that all kosher rules apply.

Cupcakes can be ordered from our own JCC kitchen by ordering through the preschool office. They will be prepared by our kitchen staff and delivered to the classroom in time for your party.



You may also purchase cakes from Graeters stores as they have been certified kosher by Columbus Vaad Hoir.

You may choose to bring a cake mix and have the children participate in baking it in the ECS kitchen. Kosher cake mixes are available at your local supermarket (example: Duncan Hines mix and frosting). Be sure to check for the kosher symbol.

Here is a list of well known brand products that are often certified kosher and available at the grocery. (Please verify that each product you purchase has the appropriate symbol):

Entenmans Baked Goods	Nutella
Breyers or Graeters Ice Cream	Pepperidge Farm
Hershey Chocolates/M & Ms	Coke/Pepsi (no symbol)
Rolled Gold/Kroger Pretzels	100% Juice/No Grape
Plain Lays/Ruffles Potato Chips	

**PLEASE SEE THE OFFICE FOR ADDITIONAL INFORMATION CONCERNING KOSHER PRODUCTS AVAILABLE IN THIS AREA.**

## TIPS FOR A BETTER BROWN BAG LUNCH!!

During Summer Camp your child will need a healthy lunch! You will need to pack a Dairy or Parve lunch. Absolutely **NO** meat or meat by-products are allowed. Each lunch should include 3 of the 4 basic food groups:

- A protein rich food
- Fruit or vegetable
- Carbohydrate
- Beverage (JCC will provide milk)



Some creative ways to present proteins would be cheese cut in fun shapes or spread on pretzels. Peanut butter is great but with so many allergies there are some great alternatives such as soy butter or Nutella that can be stuffed in an apple or celery sticks, used as a dip for carrots or pretzels or served on graham crackers or mini bagels. Other good sources of protein are tuna or egg salad, hard boiled eggs or yogurt.

Sandwiches are always a good choice. They are versatile and easy for children to handle. Try cutting into fun shapes with a cookie cutter. Kids love cream cheese on bagels or rolls. Try combining raisins, crushed pineapple or slice cucumbers for a yummy surprise.

Fruits and vegetables are terrific in lunches. Try green pepper or cucumber strips, cherry tomatoes, oranges, apple, bananas, seedless grapes, kiwi, strawberries - anything fresh fruit or vegetable that is in season. You might also try dried fruits.

Extra treats that make a hit are granola bars, fig newtons, string cheese, finger jello, oatmeal cookies, Cheerios and other cereal in a baggy.

Avoid peanuts (they are a choking hazard) and high sugar dessert or other non-nutritious foods.

## JCC EARLY CHILDHOOD LEARNING COMMUNITIES

# KOSHER GUIDE

## Jewish Dietary Laws & Customs

*We thank you for your cooperation and look forward to many happy celebrations with your children!*



*Please feel free to contact your ECS director with any questions.*

