

TBS-EV Kashrut Guidelines

Temple Beth Sholom of the East Valley (TBS-EV), a United Synagogue of Conservative Judaism (USCJ) affiliate, is a community committed to maintaining our on-going bond with Jewish law, ritual, custom and practice. As such, TBS-EV observes kashrut (keeping kosher) throughout our campus, and at all programs and events. The following guidelines have been put together by the TBS-EV Va'ad Kashrut (Kosher committee).

Choosing Kosher Products

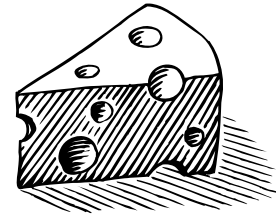
The following is an assortment of products that can be used without special kosher certification. Please note that this list is not exhaustive but will be updated as new information becomes available. If you have questions about the kashrut of any product, please contact the rabbi. All information is accurate at time of printing and may change over time!

Please note that information on this list does not apply to Passover!

Dairy

Milk: Whole, 2%, 1% and Fat-Free white milk does not require kosher certification. Chocolate or other flavored milk require certification.

Dairy Products: All commercially produced, domestic, rennet-free hard cheeses in block form do not require kosher certification. All artisan, foreign and soft cheeses and cheese products (American sliced, cream cheese, cheese spreads, cottage, and ricotta) require kosher certification. Due to the use of non-caking agents, all shredded, pre-sliced and pre-cut cheese requires kosher certification. Yogurts, butter, margarine, ice cream and ice cream products require kosher certification.



Non Dairy Creamer: Requires kosher certification.

Beverages

Coffee and Tea: All pure coffee and tea can be used without certification. Flavored coffees and teas, as well as decaffeinated and herbal, require kosher certification.

Soda and Fruit Drinks: All Canada Dry, Coca Cola, Fanta, Pepsi and Schweppes brand products (regular and diet) are considered kosher even though there is no *heksher* on the label. All other brands require certification.



Fruit and Vegetable Juice: All commercial juices require kosher certification.

Beer: All unflavored domestic and imported beers (including non-alcoholic and dark beers) are considered kosher without certification. All flavored beers, malt beverages (including non-alcoholic beers) and coolers require kosher certification.

Wine: All wine and wine-based products (sherry, cognac, champagne, etc...) require kosher certification.

Alcoholic Beverages & Liquor: Alcohol (scotch, rye, vodka, gin, etc...) is considered kosher without certification. However, all flavored alcoholic liquors and alcoholic beverages require kosher certification.

Dried Products



Dried Beans & Rice: Raw, unflavored with no additives (other than fortification) are considered kosher w/o certification. However, flavored rice or beans always require kosher certification.

Dried Fruit: All dried fruits require kosher certification.

Dried Grains: All dried grains—such as oats, spelt, barley and quinoa—require kosher certification

Dried Vegetables: 100% pure sun dried tomatoes, mushrooms, etc... do not require certification. However, if the product contains additives, color or preservatives, kosher certification is required.

Nuts: All raw nuts (with shell) are considered kosher w/o certification. All other nuts (dried, roasted, salted, flavored, etc...) require certification.

Canned Goods

Canned Fruits & Vegetables: All canned fruit and vegetables require kosher certification.

Baking

Baking Soda & Powder: All domestic, commercial brands can be used without certification.

Baking (Parchment) Paper: Requires certification. These products are treated with oil to prevent food from sticking. That oil is released from the paper during the baking process and will be released into the food.

Flour: All flours require kosher certification.

Sugar: 100% pure white, brown & confectionary sugar with no added flavors are considered kosher w/o certification. All others require certification.

Salt: 100% pure sea salt can be used without certification. All others, including table salt require kosher certification.

Honey: 100% pure domestic honey with no flavors or additives does not require certification. However, all flavored honey and honey bi-products require kosher certification.

Oil: Extra virgin olive oil is considered kosher without certification. The reason being that “extra virgin” by definition means it used a cold extrusion process and poses no *kashrut* concerns. Regular olive oil, along with all other oils, require kosher certification.

Vinegar: All vinegars require kosher certification.



Fruit & Vegetables: Fresh and Frozen

Frozen Fruit: Because there are no *kashrut* concerns with the freezing process, as long as there are no added flavors, colors or preservatives, frozen fruit may be used without certification.

