



**Kosher
Information
Bureau**

KASHRUS CONSCIENCE

A service of the Kosher Information Bureau
by Rabbi E. Eidlitz

**2015 GUIDE TO
RELIABLE KOSHER SYMBOLS
& FOOD NEEDING NO CERTIFICATION**



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BUSINESS GRAPHICS AND PRINTING & CUSTOM INVITATIONS

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WHAT YOU DON'T KNOW CAN KILL YOU

As the saying goes: "You are what you eat"! This is fine if you are aware of what you are eating; however, many people would be quite surprised if they knew what they were really eating.

Many ingredients in food come under the category of "food additives". Long ago, the FDA established a law that certain amounts of contaminants are acceptable in government-approved food products. In frozen broccoli, for instance, the fact that up to 60 aphids, thrips or mites are allowed and are considered just one of the concessions we make in our industrial society in order to enjoy the convenience of prepared foods. The fact that shellac, a high gloss glaze derived from the female lac insect, is used under the innocent name of "resinous glaze" is a prime example of the general public's lack of knowledge concerning the source and origin of many food additives.

The ingredients "carmine" or cochineal", which is the current favored choice for red coloring in many foods, are but another example of how insects are legally finding their way into many common and popular food products. When it comes to flavorings, it has long been the industry's policy to mask the true nature of the additive under the generic term "natural flavoring". This sounds very gentle and downright healthful. However, using the example of the flavoring "ambergris", we learn that the source of this additive is from the sperm whale. Yet another such example is "civet absolute", which is derived

from the civet cat. These additives are offered to the unsuspecting consumer as "natural flavors", which of course, they actually are! Such broad definitions allow for a typical breakfast of coffee, tomato juice, cereal and toast to possibly include the following legal hidden ingredients: coffee beans - up to 10% can be insect infested; tomato juice - up to 10 fly eggs per 100 grams, cereal - up to 9 milligrams of rodent excreta and 50 insect fragments per 50 grams, non-dairy creamer - casein - a milk derived product; "natural or artificial" flavoring - could be from literally hundreds of sources including animal, vegetable or synthetic.

Some people may feel annoyed, or even downright angry at discovering the truths of these hidden ingredients. However, to some, this lack of disclosure can even be lethal and life threatening. A typical non-dairy creamer and non-dairy dessert topping lists "casein" in the ingredients, which is a milk derived sugar. Similarly, many tuna manufacturers fail to reveal on their labels the fact that one of the ingredients, "hydrolyzed" vegetable protein, is often derived from whey, another dairy product. Imagine a person who is hyper-allergic to any dairy product. Such a person could innocently purchase such products and unsuspectingly, suffer a life threatening allergic reaction to this supposedly "non-dairy" product and the deadly "hidden" ingredients in them. How can allergy sufferers avoid such a terrifying scenario? Barring extensive research into each and every item in the supermarket, there is another alternative. The Kosher laws, as they are written, require full disclosure on the package in some form. Hence, if the hydrolyzed vegetable protein in a can of tuna is from a dairy derivative, or the non-dairy creamer contains traces of a dairy-based source, the kosher symbol on the label will be followed by a "d". This indicates, to the veteran kosher consumer, who is familiar with the interpretation of such labels, that there is in fact a dairy derivative in this product, giving it a dairy status.

All products under kosher supervision are inspected on a regular basis to determine all aspects of each and every ingredient in that product, as well as the machinery used in the production of that product. If the machinery is dairy, often the product will be labeled "DE" indicating dairy equipment.

In an article written by Gini Kopecky and printed in "Family Circle" magazine Dr. Hugh Sampson of the Pediatric Allergy and Immunology Division at Baltimore's Johns Hopkins University School of Medicine is cited as having found that a harmless can of tuna, which was not clearly labeled as containing dairy derivatives, had threatened the life of a young 3 year old boy, who was hyper-allergic to any dairy

products. Unknown to the parents, this can of tuna contained a dairy-based ingredient. A near-tragedy would have been prevented had these parents known that the "d" on the label of this can of tuna indicated that this product should not be used by a person with a severe milk allergy.

As ingredients become more and more complex and obscure, we propose that the FDA and food manufacturers learn from the kosher supervisory industry how to better provide full disclosure of each ingredient to the general public. We feel that it is a great injustice to many concerned and intelligent consumers that they are not being adequately informed to protect themselves and their families from potentially harmful and lethal food additives. It is surprising then, that close to 100,000 products and ingredients in the U.S. today are certified kosher. The end result is that millions of Americans from all religions and walks of life are looking to kosher certified foods as the only real guarantee as to the true nature of what they are eating. No hidden ingredients, no surprises! For the benefit of children and adults, for whom these food additive disclosures can be the difference between health and illness, life and death, it is not surprising that major food companies are rushing to obtain kosher supervision for products that qualify. Clearly, the kosher consumer can not rely on merely reading the ingredients listed on the labels. It is also prudent for people in this country to learn more about kosher food symbols and how to look for them and understand them. An educated consumer stands the best chance of remaining a healthy one!

INGREDIENTS & ADDITIVES

Acetic Acid – found in plant juices, milk, oil petroleum and sometimes muscles. It is the final product of many aerobic fermentations. When it is from petroleum, it is kosher, pareve Requires Supervision

Agar Agar - Source: seaweed. Use: a substitute for gelatin (cream and in confectionery items). Kosher, pareve without supervision.

Albumin - Sources: blood (serum albumin), milk (dairy), eggs. Use: coagulant and stiffener in baked goods. Requires supervision.

Alginate - Source: seaweed. Forms: calcium alginate, alginic acid, sodium alginate, propylene glycol alginate. Uses: thickening and stabilizing agent in pastry, jelly, ice cream, cheese, candy, yogurt, canned frosting, whipped cream, and beer. Kosher, pareve without supervision.

Alginic Acid - see alginate.

Alpha Amylase - Source: hog pancreas. Use: in flour to breakdown any starches. Not kosher.

Alum Aluminum Sulfate - Source: earth. Also known as cake alum or patent alum. Use: clarifying

oils and fats. Kosher, pareve without supervision.

Ambergris - Source: whale intestine. Use: flavoring (also used in perfume). Not kosher.

Anise - Source: fruit of an herb (in the parsley family). Use: flavoring foods in beverages. Kosher, pareve without supervision.

Argol - Source: sediment in wine casks during fermentation and storage. Use: in the manufacture of tartaric acid and vinegar from malt. See also cream of tartar and tartaric acid.

Ascorbic Acid (vitamin c) - Source: synthetic or corn. Use: nutrient. Kosher, pareve without supervision.

Ascorbate Palmitate - Source: synthetic and palm oil. Use: preservative. Kosher, pareve without supervision.

Benzoic Acid - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

BHA (Butylated Hydroxanisole) - Source: synthetic. Use: as an antioxidant in cereals, stabilizers, shortenings, and potato flakes and granules. Kosher, pareve without supervision when found in corn oil.

BHT (Butylated Hydroxtoluene) - Source: synthetic. Use: as an antioxidant in beverages, desserts, cereals, glazed fruits, dry mixes for beverages, and potato flakes and granules. Kosher, pareve without supervision when found in corn oil.

Calcium Alginate - see Alginate.

Calcium Carbonate - Source: limestone. Use: tooth powder and in removing acidity of wine. Kosher, pareve without supervision.

Calcium Chloride - Source: synthetic. Use: in canned goods and in cottage and cheddar cheeses as a preservative. Kosher, pareve without supervision.

Calcium Citrate - see Citric Acid.

Calcium Disodium (EDTA) - Source: synthetic. Use: flavor retention in canned soda and canned white potatoes; as a preservative in dressings, egg products, oleomargarine, potato salad, lima beans, mushrooms, pecan pie filling, and spreads. Kosher, pareve without supervision.

Calcium Propionate - Source: synthetic. Use: preservative. Kosher, supervision preferred.

Calcium Stearate - Source: a compound of calcium and stearic acid. (Important: see Stearic Acid) Use: anti-caking ingredient in some spices (especially garlic salt and onion salt) and extensively in tablets. Requires Kosher supervision.

Calcium Sorbate - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Calcium Sterol Lactylate - Source: milk or soybeans. Use: instant mashed potatoes. Requires Kosher supervision.

