



The JFS Healthy, Kosher, packed lunch Guide



Remember...

- No Meat!
- No Nuts!
- Everything brought in must be Kosher and healthy!



This document is a helpful guide full of ideas and useful information in eating kosher in a healthful way.

Visit: www.isitkosher.uk

The Kosher Certificate - 'Hechsher'

Most processed food items require supervision from a 'shomer' (literally 'guard'). This is someone whose job is to supervise the cooking and preparation process to ensure that no non-kosher food items or utensils are used, thus

invalidating the kashrut of the whole process. There are several organisations that have these supervisors, and they each have their own 'hechsher' (kosher stamp).

A lot of products in regular supermarkets that stock

branded items will have these stamps. These kosher stamps can be found in the same location on a food packet as the 'suitable for vegetarians/vegans etc' stamps. If you cannot see one, this does not necessarily mean the item is not kosher,

but you will have to check one of the kosher websites or apps to check whether it is.

Whilst JFS is a United Synagogue school, we accept all types of orthodox recognised kashrut authorities. This list is not exhaustive.

These are UK-based Kashrut authorities whose symbols you will find on food packaging that is certified Kosher.



London Beth Din



Kedassia



Manchester Beth Din



Sephardi Kashrut Authority

You may also see stamps from USA-based organisations, such as the following:



Kosher Supervision of America



The Union of Orthodox Jewish Congregations



"Star-K" Kosher Certification



The Organized Kashrus Laboratories



"KOF-K" Kosher Supervision



Scroll K / Vaad Hakashrus of Denver



Montreal Vaad Hair



Chicago Rabbinical Council



Beis Din of Crown Heights Vaad Hakashrus



Orthodox Rabbinical Council of British Columbia



The NSW Kashrus Authority



The Beth Din Zedek of the Eda HaCharedith of Jerusalem



Kosher alert!

Helpful vocabulary

Hechsher = kosher stamp

Kashrut = general term for laws governing keeping kosher.

Parev = contains neither dairy nor meat (i.e. suitable for vegetarians, but not necessarily vegans).

If a hechsher has a 'D' next to it, that product contains dairy and cannot be mixed with products containing meat.

Bread

Kosher Bakeries in London:

Bonjour (Hendon)

Daniels (Temple Fortune)

Mr Baker (Hendon and Borehamwood)

Sharons (Hendon and Edgware, Golders Green)

Davids (Hendon)

Grodzinski (Golders Green, Hendon, Edgware, Stamford Hill)

Parkway (Finchley, Preston Road)

Hendon Bagel Bread (Temple Fortune)



Kosher alert!

Any food that is cooked or processed needs kosher supervision to ensure all ingredients and utensils used are also kosher, and have no contact with non-kosher food items or utensils.

Even if all the ingredients in a type of bread are kosher, if the trays they are baked on are greased with lard or butter that is not kosher, that makes the bread non-kosher too. If they are baked in the same ovens as non-kosher bread, they are also no longer kosher.

We are extremely fortunate in London to have access to so many kosher bakeries. There are several on and near Golders Green Road, Finchley Road in Temple Fortune, Brent Street in

Hendon, Shenley Road in Borehamwood, Bushey High Street, Stamford Hill, Mill Hill, Edgware and more. If you are not sure if a bakery is Kosher, ask the staff if they have a kosher certificate.

In addition, there are a few supermarket brands that have been certified as Kosher by the London Beth Din or the Sephardi Kashrut Authority:

All **Hovis** Bread products, including Fast Action Bread yeast, and even crumpets, are certified by the London Beth Din and will display the KLBD kosher stamp (see page 3).

Kingsmill and **Allinson** breads are certified by the Sephardi Kashrut Authority and should have the sKa kosher stamp on them.

Visit: www.isitkosher.uk

Cheese & Yoghurt

Cheese

In the UK, regular milk does not need to be supervised as its production is regulated and inspected by the government (some people will only have supervised milk, which is also available). Dairy products such as cheese and yoghurts do however need supervision as their production may involve the use of rennet or lipase enzymes or other products from a non-kosher animal.

Cheese

Both hard and soft cheeses (e.g. cottage cheese, cream cheese and fromage frais) made without Rabbinical supervision are not permitted at all. Kosher cheeses can be found in kosher supermarkets and many regular supermarkets like Tesco and Sainsburys. When purchasing cheese in a regular supermarket, please ensure that each packet bears a hechsher (kosher stamp – see page 3) as some non-kosher cheeses are available under the same brand name in identical packaging.

In addition, there are several vegan cheese companies that have plenty of kosher-approved products, such as **'Sheese'**, **'Vbites'** and **'Tofutti'**, which you must check the packaging of for the hechsher.



Kosher alert!

The following brands, available in kosher supermarkets, are all certified:

Charedi Dairies

KC (kosher continental)

Snowcrest

Sol

The Milk Company

Yoghurt

Ordinary plain and fruit flavoured yoghurts are permitted except when they contain gelatine, cochineal (E120), grape juice or other problematic ingredients. For further information see <http://www.kosher.org.uk/article/which-enubers-additives-are-not-allowed>.

More complex products, such as yoghurt with chocolate, toffee or lemon curd should

be avoided unless on the kosher product list. Fromage frais is only permitted when produced under Rabbinical supervision.

Brands such as **'actimel'**, **'activia'**, **'benecol'**, **'stapletons'** and **'muller'** have a lot of approved kosher yoghurts, but only the flavours listed on www.isitkosher.uk or <http://www.kosher.org.uk/klbd-koshersearch> are permitted so you must check each flavour.

Visit: www.isitkosher.uk

You would be surprised...

