



Kashrut Guidelines for Hosting Meals at home

Thank you for agreeing to host a Shabbat meal in your home, and for doing your utmost to comply with kashrut and Shabbat observance.

Regarding kashrut, please note the following:-

- a. ensure all food prepared is either kosher vegetarian, kosher fish or meat bought from a kosher butcher.
- b. if you have a kosher home, eating only kosher meat and keeping milk and meat separate, its fine for you to cook all of the food you prepare for this meal at home with your own crockery/utensils.
- c. if you do not yet have a fully kosher home but would like to host a dinner, 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 any food, products with a hechsher (kosher certification) are preferred. Vegetarian Society labels are also acceptable.
- e. fruit and vegetables need no labelling.
- f. please ensure that wine, grape juice and any product that contains grape juice has a hechsher.
- g. please ensure that any baked goods (bread, cakes, biscuits) you might buy also have a hechsher. (Please note, you can refer to www.isitkosher.org.uk for advice on most products)
- h. please ask any guests who offer to bring food to also follow these guidelines.

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 possibly, avoid single use plastic.

Regarding Shabbat observance, please do your best to have pre-cooked all items that are to be served hot, and if possible keep it on a hot plate or in a pre-set timed oven. Hot water should be kept hot in an urn.

Thank you for your consideration.

If you have any questions at all, either on issues of kashrut or Shabbat observance, please contact Rabbi Wittenberg at rabbi@npls-masorti.org.uk