

## DRAFT DIETARY REGULATIONS FOR BETH ISRAEL CENTER BUILDING

### I. Scope

These regulations apply to the preparation and serving of all food on the Beth Israel Center Premises, whether by Center members at Center functions or by organizations and individuals renting Center facilities; to all foods brought onto Center premises by individuals, organizations or catering services, and to the use and maintenance of utensils and equipment used for the preparation and serving of food on Center premises. Center premises include both Building and Grounds.

As need arises, these regulations will be modified and revised.

### II. Definitions

The definitions which follow are for general guidance. They are not necessarily complete, and borderline cases may arise in their application. Such cases must be referred to the Rabbi for decision.

#### A. Kosher

Complying with Jewish dietary laws; reference is either to food or to methods of preparing and serving food. Kosher foods include

1. Flesh of animals which chew the cud and have cloven hooves; also, flesh of fowl which are non-predatory and do not eat carrion.
2. Fish which have fins and scales.
3. All vegetables, fruits, grain, milk, milk products, eggs and honey.

#### Preparation of Foods Require

1. Ritual slaughter of animals, followed by measures to drain the blood, called "koshering".
2. Flesh and dairy foods may never be served together at the same meal; they must be prepared separately with separate utensils.

#### B. Fleishig

Meats or foods which contain meat or animal fats.

#### C. Milchig

Milk, milk products, or foods which contain milk or milk products.

#### D. Pareve

Foods which are neither milchig or fleishig and which can be eaten freely with either; includes all vegetable products, fish and honey.

E. Tref

Generally, all non-kosher foods, or foods defined by non-kosher procedures.

III. Regulations

A. Preparation of foods in the Beth Israel Center kitchen.

GUIDING PRINCIPLES: ALL DIETARY LAWS WILL BE OBSERVED  
IN EVERY DETAIL ACCORDING TO  
CONSERVATIVE STANDARDS.

1. Separate sets of dishes, utensils and tableware, of sufficiently different design or decoration so as to be easily distinguishable, will be provided for kitchen use, one set for meat meals and one set for dairy. The complete separation of these sets must be strictly observed during the preparation and serving of food, and during the washing of dishes and utensils.
2. Foods brought into the kitchen may include:
  - a. Fresh meats purchased from approved kosher butcher shops (ritual koshering must be performed, either by the butcher or at the Center.)
  - b. Factory canned or packaged foods which are obviously kosher, as fruits and vegetables, as well as those bearing a well-known mark ("K" or a U within an O) which are indicative of kosher status.
  - c. Milk, butter, cheese, most other dairy products (exceptions include foods prepared with gelatin), eggs, fish, vegetables, cereals, and fruits.
  - d. Locally prepared foods, cooked or baked:
    - (1) In private homes according to the rules under Section B, below.
    - (2) By and on the premises of specifically approved commercial suppliers or caterers.
3. Kosher detergents or soaps must be used for cleaning dishes and utensils.
4. Separate towels must be used for drying milchig and fleishig dishes and utensils.
5. All procedures are the direct responsibility of the kitchen administrator and all who use kitchen facilities are under his authority.

B. Foods prepared in individual homes for use on Center Premises

1. Only kosher ingredients may be used. Consult Sections II and III for guidelines and Appendicies I and II for specific cases.
2. Only kosher utensils may be used:
  - a. Dishes and utensils which have never contained non-kosher foods are suitable; new vessels of the disposable type are recommended where doubt exists.
  - b. Metal or glass vessels (but not ceramics) which have been exposed to non-kosher foods but which have never been used for cooking (i.e., exposed to heat while containing such food) may be rendered kosher by treatment in boiling water or high temperature dishwashers. Examples: Metal mixing bowls, glass measuring cups, mixing beaters, etc., but not baking tins or saucepans.
  - c. Use of blenders should be avoided unless it is certain that they are kosher.
3. Complete separation of milchig and fleishig foods must be maintained:
  - a. No fleishig foods should be prepared for Center functions without specific prior approval of the kitchen administrator, who will consult with the Rabbi on appropriate procedures for individual cases.
  - b. Glass vessels, otherwise kosher, are suitable for either milchig or fleishig use; but note 2.b. above.
  - c. Pareve foods may be served in milchig dishes or vessels.

C. Caterers

1. Only caterers whose premises have been inspected and procedures approved by the Rabbi will be allowed to bring foods onto center premises. Approved caterers are listed in Appendix III.

D. Passover Regulations

Passover regulations will be formulated and disseminated at a later time.

APPENDICES

- I. Permissible foods by brand and type names - in preparation.
- II. Non permissible foods - in preparation.
- III. Approved suppliers of locally prepared foods - in preparation.
- IV. Approved caterers - in preparation.