

Congregation Or Atid Kashrut Guidelines

Introduction: How to Keep Kosher

Eating is a holy action...or at least it can be. This booklet contains the guidelines for observing kashrut, our sacred dietary tradition. Throughout the generations, kashrut has unified Jews from far-flung corners of the world, connected them to God and to each other, and inspired a God-centered existence. Every bite can serve as a catalyst for thinking about what we eat, how we eat, and being holy.

Food

Please use only kosher foods marked with a kosher symbol (see back of booklet). Please be aware that the symbol "K" is not a kosher symbol. Federal law allows anyone to place this symbol on a product. It simply means that the manufacturer believes the item to be kosher. This may or may not be supported by actual rabbinic supervision. Therefore, items with a "K" need to be investigated on a case-by-case basis. Consult the Rabbi if you have any questions.

The following foods are kosher and do not require a hechsher symbol:

- All fresh fruits and vegetables, cut or uncut.
- All domestic cheeses (except those containing clearly non-kosher ingredients, e.g. shrimp).
- Candies manufactured by Hershey's (Hershey, PA).
- Unprocessed, roasted, and/or salted nuts.
- Plain frozen vegetables.
- Water.
- Milk.
- American beers.
- Domestic wines used for non-sacramental purposes. For sacramental purposes, wines with a kosher symbol should be used.
- Domestic bread that has kosher ingredients (i.e. no lard).
- Cold ingredient kosher salads and spreads (i.e. cream cheese, tuna salad, egg salad, hummus, techina, Israeli salad, etc...).

Only meat from a kosher animal (beef, lamb, chicken, turkey, buffalo, etc. ...) with a kosher symbol (see back of packet) may be used. If it has not already been soaked and salted, this must be done in the preparation of the meat. Please consult the Rabbi.

Only kosher fish, with fins and scales, should be used (see lists of kosher and non-kosher fish below). Raw fish may be bought at any market and do not require a kosher symbol. They should be washed in the sink, however, before they are prepared.

The following are kosher fish:

Albacore, Alewives, Anchovy, Black Drum, Blue Jack/Sockeye Salmon, Bluebill Sunfish, Blue Runner, Bonito, Buffalo Fish, Butterfish, Carp, Cod, Chubs, Common Sucker, Crappies, Crevalle, Flounder, Fresh Water Mullet, Frost Fish, Groupers, Grunts, Gulf Pike, Haddock, Hake, Halibut, Hardtail, Horse Mackerel, Herring, Ice Fish, King Fish, Mackerel, Menhaden, Mullet, Orange Roughy, Pickerel, Pigfish, Pike, Pilchards, Pollack, Pompano, Porgy, Red Drum, Red Snapper, Redfin, Redfish, Salmon, Sardine, Sea Bass, Sergeant Fish, Shad, Sheepshead, Smelt, Sole, Striped Bass, Tilapia, Trout, Tuna, White Fish, Yellow Perch.

The following are not kosher:

Abalone, Bullhead, Catfish, Clam, Crab, Crayfish, Eel, Lobster, Oyster, Scallop, Shark, Shrimp, Squid, Sturgeon, Swordfish (status under debate, err on the side of caution).

If you are uncertain about a particular fish, ask the Rabbi.

Synagogue Kitchens

We have two kitchens, one meat and one dairy, for the purposes of keeping kosher. Therefore:

1. The cooking of a meat or dairy meal should take place in the appropriate meat or dairy kitchen. There should be a three-hour waiting period between serving a meat meal and a dairy meal. Fish may be served with either meat or dairy or immediately before or after either.
2. Meat meals must be prepared in their entirety in the synagogue kitchen. Meat and any meat components brought into the kitchen for meal preparation, such as packaged beef or poultry, must have a proper kosher symbol or hechsher on the package cover. See the page of hechshers in this document or consult the Rabbi.
3. Meat and dairy products should be separated and stored in separate refrigerators in separate kitchens. Pareve* items may be kept in either refrigerator.
4. Likewise, non-perishable meat and dairy items should be stored in the appropriate kitchen.
5. Please use two sets of dishes, silverware, cooking utensils, and serving utensils—one for meat and one for dairy. Please keep each set in the appropriate meat or dairy kitchen. Pareve items should also be stored separately.
6. Non-dairy creamers must have a non-dairy hechsher. Avoid creamers with a KD or OUD hechsher because these are not kosher with meat meals.
7. Please wash meat, dairy, and pareve dishes, silverware, cooking utensils, and serving utensils separately (with sponges designated meat, dairy, or pareve) and/or in separate dishwasher cycles. Pareve serving ware may be placed in either dishwasher cycle but requires a third sponge designated for pareve when washed by hand.

