

Kashrut at Kehilla

or What Can We Cook, Eat & Serve in Our Kitchen & Building? (Including services, non-Kehilla events and committee meetings....)

1. What Foods Can We Have? Vegetarian (including dairy) & Fish “Fish” excludes shellfish and mollusks such as crab and lobster, squid, octopus, clams, mussels. Imitation crab/lobster in sushi often contains extracts from shellfish and should not be used.

2. What Foods are Prohibited? No meat, poultry or shellfish can be ingredients of the food cooked or served at Kehilla, nor can they serve as a base for broth.

3. What Do We Encourage & Do Our Best At (EcoKashrut)? We try to avoid GMOs (genetically-modified foods) We prioritize minimally processed and minimally packaged foods. We prioritize locally-sourced and organic foods. We prioritize fair-trade food, and food grown by justly-treated workers. We encourage re-usable/washable plates & utensils. If we use disposable products, we use compostable/biodegradable ones. We encourage labeled, gluten-free options at potlucks for our many members with gluten sensitivities/allergies.

4. What About Events That Include More Halakhicly Observant Jews? Vegetarian Kosher food and fish, prepared in a halakhicly-kashered kitchen, may be served. Kosher meat may NOT be served. The Kehilla kitchen, crockery and utensils should not be used. Kehilla’s compostable plates, cups and utensils may be used.

5. What about Staff, Members and Guests Who Bring Their Own Food that Isn’t to be Served or Shared Publicly (Personal Food)? Personal food may contain non-kosher poultry, beef or other meat that is not prohibited in general under kashrut. Personal food may NOT contain meat or animal products that are prohibited in general under kashrut. (Including pork, shellfish, and squidlike seafood). Personal food may not contain mixed meat and dairy products. We encourage selection of meat products that are locally and sustainably raised.