

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 and Community Meals

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, 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.
6. Non-wine distilled spirits are not provided by FTJC. If members bring such drinks, with or without a hechsher, these must be kept away from the community buffet.
7. Solid cooked foods may be reheated on Shabbat in the facility kitchen at the Fort Washington Collegiate Campus. One oven is reserved and marked kosher dairy; if heating a meat dish in that oven, or any kosher dish in the other ovens, these dishes must be tightly double-wrapped in foil. Ovens may be heated to a maximum of 200°F. Stews, sauces, and liquids may not be heated or reheated on Shabbat. Cooking of stews (e.g., cholent) in crockpots beginning prior to Shabbat is permitted.
8. Ovens and urns are handled by non-Jewish 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.

Outside Caterers

Outside caterers may be hired from restaurants and caterers on the Manhattan list maintained by [Congregation Kehilath Jeshurun](#), and others which carry supervision by agencies on that same list. (Note: FTJC takes no position on the kashrut of establishments not on this list.)

Potlucks (Including Se'udah Shelishit)

1. All official FTJC potluck events – whether held at the shul, 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 warmly welcome to contribute fresh produce or pre-packaged kosher food and drink. They may also prepare their contribution in a kitchen meeting the standards above, and/or consult 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. *If an item is needed with an unlisted hechsher, Rabbi Guy can inquire with the CRC Help Desk and, depending upon the response, approve the item for potlucks or other FTJC events.*)
5. Fresh and non-processed fruits, vegetables, and nuts may be used without a hechsher.
6. Coffee does not require a hechsher unless flavored or instant.
7. Prepared foods from a restaurant should be purchased from a restaurant on the Manhattan list maintained by [Congregation Kehilath Jeshurun](#), or others which carry supervision by agencies on that same list.
8. Food served at an FTJC event cannot have been 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.

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 (i.e., 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*.” Other questions, please ask Rabbi Guy Austrian, rabbi@ftjc.org

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