

## 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 ongoing 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.*

### Choosing Kosher Products

The following are products that can be used without special kosher certification. This list is not exhaustive but will be updated as new information becomes available. If you have questions about the kashrut status of any product, please contact the rabbi.

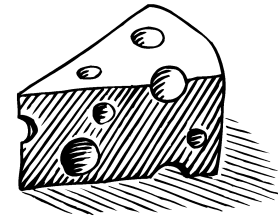
*Please note that during Passover, rules for what can and cannot be brought on campus change to conform to additional holiday restrictions.*

### Dairy

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

### Beverages

**Coffee and Tea:** All pure coffee and tea can be used without certification.

Flavored coffees and teas, including decaffeinated and herbal tea, 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.

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.

Flavored rice or beans always require kosher certification.

**Dried Fruit:** All dried fruits require kosher certification.

**Dried Vegetables:** 100% pure sun dried tomatoes, mushrooms, etc. do not require certification.

If the product contains additives, color or preservatives, kosher certification is required.

**Nuts:** All raw nuts (with shell) are considered kosher without 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.

**Flour:** All flours require kosher certification.

**Sugar:** 100% pure white, brown & confectionery sugar with no added flavors are considered kosher without certification.

All other sweeteners require certification.

**Salt:** 100% pure sea salt can be used without certification.

All other salt, including table salt, requires kosher certification.

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

**Oil:** Extra virgin olive oil is considered kosher without certification.

Regular olive oil, along with all other oils, require kosher certification.



**Vinegar:** All vinegars require kosher certification.

### **Fruit & Vegetables: Fresh and Frozen**

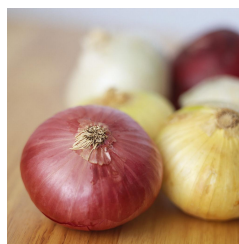
**Frozen Fruit:** as long as there are no added flavors, colors or preservatives, frozen fruit may be used without certification.

**Frozen Vegetables:** 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. Special attention should 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 require kosher certification as do all vegetable dips.

Commercially sliced fresh fruits and vegetables such as pineapple, mango, “baby” carrots, celery, sliced mushrooms, etc... are considered kosher without certification. (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.

All ground and blended spices require certification.

**Herbs:** Fresh herbs are considered kosher without certification.

All dried herbs require certification.

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

**Pastas & Staples:** All pasta and staple products require kosher certification.

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

**Candy and Gum:** All candies, gum, candy bars and ice cream toppings require kosher certification.

**Dishwashing Detergent:** Soaps do not require kosher certification.

**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.

**Meat:** TBS-EV does not have a meat kitchen. Meat may only be served from a kosher caterer. It must be served on freshly-laundered or disposable tablecloths and the kitchen may not be used for any cleanup.

There is a barbecue grill stored outside with utensils, which may be washed with the outdoor hose.

Only kosher meat may be cooked on this grill.

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

## **Miscellaneous**

### **Items for Personal Consumption**

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

- Item(s) must be *dairy/parve*
- Item(s) cannot contain meat or shellfish
- Item(s) must be for personal use and can not be shared with others

### **TBS-EV Sponsored Events (Including Off Campus Events)**

Any event that serves food using the TBS-EV Kitchen must be *dairy/parve*.

All TBS-EV programs, meetings, and events, whether on or off campus, must reflect the policies of TBS-EV.

Off campus events at which food will be served must not conflict with the TBS-EV *kashrut* guidelines contained within this document, should be purchased from an approved kosher or vegan caterer, or take place in a restaurant with an approved kosher, vegetarian, or vegan option.

TBS-EV programs and events that take place at congregants' homes should reflect the policies contained in this guide. Please see the "It's Easy to Have a Kosher Event in my Home" guide for help.

## **Conclusion**

While this guide simply scratches at the surface of the many complexities of modern food production and *kashrut*, it is our hope that this guide will be 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 Ritual Committee or directly to the rabbi.

<https://www.vaad.org/>

<http://www.kosherphoenix.org>- Va'ad HaKashrut (Orthodox) with specific supervision notes for Phoenix area restaurants.

A video about keeping kosher and some of the procedures can be found at:

<https://www.youtube.com/watch?v=TYk0KeYhqYQ>

More information on the different agencies and hekshers can be found here:














































<http://www.hechshers.info/index.htm>

<https://isitkosherapp.com/>

<https://www.kashrut.com/agencies/>

## TBS-EV - A List of Some 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 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 inquiries 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 the best case, 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.**














