

How to Choose Kosher Refreshments

All foods brought into the Beth El Synagogue **MUST** conform to Jewish Dietary Laws (Kashrut/Kosher.) Our continued use of this beautiful facility depends on our observance of these guidelines.

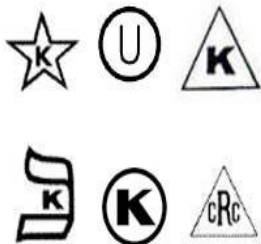
HERE ARE THE GUIDELINES FOR KASHRUT:

The symbols at the bottom of this page signify that the packaged foods have been certified as kosher.

- 1. Keep food packages and containers unopened until they are inside the Synagogue.**
2. Fresh fruits, unopened juice and soda containers are fine as is. They do not need kosher symbols. Wash uncut fruits in the Synagogue's sink. You may cut them in the Synagogue's kitchen, using our Kosher knives.
- 3. No meat or poultry products** are permitted, even if they bear a kosher symbol. Only fish products that come from fish with both scales and gills are permitted (**no shellfish products.**)
4. Do not bring any plates or utensils from home. We maintain a supply of Kashrut-appropriate paper goods, knives, and other serving utensils.
5. Do not bring home-cooked, home-sliced, home-washed, or home-made foods (unless you keep a certified kosher kitchen at home.)

HELPFUL HINTS:

Many brands of snack foods are kosher. Here are some examples: Entemanns, Pepperidge Farm, Keeblers, Nabisco, Lay's, Utz, Herr, Ortega, Old London, Sabra, Athenos, Planters, Blue Diamond Almonds. Trader Joe's has many kosher products. Even though these companies sell many kosher foods, **ALWAYS CHECK FOR ONE OF THESE SYMBOLS! They are often located near the nutrition information or bar code.**



Thanks for your cooperation!