

BET AM SHALOM SYNAGOGUE

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KASHRUT GUIDELINES

Dear Congregants:

The following list is intended to clarify the *kashrut* (keeping kosher) policy in the building. Please feel free to contact the office for clarification.

1. Congregants may serve only dairy and *parve* food. Other than by a kosher caterer, absolutely no meat, meat products, or meat additives are to be served.
2. All fish served must have fins and scales; e.g., salmon, tuna, whitefish. We do allow swordfish. Prohibited fish include such fish as shark, catfish, squid, octopus, shrimp, lobster, clams, scallops, oysters, and all other shellfish, mollusks, amphibians, and non-scaled fish.
3. Chicken and other fowl are considered meat under Jewish law. These may not be served except by kosher caterers and never at a dairy meal.
4. All baked goods must use vegetable shortening or butter (if a dairy meal). Preparers must take care not to include animal shortening or products.
5. Raw cut foods (e.g. sliced carrots, celery, tomatoes, or other undressed salad or crudité ingredients) may be prepared at home without concern for kashrut issues. The same does not apply to cooked or steamed vegetables, or vegetables with a dressing or sauce.
6. All packaged goods must have a kosher certification on the package; e.g., , *Kaf-K*, *Vaad Harabonim d'Boston*, and so forth. This includes all ingredients used to prepare homemade recipes such as sugar.
7. A menu and ingredients for any homemade meal must be reviewed and approved by Rabbi Bronstein. This process must be completed two weeks prior to the date of the event.
8. Nothing may be added to the menu that has not been discussed with Rabbi Bronstein.