



## Kol Emeth Kashrut Guidelines

Kol Emeth holds two key values quite dearly. One is the sense of being an open, welcoming community in which we care for and trust our members. Second, is a strong commitment as a Synagogue community to Kashrut. These guidelines are intended to bring these two values together.

There are three instances where Kashrut issues may arise. Synagogue events off site, potluck events onsite or offsite, and regular onsite Kiddushim.

### **Offsite Events**

Kol Emeth is committed to the value of inclusivity. As a result, we request that all off site Kol Emeth programs take Kashrut quite seriously so that those who keep Kosher find it easy and welcoming to participate. Kosher or strictly vegetarian restaurants can be used for offsite events. If none are available, we would strongly prefer restaurants in which it is easy to get salads or other cold food. If you make your own food for the event, please follow the guidelines below.

### **Potlucks**

Please note that KE potlucks are always dairy or pareve.

To make these events accessible to all our members, including those who keep strictly Kosher, we ask that those cooking food at home adhere to the following guidelines:

If you keep Kosher, bake or cook as you normally would. Please keep food dairy or pareve.

Cold food that requires no cooking of any kind can be prepared with your existing utensils provided that all ingredients are kosher and that all utensils have been thoroughly cleaned.

Otherwise, please buy new or disposable pans. If you are unable to do so, please double line pans or other utensils with aluminum foil.

We request that you kasher your oven before cooking or baking. This is done simply by running it through a self cleaning cycle and then letting it run empty at its highest setting for 30 minutes. If your oven lacks a self cleaning cycle, please thoroughly clean the oven so that no food particles remain and then run it on its highest setting for 30 minutes.

100% metal utensils can be thoroughly cleaned, run through the dishwasher, and then used. Please do not use previously used wooden or ceramic items that will come in contact with anything hot.

Any processed food purchased should have a kosher mark or Hecksher.



Fresh fruits or vegetables, canned fruits or vegetables with no additives, pure fruit or vegetable juice with no additives, herbs, spices, flour, coffee, tea, sugar, eggs, require no hechsher. Eggs however should be checked before use. If upon cracking, they have a blood spot they are NOT kosher and must be discarded. Unflavored Milk including lactose free does not require a hechsher but processed dairy items like yogurt or sour cream do. Cheeses must either have a hechsher or be made of microbial, not animal based, rennet. Most mozzarella is fine, as are most Tillamook cheddars.

Purchased food must meet one of the following criteria:

1. Have a hechsher.
2. Be entirely uncooked food (like a salad)
3. or be purchased from a strictly vegetarian provider (like Garden Fresh) or a Kosher dairy provider (like Izzys).

### **Baking for Kiddush**

All the above rules apply with two important additions related to Shabbat practices. First, please make sure that all baking is completed before Shabbat and that the baked items are brought to the Synagogue prior to Shabbat. Second, please do not remove any food, utensils, or serving trays out of the Synagogue on Shabbat. Please call the office to arrange for pickup during the week.

**UPDATE:** Baked goods may be brought to the synagogue on Shabbat if the baker has followed the above kashrut guidelines. Any baked goods brought on Shabbat must already be pre-cut and plattered on a disposable plate.

These guidelines are intended to widen our doors, to make it possible as a community to eat together from one another's kitchens. While the rules, especially around kashering the oven, may appear onerous, it is intended as a means of placing trust in one another and valuing the spiritual commitments of members of our community.

Should you have any questions, feel free to call or email Rabbi Booth at 650-948-7498 or [rabbibooth@kolemeth.org](mailto:rabbibooth@kolemeth.org).

## Common Hekshers

Organized Kashrus  
Laboratories  
Brooklyn, NY



Kof-K Kosher Supervision  
Teaneck, NJ



Tablet K  
Howard Beach, NY



Rabbi Yehudah Bukspan  
Los Angeles, CA



Orthodox Rabbinical Council  
of Greater Boston



Rabbinical Council of New England  
Boston, MA



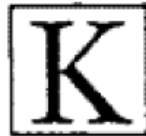
Star-K Kosher Certification  
Baltimore, MD



Kosher Supervision of America  
Los Angeles, CA



Square K  
New York, NY;  
Seattle, WA



Kosher Overseers Associates of America  
Beverly Hills, CA



Rabbi J.H. Ralbag  
New York, NY



Union of Orthodox Jewish Congregations  
New York, NY



Chicago Rabbinical Council  
Chicago, Il

