



Kosher
Information
Bureau

FOOD ADDITIVES

DECEMBER 2022

As the saying goes: "You are what you eat". This is fine if you are aware of what you are eating and all ingredients are fine. For the Kosher consumer of the the situation is very different. Many people would be quite surprised if they knew what they were really eating. Most mystery ingredients in food come under the category of "food additives". Long ago, the FDA established as 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 (she 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. Reb Moshe Feinstein has a Teshuva concerning ways that it can be made acceptable.

The ingredients "**carmine**" which is known as red dye 4 or cochineal", which is the current favored choice for red coloring in many foods, is but another example of how insects are legally finding their way into many common and popular food products. Starbucks for instance recently said that they will stop using it in the various products currently containing this bug derived coloring. Most fruit cocktails continue to use it as it will keep the cherries dyed red from spreading the color to other fruit.

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 healthy. However, using the example of the flavoring "**amberggris**", which is derived from the sperm whale, it is natural but not kosher. It is used in perfumes, cocktails, and medication. Yet another such example is "**civet absolute**", which is derived from the civet cat. Civet (zibetum, zibet) is secreted by the civet cat's perianal scent glands and is **a common ingredient of frozen dairy desserts, baked goods, candies, puddings or gelatins**. 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: **Insects**:- 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 unsuspecting, suffer a life threatening allergic reaction to this supposedly "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 form. That of course is proper Hechsherim. Before certifying a company kosher the agency will check not only the ingredients but their true source as well. 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 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 mentioned 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. Today many years later many non Jews are aware of the kosher supervision on a product being a more reliable source for full disclosure of the ingredients and utensils used.

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. Clearly, the kosher consumer cannot rely on merely reading the ingredients. It is also prudent for many more 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

(many listed simply Natural Flavoring)

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 with 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 Hydroxyanisole) - 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 Hydroxytoluene) - 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/ Red 4 (Cochineal) Source: insect. A crimson pigment derived from a Mexican species of scale insect (coccus cacti). Use: coloring in red apple sauce, fruit cocktail, Jams, confections, baked goods, meats, and spices. 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.

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/Castoreum - Source: Civet cats anal glands. . 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 (sometimes from deceased women). 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 kosher supervision.

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

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

Gelatin - usually derived from pork or bovine. Can be processed from fish. Requires kosher 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 kosher supervision.

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

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

Lactalbumin - see Albumin.

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

Magnesium Stearate - Source: stearic acid. From tallow, vegetable oils or synthetic. Use: anti-caking agent. Requires kosher 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 kosher 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. Kosher 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 kosher 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, pareve 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 Kosher supervision.
- Oxysterins** - Source: Glycerides, stearic acid. Use: prevents oil from clouding. Requires Kosher supervision.
- Ox Bile** - Source: ox bile. Use: preservative and emulsifier in dried egg whites. Requires Kosher supervision.
- Ox Gall** - see Ox Bile.
- Pepper Cream** - Source: herb. Use: spice. Requires di-glycerides or other emulsifiers to mix. Kosher, pareve, requires Kosher supervision.
- Pepsin** - Source: enzyme, usually extracted from hog stomachs, but can be synthetic. Use: coagulant in cheese. Can be produced from kosher animals. Requires Kosher supervision.
- Polyglycerol Esters of Fatty Acids** - Source: fats and oils, animal or vegetable. Requires Kosher 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 Kosher 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 Kosher supervision.
- Propyl Gallate** - Source: synthetic or from nuts produced by insects. Use: preservative. Requires Kosher 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 Kosher 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 without constant supervision, even if made with completely kosher ingredients, is not kosher. (see cheese article). Requires Kosher supervision.
- Rennin** - see Rennet.
- Serum Albumin** - Source: blood. See Albumin. Not kosher.
- Shellac** - Source: secretion from Kerria Lacca insects. Use: Smoothies, Frappuccino's fruit coating, 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 Kosher 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 Kosher 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.
- Sodium 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 viriaia. 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 Lactic 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. Kosher, 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.) Kosher, requires supervision.

