



Guidelines for bringing food to Rabbi Wittenberg's home

Thank you so much for kindly bringing food for a meal at our family home!

Thank you too for doing your utmost to comply with kashrut and Shabbat observance.

Regarding Shabbat, please kindly do your best to bring all food **before the start of Shabbat**, unless it is a cold dish and you are walking within the Eruv.*

Regarding kashrut, please

- a. Ensure that all food is kosher vegetarian or vegan.
- b. If you have a kosher home, eating only kosher meat and keeping milk and meat separate, it's fine for you to cook a dish and bring it.
- c. If you do not yet have a fully kosher home but would like to cook a dish, please ensure all ingredients are kosher and use clean glass bowls and foil baking dishes only. Please thoroughly rinse any cutlery you use in boiling water.
- d. If you are buying food, please ensure that it has a *hechsher* (kosher certification). This is to be preferred, but we will also accept vegetarian labels in our house.
- e. Fruit and vegetables need no labelling.
- f. Please ensure that wine, grape juice and any product that contains grape juice has a *hechsher*.

There are other food ethics issues which it is important to consider. Please kindly buy Fairtrade where possible, or products which minimise air miles, and where the waste from packaging is at a minimum. Kindly where possible, avoid single use plastic.

Thank you for your consideration.

Thank you for coming to our home to share community and Shabbat and help us deepen our Jewish life.

If you have any questions, please contact me at rabbi@nnls-masorti.org.uk

Rabbi Jonathan Wittenberg

*If no one is at home, you can leave items on the doorstep - but please do leave a note saying what it is and who it is from! Thank you.