# **KASHRUT: FOOD SOLD BY STORES OR CATERERS**

## **Kashrut: Supervision Mark**

Supervision is needed during the manufacturing of certain foods to certify they are *kosher*. These products are usually marked with a supervision mark ("*hechsher*") of the certifying body.

## **Kashrut: Reliability of Supervision**

Ask a reliable source when you need to determine whether a particular *kosher*-supervision body is reliable. You do not need to do any further research.

#### When Hechsher NOT Needed

## Processed Food without Hechsher: Is It Kosher?

If a processed food does not have supervision/hashgacha, here are some issues to consider:

- Ingredients;
- Utensils/processing equipment;
- Bishul akum/"prestigious" foods that require Jewish involvement in the cooking;
- Heating system (recirculated steam?);
- Heter for milk without being supervised which conditions and countries can be relied on;
- Non-food ingredients (lubricants, preservatives, emulsifiers...);
- Reliability of the producer;
- Is the non-kosher ingredient batel/nullified?
  - ownership (Is the food's producer or owner Jewish?)
  - intended consumer (Is the food being produced specifically for Jews, or is it for the public and Jews are some of the customers)?
  - Was the non-kosher substance added intentionally?
  - Does the non-kosher substance have flavor?
  - Was the non-kosher substance added for flavor?

## A *hechsher/kosher* supervision is not needed on:

- Beer made in the US (and sometimes in other countries).
- Nuts (dry roasted) without additives.
- Olives--assumed to be *kosher* unless mixed with ingredients that may be non-*kosher*, such as:
  - Vinegar (sometimes made from grapes).
  - Non-kosher chemical preservatives (in commercially sold olives).

NOTE In open markets in which olives are sold in bulk, you may eat olives after checking the ingredients.

- Olive oil (extra virgin).
- Pure fruit juice NOT made from concentrate (such as orange or pineapple juice) does not normally require a *hechsher* (except for grape juice, which always requires a *hechsher*!).

NOTE Juices from concentrate might have *kashrut* problems due to the vats in which they are cooked or pasteurized. If you can verify how the juice was processed and that there are no

<u>kashrut</u> problems, you may use the juice without a <u>hechsher</u>. There may also be problems with juice made from fruit or vegetables which were grown in <u>Eretz Yisrael</u>, due to <u>orla</u>, <u>shmitta</u>, <u>teruma</u> and <u>maaser</u>.

• Scotch whiskey--even where it might have been aged in sherry casks.

REASON Any sherry would be nullified as less than 1/6th.

NOTE Other types of whiskey may not be *kosher* because:

- Glycerine may have been added;
- The whiskey may have been owned by a Jew during *Passover* in a previous year; or
- Milk, or alcohol derived from milk, might have been added.
- Sugar (confectioner's) needs *kosher* supervision only for *Passover*. Regular sugar never needs *kosher* supervision (currently).
- Unprocessed foods such as
  - Raw fruits and vegetables (but might need to be checked for insects), and
  - Water, but some unfiltered tap water might have tiny creatures in it which make the water non-*kosher*.

NOTE Several websites list additional foods that do not need supervision to be trusted as kosher.

### When Hechsher Needed

A hechsher/kosher supervision is needed on:

- Seltzer with natural flavor.
- Grape seed extract and grape seed oil.