Calcium Stearoyl Lactylate - Source: chemical reaction of stearic acid and lactic acid. Use: as a dough conditioner, whipping agent and as a conditioner in dehydrated potatoes. Requires Kosher supervision.

Caprylic Acid - Sources: palm oil, coconut oil. Use: preservative and flavoring. Kosher, pareve without supervision.

Carbon Black - Source: synthetic. Use: black coloring in confectionery. Requires Kosher supervision.

Carmine (Cochineal) Source: insect. A crimson pigment derived from a Mexican species of scale insect (*coccus cacti*). Use: coloring in red apple sauce, fruit cocktail, confections, baked goods, meats, and species. Not Kosher.

Carrageenan - Sources: seaweed and fresh moss. Use: as a substitute for gelatin (an emulsifier, stabilizer, and food thickener). Kosher, pareve without supervision.

Caramel - Source: sugar or glucose. Use: coloring foods, beverages, and confectionery items. Kosher, pareve without supervision.

Casein - Source: milk, hence dairy. Uses: stabilizer for confectionery, texturizer for ice cream and sherbets, or as a replacement for egg albumin. Because it is precipitated by acid or by animal or vegetable enzymes, requires Kosher supervision.

Catalase - Source: cow liver. Use: coagulant. Requires Kosher supervision.

Castoreum - Source: beavers Not Kosher.

Cholic Acid - Source: animal bile. Use: emulsifier in dried egg whites. Requires Kosher supervision.

Choline Bitartrate - Source: animal tissue. Use: nutrient (B-complex vitamin). Requires Kosher supervision.

Citric Acid - Sources: fruits and vegetables, molasses and grain. Use: antioxidant, sugar solubilizing in ice cream and sherbet, fruit juice drinks, and canned and jarred products, including jelly, cheese, candy, carbonated beverages, instant potatoes, wheat, chips, potato sticks, wine. Kosher, pareve without supervision.

Civet, Absolute - Source: cats. Use: flavoring for beverages, ice cream, ices, candy, baked goods and chewing gum. Not Kosher.

Cocoa Butter - Source: cocoa bean. Use: chocolate coatings. Kosher, pareve without supervision.

Coconut Oil - Source: coconut. Use: In the manufacture of edible fats, chocolate, and candies; in baking in place of lard. Requires supervision (see Oil).

Confectionery Glaze - See Resinous Glaze and Shellac.

Corn Starch - Source: Corn. Kosher pareve without supervision.

Cream of Tartar (Tartaric Acid) - Source: argol, the stony sediment of wine casks. Once the liquid residue has been removed from the argols by aging one year and drying, the argols are permissible. Use: in a variety of confections and in the preparation of baked goods.

Cysteine, L form - Source: an Amino Acid, human

and horse, or synthetic Use: nutrient in bakery products.

Dextrin - Source: starch. Use: prevents caking of sugar in candy, encapsulates flavor oils in powdered mixes, thickener. Kosher, pareve without supervision.

Dextrose (corn syrup) - Source: starch. Use: sweetener, coloring agent in beverages, ice cream, candy and baked goods. Kosher, pareve without supervision.

Dilauryl Thiodipropionate - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Dough Conditioners - Source: calcium stearoyl-2-Lactylate, or animal fat. Use: to improve the texture of bread. Often it will contain mono and diglycerides. Requires supervision.

Emulsifiers - Source: fats (animal or vegetable, synthetic.) Use: binding oils and water, thickening, a preservative in baked goods, reducing ice crystals and air bubbles in ice cream. Requires kosher supervision.

Erythroic Acid - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Eschalots (shallot) - Source: an onion-like plant. Bulbs used like garlic for flavoring. Kosher, pareve without supervision.

Ethyl Vanillin - Source: synthetic, bark of spruce tree, or wine alcohol. Use: as a flavor instead of vanilla or to fortify it. Kosher, requires supervision.

Fats - Source: animal or vegetable. Substances that are solid at room temperature are fats; those that are liquid at room temperature are oils. Requires supervision.

Fatty Acids - Source: animal or vegetable fats. Use: emulsifiers, binder, lubricants. Requires supervision.

Filberts - Source: a type of hazelnut; when raw or dry roasted, Kosher, pareve without supervision.

Glucose - Source: fruits and other plants such as potatoes and corn (see dextrose). Use: sweetener, coloring agent. Kosher, pareve without supervision.

Glyceride - Source: see mono- and diglycerides.

Glycine - source: gelatin, animal or vegetable oil, sometimes used in cereals. Also as a flavor enhancer. Requires supervision.

Glycerol Monostearate - Source: glycerol monostearate may be of animal origin. Requires supervision.

Glycerin - Source: beef fat, petroleum, or vegetable. Use: as a solvent or humectant (maintains the desired level of moisture). Requires supervision.

Gum Arabic, Gum Acacia - Source: trees. Use: thickening agent, emulsifier, stabilizer. Kosher, pareve without supervision.

Gum Base - Source: trees (chicle, natural rubber, etc.) synthetic butyl rubber, paraffin, polyethylene, vinyl, resin, glycerin, glycerol monostearate. Use: in the manufacture of chewing gums. Requires

supervision..

Gum Guaiac - Source: trees. Use: antioxidants. Kosher, pareve without supervision.

Guar Gum - Source: plants. Use: extender for pectin, stabilizer and thickener for spreads, syrups, sauces, salad dressing and licorice. Kosher, pareve without supervision.

Gum Tragacanth - Source: shrubs. Use: thickening agent. Herb derived from green leaves or herbaceous part of the plants. Kosher, pareve without supervision.

Invert Sugar (inversol nulumoline colorose) - Source: cane sugar. Use: sweetener. Kosher, pareve without supervision.

Invertase (invertin) - Source: yeast. Use: preparation of invert sugar from sucrose. Kosher, pareve without supervision.

Lactic Acid - Sources: molasses, corn starch, glucose, molasses. Use: preservative, flavoring. (Lactic acid can also be produced from whey, in which case it is dairy, but its use is restricted to ice cream and cream cheese). Kosher, pareve without supervision.

Lactose (milk sugar) - Source: whey. Use: sweetener, humectant, and nutrient. Kosher, dairy without supervision.

Lauric Fats - Source: coconut, palm oil. Use: with or instead of cocoa butter. Kosher, pareve without supervision.

Lecithin - Source: soybeans, corn oil. Use: emulsifier and preservative, especially in chocolate. Kosher, pareve without supervision.

Lipids - Source: animal or vegetable fats. Use: shortening, flavoring, thickener. Requires supervision.

Lactalbumin - see Albumin.

Lysine, L and DL Forms - Sources: casein, fibrin, blood. Usually synthesized. Requires supervision.

Magnesium Stearate - Source: stearic acid. From tallow, vegetable oils or synthetic. Use: anti-caking agent. Requires supervision.

Malt Syrup - Source: malt and barley. Use: emulsifier and starch dissolving.

Mannitol - Source: fungi. Use: sweetener. Kosher, pareve without supervision.

Methylparaben - Source: synthetic. Use: preservative. Kosher, pareve without supervision

Methyl P Hydroxy Benzoate - see Methylparaben.

Mono and Diglycerides - Source: animal and vegetable. Use: stabilizer, emulsifier, softener, preservative. Most are animal products. Mono- and diglycerides do not necessarily have to be listed in the ingredients. Requires supervision.

Monosodium Glutamate - Source: sugar, plants, beets and corn. Use: flavor enhancer. Kosher, pareve without supervision.

Musk - Source: deer glands, synthetic. Use: in flavorings for beverages, ice cream, candy, baked

goods, and chewing gum. Now usually it is produced synthetically. supervision required.

Natural fruit flavors (natural flavoring) - concentrated under vacuum or freeze dried. Concentrated fruit pulp that is used in confectionery usually requires fortification with some synthetic flavor. Can contain grape juice, as well as many other non-kosher substances. Requires supervision.

Oil of Lemon - Source: lemon peel. Kosher, pareve, without supervision.

Oil of Rose - Source: distilled from fresh rose petals. Comes mostly from Bulgarian Damask rose. Kosher, pareve without supervision.

Oil of Caraway - Source: seeds of Carum Carui. Grown in Holland and Central to Southern Europe. Flavoring for chocolate and coatings. Kosher, pareve without supervision.

Oil of Cardamon (grains of paradise) - Source: Alleppy Cardamon, trees from India. Use: enhance the flavor of ground coffee, butter, chocolate, liquor, spice and vanilla flavoring. Kosher, pareve without supervision.

