



KOSHER GUIDELINES

The Board has revised the standards for food at the Temple, allowing either dairy or meat dishes, but not having them at the same time, as Jewish Dietary Laws prohibit mixing dairy and meat. For those who don't know, here's a summary of what foods fit into which categories, and what foods are not allowed. If in doubt, ask the Rabbi. After a meat meal at the Temple, dishes need to be washed in the dishwasher.

Meat: cow (except for thigh meat), sheep, deer, bison, domestic species of chickens, ducks, geese, turkeys, or any product that includes meat from those animals, including soups.



Dairy: milk and anything made from it, such as cheese, yogurt, real whipped cream, butter, mayonnaise, and any cooked or baked items containing milk.



Pareve (neither milk nor meat and can be eaten with either): eggs, honey, grains, nuts, fish with scales and fins, fruit, vegetables, and anything made with them such as olive oil, some margarines. (Note: Non-dairy does not mean pareve. Many non-dairy products use milk derived casein or sodium caseinate.)



Not allowed: anything made from pigs, such as ham or bacon; shellfish such as oysters, shrimp, crabs, lobster; rabbit, eagle, owl, catfish, sturgeon, squirrels, bears, dogs, cats, camels, horses, veal (because it does not meet ecological standards, although technically it is kosher), predatory or scavenger birds, water mammals, and any insect or reptile. (Some of these are obviously not our favorites.)