

## Congregation B'nai Chaim Summary *Kashrut* Guidelines

As Reform Jews, B'nai Chaim members hold a wide range of beliefs regarding traditional Jewish practices including the laws of *Kashrut* – what foods we can and cannot eat and how these foods must be prepared and eaten.

As a Reform congregation, B'nai Chaim seeks to balance personal choice with a fidelity to Jewish tradition while creating an environment as inclusive and welcoming as possible to our congregants and guests, including those with more traditional practices.

As a Reform congregation, we do not bind ourselves to the full array of laws pertaining to *Kashrut*. We do, however, find value in embracing the spirit of those laws, totally or in part, because:

- a. it adds to our personal expression of Judaism with meals serving as reminders of Jewish ideals and holiness.
- b. it provides an additional link with other Jews and a link to history.
- c. it encourages ethical discipline.
- d. it allows everyone in our congregation and guests to participate in all congregational events and it strengthens our sense of community.

These *Kashrut* guidelines reflect these values and apply to food served at all functions held at or sponsored by B'nai Chaim. We respect that they may differ from what is practiced in individual homes.

### B'nai Chaim Summary *Kashrut* Guidelines

For all Temple events held at or sponsored by the Temple, two basic provisions will be observed.

1. There will not be meat and dairy foods served/provided at the same meal. This will extend over all phases of a meal (main course, dessert, etc.).
2. Neither pork nor shellfish products will be served.

#### PERMITTED FOODS

Meat - most common; beef, veal and lamb

(Meat from cud-chewing animals with cloven hooves)

Poultry - most common; chicken, turkey, duck, and geese

Dairy - most common; butter, milk, cream, cheese

Pareve - foods that do not fit into either the meat/poultry or dairy category like fruits, vegetables, eggs, fish, dairy free mayonaise, etc. *Pareve* foods can be served with either "meat" or "dairy" meals. (Fish that have both fins and scales; salmon, tuna, anchovies, chilean sea bass, cod, halibut, trout, etc)

#### FORBIDDEN FOODS

Pork products shall not be served.

(ex. lard, pepperoni, pork bacon, ham, prosciutto, pork salami, and pork sausage, etc).

Shellfish products shall not be served.

(ex. shrimp, lobster, catfish, scallops, prawns, calamari, eel, etc.)

#### DURING THE WEEK OF PASSOVER

Chametz shall not be served.

(ex. anything made with wheat, rye, barley, oat or spelt, which has not been supervised to ensure that it has not leavened are prohibited: regular bread, crackers, pasta, pizza, cookies and cakes, etc.)

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Please read the **full** B'nai Chaim *Kashrut* Guidelines at [www.bnaichaim.org](http://www.bnaichaim.org) for more background information and detailed explanations.