

Congregation Beth Ami

4676 Mayette Ave
Santa Rosa CA 95405
707-360-3000

Rabbi Mordecai Miller



Food and Potluck Guidelines

From the Kitchen Committee
A sub-committee of the Religious Practices Committee

Feb 2014

FOOD GUIDELINES FOR POTLUCKS

The potluck lunches after Shabbat morning services give us a time to socialize after worshipping together. We encourage you to join us and bring ready-to-serve food that requires minimal or no preparation.

Our congregation is comprised of some who keep kosher and others who do not. We want those who do keep kosher to feel comfortable eating at Congregation Beth Ami, and we also want those who do not keep kosher to be able to bring food to share.

These guidelines are a compromise to accommodate all members.

To keep the synagogue kitchen kosher, food items brought into or prepared in the kitchen need to be overseen by a Mashgiach – someone who has been taught how to maintain the integrity of our kosher kitchen. The Mashgiach in charge for the potluck is responsible for making sure that the food conforms to synagogue guidelines for potlucks.

All items coming into the synagogue must be either Pareve (non-dairy and non-meat) or Milchig (dairy), and preferably brought in glass or disposable serving containers.

**Examples of things that are:
okay to bring:**

Home Baked Dessert Items (ie: cookies, cakes etc.)

(The following applies to home baked goods only:

Ingredients that require melting or heating such as “melted butter or melted chocolate” may be prepared in a microwave or on a stove top, provided that it is done in a new (previously unused) microwavable dish or new saucepan using new utensils as needed, all which will be dedicated for this purpose. Such a dish and/or saucepan and/or utensils necessarily will be considered kosher and dairy, and will be maintained as such; only used for this purpose and washed in your dishwasher or under running water with a paper towel.)

Homemade Tuna or Egg Salad

Cold, uncooked (raw) food prepared at home (salads, cut fruit, vegetables, etc.)

Hard Boiled Eggs

(The intact shell of the egg is considered kosher. Placing that egg in boiling water, cooks the egg in its shell, a kosher container.)

Purchased Dessert Bakery Items (ie: cookies, cakes, etc.)

in unopened original package with kosher symbol;
or baked in Safeway

or Costco Bakeries (brought in unopened original package)

Purchased Domestic Cheeses

Purchased Prepared Foods

(ie: Crackers, chips, croutons, hummus, peanut butter, gefilte fish)

in unopened original package with kosher symbol (dairy or pareve)

**Example of things that are
NOT okay to bring:**

...(because they require cooking on the stove or in the microwave)...
(However, you can make these in our CBA kitchen.)

Homemade Pasta Dishes (ie: pasta or macaroni salads, kugels)

Homemade Potato Salads

Homemade Desserts that are not baked but are cooked (ie: puddings, jello)

Homemade Jams or Jellies

Homemade Cooked Sauces or Spreads

Want some ideas?

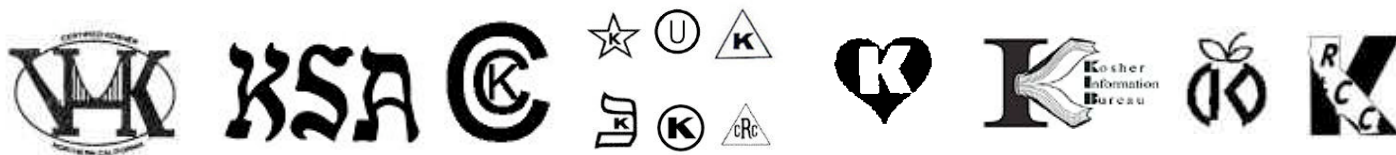
Ask for the Shabbat Potluck recipe pamphlet.

Checking for kosher symbols.

Careful, the word kosher or the letter K (alone) does not imply the product is kosher.

Look for the kosher symbol; they are trademarks.

Here are some examples:



Unless there is a kosher symbol on it, please don't assume that packaged vegetarian, vegan, or organic foods are kosher. Also, there are a lot of ingredients and/or chemicals that are derived from products that may fool you. For example, some “non-dairy” creamers may still have milk by-products (e.g. sodium caseinate) for ingredients, and some “natural flavors” may have meat and/or milk by-products in them and you wouldn't know.

(Some “natural colors” are from insects.)



A kosher symbol is not enough: what is the category of the food?

According to Jewish Dietary Laws, meat and dairy food must be prepared and consumed separately, and pareve food can be eaten with either meat or dairy dishes. The Kosher food categories are Meat (*Fleishig* in Yiddish, *Basari* in Hebrew); Dairy (*Milchig* in Yiddish, *Chalavi* in Hebrew); or Neither Meat and Dairy (*Pareve* in Yiddish, *Parve* in Hebrew).

Categories:

Meat: “Meat”, “M”, or “Glatt” printed near the kosher symbol.

Dairy: “Dairy” or “D” printed near the kosher symbol.

Fish: “F” printed near the kosher symbol (considered Pareve).

Pareve: “Pareve”, “Parev” or “Parve” printed near the kosher symbol.

Passover: A “P” printed near the kosher symbol means product is kosher for Passover and all year round.



Some References to look at if you're interested:

The Jewish Dietary Laws : by Samuel H Dresner & Seymour Siegel

About.com Kosher Foods: <http://kosherfood.about.com/od/guidetokosherfoodlabels/ss/symbols.htm>

Judaism 101: <http://www.jewfaq.org/kashrut.htm>