Oil of Cassia (Cassia Bark) - Source: leaves and twigs of the Chinese Cinnamon. Use: for cocoa flavor in biscuits, cakes, ice cream and beverages. Kosher, pareve without supervision.

Oil of Celery - Source: celery plant. It comes primarily from France. Use: usually as flavoring for cocoa, chocolate, and other confections. Kosher, pareve without supervision.

Oil of Cinnamon - Source: under the bark of the Cinnamomum Zeylanicum tree. Found in Seychelles and Ceylon. Use: to enhance fruit flavorings. Kosher, parve without supervision.

Oil of Peppermint - Source: dried plant leaves. Use: flavoring. Kosher, pareve without supervision.

Oleic Acid - Source: fats and oils (animal or vegetable). Use: defoaming, flavoring. Requires supervision.

Oxysterins - Source: Glycerides, stearic acid. Use: prevents oil from clouding. Requires supervision.

Ox Bile - Source: ox bile. Use: preservative and emulsifier in dried egg whites. Requires supervision.

Ox Gall - see Ox Bile.

Pepper Cream - Source: herb. Use: spice. Requires di-glycerides or other emulsifiers to mix. Kosher, pareve, Requires supervision.

Pepsin - Source: enzyme, usually extracted from hog stomachs, but can be synthetic. Use: coagulant in cheese. Can be produced from kosher animals. Requires supervision.

Polyglycerol Esters of Fatty Acids - Source: fats and oils, animal or vegetable. Requires supervision.

Polysorbate 60, 65, 80 - Source: stearic acid (also called Tween). Use: emulsifiers, especially in "non-dairy" products. Requires Kosher supervision.

Potassium Bi sulfite - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Potassium Caseinate - Source: milk. Use: stabilizer and texturizer. Requires supervision.

Potassium Metabisulfite - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Potassium Sorbate - Source: berries or synthetic. Use: preservative. Kosher, pareve without supervision.

Propionic Acid - Source: synthetic or may be made from cheese. Use: mold inhibitor, preservative. Requires supervision.

Propyl Gallate - Source: synthetic or from nuts produced by insects. Use: preservative. Requires supervision.

Propylene Glycol (Alginate) - Source: synthetic. Use: emulsifier, stabilizer, solvent. Kosher, pareve without supervision.

Propylparaben - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Release Agents - Source: oils, mineral oil, mono-glycerides or synthetic. Use: keeps heated foods from sticking to equipment, utensils, and packaging. These need not be listed in the ingredients. Requires supervision.

Resinous Glaze - Source: insect secretion. Use: coating candies and pills. While there are authorities who permit these glazes on the grounds that they are non-edible, there are other authorities who forbid them.

Rennet - Source: animal enzymes. Derived from the lining membranes of the stomach of suckling calves. Use: coagulant and curdling agent especially in cheese and other dairy products. A vegetable enzyme similar to rennet is available as a substitute, but even if it is used, supervision is required. Hard cheese made by gentiles even if made with completely Kosher ingredients, is not Kosher. Requires supervision.

Rennin - see Rennet.

Serum Albumin - Source: blood. See Albumin. Not kosher.

Shellac - Source: insect secretion. Use: in glaze for confectionery products and in chocolate panning. See Resinous Glazes.

Shortenings - Source: oil. Use: to make baked goods light and flaky. Factories often make both animal and vegetable shortenings on the same equipment. Requires supervision.

Sodium Alginate - Source: seaweed or kelp. Use: as a stabilizer. Kosher, pareve without supervision.

Sodium Ascorbate - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Sodium Benzoate - Source: synthetic origin. Use: preservative. Kosher, pareve without supervision.

Sodium Bisulfite - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Sodium Caseinate - Source: milk and cheese.

Use: texturizer in "non-dairy" creamers and instant mashed potatoes. Kosher, dairy. Requires supervision.

Sodium Citrate - Source: synthetic. Use: emulsifier and buffer in processed produce. Kosher, pareve without supervision.

Sodium Lauryl Sulfate - Source: synthetic. Use: detergent, whipping agent, an emulsifier (in egg products) and surfactant (in beverages). Kosher, pareve without supervision.

Sodium Meta Bisulfate - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Sodium Propionate - Source: synthetic origin or rarely it is made from cheese. Use: mold preventative. Kosher, supervision preferred.

Sodium Nitrate - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Sodium Sorbate - Source: synthetic or from corn. Use: preservative. Kosher, pareve without supervision.

Sulfite - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Softeners - Source: animal or vegetable. Use: in chewing gum. Requires Kosher supervision.

Sorbic Acid - Source: berries, corn or synthetic. Use: mold inhibitor. Kosher, pareve without supervision.

Sorbitan Monostearate - Source: Stearic acid. Use: emulsifier, defoamer, flavor disperser. Requires Kosher supervision.

Span - see Polysorbate.

Spearmint Oil - Source: the herb mentha viriais. Use: primarily as flavoring in chewing gum. Kosher, pareve without supervision.

Sperm oil - Source: whale. Use: release agent and lubricant in baking pans. Not kosher.

Spices - Source: dried vegetable product derived from any part of the plant, whether root, stem, bark, fruit, bud or seed. Kosher, without supervision.

Stannous Chloride - Source: synthetic. Use: preservative. Kosher, pareve without supervision.

Stearic Acid - Source: animal or vegetable oil. Use: in butter and vanilla flavoring, softener in chewing gum. Requires Kosher supervision.

Stearyl Lactylic Acid - Source: fats and oils. Use: emulsifier. Requires Kosher supervision. (Kosher forms are often dairy.)

Sulfur Dioxide - Source: synthetic gas. Use: preservative. Kosher, pareve without supervision.

Tartaric Acid - see Cream of Tartar.

Tween and Span - see Polysorbate.

Thiodipropionic Acid - Source: synthetic. Use: preservative, or from cheese. requires Kosher supervision.

Tocopherols - Source: synthetic, or soybeans. Use: preservative, nutrient (vitamin E). Kosher, pareve without supervision.

Tricalcium Phosphate - Source: synthetic.
Use: anti-caking agent, bleaching agent.

Kosher, pareve without supervision.

Turmeric - Source: herb. Use: spice. As a powder: (Often used in its oleo resin form for use in pickling brine and mustard with glycearides added.) requires supervision.

Vanilla - Source: bean. Use: flavoring, it may be processed with glycerine. Requires supervision.

Vanillin - Source: bark of spruce tree. Use: flavoring. Kosher, pareve without supervision.

Vegetable Shortening - see Shortening.

Vegetable Oil - see Oil.

Vegetable Gums - Use: substitute for gelatin in desserts and candies. Kosher, pareve without supervision. Also see gum.

Whey - Source: milk, hence dairy. Use: binder and flavoring agent. Since it is obtained in the manufacture of cheese, Requires supervision.

THE FOLLOWING DO NOT REQUIRE HASHGACHA:

Air freshener

Antibiotics

Apple sauce (*unflavored*)

Isopropyl alcohol

Aluminum foil

Aluminum pans

Aluminum cupcake holders

Ammonia

Baby Corn (*NOT from China*)

Baking soda

Baking powder

Basmati Rice (*unseasoned*)

Beans (*dried*)

Beer (*unflavored-domestic only*)

Beets (*canned – without flavor or color added*)

Bleach

Bran (*with no additives*)

Buckwheat (*with no additives*)

Candles

Cane Juice

Carob powder (*pure*)

Carrots (*canned*)

Castor oil

Charcoal Briquettes

Cinnamon Sugar

Cocoa *pure, with no additives*

Coconut Milk (*not from China*)

Coffee - *pure - without flavoring.*

Coffee substitute from grains - *pure grains only*

Coffee Filters

Corn (*plain and cream style – frozen or canned*)

Corn Grits

Corn Meal

Corn Starch

Corn Syrup

Couscous (*unseasoned*)

Crockpot liners

Dental floss

Eggs (*no certification required for raw, whole, non-processed eggs. However, they should be checked for blood spots*)

Evaporated Milk

(*with no additives – from the U.S.*)

Farina (*plain*)

Fish (*fresh fish with fins and scales do not require certification*)

Flour (*plain only - without enzymes*)

