

Congregation B'nai Shalom Kashrut Guidelines

1. As a basic beginning guideline, kashrut at CBS is meant to be an educational experience, communally and individually. If you have questions about keeping kosher, or about how to do a particular event, please ask the Rabbi. **We can make your activity happen!**
2. Please make sure that all foods prepared or to be communally served on the CBS campus are supervised by the Rabbi. The Rabbi may designate others to carry out these supervision responsibilities. Practically speaking, this means that, one of these supervisory individuals needs to be present during cooking activities. Please check with the Synagogue Office for a list of approved individuals. Caterers may prepare food away from the CBS campus for serving at CBS only if the kitchen being utilized is under Rabbinic Supervision or has been approved by the Rabbi.
3. The CBS kitchen is a dairy kitchen.
4. All CBS congregants are welcome to prepare **home-made baked goods** (i.e., desserts) to be served on the synagogue campus. They simply need to be prepared under the guidelines established by the Rabbi. These guidelines include the following:
 - All baking ingredients should be cold (e.g., no boiling of noodles or melting of butter/margarine/chocolate), dairy or parve, and marked with a recognized kosher symbol (to specifically include, but not be limited to: oil, baking chocolate, fruit fillings, marshmallows, spices). A “K” alone is not a valid symbol (see chart).
 - A brand-new disposable pan or tray should be used for baking.
 - Please bring baked goods un-cut to the synagogue campus (cookies or tarts may be brought in new, disposable containers to be plattered at the synagogue).
 - Any concerns or questions should be addressed to the Rabbi.

Chocolate dipped fruit may be made at home by melting Dolci Frutta Fruit Dip Chocolate in its original microwavable container; using a new, disposable utensil for mixing/scooping out the melted chocolate; and cooling the dipped fruit on waxed paper. They may be brought to the synagogue in a new, disposable container.

Those interested in baking **more complicated desserts** are welcome to arrange to use the synagogue kitchen.

5. **Commercial bakery products** (cakes, breads, bagels, etc.) may be purchased from Grand Bakery in Oakland, Have Your Cake in San Francisco, Izzy's Brooklyn Bagels in Palo Alto or a bakery under rabbinic supervision. All other purchased baked goods must be in a package marked with a recognized kosher symbol (*heksher* – see chart). A “K” alone is not a valid symbol. Please bring all purchased baked goods to the synagogue



campus in their original unopened packages. [Note that packaged kosher bagels are available at Trader Joe's and Smart and Final; frozen Lender's and Sara Lee bagels, both kosher, are at many supermarkets.]

6. All other **prepared or processed foods** (including ground spices) should be in a package marked with a recognized kosher symbol (*heksher*). A "K" alone is not a valid symbol (see chart).



7. **Raw fruits and vegetables** do not need a *heksher*. They may be cut cold (without blanching) and brought to the synagogue campus in new disposable containers or bags. Frozen fruits and vegetables, processed nuts, and dried fruit all need a *heksher*.

8. **Raw kosher fish** (i.e., has fins and scales) does not need a *heksher*. Common kosher fish include: bass, flounder, halibut, salmon, snapper, sole, tilapia, trout, and tuna. For questions concerning the kosher status of a particular fish, please ask the Rabbi.

9. There are many **cheeses** which are *hekshered*; these are preferred. However, hard cheeses which are domestically produced (US or Canada) may be served even without a *heksher*. These *unhekshered* hard cheeses should not contain fruits, spices, hot peppers, port wine, etc. Soft cheeses like cream cheese, cottage cheese, feta, brie, etc. must be *hekshered*.



10. Domestic **wines** without a *heksher* may also be served, although only *hekshered* wines should be used for ritual purposes. When a domestic wine is served, a *hekshered* wine should also be available.



11. Individuals are welcome to consume their own personal "**bag lunches**" -- dairy or parve lunches and snacks -- on the CBS campus. Please keep them separate from the CBS kitchen. These lunches and snacks should not be brought into the CBS kitchen, nor should any CBS kitchen utensils be used for/with them.

12. Cheese or vegetarian **pizza** may be brought to CBS from Strictly-to-Go in Walnut Creek. Pizza is to be delivered uncut; it can then be sliced at CBS with a specially designated pizza cutter. Please make absolutely certain that neither the pizza (nor the pizza cutter) enter the CBS kitchen or social hall building. Of course, that means the pizza should not be served using any utensils from the kitchen.

13. Under no circumstances should non-kosher meat, fish, or poultry be brought onto the CBS campus.

14. Please bring any questions to the Rabbi. If you want to plan something new, please ask; in all likelihood, **we can make it happen!**

Some Acceptable *Heksher* (Kosher) Symbols

(Not a comprehensive list; please check with the Rabbi with any questions)

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. Items marked with a plain "K" are not approved for use at B'nai Shalom functions.

