



## NOTES ON KASHRUT

The following symbols are most likely to be found indicating that a product is kosher:

1. (U)
2. (K)
3. K

Other regional symbols often found on products are:

 (CRC) KO K 

There are many other kosher symbols which are likely to appear on a few products.

A product may simply say כשר or kosher.

However, (R), TM or (C) has nothing to do with kashrut. These indicate that the brand is trademarked or copyrighted by the government.

The plain K is not a copyrighted symbol and therefore may be used by anyone. Ideally one should check with the company to know who is the Rabbi giving hashgahah (supervision). It is conceivable that the company has a plain K on the product without any rabbinic supervision.

A kosher symbol merely indicates that the product is kosher. It does not indicate whether a product is meat, dairy or parve. Sometimes the product will say:

(U)D or KD or KM. This indicates that the product is dairy.

Sometimes the product will have the word "parve" next to the kosher symbol. This indicates that the product may be used for any kind of meal.

When (U)P or (K)P appears on the product it indicates that the product is kosher for Pesah (Passover). (It may be parve as well but the P does not relate to whether it's parve or not). However, when a KP appears on a bread or cake it indicates it is parve, but in no way is it kosher for Pesah.

A few products may say fleishig (meat) or milchig (dairy).

NOTES ON KASHRUT - Page 2

You can assume that kosher meat products are prepared only by manufacturers and processers who deal exclusively with kosher products. I am not aware of any general American food manufacturer or processor who makes kosher meat products.

The matter is different with dairy and parve products. More and more general American food companies are opting to put as many of their products as possible under kosher supervision.

However, if the kosher symbol appears without additional information as to whether it is dairy or parve you must read the ingredients carefully to ascertain its status. The product is as likely to be dairy as it is to be parve.

Milk, butter, butterfat, cheese, cream and milk solids obviously classify a product as dairy. In addition, the following ingredients make a product dairy: lactose, whey or dairy whey, sodium caseinate or casein. A parve product can have none of these ingredients.

Please note that the term "butter" if used with another food is not dairy but means a spread. Thus, peanut butter, cocoa butter, prune butter, apple butter and the like, are all parve.

Supermarket chains sell many kinds of food under their own label. Some of the food processers they use are under rabbinic supervision. However, a supermarket chain can easily change the processor for any of its products. Thus a chocolate chip cookie sold under a particular supermarket label may be kosher one year and unkosher the next. Of course, this is true generally as well. A major manufacturer can decide to place its products under rabbinic supervision or may just as easily opt not to continue such supervision.

Vigilance is necessary.

## A KASHRUT HUNT

Please visit at least two supermarkets and find the following products under kosher supervision. Please do not look in the specific kosher section nor select brands that are known to be Jewish and kosher. In each case note the brand(s) and the kosher symbol and record the results of your research on a separate sheet which you should be prepared to submit to me. Please note that sometimes the symbols may be very small and hard to find. Look carefully.

1. A parve bread.
2. A dairy bread.
3. Thomas' English Muffins - which are dairy and which are parve?
4. A parve cracker.
5. A kosher Nabisco cracker.
6. A parve cookie.
7. Three cake mixes (can be of same brand). Look at ingredients and see which are dairy and which are parve.
8. A taco shell.
9. A rice mix or preparation.
10. A cake.
11. A dairy cereal.
12. A parve margarine (regular not dietetic).
13. A parve, non-dairy creamer.
14. A soup mix, powder, boullion or soup in a can.
15. Candy.
16. Ice cream sandwich.
17. Ice cream cone.
18. Imitation bacon product.
19. Spaghetti sauce.
20. Jams, jellies, preserves - find a brand which is under kosher supervision. What variety of that brand's jam is not under supervision and why?
21. Salad dressing - find a brand which has some of the salad dressings under supervision. Which of the same brand are not under supervision and why?
22. A dairy pasta.
23. A dairy coffee mix.
24. A frozen vegetable mix.
25. A fruit ice.
26. A sherbet.
27. What's the difference between the ice and the sherbet?
28. Tuna fish. Find one brand that is dairy.
29. Frosting mix.
30. Multi-vitamin tablets. (Acceptable if it says suitable for vegetarians).