Frozen Vegetables: Because there are no *kashrut* concerns with the freezing process, as long as there are no added flavors, colors or preservatives, frozen vegetables may be used without certification.

Fresh Fruit and Vegetables: All fresh fruits and vegetables must be cleaned and checked for bugs before using. Special attention must be given to: blackberries, raspberries, dates, figs, green leafy vegetables and herbs.

Fresh Cut Fruits and Vegetables: All local grocery store processed and cut fruits and vegetables requires kosher certification as do all vegetable dips. However, commercially sliced fresh fruits and vegetables such as pineapple, mango, “baby” carrots, celery, sliced mushrooms, etc... are considered kosher without certification. Typically, these are prepared by companies which only process fruits and vegetables and therefore there are no *kashrut* concerns. (If such a product is purchased and contains a sealed non-kosher dip, the dip must be disposed of before delivering the tray to the synagogue).



Sundries:

Bakery Items: All baked goods require kosher certification.



Spices: Whole, dried spices are considered kosher without certification. However, all ground and blended spices require certification.

Herbs: Fresh herbs are considered kosher without certification. However, all dried herbs require certification.

Eggs: Eggs do not require kosher certification. However, they should be carefully checked for blood spots.

Couscous & Tabouli, Pasta: All pasta products require kosher certification.

Tofu & other Vegetarian Products: All processed food items, including tofu, Soya and other vegetarian food alternatives requires kosher certification.

Candies: All candies, candy bars and ice cream toppings require kosher certification.














































Dishwashing Detergent: Dishwasher and dishwashing soap—actually all soap, do not require certification. There was a time in history when soap had genuine *kashrut* concerns as it was made from animal fats, however today’s modern soaps pose no problem.

Disposable Table Goods: All new disposable paper plates, cups or bags, foil pans or wrap, can be used without certification.. All plastic plates, bowls, cups, forks, knives, spoons, serving utensils and storage bags require certification. All new plastic containers can be used without certification

General Rule of Thumb: When in doubt, ask the Rabbi!

TBS-EV Approved Kosher Agencies

If there is a *heksher* that you do not see on this list but would like added, please forward the name of the manufacturer, a copy of the *heksher* and the contact information of the kosher certifying agency to the Rabbi's attention. Please allow up to two weeks for the Rabbi to determine the legitimacy of the *heksher*. If approved, the master list will be modified and the community will be notified accordingly. All inquires should be directed to the Ritual VP and/or Rabbi.

Please note that the plain “K,” found on some packages, is not a registered symbol and does not necessarily attest to the *kashrut* of an item. In best cases, it means that the manufacturer adheres to *kashrut* standards but does not want to pay a certifying agency. In the worst case, it means absolutely nothing about the *kashrut* of the product. **Items marked with a plain “K” are not approved for use at TBS-EV or TBS-EV functions.**

Miscellaneous

Items for Personal Consumption

Items intended for personal use (i.e.: lunches and snacks for TBS-EV staff, Preschool & Religious School students, etc...) may be brought onto campus in accordance with the following stipulations:

- Item(s) must be dairy/*parve*
- Can not contain meat or shellfish
- No restaurant food permitted at any time
- Item(s) must be for personal use and can not be shared with others

Off Campus TBS-EV Sponsored Events

All TBS-EV programs, meetings and events, whether on or off campus, must reflect the policies of TBS-EV. To this end, off campus events at which food will be served must not conflict with the TBS-EV *kashrut* guidelines contained within this document, be purchased from an approved kosher or vegan caterer, or take place in an approved kosher or vegan restaurant.

TBS-EV programs and events that take place at congregants homes must reflect the policies contained in this guide. Please see the “Easy Steps for Hosting a Kosher Event in your Home” pamphlet for specific information.

Rental Tenants

Must adhere to the *Kashrut* guidelines contained within this guide.

Conclusion

While this guide simply scratches at the surface of some of the many complexities of modern food production and the practices of *kashrut*, it is our hope that this guide has been informative, insightful and, most importantly, easy to use. If you feel that the information presented within these pages should be changed, modified or is simply incorrect, please inform the rabbi so that updates can be made in a timely manner. Lastly, please know that any questions, comments or suggestions can be made to the *Va’ad Kashrut*, the Ritual Committee or directly to the rabbi.

On behalf of the *Va’ad Kashrut* and the Ritual Committee of Temple Beth Sholom of the East Valley,

Rabbi Bryan R. Bramly