Fruits (*Only without bug issues (berries etc.) or from Israel. No certification needed for most plain, canned and frozen fruits with no added ingredients besides water, salt, sugar, corn syrup, corn sweetener, citrus acid, ascorbic acid, calcium chloride, lactic acid and ferrous glutamate*)

Gin

Gloves

Grains (*raw*)

Green Beans (*canned*)

Guar Gum

Honey (*unflavored*)

Injections

Intravenous

Juices (*fresh or frozen apple, grapefruit, orange and pineapple juice, either fresh or from concentrate, do not need certification at present time. This is only when these are pure juices with no additives such as flavorings or glycerin*)

Lemon Juice (*no certification required, unless from Israel*)

Lemonade (*no certification required clear lemonade, with no added flavor, colors, or grape juice*)

Lime Juice (*no certification required unless from Israel*)

Lip Gloss (*all*)

Maple Syrup (*from Canada or Vermont*)

Molasses

Maraschino Cherries - *without added flavoring, or coloring*

Milk (*cow's milk and goat's milk with no added ingredients other than vitamins does not require certification in the U.S. and Canada*)

Miso (*unflavored*)

Mouthwash

Mushrooms (*canned – in water and citric acid and NOT from China*)

Mustard (*ground – powder*)

Nori

Nuts (*plain with no oil or other ingredients (besides*

salt) on the label, when they have been dry roasted)

Oats (unflavored)

Olives (domestic without vinegar or propylene glycol)

Oven cleaner

Paper plates

Paper bags

Pectin (from fruit)

Petroleum

Pimientos

Plastic Bags

Plastic Wraps

Plastic plates, bowls

Plastic tableware

Polenta (non-processed, unseasoned)

Popcorn Kernels (plain, with no oil, flavoring, etc.)

Raisins (plain, with no oil listed on the label)

Raw Nuts

Rice (plain, with no flavor or seasoning added)

Riboflavin

Rice (plain, with no oil listed)

Rice Pasta (containing only rice flour and water)

Rock Candy - unflavored only.

Rum Rye - straight liquor

Rye

Saccharin (as an ingredient)

Sake - pure

Salt

Seltzer (unflavored)

Semolina

Shampoo

Silver polish

Soap

Sorbitol

Soy Beans

Spices

(The following – packaged, dried - require no certification: allspice, anise, basil, bay leaf, caraway, cardamom, chervil, chives, cilantro, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, ginger, lemon grass, mace, marjoram, nutmeg, oregano, parsley, peppercorns (all colors), rosemary, saffron, sage, salt, savory, sesame seed, tarragon, thyme, turmeric, white pepper)

Starch

Styrofoam products

Sugar (regular, powdered and brown)

Tapioca Pearls

Tea - plain, with no added ingredients or flavorings

Toothpicks

Vegetables

The following vegetables require careful checking for worms/insects (mostly leafy or vegetables with florets): Bibb Lettuce, Boston Lettuce, Cabbage, Endives, Escarole, Iceberg Lettuce, Kale, Leeks, Mustard Leaves, Red Cabbage, Red Leaf Lettuce, Romaine Lettuce, Spinach Greens, Fresh Broccoli and Cauliflower.

Vegetables The following vegetables require no

soaking or checking: Alfalfa Sprouts, Bean Sprouts, Beans, Beets, Carrots, Celery Stalks, Corn, Cucumbers, Eggplant, Green Beans, Kohlrabi, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkins, Radishes, Rutabagas, Squash, Sweet Potatoes, Tomatoes, Turnips, Zucchini

Wasabi Powder

Water (unflavored)

Waxed Paper

Wheat

Wheat Germ (with no added ingredients)

Yeast (regular, not wine yeast)

THE FOLLOWING PURE DRIED FRUITS DO NOT REQUIRE CERTIFICATION:

Apricots

Dates

Figs

Goji berries

Peaches

Nectarines

Pears

Pineapples

Prunes

Raisins (domestic)

FRESH FRUIT - CUT UP

All plain fresh fruit in the U.S. that does not have an insect consideration does not require Kosher certification. This is true in supermarket plastic containers as well as in plastic bags.

FRESH FRUIT & VEGETABLES

All fresh fruit and vegetables that are not from Israel are fine during the year. This includes products that state "with wax coating". As mentioned above, the leafy vegetables must be determined to be insect free.

FROZEN FRUIT & VEGETABLES - CUT UP & WHOLE

During the year all frozen fruits and vegetables that are not from Israel and do not contain added ingredients such as flavoring are fine without Kosher certification as long as they do not have insect infestation issues i.e. spinach, kale etc..

Kosher Information Bureau

Rabbi Eliezer Eidlitz
12753 Chandler Boulevard
Valley Village, California 91607
(818) 262 5351
eidlitz@kosherquest.org

www.kosherquest.org

*Tax deductible donations can be made
by check or paypal on our website.*

KOSHER FOOD INTERNET SITES

www.kosherquest.org
e-mail: eidlitz@kosherquest.org

MEALS FOR TRAVELING
(hotels, cruise lines delivery)
www.koshermealsworldwide.com

www.koshergourmetmart.com
www.labriutmeals.com (732) 370-0035

Cho-Sen Island (516) 374-1199
Vaad of Five Towns Chap a Nosh
(516) 374-5100

www.jewishdiabetes.org

www.kosherdepot.biz

www.kosherstarbucks.com

www.westernkosher.com

This issue is dedicated to the
Refuah Shlaima of
Fega Bas Yeta Rifkai Arnall

and for the Aliyas Neshama of
Avraham Daniel Mordechai
Ben Yeshayahu Arnall

KOSHER NEWSLETTERS & KASHRUS INFO

Kashrus Conscience - Kosher Information Bureau

Rabbi E. Eidlitz, Rabbinic Administrator.

12753 Chandler Boulevard Valley Village, California 91607

(818) 262 5351, eedlitz@kosherquest.org, www.kosherquest.org

Publications - Kashrus Conscience Magazine

E-mail updates and alerts, and website

www.kashrut.com Arlene J. Mathes-Scharf

Phone: (781)784-6890 Fax: (781)784-6890

E-mail: ajms@kashrut.com www.kashrut.com

Food Scientist - Kosher Food Specialist Scharf Associates

P.O. Box 50 Sharon, MA 02067

Va'ad HaRabanim of Greater Seattle

5305 52nd Ave. S. Seattle, WA 98118

Phone: (206) 760-0805 Fax: (206) 725-0347

vaadinfo@seattlevaad.org www.seattlevaad.org

Publications: Quarterly Product Guide, Annual Pesach Guide

Vaad HaKashrus of Baltimore (Star K)

Rabbi Moshe Heinemann, Rabbinic Advisor

122 Slade Ave. #300, Pikesville, Maryland 21208

(410) 484-4110 Publication - Kashrus Kurrents, Pesach Guide

Kashrus Magazine: Rabbi Yosef Wikler, Rabbinic Administrator

P.O. Box #204 Brooklyn, New York 11204

subscriber@kashrusmagazine.com (718) 336-8544

Rabbinical Council of California - The RCC

3780 Wilshire Blvd. # 420 Los Angeles, CA 90010

213-389-3382, 562-286-5235 Fax

info@rccvaad.org www.rccvaad.org

The O/K Lab 391 Troy Avenue, Brooklyn, New York 11213

(718) 756-7500 Rabbi Don Yoel Levy

The Jewish Diabetes Association

New York Office: 1205 East 29th St. Brooklyn, N.. 11210

Tel: (718) 303-5955 Israel: 052-763-1500

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(732) 531-4872 email: jsorkosher@gmail.com

