

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – By Linda S Trapasso

Are You OK?

Recently the Israeli government announced kashrut reforms (see [Haaretz article](#)). The reforms center on how kashrut inspectors are employed – currently they are paid by the businesses where they oversee kashrut inspection. The reforms would make the inspectors independent of these businesses.



Kashrut refers to the Jewish dietary laws and kosher refers to the foods that are prepared according to those laws. The Internet is full of resources.

Here are two good overviews of kashrut: [Judaism 101](#) has an extensive introductory page and [My Jewish Learning](#) provides many subtopics, including the dietary laws and how to shop for kosher food.

If you're interested in why keep kosher, check out these articles:

The [Kashrut page](#) from the Rabbinical Assembly.

[Why Keep Kosher – What's the Point?](#) From Jewish Post Opinion.

Kosher certification is important to businesses that want to sell their food products to the Jewish community.

[KVH Kosher](#) is a New England certification group. You can sign up for different newsletters.

[OU Kosher](#) is a well-known USA certification group – click on Consumer Resources at the top of the page.

[OK](#) is another USA certification group. Check out their [Timeline of Kosher](#) which includes its history in the USA.

[KIR](#) represents a kosher certification group in England (in case you're traveling there).

[Kashrut.com](#) is run by a woman in Sharon, MA, who identifies herself as a Food Scientist and Kosher Food Specialist. She has a product update page that is very useful. You also can sign up for email news.

JewishBoston.com has a section on [Kosher Food](#) that lists Boston-area companies providing kosher food and products.

So how do you keep kosher? The United Synagogue for Conservative Judaism has an extensive [section on kashrut](#).



There is a CD you can order called [Kosher: Sanctifying the Ordinary](#).

To set up your household for keeping kosher, contact Rabbi Jon.

Once you're ready to start cooking, check these sites for kosher recipes:

[Joy of Kosher](#) by Jamie Geller.

[Gourmet Kosher Cooking](#) by Elizabeth.

[Kosher Recipes and Cooking](#) at Chabad.org.

It's easy to find more resources. Go to Google and search on kashrut or kosher.

Kashrut provides a link between ancient and modern Jewish history and culture, and food plays a large role in that. Create new traditions for your family and become OK.