### KOSHER SYMBOLS










	The Union of Orthodox Jewish Congregations 333 Seventh Avenue New York, New York 10001 (212) 563-4000 Fax - (212) 564-9058 Rabbi Menachem Genack, Rabbinic Administrator
	The Organized Kashrus Laboratories 391 Troy Avenue Brooklyn, NY 11213 (718)756-7500 Fax - (718) 756-7503 Rabbi Don Yoel Levy, Kashrus Administrator
	Star-K Kosher Certification 11 Warren Road Baltimore, MD 21208-5234 (410) 484-4110 Fax - (410) 653-9294 Rabbi Moshe Heinemann, Rabbinic Administrator
	Star-D 11 Warren Road Baltimore, MD 21208-5234 (410) 484-4110 Fax - (410) 653-9294 Rabbi Moshe Heinemann, Rabbinic Admin, Rabbi Boruch Beyer
	KOF-K Kosher Supervision 201 The Plaza, Teaneck, NJ 07666 (201) 837-0500 Fax - (201) 837-0126 Rabbi Ahron Felder, Director of Kosher Standards
	THE HEART "K" Kehila Kosher Rabbi Avromon Teichman (323) 935-8383
	The "RCC" Community Kashrus Division of the Rabbinical Council of California Rabbi Nissim Davidi & Rabbi Avromon Union - Rabbinic Admin Phone: (213) 489-8080; Fax: (213) 489-8077
	Vaad Harabanim of Greater Seattle 5100 South Dawson Street, Suite #102 Seattle, WA 98118-2100 (206) 760-2100 Fax - (206) 760-0905 David Grashin, Administrator
	Kosher Supervision of America P.O. Box 35721, Los Angeles, CA 90035 (310) 282-0444 Fax - (310) 282-0505 Rabbi Binyomin Lisbon, Kashrus Administrator
	Vaad Hoeir of Saint Louis 4 Millstone Campus St. Louis, MO 63146 (314) 569-2770 Fax - (314) 569-2774 Rabbi Sholom Rivkin, Chief Rabbi
	The Vaad Hakashrus of Denver 1350 Vrain Street, Denver, CO 80204 (303) 595-9349 Fax - (303) 629-5159 Rabbi Y Feldberger, Rabbinic Administrator
	Chicago Rabbinical Council 3525 W. Peterson Avenue, Suite #315 Chicago, IL 60659



	Phone: (773) 588-1600 Fax - (773) 588-2141 Rabbi Dovid Jenkins, Kashruth Administrator
	Vaad Hakashrus of Dallas - THE "DK" 7900 Northaven Road Dallas TX 75230 (214) 750-8223 - Fax (214) 368-4709 Rabbi David Shawl, Kashrus Admin Was Dallas Kashrut Council)
	The Texas K & International Kosher Supervision 351 East Price Street Suite #200 Keller TX 76248 (817) 337-4700 Phone - (817) 337-4901 Fax Rabbi Dovid Jenkins, Rabbinic Administrator
	K'hal Adath Jeshurun (Breuer's) 85-93 Bennet Avenue New York, NY 10033 (212) 923-3582 Fax - (212) 781-4275 Rav Zachariah Gelley, Rav
	Atlanta Kashruth Commission 1855 La Vista Road, Atlanta, GA 30329 (404) 634-4063 Fax - (404) 320-7912 Rabbi Ilan Feldman, Dean
	National Kashrut 101 Route 306 Monsey, NY 10952 (914) 352-4448 Fax - (914) 356-9756 Rabbi Yacov Lipshutz, President
	The "MK" Manchester Beth Din Dayan O. Westheim 061-740-9711
	Montreal Vaad Hair 6333 Decarie Boulevard Suite #100 Montreal, H3W3E1 Canada (514) 270-2659 Fax - (514) 739-7024 Rabbi Peretz Jaffe Rabbinic Admin, Rabbi Saul Emanuel Exec Dir
	Vaad Hakashrus of Massachusetts 177 Tremont Street Boston, MA 02111 (617) 426-2139 Fax - (617) 426-6268 Rabbi Abraham Halfinger, Rabbinic Administrator
	Kashruth Council of Toronto 4600 Bathurst Street Suite #240 North York, Ontario M2R3V2 (416) 635-9550 Fax - (416) 635-8760 Rabbi Mordechai Levin, Executive Director
	Tri-State Kashruth, Vaad Hoer of Cincinnati 6446 Stover Avenue Cincinnati, OH 45237 Phone: (513) 731-4671 Fax: (513) 531-5665 Rabbi Yacov Toron, Rabbinic Administrator
	THE "CHO" KOSHER" Rabbi Solomon B. Shapiro (718) 263-1574
	VAAD HARABONIM OF FLORIDA Orthodox Rabbinical Council of South Florida; Rabbi Growner (305) 931-6204