KOSHER OVER THE COUNTER MEDICATION

COLD/FLU/COUGH - MEDICATION

Alka Seltzer Alka Seltzer Plus Cold and Cough
 LiquiGels, Alka Seltzer, Alka Seltzer Plus Severe Cold & Flu
 Formula Effervescent Tablets
 Claritin 24 hour tablets,(D tablets are dairy)
 Cold-EEZE Daytime QuickMelts (Mixed Berry flavor)
 Meltaway
 Cold-EEZE Nighttime QuickMelts (Mixed Berry flavor)
 Quickmelt tablet
 Contac cold & flu caplets or liquid
 Coricidin HBP Cold & Flu, Cough & Cold, Max Flu –
 Tablets (dairy)
 CVS Sugar Free Vitamin C Drops and Vitamin C
 Citrus Flavored Drops - O/Ud
 Delsym Nighttime Multi Symptom Liquid
 Diabetic Tussin Nighttime Cold & Flu Formula Liquid
 Dr Cocoa Daytime Cough and Cold Liquid
 Dr Cocoa Nighttime Cough and Cold Liquid
 Dynamic Health Liquid Vitamin C - O/U
 Emergen-C original, Lemon-Lime, Pink, Planet, zzzz
 Equaline Children's Night Time Cold & Cough Liquid
 Jengimiel Cough Syrup – Earth Kosher
 Little Remedies Hydration Crystals powder
 Nature's Answer Sambucus Elderberry Liquid
 (Regular & P.M.) - Kof K
 Nature's Answer Sambucus Zinc Lozenges - O/U
 Vicks Nature FusionCold and Flu
 Multi Symptom Relief Caplet
 Zicam Cold Remedy Rapid Melts with Echinacea
 (Lemon-Lime flavor)Tablet
 Zicam Rapid Melt Tablets Tablets
 Zicam Ultra Cold Remedy (Honey Lemon Flavor) Lozenge
 Zyrtec dissolve, children's dissolve. (D allergy &
 congestions,24 hour Tablets – dairy)

Recommended only for those who are ill and do not
 have a substitute

Cold-EEZE Cherry Flavor Lozenge
 Cold-EEZE Sugar Free Wild Cherry Flavor Lozenge
 Cold-EEZE Honey Lemon Flavor Lozenge
 Recommended
 Vicks Nature Fusion Zicam Cold Remedy Lemon
 Lime Crystals

COUGH/ COUGH DROPS/LOZENGES

Adwe Cough Syrup Tussin Liquid
 CVS Cough Drops – O/Ud (dairy equipment) (Honey
 Lemon, Honey Lemon Menthos Sugar Free, Cherry)
 Delsym Children's 12 Hour Cough Liquid (Grape
 Flavor)Liquid
 Delsym Children's 12 Hour Cough Liquid (Orange
 Flavor)Liquid
 Delsym Liquid Cough Suppressant Liquid
 Diabetic Tussin DM Max Strength Cough
 New Chapter Chloraseptic Lozenges (Cherry) -
 O/Ud
 Suppressant/Expectorant Liquid
 Dr Cocoa Non-Drowsy Cough Liquid
 Garden of Life Chloraseptic Cherry Lozenges &
 Vitamin Code Raw Vitamin C - O/Ud
 Halls Cough Drops
 Kroeger Cough Drops – O/Ud (dairy equipment)
 (Cherry, Honey Lemon Menthol Sugar Free,
 Menthol Eucalyptus)
 L.A. Natural Throat-Ease - Kof K
 Ludens Cough Drops - O/Ud (dairy equipment)
 Mega Food Ultra Vitamin C 400 & Zinc - O/K
 Mucinex Chest Congestion Mini-Melts for Kids
 Bubble Gum Flavor Dissolving Granules
 Mucinex Cough Mini-Melts for Kids Orange Crème
 Flavor Dissolving Granules
 Ricola Cough Drops – Rabbi Yafee Schlesinger (hard
cough drops only)
 Rite Aid Cough Drops - O/Ud (dairy equipment)
 Smiths Brothers Assorted Varieties Lozenge (only
 when bearing O/U)
 Sudafed PE Congestion, Pressure & Pain/Cough
 caplets or 12 hour tablet
 Triaminic Day Time Cold and Cough Cherry Flavor Liquid
 Vick's DayQuil Cough Liquid
 Vicks Children's Nyquil Cold & Cough Liquid
 Vicks Nyquil Cold & flu Nighttime Relief
 (Original,Cherry Vanilla Liquid)
 Vita Vocal Throat Enhancer - O/U
 Walgreens Cough Drops – O/Ud (dairy equipment)
 (Honey Lemon, Cherry, Sugar Free Eucalyptus)
 Zarbees Children's Nighttime Cough Syrup Grape
 Flavor Liquid
 Zarbees Naturals Childrens Cough Syrup (grape
 flavor) Liquid

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Thu 7 - 7:30

Fri 7 - 2.5 hours before sundown

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Los Angeles, CA 90036
P: 323.655.8870

E: fairfax@westernkosher.com

HOURS

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Thu 7 - 7:30

Fri 7 - 2.5 hours before sundown

Sat CLOSED



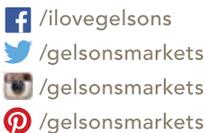
happy Hanukkah, from Gelson's!

Since 1951, Gelson's takes pride in providing our customers with a satisfying shopping experience – which includes making sure stores have products that are important to you.

The candlelight of the menorah and the coming together of family and friends mark the celebration of Hanukkah. There's music, stories, dreidel games, gelt and, of course, the tradition of delicious food. As you prepare for the holiday, remember Gelson's is on hand to help you serve terrific meals that everyone will love.

Also Gelson's proudly carries select products that are from Israel denoted by an Israeli flag "Made in Israel" icon on the shelf next to the products.

From the Gelson's family to yours: Happy Hanukkah!



Gelson's

VITAMINS/SUPPLEMENTS COMPANIES & OUTLETS

(partial listing)

Adora (Calcium) - O/Ud
 Amazing Grass Green Superfood - O/U
 Blue Bonnet - Kof K
 Country Life - K - Rabbi Stillwell
 Dynamic Health - O/U
 Earthrise - KSA
 Enzymedica - Kof K
 Freeda - O/U
 Garden Of Life - Star K
 Growing Naturals Pea Protein - Star K
 L.A. Naturals - Kof K
 Landau - Volover Rav
 Maxi Health - O/U
 Mega Food - O/K
 Nature's Answer - Kof K
 Nature's Plus - Kof K
 Natures Way - O/U
 Navitco - O/U
 New Chapter - O/U
 Nutra Life - Star K
 Nutrisupreme - Kof K
 Pacific Health - O/UD
 Solgar - Kof K
 Solomon & Samson - O/K
 Spectrum - O/U (Only When O/U Appears On Label)
 The Gummies - Kof K
 Twin Labs - Star K
 Uncle Moishe - O/U (Check For Dairy Designation)
 Viactiv - O/Ud
 Vitacost.Com
 Vitality Works Herbal Supplements - Kof K
 Vitamin Friends - O/U
 WWW.KOSHERVITAMINS.COM
 WHOLE FOODS - WITH KOF K ONLY
 YUM-V'S - O/U (CHECK FOR DAIRY DESIGNATION)
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KOSHER ALERTS:

SODA:

It has become common for stores to sell bottles of soda from Mexico as many prefer the cane sugar

used. Coke from Mexico is recommended, however Fanta and Pepsi products are not.

FROM THE O/U:

Restaurant Depot brand Brussels Sprouts has an unauthorized O/U symbol on Its 5 lb. clear plastic bag. The O/U does not certify ANY Brussels Sprouts.

The O/U certifies Peppermint Mocha Coffee Creamer as an O/UD (dairy) product. Some containers were inadvertently labeled with a plain "O/U" symbol, without the "D" (dairy) designation. This product contains a milk Ingredient as indicated in the allergens and ingredients statements.

The O/U does NOT certify any Food Lion Frozen Pizza products using the brand name Hannaford. In a recent re-design of the packaging, the O/U mark was erroneously included on some of the packaging.

The O/U certifies the Java House Chilled Coffee Drink Milk varieties as O/UD (dairy). These products contain milk, as indicated in the product name and the ingredient statement. Some labels were mistakenly printed without the "D" (dairy designation).

The O/U does NOT certify Staro Ruskaya Salmon Caviar. Staro Ruskaya is a brand of Net Cost stores. Some labels bear an unauthorized O/U symbol.

The O/U does NOT certify Solutions 4 Nutritional Products. Some of their chocolate shakes and Healthy Green products were labeled with an unauthorized O/U symbol.

The O/U certifies Toosum Blueberry & Green Yogurt Oatmeal Bars as an OUD (dairy) product. This product contains dairy ingredients as indicated on the ingredient and allergen statements. Some packages were mistakenly labeled with a plain O/U mark, without the "D" designation.

All varieties of La Fe'sseasoned Rice, including Yellow Rice, Seasoned Rice & Black Beans, Mexican Style Seasoned Rice and Seasoned Rice & Red Beans, bear an unauthorized OU and are NOT Kosher.

