



KASHRUT PRACTICES AT THE FORT TRYON JEWISH CENTER

Kashrut guidelines at FTJC seek to promote these Jewish values in our community:

יראה / *Yirah* / Awe – We are careful to observe the *halachah* of *kashrut* with high standards, with a sense of *mitzvah* and mindful intention.

אחדות / *Achdut* / Unity – Even as we recognize a diversity of practice in our individual lives, FTJC gathers for meals as one community, building relationships and bonds at meals where everyone is able to eat.

נדיבות / *Nedivut* / Generosity – We joyfully welcome the contributions that all participants can make to our communal meals.

נאמנות / *Ne'emanut* / Trustworthiness – We rely on one another's good will and good faith to adhere to our community guidelines.

FTJC Kiddush, Community Meals, and Other Internally Catered Events

FTJC's in-house caterer, Jack Greene, cooks and prepares communal meals at his home kitchen nearby, which is the only approved cooking kitchen for FTJC community events (except for potlucks, see below), and which is supervised by FTJC's Rabbi Guy Austrian. In our rented space, only cold food prep, presentation, and warming of kosher food is done. At the facility, we keep our own utensils and supplies, which are kosher, labeled meat or dairy respectively, and stored separately. Rabbi Austrian is responsible for checking at random intervals that these guidelines are followed. In addition, the FTJC Ritual Committee designates a small number of knowledgeable members to ensure *kashrut* and make time-sensitive interpretations and decisions.

Food is prepared by Jack Greene and his volunteers for FTJC events according to the following guidelines:

- 1 All packaged and processed food and drink (including cheese, nuts, and dried fruit) must bear a recognized *kashrut* symbol (*hechsher*) from the list maintained by the [Chicago Rabbinical Council](#). (Note: FTJC takes no position on the *kashrut* of products labeled with a *hechsher* not on this list.)
- 2 Fresh and non-processed fruit and vegetables (and nuts), as well as raw eggs, may be used without a *hechsher*.
- 3 Green leafy vegetables including lettuce and broccoli, as well as hollow berries such as raspberries, are checked for insects. Eggs are checked for blood spots.
- 4 Wine, grape juice, and grape-based products including vinegars require a *hechsher*.
- 5 Red meat is *glatt* kosher; poultry, and fish require kosher supervision.



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- 6 Non-wine distilled spirits are not provided by FTJC. Members may bring such drinks, without a *hechsher*, but must place them on a back table away from the community buffet.
- 7 Solid cooked foods may be reheated on Shabbat in the facility kitchen if double-wrapped in foil and warmed in an oven set to a maximum of 200°F. Stews, sauces, and liquids may not be heated or reheated on Shabbat. Cooking stews (e.g., cholent) in crockpots beginning prior to Shabbat is permitted.
- 8 Ovens and urns are handled by facility staff. No water or liquids may be added to hot water urns during Shabbat.
- 9 Red meat and fish may be served at the same Kiddush or meal however, separate serving utensils shall be used. Additional plates will be made available to keep the meat and fish separate. When possible, the two foods will be served from different tables.

During *Pesach*, all prepared foods must be purchased with certification appropriate for *Pesach*. FTJC does not cook during *Pesach*, and we hire a certified caterer for our Community Seder.

Outside Caterers

- 1 When members hold an event at the facility, they may choose to work with FTJC's in-house caterer or to hire an outside caterer.
- 2 Outside caterers may be hired from the restaurants and caterers on the list maintained by [Kehilath Jeshurun](#). To inquire about additional caterers, please e-mail rabbi@ftjc.org.

Potlucks

- 1 For all official FTJC potluck events - whether held at the facility, a member's home, or elsewhere - must be dairy or pareve; fish must be certified kosher.
- 2 Those whose home kitchens maintain dedicated dairy or pareve dishes and cookware, and who are only using *hechshered* ingredients in their potluck food contributions, may contribute home-cooked food to potlucks.
- 3 Those whose home kitchens are not as described above are encouraged to contribute fresh produce or packaged kosher food and drink; to prepare their potluck food contribution in a kitchen meeting the standards as above; or to speak with Rabbi Austrian about *kashering* their kitchens.
- 4 All packaged and processed food and drink (including cheese) must bear a recognized *hechsher* from the list maintained by the [Chicago Rabbinical Council](#). (Note: FTJC takes no position on the *kashrut* of products labeled with a *hechsher* not on this list.)
- 5 Fresh and non-processed fruits and vegetables (and nuts) may be used without a *hechsher*.
- 6 Coffee does not require a *hechsher* unless flavored or decaffeinated.
- 7 Prepared foods from a restaurant should be purchased from a kosher certified restaurant from the list approved by [Kehilath Jeshurun](#) of Manhattan. Those venues also marked on that list as earning the Tav Ha-Yosher ethical seal are preferred.



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- 8 Food served at an FTJC events may not be cooked on Shabbat (i.e., solids may not be cooked initially, nor may stews or liquids be reheated, during Shabbat).
- 9 Food served at an FTJC event on Shabbat cannot be transported to the event during Shabbat from outside the combined [YU-Mt. Sinai eruv](#) or by means of any vehicle.



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WHAT IS BREAD?

Or, what food requires hand-washing stations and available *bentshers* at FTJC?

In general, bread/*lechem* is made of flour of one of the five grains (wheat, barley, spelt, rye, oats), in a solid dough, baked in an oven, not fried or boiled after the baking, and fit to be eaten with the main dish of a meal (e.g., meat, fish, cheese, or vegetables) rather than as dessert, and was not baked to be eaten as a snack. It gets more complicated, too.

***Lechem* should not be served at a typical Shabbat or Yom Tov Kiddush at FTJC, unless it is a special luncheon, *se'udat mitzvah* (ritual meal), etc. *Mezonot* should always be served.**

Some items that do NOT count as *lechem* are listed here under *mezonot*.

LECHEM	MEZONOT
Bagels	Bagel chips (mass-made, not from bakery)
Biscuits, soft	Babka
Bread, sandwiches	Banana bread
Buns	Biscuits, hard and thin (flatbread)
Challah (<i>with or without raisins</i>)	Bourekas
Cornbread	Bread Pudding
English muffins	Breadsticks
French toast	Cookies
Matzah, sheets	Corn tortillas
Melba toast	Crackers (except Melba toast)
“Mezonos bread”	Crepes
Naan	Croissants
Panini	Cupcakes
Pita	Danishes
Pizza	Franks-in-blankets
Rolls	French toast (soaked through)
Toast	Knishes
Wraps (flour tortillas with filling)	Kugel
	Matzah balls
	Matzah brei
	Matzah crackers
	Meat pastries
	Muffins
	Pancakes
	Pies with any filling
	Pita chips (mass-made, not from bakery)
	Pretzels, hard or soft
	Sheet cakes
	Waffles

Other questions, please ask Rabbi Guy Austrian or Ritual Committee Co-Chairs.