	Orthodox Vaad of Philadelphia; 7505 Brookhaven Road, Philadelphia, PA 19151 Rabbi Aaron Felder 215-545-2968; Rabbi Shlomo Caplan 215-473-0951; Rabbi Yehoshua Kagnaff 215-742-8521 Fax: 215-473-6220
	THE CALIFORNIA "K" Kehilla Kosher (Igud Hakashrus of Los Angeles); Rabbi Avrohom Teichman (323) 935-8383
	Rabbinical Council of Orange County & Long Beach (714) 846-2285
	VAAD Vaad HaKashrus of the Five Towns Rabbi Moshe Chait (516) 569-4536
	Rabbinic Administrator of Upper Midwest Kashrut Rabbi Asher Zeilingold (612) 690-2137
	The "K-COR" Vaad Harabonim of Greater Detroit and Merkaz; Rabbi Beryl Broyde, Rabbi Joseph Krupnik (810) 559-5005
	The "Sefer Torah-Kasher" The Vaad Harabonim of Flatbush Rabbi Eli Skaist, Rabbinic Administrator (718) 951-8585
	BAIS DIN OF CROWN HEIGHTS Rabbi Dov Ber Levertov (718) 774-7504
	Kashruth of The Central Rabbinical Congress Rabbi Yidel Gruber (718) 384-6765
	Orthodox Rabbinical Council of British Columbia 8080 Fancis Road, Richmond, British Columbia, Canada V6Y1A4 Rabbi Levy Teitlebaum Phone: (604) 275-0042 - Fax: (604) 277-2225
	AGUDAH The Beth Din Zedek of Agudath Israel 02-385-2514
	The London Beth Din Court Chief Rabbi Rabbi Berel Berkowitz 01-387-4300
	KEDASSIA Kedassia, The Joint Kashrus Committee of England 67 Amhurst Park, London, England 44181-800-6833

	Glatt Kosher – Nevei Achiezer Rav Shlomo Mahpud, (03) 769-702 Rav Baruch Roshgold, (03) 797-172
	Bais Din Tzedek of the Eida Hachareidis of Jerusalem 011-972-2-251-651
	BELZ The Bais Din Tzdek of K'hal Machzikei Hadas 02-2-385-832 or 02-795-414
	Rabbi Moshe Y. L. Landa (/Rav of Bnei-Brak)
	Rabbi Nuchem Efraim (Noam) & Teitelbaum (Volver Rav)
	Rabbi Shlomo Stern (Debraciner Rav)
	Rabbi M. Weissmandl (Rav of Nitra-Monsey)
	H.K.K. Kosher Certification Service of Hong Kong, Rabbi David Zadok Phone: (852) 2540-8661
	Kosher Technical Konsultants 4537 Winding Brook Drive Bensalem, Pennsylvania 19020-7805 Tel: (215) 745.3773 Fax: (215) 725.3775 Rabbi Alan Ira Silver, M.D.

Shown below are the most common Kosher symbols you will find at your local grocery store.



The Union of Orthodox Jewish Congregations  
333 Seventh Avenue • New York, NY 10001  
(212)563-4000, Fax:(212)564-9058



The Organized Kashruth Laboratories  
1372 Carrol St. • Brooklyn, NY 11213  
(718)756-7500, Fax:(718)756-7503



Vaad Hoeir of Saint Louis  
4 Millstone Campus • St. Louis , MO 63146  
(314)569-2770, Fax:(314)569-2774



KOF-K Kosher Supervision  
1444 Queen Anne Road • Teaneck, NJ 07666  
(201)837-0500, Fax:(201)837-0126



Star-K Kosher Certification  
11 Warren Road • Baltimore, MD 21208-5234  
(410)484-4110, Fax:(410)653-9294



Chicago Rabbinical Council  
3525 W. Peterson Avenue, Suite 315 • Chicago, IL 60659  
(312)588-1600, Fax:(312)588-2141



The Vaad Hakashrus of Denver  
1350 Vrain Street • Denver, CO 80204

(303)595-9349, Fax:(303)629-5159



Texas K Kosher Supervision  
3010 LBJ Freeway, Suite 905 • Dallas, TX 75234  
(214)247-1042, Fax:(214)247-1050



Vaad Hakashrus of Massachusetts  
177 Tremont Street • Boston, MA 02111  
(617)426-2139, Fax:(617)426-6268



National Kashrut  
101 Route 306 • Monsey, NY 10952  
(914)352-4448, Fax:(914)356-9756



K'hal Adath Jeshurun (Breuer's)  
85-93 Bennet Avenue • New York, NY 10033  
(212)923-3582, Fax:(212)781-4275



Atlanta Kashruth Commission  
1855 La Vista Road • Atlanta, GA 30329  
(404)634-4063, Fax:(404)320-7912



Montreal Vaad Hair  
5491 Victoria Avenue, Suite 117 • Montreal, H3W2P9 (Canada)  
(514)270-2659, Fax:(514)739-7024



Vaad Harabanim of Greater Seattle  
5100 South Dawson Street, Suite #102 • Seattle, WA 98118-2100  
(206)760-2100, Fax:(206)760-0905



Kosher Supervision of America  
P.O. Box 35721 • Los Angeles, CA 90035  
(310)282-0444, Fax:(310)282-0505



Hashruth Council of Toronto  
4600 Bathurst St. Suite 240 • North York, Ontario M2R3V2 (Canada)  
(416)635-9550, Fax:(416)635-8760



Vaad Haskashrus of Dallas-THE "DK"  
7900 Northaven Road • Dallas, TX 75230  
(214)750-8223, Fax:(214)368-4709

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