

INTRODUCTION TO KOSHER/KASHRUT

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The human soul can achieve its goals when the body's physical desires and abilities are channeled to do good. Since our bodies are meant to serve holy purposes, what goes into them (as food) likewise must be fitting. The Torah lists “fitting,” or kosher, foods and food preparation rules that enhance our spiritual nature. Kosher rules help us use the physical items in the world to achieve holiness.

NOTE Many of the halachot listed here differ from the more-stringent approach of the Star-K, even though RMH is the *halachic* authority for the Star-K. The halachot listed in PRACTICAL HALACHA are the basic halachot and RMH approves of their use for individuals.