There are a lot of ubiquitous food items that people often think are kosher, but are actually not. Here are some examples you are likely to encounter when planning packed lunches for your children that are not permitted in school.



Kellogg's cereal bars: only 4 of the Kellogg's cereal bars are kosher 'Special K Belgian Milk Chocolate', 'Special K Hazelnut and Almond', 'Special K Peach and Apricot', 'Special K Red Berry'. **No other Kellogg's cereal bar is kosher, even if the cereal equivalent is.** However, **Nature Valley** has an excellent range of kosher cereal bars available in regular supermarkets, as do **'nakt'** and **'doves farm'**. (Check the Beth Din Food Guide).



Walkers crisps: only 3 Walkers crisps products are kosher – 'ready salted' from the regular crisps range, 'simply salted' from the 'lights' range, and 'salt and shake'. **No other Walkers crisps products are kosher, including 'baked' and 'sensations' ranges.** (Check the Beth Din Food Guide)



Confectionary: Check the confectionary list in the Beth Din Food Guide as some of the known 'favourites' may not be kosher. **For example, no Rowntree's products are kosher. M&M's Choco, Crispy and Peanut are not kosher and neither is Cadbury's twisted cream egg.**



*However, having explained our guidelines above regarding Kashrut, for health reasons, we **strongly discourage** our students from bringing in nosh.*



Kosher alert!

Visit: www.isitkosher.uk



Pom-Bear snacks: These snacks were once recognised as Kosher by the KLBD but that is no longer the case, they are now **not supervised by them**.

Hula Hoops are also **not kosher**.



Oreo Biscuits: The popular Oreo biscuit made in the UK is **not kosher**. Those manufactured in the USA have an OU Dairy hechsher (found in kosher supermarkets) and are therefore permitted in school.



Amount Per Serving		Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories from Fat 0	Calories 2,000 2,500	
	% Daily Value		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	1g	0%	
Dietary Fiber	1g	3%	
Sugars	0g		
Protein	0g		
Vitamin A	0%		
Vitamin C	4%		
Calcium	0%		
Iron	2%		

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SEAWEED AND NORI: **Not all types of seaweed products are kosher** please check the KLBD 'Is it kosher' app and the food guide for the different approved makes-- (Check the Beth Din Food Guide)



Couscous Salad

[Click here](#) for recipe



Kosher alert!

Not all stock cubes are kosher: Can use some Knorr products (Check the Beth Din Food Guide).



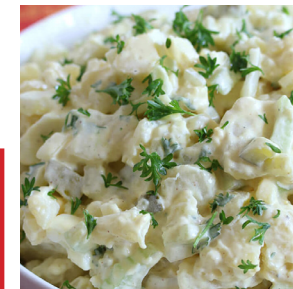
Potato Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Mayonnaise, pickles and vinegar (Check the Beth Din Food Guide).



Courgetti with Pesto Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Pesto - cheese, Balsamic vinegar (Check the Beth Din Food Guide).



Greek Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Cheese Olives (Check the Beth Din Food Guide).



Pasta Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Pasta, cheese and ketchup (Check the Beth Din Food Guide).



Broad Bean Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Cheese, Red wine vinegar and oil (Check the Beth Din Food Guide).



Green Bean Salad

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Cheese, oil (Check the Beth Din Food Guide).



Salad Ideas

Tuna & Lemon Mayonnaise

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Mayonnaise, tuna wraps (Check the Beth Din Food Guide).



Hummus & Tomato Wrap

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Hummus, wraps (Check the Beth Din Food Guide).



Smoked Salmon & Avocado

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Flat bread, Smoked Salmon, mustard (Check the Beth Din Food Guide).



Falafel & Hummus in Pita or wrap

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Pita bread/wrap, Hummus, Falafel (Check the Beth Din Food Guide).



Mozzarella Ciabatta

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Ciabatta, cheese and Pesto (Check the Beth Din Food Guide).



Egg Mayonnaise Wholegrain Sandwich

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Wholemeal bread, mayonnaise (Check the Beth Din Food Guide).



Smoked Salmon & Cream Cheese on Rye

[Click here](#) for recipe



Kosher alert!

Kosher Checklist:
Rye bread, Smoked Salmon and Cream Cheese (Check the Beth Din Food Guide).



*Pita, wraps,
flat breads
& sandwiches*

Visit: www.isitkosher.uk



Sushi



Kosher alert!

Kosher Checklist:
Sushi condiments, fish (Check the Beth
Din Food Guide).



Soups


*E.g. Pea, tomato, mushroom,
carrot, squash etc.*



Kosher alert!

Kosher Checklist:
Stock cubes - can use some Knorr
products (Check the Beth Din Food
Guide).

Visit: www.isitkosher.uk



Healthy snacks can include:

Fresh fruit
Dried fruits
Vegetables
Dips (such as Hummus and Tचना)
yoghurt
crackers
bread sticks
Pretzels
Baked crisps
Cereal bars



Kosher alert!

Kosher Checklist:
Check that the ingredients are kosher either by using the Beth Din Guide or visiting the easy to use Beth Din App www.isitkosher.uk

Other websites with healthy lunch ideas:

<http://www.themamamaven.com/2015/06/23/dairyparve-lunch-ideas-for-kosher-schools-or-camps/>

<https://www.chabad.org/search/results.asp?scope=323440>

<http://www.kesher-israel.org/preschoolandKsnackandlunch>

<https://www.pinterest.co.uk/pin/77827899787759508/>

Healthy Snacks

With special thanks to Olivia Curwen 12BG for sourcing much of the material in this booklet.

Visit: www.isitkosher.uk