

## **A Caring VBS Community**

### ***Kashrut* Guidelines for Schools and Youth Department**

Among the pillars of Jewish life, which includes several important *Mitzvot*, is *Kashrut* (Jewish dietary laws). The Valley Beth Shalom *Kashrut* Policy for schools and Youth Department is guided by the concern that all members of our diverse community feel comfortable eating at any school or youth function.

#### **I. Personal / Individual Consumption**

##### **Personal Lunches and Snacks:**

1. Vegetarian and Dairy. In order to preserve our standard of *Kashrut*, we ask that any food brought from home contain no meat.
2. Restaurants. If food is brought from a restaurant, we ask that it be dairy-vegetarian *and* cold.
3. No Sharing Lunches. For reasons of personal levels of *Kashrut* observance, as well as allergies, no child is permitted to share his or her lunch with another.

#### **II. Communal Consumption**

##### **Communal Shared or Distributed Foods During School Hours**

With regard to:

1. Birthday Celebrations
2. School Snacks
3. Gifts of Food and Candy
4. Faculty Appreciation Events

All shared or distributed food brought to school must be certified as kosher: in its original, sealed package bearing a kosher certification symbol (*heksher*).

\*This excludes fresh fruits and vegetables, which may be cut at home and shared.

Kosher Symbols: We recommend that you look for foods marked by symbols that certify the kashrut of the product. Examples of kosher symbols (*hekshers*) are:



## **Home-Cooked Food / Community Potlucks**

We ask that parents not bring in home-cooked foods for distribution to the Valley Beth Shalom schools or Youth Department, including birthday cakes.

Potlucks: In the spirit of building community and encouraging participation among our families, VBS, its schools and Youth Department allow for potluck meals to be prepared for special events and school-sponsored events outside of school hours. These are events where parents are present and student participation is not mandatory. At these events, the following *Kashrut* conditions must be followed:

- No meat or fowl.
- Home-prepared foods must be dairy, fish\* (no shellfish), and/or vegetarian.
- Use only kosher ingredients marked by a kosher certification symbol (*heksher*).
- Prepare and serve food in disposable containers (plastic, glass, or metal).
- Serve with metal or new plastic utensils, preferably disposable pans and utensils.
- Synagogue ovens, refrigerators, and utensils may not be used under any circumstance.

\*A Note on Fish: Fish is considered *pareve* according *Kashrut* – it is deemed neither meat nor dairy. Kosher fish are those with fins and scales, such as tuna, salmon, trout, and halibut.

## **Field Trips and Overnights**

Off-campus field trips and programs sponsored by Valley Beth Shalom and its affiliated schools are to uphold the same aforementioned standards as those held on campus. Namely:

- a) Personal lunches and snacks are to contain no meat and are not to be shared.
- b) Shared or distributed food must be certified kosher.

Overnights are to adhere to the spirit and principles of *Kashrut* and *Mitzvot* expressed in this policy. However, there may be situations on overnight trips where certified kosher food is not available. In those situations, only dairy and/or *pareve* food will be served and in concert with guidelines outlined by those of the Conservative Movement, and under the supervision and authority of the supervising VBS school rabbi.