8. Glass dishes that have been washed and untouched for 24 hours may be used for either a meat or dairy meal. But glass dishes used for hot foods are not interchangeable between meat and dairy.
9. Glasses for drinking cold pareve liquids may be used for both meat and dairy meals without being switched. Their permanent status is pareve (neither meat nor dairy).

All items (with the exceptions listed above) brought into the synagogue should have a kosher symbol. There should be no mixing or interchange between meat and dairy foods, dishes, utensils, sponges, etc....

*Pareve refers to food that contains neither meat nor milk nor their derivatives. Jewish dietary laws permit the use of pareve food with either meat or dairy meals. Some examples of pareve food are fish and non-dairy margarine.

Cooking at Home for Potluck Meals

For many congregants, especially those with limited free time, it is more convenient to prepare meals at home and then bring them into the Synagogue. This flexibility is viable so long as we all adhere to the guidelines listed here. Anyone who cooks in their home kitchen is on his or her honor to follow these guidelines. Trusting each other to honor these guidelines is an essential part of building community.

1. Only dairy or pareve* dishes cooked at home may be brought into the synagogue. All dishes must be wrapped and serving utensils provided. Dishes may **not** be brought into the synagogue kitchen.
2. Do not allow any food, pots or pans, or utensils from the Or Atid kitchen to come into contact with a home-cooked dish. The Synagogue can provide disposable pans, if necessary, for serving purposes.
3. Only clearly labeled kosher by ingredient foods may be used. Read the label carefully.
4. Only new or freshly cleaned utensils, ovens or laundered towels, and sponges may be used.
5. You may use a glass or Pyrex dish or a utensil only if it has been cleaned and has not been used within the last 24 hours. It is also permitted to bring a dish in a hard plastic container, so long as the container has not had hot food in it. According to Star K Tevilim Keilim guidelines, silicone baking pans are permitted but are subject to the same provision for cleaning and use as glass and Pyrex.
6. Wooden vessels, such as salad bowls, are not permitted for transport to the Synagogue because wood is porous and may contain vestiges from previous meals.
7. Only a kashered oven may be used for baking or roasting. No intervening use may take place between the time the oven is kashered and the cooking takes place. To kasher an oven:
 - 7.1. Clean it.
 - 7.2. Heat the oven at its highest temperature for one hour or use the self-cleaning cycle.

8. You may cook food in a metal pot that was previously used for cooking meat, but **only** after the pot has been thoroughly washed and water has been boiled in it. Fill the pot to the top with water, bring the water to a boil, and then let the water boil for at least three minutes.
9. Eggs should be inspected for blood spots before using and should be discarded if a blood spot is discovered. A separate glass or stainless-steel bowl is to be used for that purpose only. The bowl is rinsed out and dried before reusing after discarding a tainted egg.
10. Cooking for the synagogue may be done on any day except Shabbat and Yom Kippur.
11. When there is mix of Synagogue-prepared/kosher-certified foods and homemade items, the latter will be placed on separate tables with a sign that they are not to go into the Synagogue kitchen.

Special Provisions for Home-Baked Challah

All challah needs to be pareve and prepared in a kitchen (whether home or commercial) that meets Kashrut standards approved by the Rabbi unless it has a kosher symbol.

Food Prepared in Restaurants

Food prepared in a restaurant or similar establishment may be brought into the synagogue and should be regarded in the same way as food prepared at home. Only no-meat (dairy or pareve) and vegetarian dishes are permitted. They must be wrapped and come with their own utensils. These dishes may be cold or hot. It is advisable to confirm with restaurant management that during their preparation they did not come in to contact with any object used to prepare meat, or with meat products, such as beef or chicken broth.

While this is COA policy, all food prepared in restaurants must receive prior approval from the Rabbi.

If you have any questions, please consult the Rabbi. There are leniencies in Judaism that may still allow the food to be kosher.

Please consult the Rabbi regarding any questions relating to the preparation of foods in the congregation's kitchen or at home or the kashrut of various food items.

The Rabbi shall direct the administration of Kashrut policies and has the final word in all Halakhic decisions for this policy.

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