

## Offsite “Section B” Potluck/Shared Food Guidelines for Jewish Congregation of Maui- 2019

Aloha Friends,

It is very important to us that everyone who attends our “Kosher Style” potluck meals or other events that include shared food, should feel comfortable eating as well as preparing and bringing food from their homes or the grocery store. Our community has established separate kashrut policies for onsite and offsite events as stated in our Kashrut Policies. [To view our policies click here.](#) All our offsite potlucks and shared food events are kosher style and either pescatarian, vegetarian, vegan, or dairy (to be determined by the event chair). This means no meat, shellfish, non-kosher fish, or by-products thereof can be used.

Mahalo,  
Shayna Naveh  
JCM Ritual Committee Chair

Some special things to be aware of:

1. Many premade pie crusts and pies from local bakeries include lard as do some cake and corn bread mixes. **Check the ingredient list for lard!**
2. Did you know that some chips, especially barbecue flavor, contain chicken fat? **Read the ingredient list!**
3. Did you know that some Thai curry pastes are made with shrimp paste? **Check the ingredient list for shrimp or shrimp flavor!** (Shrimp flavor has shrimp extract in it and there may be shrimp in fish stock or seafood flavoring.)
4. Companies are required to label any product that contains shellfish or other foods that often cause allergic reactions, but the regulations don't apply to mollusks, such as clams, oysters and scallops. **Read the ingredient lists!**
5. Most french fries and onion rings from local restaurants are deep fried in the same oil as shrimp. **Ask before purchasing!**
6. **Bugs are not kosher!** Prewashed and hydroponic greens, etc. can be used without special washing but please soak all other greens and hard to wash or commonly infested foods (like herbs) in salt, vinegar or vegetable wash water, then rinse carefully to ensure there are no bugs that can be seen by the naked eye.
7. Vibrantly colored red foods or drinks often include natural red #4, a dye made from the dried shells of the cochineal beetle which is used in a purified form in commercial foods. This is a kashrut issue. If you are purchasing something red

(like some Yoplait yogurts) please **check the ingredient list for carmine, crimson lake, cochineal or natural red #4**. Plant-based dyes like lycopene and anthocyanin are vegetarian and therefore not a problem.

8. We love honey - but **royal jelly is not kosher** because it is secreted from the bee, which is an unkosher animal.
9. Wine or grape juice to be used for kiddush or other ritual use must have a hechsher/ kashrut certification as many people are stringent on this issue. If you are bringing grape juice or wine for regular drinking purposes it does not need to be certified.