The O/U certifies Restaurant's Pride Potato Granules as an OUD (dairy) product. Some boxes have an OUD symbol together with the word "pareve" under the O/UD. This food service product contains dairy ingredients and is NOT pareve.

The O/U certifies Nathan's Hot Fries Potato Snacks as an O/UD (dairy) product. This product contains dairy Ingredients, as Indicated in the allergen and ingredient statements. Some products were mistakenly labeled with a plain O/U symbol (without the dairy designation).

The O/U certifies Jelly Belly Chocolate Dutch Mints as an O/UD (dairy) product. This product contains dairy ingredients, as indicated in the Ingredient statement. Some packaging was mistakenly printed with a plain O/U, without the "D" (dairy) designation. This product is primarily sold in the UK.

The Chocolate Chunk Chia Bites, produced by Eat Chia, are mislabeled. The product contains chocolate, manufactured on dairy equipment and erroneously bears an O/U symbol, not the appropriate O/UD designation. However, the product does not contain actual dairy ingredients. Some Kashrus agencies use a DE symbol (for dairy equipment), but the O/U has chosen not to use a DE designation because it is felt it may be confusing to the Kosher consumer. Also, to be a true DE product, the equipment must be properly cleaned of residue after dairy production, and that level of clean-up is sometimes difficult to maintain and guarantee. DE products may be eaten after meat, but may not be eaten together with, or cooked with, meat products. Future packaging will be revised.

The O/U certifies Wild Oats Roasted Red Pepper Hummus & Protein Crackers, Original Hummus & Protein Crackers, and Roasted Red Pepper Artichoke Bruschetta & Protein Crackers as O/U D (dairy product). The crackers contain dairy ingredients as indicated on the ingredient and allergen statements. Some packaging was mistakenly printed with a plain O/U symbol, without the "D" designation.

Some sauces from Pearl River Bridge bear an unauthorized O/U. The O/U does not certify any Pearl River Bridge sauces.

The O/U certifies Blommer Pure Dark Chocolate and Pure Dark Chocolate with Almonds as O/UD (dairy). These products contain dairy ingredients as indicated in the ingredients and allergen statements. Some labels bear a plain O/U symbol.

The O/U certifies Wellsley Farms Cranberry Mix as an O/UD (dairy) product. This product contains dairy ingredients as set forth in the ingredients and allergens statements. Some labels bear a plain O/U symbol.

Max Packaging non-dairy creamer is certified dairy by the O/U. Due to a printing error, some packages bear an O/U instead of an O/UD. The issue appears to have been limited to flatware kits served on Hawaiian airlines.

FROM THE O/K:

As of November 18, 2015, Rostan Corp. (baked goods) is no longer certified Kosher by O/K Kosher certification. Rostan Corp. has been Inactivated due

to Kashrus violations.

Franquicias Kosher de Panama S.A. is advertising Kosher fried chicken under the TIBI Gourmet label, bearing an unauthorized OK Kosher symbol on the packaging. OK Kosher certification does NOT certify this product.

Woodpecker brand Toffee Covered Pretzels, Yogurt Covered Pretzels and Milk Chocolate Covered Pretzels were mistakenly labeled with the O/K Kosher symbol instead of the O/KD (dairy) symbol. These products contain dairy ingredients as stipulated in the Ingredient and allergen panels and are DAIRY.

Please be advised that as of Nov. 10 2015, Donny's Deli in Manalapan, N.J. is no longer certified by the O/K.

Mr. C's Strawberry Daiquiri and Margarita Mix has Inadvertently added an OK on the packaging of their Strawberry Daiquiri and Margarita Mix. The OK has no information as to the Kashrus of this product.

Provincial Fruit Co., Ltd Canada, is bearing an unauthorized O/K Kosher symbol on the packaging.

Metro Deli brand of US Foods Inc. has printed an Incorrect O/K Kosher symbol on their Sour Cream and Chive Potato Chips.

Snack It Forward is using an unauthorized OK symbol on Sunkist Trail Mix and Sunkist Fruit Chips.

Please be advised that a limited amount of Walla/Tri State Salads Babaganush is being recalled due to an ingredient bearing Kosher certification of the OK which was subsequently found to be unauthorized. This includes Babaganush with an expiration date up to 11/30/15

J&Y Frozen Octopus Whole bears an unauthorized O/K Kosher symbol on the packaging. This product is NOT Kosher.

Valley Fresh IQF Whole Blackberries bears an unauthorized O/K Kosher symbol on the packaging. This is a product of Chile and distributed by Honor Foods. The O/K Kosher certification has no information as to the Kashrus status of this product.

Kang Cheng Frozen Edamame bears an unauthorized O/K Kosher symbol on the packaging.

Terrafina Sour Strawberry Laces from Terrafina (Bronx) has an unauthorized O/K Kosher symbol. A very limited amount of Terrafina Sour Strawberry Laces was mistakenly labeled with the O/K Kosher symbol. This product is NOT Kosher certified.

KOSHER SYMBOLS

 ALASKA Alaska Kosher (907) 279-1200	 ARIZONA Arizona K (602) 944-2753	 COLORADO The Sorali K / Vaad Hakashrus of Denver (303) 595-9349	 CONNECTICUT The Hartford Kashrut Commission (HKC) (860) 236-1241
 Chabad of Scottsdale (480) 998-1410	 Congregation Young Israel & Chobad (520) 326-8362	 FLORIDA "Diamond K" Kashur Supervisory Service (305) 264-6488	 United Mahadim Kashur (UM Kosher) (203) 376-7241
 CALIFORNIA Central California Kosher (CCK) Chabad of Fresno (559) 435-2770	 KOFK Los Angeles (907) 279-1200	 Central Florida Orthodox Rabbinical Vaad of Kashrus/ORV (407) 238-7755	 Vaad HaKashrus of Fairfield County (VKFC) Vaad HaKashrus for Connecticut (203) 358-2200
 Rabbi Aharon Simkin Young Israel of Northridge (818) 368-2254	 Kehilla Kosher (Yupod Hakashrus of Los Angeles) (323) 935-8383	 Florida K and Florida Kashrus Services Vaad HaKashrus of Orlando (407) 644-2500	
 KCA Kosher Certification of America - KCA Kosher	 Irvin Vaad Hakashrus (TVK) (949) 786-5220	 Chai Kosher Consultations and Supervisors (305) 304-0290	 Kosher Miami - KM The Vaad Hakashrus of Miami-Dade (786) 463-9931
 Rabbi Baruch Lederman (858) 613-0222	 Chabad of the Canoin, Chobad of Agoura Hills (818) 991-0991	 Kosher Dairy Miami (786) 290-6620	 Orthodox Rabbinical Board of Broward & Palm Beach Counties (ORB) (305) 653-2110
 KQAOA (Half Moon KJ) (212) 613-8241	 Bain Dik of San Jose, Chobad of Greater South Bay (650) 493-3425	 Kosher Organics Council (800) 630-6137	 RCF - Rabbinite of Central North Florida (877) 435-0200
 Kosher Certification Service (323) 782-1423	 Rabbinical Council of Orange County & Long Beach (562) 426-4894	 Orthodox Rabbinite of North Dade (ORD) (305) 931-6204	 DIST. OF COLUMBIA The Rabbinical Council of Greater Washington Vaad Harabanim of Greater Washington (301) 593-0336
 Kosher Supervision of America - KSA (310) 282-0444	 Rabbinical Council of California (RCC) (213) 389-3382	 HAWAII Chobad of Hawaii (808) 735-8161	 GEORGIA Atlanta Kashrus Commission (404) 634-4063
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 WASHINGTON Vaad Harabanim of Greater Seattle (206) 760-0805	 WISCONSIN Kosher Supervisors Of Wisconsin (414) 573-9353

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 Orthodox Rabbinical Council of B.C. (604) 275-0042	 Bodatz Toronto 647-931-4916

ENGLAND

 Federation of Synagogues 44-208-202-2263	 Kedossin, The Joint Kashrus Committee of England 44-208-802-6226
 K'hal Mochilkei Hadas Edgware 44-208-958-1030	 London Beth Din Kashrut Division 44-208-343-6253
 Mochilkei Hadas Manchester 44-161-792-1313	 Manchester Beis Din 44-161-740-9711
 Dayan Osher Yaakov Wexheim 44-161-740-9711	 Gateshead Kashrus Authority 44-0191-477-1598

ARGENTINA

 Ajdat Israel Kosher 155-426-1255	 UK Kashrus Organization 34-11-4951-8366
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 BRAZIL Comunidade Ortodoxa Iruelita Kehillus HaCharedim Departamento de Kashrus	
 CHINA HXK Kosher Certification Service 852-2-540-8661	
 FRANCE Adas Yereim of Paris Rabbi Y.D. Frankfurter 33-1-42-00-1313	 Rabbi Mordechai Rottenberg Chief Orthodox Rav of Paris 33-1-48-87-4903
 MEXICO Kashrut Department of Maguen David Community 525-203-9964	 Chobad Lubavitch Guadaluajara 5233-364-24490

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Lubavitch of Indiana
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London 972-3-618-2647



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Org. of Orthodox
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KANSAS
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LOUISIANA
Louisiana Kashrut Committee
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MASSACHUSETTS
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MINNESOTA
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Coordinated Kosher
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Rabonat Yerushalayim
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New Square Kosher
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Vaad Hakashrus of
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Vaad Harabanim of
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Community Kashrus of
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The Lehigh Valley Kosher
Commission (LVKC)
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Vaad Hakashrus Beorch
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Central Rabbinical Congress
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K'hal Chizuk Hadass of
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We have compiled some common, reliable certifications
from TOP organizations representing the Kosher symbol.

