



**Congregation Beth Ami**

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

Rabbi Ron Koas

## **Food Guidelines for Small Events and Potlucks-2025**

We maintain a Kosher Kitchen at Congregation Beth Ami (CBA).

- ✓ Foods prepared and brought in from outside of Beth Ami follow these *Food and Potluck Guidelines*.
  - No dishes containing meat or meat by-products are allowed for potluck meals.
  - Purchased foods should be unopened (sealed) and have a Kosher symbol.
  - You may bring a home prepared dish, either Milchig (dairy) and/or Pareve (contains no meat or dairy). Use Kosher ingredients. Bring it in a CBA designated or disposable serving dish.
  - When you come in, place your dish on the Social Hall counter and it will be added to the buffet for the meal. Because your dish and home prepared food are not allowed in the Beth Ami Kitchen, please take them home, including any leftover food.
- ✓ If you have any questions or concerns about what you wish to share, please contact Rabbi Koas at +1 (732) 998-1029.

From the Kitchen Committee

A sub-committee of the Religious Practices Committee

August 14, 2025

### Checking for kosher symbols (trademarks)

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

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 (= smooth)” printed near the kosher symbol.

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

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

Pareve (neither milk or meat): “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

The Spruce Eats: <https://www.thespruceeats.com/kosher-symbols-certification-2121640>

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