

Congregation Beth Ami
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Guidelines for Kitchen Use

Our goal from the start has been to provide a Mashgiach so that everyone can experience the joy of cooking Kosher in our Beth Ami Kitchen. To that end we have set up these guidelines: the Mashgiach will see to it that the kitchen is *SAFELY* used, *SECURED* and maintained according to *KASHRUIT* rules observed by Congregation Beth Ami.

From the Kitchen Committee
A sub-committee of the Religious Practices Committee
June 2012

GUIDELINES for KITCHEN USE

Please use, enjoy and care for everything in the Beth Ami kitchen as if you were in your own kitchen.

1. Head coverings must be worn during food preparation. A scarf, cap or hair net are appropriate. Extra HAIRNETS are in a basket under the microwave. Protective hand-gloves are also available.
2. The SMALL SINK is only for hand washing.
3. SWITCHES for the hood fan and light are on the circuit breaker panel by the door to the outside. The fan is loud. Disposable EARPLUGS are with the hairnets.
4. SOFT WASH CLOTHS, in a basket under the working table are to be used on all appliances and where food is prepared. Abrasive scrubbers or powders will scratch. Cleaning up as you go along will prevent spills from burning on appliances.
5. A small FIRST-AID kit is on the first shelf of the cabinet next to the refrigerator.
6. Arrangements made in the office two weeks ahead of an event make it possible to ensure that a MASHGIACH will be available. Her/his responsibility is to be present in the kitchen to oversee the food and assist in any way with appliances.
7. The calendar posted by the kitchen is constantly being updated. The most current up-to-date calendar is in the Beth Ami office.

THANK YOU for your assistance in keeping the kitchen safe and
Kosher



Kitchen Closing Check List

✓ Is everything...

- ✧ Cleaned?*
- ✧ Put away?*
- ✧ Are the stove and oven burners turned off?*

✓ Trash...

- ✧ Are the emptied trash cans put back in the social hall?*

✓ Towels & Dish Rags...

- ✧ Taken to be cleaned and returned as soon as possible?*

✓ Lights...

- ✧ In kitchen and storage-room turned off?*

✓ Shut & Lock...

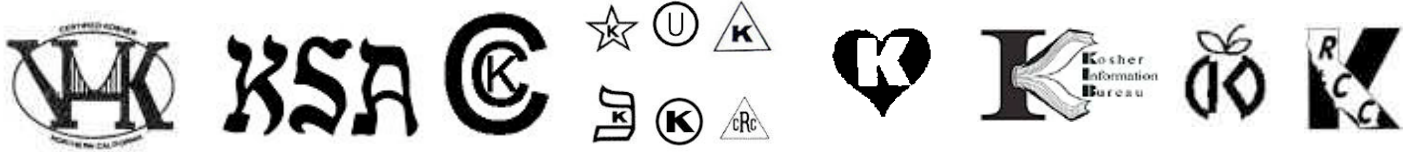
- ✧ Two lockable cabinets in the social hall*
- ✧ Kitchen door to the outside*
- ✧ Kitchen door to the social hall*
- ✧ Kitchen door to the hallway*

Thank you!

Checking for kosher symbols.

Careful, the letter K is not a kosher symbol and does not imply the product is kosher; there are a lot of kosher symbols out there.

Check out some of these 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 casienate) 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>