Note: There are hundreds more in existence.

Miriam Shoham Sea of Galilee, Israel Fresh produce (specifically Pomegranate) is being imported from Israel by Provincial Fruit in Toronto, bearing an unauthorized O/K Kosher symbol on the packaging. These fruits were NOT checked by O/K Kosher certification Rabbis for Trumos and Maasros and are fruits from the Shemitta year.

Zhoushan Mountain Spring Smoke House Co. is bearing an unauthorized O/K Kosher symbol on the packaging. Please be advised that Zhoushan Mountain Spring Smoke House Zhejiang China is no longer certified by O/K Kosher certification. They continue to distribute Smoked Salmon and other fish products bearing an unauthorized O/K Kosher symbol on the packaging. These products are NOT certified by O/K Kosher certification.

Various Squish Candies and Bonbon Squish are displaying the OK Kosher certification Kashrus Symbol on their website and selling various candies in their stores bearing the O/K Kosher symbol without permission of the O/K. Squish candies are NOT certified by the O/K Kosher certification. O/K Kosher has no information as to the Kashrus status of these products.

FROM THE VAAD OF NORTHERN CALIFORNIA:

As of Sunday, November 22, 2015, the Jerusalem Grill Restaurant In Campbell, Ca. is no longer under the supervision of the Vaad of Northern California and is NOT a Kosher establishment.

FROM THE KOF-K:

Deep River Snacks Rosemary and Olive Oil Potato Chips was mistakenly labeled with the Kof-K Pareve and dairy logo. This product is, in fact, Kof-K dairy.

FROM THE STAR-K:

Please be advised that the following Star-D dairy products manufactured by Nature's Eats of Boerne, Texas and sold in H-E-B grocery stores in Texas, contain dairy non-Cholov Yisroel ingredients when the allergen label statement indicates milk content. Various batches were inadvertently labeled with a Star-K symbol:

Dried Fruit Mixes, Nut Mixes, Chocolate Products, Pretzels

Some cans of Bruce's Candied Yams in Kettle Simmered Syrup, distributed In Walmart and other supermarkets, bear an unauthorized Star-K symbol. The formulation was changed and Includes dairy ingredients, as indicated on the ingredient panel.

FROM THE COR:

Frank brand Creamy, Dreamy Hot Chocolate Mix,

which is available at Canadian Tire Stores, was inadvertently labeled without a "dairy" designation. This product is DAIRY.

Delices de la Foret Valli Algeria Mis (1kg & 12 g bulk) was inadvertently labeled without a "dairy" designation. This product is dairy and Kosher certified. This product is sold in the greater Montreal area.

Delices del la Foret Valli Anis Candy (200g & 4.5 bulk) Is NOT Kosher but bears a COR dairy logo in error. This product Is sold in the greater Montreal area.

FROM THE CRC:

Effective immediately, Edible Cuts - Midwest Foods, located at 3100 West 36th St. in Chicago, is no longer certified by the cRc due to Kashrus violations.

Effective immediately, all items from Today's Temptations, Biondillo's Baking Co., and Papa Filin are no longer certified by the cRc, due to Kashrus violations.

FROM THE UNION OF ORTHODOX SYNAGOGUES OF SOUTH AFRICA:

The Union of Orthodox Synagogues of South Africa has discovered that there is a company by the name of "Kee Ingredient" who supply the hospitality industry with cheese and dairy products, who are using the logo of the Union of Orthodox Synagogues of South Africa on their products without authorization. This relates specifically to a Cheddar Cheese product. This product is NOT under Kosher supervision and is NOT Kosher.

Please be advised that butter, manufactured by Lady Smith, is Incorrectly labeled as "Pareve". This product Is DAIRY.

FROM THE FEDERATION OF SYNAGOGUES (KF) IN LONDON, ENGLAND:

Exclusive Candy & Novelty is distributing Classic Sesame Snaps in Canada which bear the KF Kosher symbol. This product is NOT KOSHER CERTIFIED.

KOSHER UPDATES:

O/K Kosher and Kehilla Kosher (Los Angeles) announced their decision to merge the two Kashrus organizations. The merger agreement was approved by the respective corporate boards with support of the community Rabbinic advisory board of Kehilla Kosher.

Kehilla Kosher welcomes the opportunity, through this merger, to further its service mission in Los Angeles retail Kashrus, in regional industrial Kashrus,

and beyond. O/K Kosher is recognized and highly regarded as a global leader within the Kosher food certification industry, and provides certification services on six continents. With headquarters in New York and regional offices around the world, Rabbi Don Yoel Levy leads a team of highly-skilled and highly-trained staff with more than 300 of the world's leading Kosher experts who ensure the highest standards of Kosher compliance tailored to each of the thousands of establishments O/K Kosher certifies.

As a symbiotic endeavor, the merged entity will be greater than the sum of its parts. With this merger, O/K Kosher gains a leading, cutting-edge West Coast regional Vaad HaKashrus partner to enhance O/K Kosher's mission of advancing Kashrus around the world.

FROM THE O/U:

Silver Bay brand Canned Salmon is now certified by the O/U.

Chianti wine, produced by Cantina Giuliano (Italy) is now certified under the OU. This wine is Non-Mevushal.

NEW PRODUCTS FROM THE O/U:

Vitamin Friends:

Boost Appetite Vegetarian Gummies

DiYo Vitamin D

Iron Vegetarian Gummies

Proba Yo Sugar Free Acidophilus & Prebiotic Vanilla

Yogurt Flavoured Bears - O/UD

Yomega Fish Oil & Flax Seed Tangerine Yogurt

Flavoured Bears - O/UD

Yomega Flax Seed

Uncle Matt's Organic products:

Matcha Lemonade

Organic Grapefruit Juice

Organic Orange Juice - Pulp Free

Organic Orange Turmeric - With Living Probiotics

Reduced Calorie Orange Coconut - With Living Probiotics

Engel Bakery In Israel:

Choco Twists Puff Pastry Cookies

Crowns Choco & Vanilla Flavored Cookies

Crowns Strawberry Flavored Cookies

Original Honey Flavored Cookies

Swirls Vanilla & Choco Cream Cookies

Vanilla Butterflies Puff Pastries

Hammond's Candies:

All listed are O/UD

70% Dark chocolate

All Natural Butterscotch Lollipops -

All Natural Cherry Candy Danes

All Natural Cinnamon Candy Canes

All Natural Peppermint Candy

Assorted Flavors Cotton Candy

Sugar Bag

Bubble Gum Heart-Shaped Lollipops

Cherry Mini Ribbon Gift Bags

Chocolate Crisps Milk Chocolate

Cinnamon Toast Popcorn

Dark Chocolate Marshmallow Eggs

Honey Peanut Popcorn

Menorah-Butterscotch Crystal Cut Gift Bag

Peterbrooke Chocolate Factory:

All listed are O/UD

Almond Gelato

Apple Pie

Bacio Gelato

Berry Trifle Cake

Cheesecake

Chocolate Flourless

Coconut Cream Parfait Cup

Dark Chocolate Cognac Truffles

Dark Chocolate French Creams

Dark Peanut Butter Meltaways

Gingerbread Cookies Individual

Chocolate Mousse Bombe

Milk Chocolate Potato Chips

Raspberry Bars

Wedding Cakes (Assorted Sizes)

