

Congregation Emeth Food Policy

This policy reflects the values of Congregation Emeth. If there are questions regarding items not specifically covered in this policy, the congregant should consult with the Rabbi or the Ritual Committee Chair to obtain permission.

This policy recognizes that although Congregation Emeth is a Reform congregation, it is the only Jewish congregation in the South County area. Consequently, the membership encompasses people from a broad spectrum of backgrounds. In trying to keep within the Reform guidelines, while not offending any of our members or our guests, the following is the policy for food served at any Emeth sponsored event or any event that is held on Emeth premises.

1. No biblically forbidden foods shall be served or brought into the kitchen, classrooms or dining facilities of Congregation Emeth. Prohibited foods include pork; rabbit, shrimp, lobster, or any other shellfish; any fish without scales, such as shark; scavenger fish such as catfish; insects; and birds of prey. All fruits, vegetables, grains, dairy products, and eggs are permissible. If a member is not sure whether a food is permissible, the member should check with the Rabbi or the Chair of the Ritual Committee.
2. Although we do not have a strict policy about the separation of dairy and meat, the policy is designed so as not to offend our members and guests who adhere more closely to the rules of Kashrut
 - The following foods are considered meat products: beef, lamb, venison, chicken, turkey and other fowl.
 - The following foods are considered dairy products: anything made with milk or a milk derivative, such as cheese, yogurt, sour cream, etc.
 - The following products are parve (neutral): anything that is grown, including fruits, vegetables, grains, soy products and nuts; eggs; and fish (only biblically permissible fish – see list above)
3. With this in mind, dairy products and meat products shall not be served at the same meal. In other words, foods such as cheeseburgers, pizzas with any meat product, chicken in cream sauce may not be served or brought onto the premises for any Congregational function. Side dishes such as potatoes au gratin or ice cream shall not be part of the meal when meat is served. (There are many non-dairy products that may be used for coffee and whipped toppings or other seemingly dairy products.)
4. If the meal is a dairy meal, such as cheese casserole or bagels with cream cheese, meat products are not permitted.
5. If a meal is a parve meal, such as fish (which is not prepared with milk or cheese) or a vegetarian meal, then side dishes or appetizers will dictate if the meal is considered meat or dairy.
6. The food policy is designed with the goal of not offending sensibilities of our members and our guests. Therefore, if a product being served might appear to be either a milk or meat product but is not, it should be labeled as parve. These products might include soy products

that look like meat, or vegetable products that look like dairy. Avoid products that give the appearance of being biblically forbidden foods. Although parve, it is best to avoid altogether soy-based products that appear to be bacon or turkey based products that look like ham.

7. Meat and poultry products need not be kosher.
8. If purchasing pre-prepared foods or supermarket foods, please read labels carefully. Note the presence of non-kosher items in the ingredients, such as animal lard. Ask your bakery if the products were made with lard or vegetable shortening. Ask whether they contain dairy products so you will know if they can be served with a meat meal.

If one of the following symbols appears on the label you can be sure the product is kosher. (There are many others as well.) In addition, many times the label will note if the product is parve or dairy.



POT LUCK DINNERS

Generally the menu for Friday Shabbat potluck dinners is to include only dairy or parve items. However, periodically, a Friday Shabbat dinner will be designated as a meat meal. In that case no dairy products may be brought for dinner but all parve items are fine to be served.

In any case, when bringing pre-prepared foods, either from a supermarket or from a restaurant, be sure to ask about the ingredients so as to be careful that no non-permitted foods will be brought to the dinner.

PRIVATE PARTIES

All caterers who use our facility will be given a definitive set of guidelines. In order to use the facility, a caterer must be on the approved Emeth list. To get on the approved list, a caterer must meet with a representative of the congregation, receive the food policy guidelines and agree to follow them. A violation of our food policy may be cause for removing that caterer from the approved list.

The congregant who is hosting the event should also be at the meeting to avoid asking the caterer for a menu item that may not be permitted. If an individual member wishes to use the kitchen, the member must follow the same procedure as the caterers.

WINE

It is recommended that wine brought for private parties be kosher wine, but this is not required. However, wine used for ritual purposes, such as for the kiddush, must be kosher wine.