Clearly Food & Beverage Co.:

Country Raspberry Sparkling Water Beverage

Mountain Berry Sparkling Water Beverage

Naturally Carbonated Sparkling Water

Orchard Peach Sparkling Water Beverage

Wild Cherry Sparkling Water Beverage

Mrs. Fields - TCBY:

All below are O/UD

Butter Pecan

Chocolate Chocolate

Chocolate Peanut Butter Yo-Trax

Cookies and Cream

Pralines and Cream

Psychadelic Sorbet

Rocky Road

Chef-Man:

Natural Flavor Vegan Strips Unseasoned

Vegan BBQ Bites

Vegan Shwarma

Vegan Teriyaki Cubes

Pro-Line Packaging:

Bright Midnight

Good Morning

Lost City

Not My House

Chill Brands, LLC.:

Lemon Black Tea

Peach Green Tea
Pomegranate Green Tea

Jim's Organic Coffee:
2 Souls Dark Roast Coffee
Columbian Coffee
Espresso Roast Decaf Coffee
Mexican Altura Coffee
Together Decaf Coffee
Raspberry Black Tea

Café de Americas Premium Freeze Dried 100% Colombian Estate Grown Coffee is now O/U certified.

De Zaan products, manufactured by the Schokoladenindustrie Mannheim Co. in Germany: (all O/UD)

Liquid & Solid Chocolates, compounds and Couvertures (White, Milk, or Dark)
Solid Cocoa Butter
Solid Cocoa Liquor

The Coca Cola Co. enables the consumer to now mix a variety of soft drink flavors to his/her own personal choice. All flavors available in the free-style machines In the U.S. and Canada are products of the Coca Cola Co. We confirm that they are all produced under the certification of the O/U and are Kosher and pareve. Among the flavors certified for Free-styles are:

Barq's
Caffeine Free Coca-Cola
Caffeine Free Diet Coke
Coca-Cola
Coca-Cola Zero
Dasani Flavors (all)
Dasani Sparkling (all)
Diet Barq's
Diet Coke
Fanta
Fanta Zero
Fuze Lemon Black Tea
Glaceau Fruitwater
Hi-C
Lemon Tea
Master Pour Black Cherry
Mello Yello
Minute Maid Lemonade
Minute Maid Light Lemonade
Pibb Xtra
Pibb Zero
Powerade (all)
Powerade Zero (all)
Seagram's Diet Ginger Ale
Seagram's Ginger Ale
Sprite
Sprite Zero

Vitaminwater:
Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Peach, Raspberry, Strawberry, Vanilla

FROM THE STAR-K

Consumers are reminded to always check food establishments and restaurants for the current Kehilla Heart-K certificate.

Certificates also have a "Kashrus Disclosure Statement" on the back of the certificate that details the kashrus policies particular to the specific store.

The Disclosure Statement also has a contact number for any related questions. Be an informed consumer!

Aldi Sandwich Cookies – Star-D
Atlantic Beverage Co. Canned Vegetables
Cost Plus Coffees
Frosty Acres Pasta Products
H&M Wagner & Sons Coffees
Ingles Supermarkets Coffees
MM8 Group Coffees, K-Cups & Teas
Molino Nicoli SpA Gluten Free Products and Cereal Products
Nature's Warehouse Prepared Salads, Sauces & Dips
Overwaitea Food Coffees
Shinn Spring Water
The Fresh Market Coffees
Veg India Herbal Extracts

NEW FROM THE LBD:

NEW LUXARDO SAMBUCAS - Certified KLBD Pareve and bearing the logo:
Chilli & Spices, Cola, Pear

WESTONS CIDER - Now certified KLBD Pareve

NEW FROM STAR K:

Bharat Cereals
Karnal Rice
Calaska Trading Canned Fruit
Coco's Creamery (W. LongBranch, N.J.) Frozen Desserts
Goya Foods (Sauces & Dips)
Gurgaon Nuts & Seeds
Kozat Biga Olives
Cypress Rice
Marque Foods (Specialty Cookies)
Panola Pepper Corp. (Sauces & Dips)
Performance Food Group Cookies
Schreiber Foods International Canned Fruit
Tata Coffee Beans
Tava Organics Dairy Products (Star D)
Costa Rica Rainforest Beverages & Drink Mixes
Victoria Pacific Corp. Canned Fruit
WFM Private Label Tomato Products
Western Family Foods Canned Fruit

FROM THE COR:

Alpha Omega Management Corp.
 Arctic Chiller
 Aroma Espresso Bar (Toronto)
 Baytana Bakery
 Bella Sabatina Tea Shoppe (Toronto)
 Clef Des Champs, Inc.
 Delmare Quality Foods
 Deluxe Produce Distribution
 Earth to Kids, Inc.
 Famous Laffa Kosher – Promenade (Toronto, Canada)
 Farmer Direct Co-operative
 Field Farms Marketing
 Floating Lead Wild Rice
 Golden Acres Honey Products
 Greeniche Passion For Life
 Hamazon
 Howie T's Burger Bar North (Thornhill, Ontario Canada)
 King David Frozen Products
 Kosher Dining at Windsor Arms Hotel (Toronto, Canada)
 La Cooperative Forestiere du Nord-Quest
 Mobius Culinary Labs
 Phidelia Premium Products
 R.D.J. Bakeries

Shepherd Gourmet Dairy (Ontario, Canada)
 Suero Can Canada, Inc.
 The Kosher Dudes (Toronto)
 Walter X Industries
 Wholesome Harvest Baking
 Worldly Food
 YoungShin Food Co.

FROM MK:

A range of the Fruit Bowl products are now MK kosher certified
 Heinz Light Mayonnaise is no longer under our supervision.
 We are pleased to announce that Nestle now produce Gluten Free Honey Corn Flakes under MK certification

INTERESTING FACT:

North America is both the largest confectionery market, with non-chocolate sales around \$10.5 billion, and the leading market for kosher products in the world.

In 2014 41% of packaged products launched in the USA were certified as kosher.

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MEHADRIN HOTELS IN ISRAEL

JERUSALEM

Dan Pearl Hotel

15 Yaffo, Kikar Tzahal

Rabbanut Yerushalayim Mehadrin

Jerusalem Gate Hotel

43 Yirmiyahi

Rabbanut Yerushalayim Mehadrin

02-500-8500

King Solomon Hotel

32 King David, Yemin Moshe

Rabbanut Yerushalayim Mehadrin

02-569-5555

La Perle Hotel

6 Hahistadrut, Ben Yehuda

Rabbanut Yerushalayim Mehadrin

077-552-5251

Lev Yerushalayim Hotel

18 King George, Ben Yehuda

Rabbanut Yerushalayim Mehadrin

02-530-0333

Leonardo Jerusalem Hotel

9 St. George St,

Rabbanut Yerushalayim Mehadrin

02-532-0000

Leonardo Plaza Hotel

47 King George St, Rehavia

Rabbanut Yerushalayim Mehadrin

02-629-8666

Little House in Rehavia

20 Eben Ezra, Rehavia

Rabbanut Yerushalayim Mehadrin

02-563-3344

Prima Kings Hotel

60 King George, Rehavia

Rabbanut Yerushalayim Mehadrin

02-620-1201

Prima Palace Hotel

24 Pines, Zichron Moshe

Badatz Agudas Israel

02-531-1811

Ramat Rachel Hotel

Reich Hotel

1 Hagai, Geula

Rabbanut Yerushalayim Mehadrin

02-652-3121

Ramada Renaissance

Ruppin Bridge at Herzl Blvd, Kiryat Moshe

Rabbanut Yerushalayim Mehadrin

02-659-9999

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Malon Bnei Brak

5 Kedushas Yom Tov

Harav Landau

03-579-2222

Malon Wagshal

13 Meltzer

Badatz Eida Hachareidis

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16 Damessek Eliezer

Harav Landau

03-677-7141

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6 Hamelachim, Kiryat Sanz

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Meat: Harav Landau)

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'Simply the Best'™

For nearest store location visit
coffeebean.com



'Serving you with over
200 Kosher stores'

*Look to Ralphs for all
your Kosher needs
in California!*



*We wish all our
valued customers
a happy & festive
Hanukkah!*