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

Baking Soda

Baking Powder

Beer (Unflavored)

Bleach

Bran (No Additives)

Buckwheat (No Additives)

Candles

Carob Powder (Pure)

Castor Oil

Charcoal Briquets

Cocoa (pure, with no additives)

Coffee (pure, without flavoring)

Coffee substitute from grains (pure grains only)

Coffee Filters

Corn Starch

Cornmeal (pure)

Crockpot Liners

Dental Floss

Dried Fruit (most- check list) - with no oil or other ingredients listed (except for the usual preservatives, such as potassium sorbate, sulphur dioxide and sodium bisulfate)

Eggs

Farina (plain)

Flour (plain only)

Fruits - Fresh, Frozen, Canned without additives. Only without bug issues (berries etc.) or from Israel.

Gin

Gloves

Grains (raw)

Guar Gum

Honey (unflavored)

Injections

intravenous

Lip Gloss (all)

Molasses

Maraschino Cherries - without added flavoring, or coloring

Milk (white)

Nuts – plain dry roasted without oil or other ingredients (besides salt).

Oats

Oven Cleaner

Paper Plates

Paper Bags

Pectin (from fruit)

Petroleum

Plastic Bags

Plastic Wraps

Plastic Plates, Bowls

Plastic Tableware

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

Rock Candy (unflavored only)

Rum Rye (straight liquor)

Saccharin

Sake (pure)

Salt

Seltzer (unflavored)

Shampoo
Silver Polish
Soap
Sorbitol
Soy Beans
Spices (pure)
Starch
Styrofoam Products
Sugar

Tea (plain, with no added ingredients or flavorings)
Toothpicks
Vegetables (fresh and frozen - pure. Care must be taken to check for worms in leafy vegetables)
Vodka (produced in US without flavoring)
Water (unflavored)
Wheat
Wheat Germ (with no added ingredients)

THE FOLLOWING DRIED FRUITS DO NOT REQUIRE CERTIFICATION:

Apricots
Nectarines
Dates
Pears
Figs
Pineapples
Goji Berries
Prunes
Figs
Raisins (domestic without oil)
Mangoes
Peaches

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 AND 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.

Kosher Information Bureau

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



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Los Angeles, CA 90016
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HOURS

Sun 7 - 6:00
Mon / Tue / Wed 7 - 7
Thu 7 - 7:30
Fri 7 - 2.5 hours before sundown
Sat CLOSED

FAIRFAX












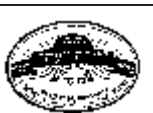

A: 444 N. Fairfax Ave.
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P: 323.655.8870
E: fairfax@westernkosher.com

HOURS

Sun 7 - 6:00
Mon / Tue / Wed 7 - 7
Thu 7 - 7:30
Fri 7 - 2.5 hours before sundown
Sat CLOSED

KOSHER AGENCIES IN ISRAEL

Many people find winter break a good time to visit Eretz Yisroel. The following are some reliable kosher agencies:

Symbol	Organization	Rabbi
	Rabanut Rechovot Mehadrin	Rabbi Avraham Rubin, Kashrus Administrator.
	Bais Din Tzedek of the Eida Hachareidis of Jerusalem	Rav Naftali Halberstam, Kashrus Administrator; Rabbi Pinchos Binder, Ingredient Specialist.
	Badatz Mehadrin	Rav Simcha Hacohen Kook, Rav; Rav Avraham Rubin
	Beis Din Tzedek of Agudas Israel Moetzes Hakashrus	Rabbi Zvi Geffner
	Chug Chasam Sofer - Bnei Brak	Rabbi Shmuel Eliezer Stern, Rabbi Yitzchok Shlomo Ungar
	Chug Chosam Sofer - Petach Tikvah	Rav Daitch
	Beis Din Tzedek of K'hal Machzikei Hadas - Maareches Hakashrus (Belz)	Rabbi Mordechai Brisk
	Rabbi Moshe Yehudah Leib Landau	Rabbi Moshe Yehudah Leib Landau
	Rabbanut Yerushalayim Mehadrin (FOR DAIRY)	Rav Eliyahu Schlesinger
	Sheris Yisroel	Harav Chaim Shaul Karelitz, Rosh; Rabbi Yekutiel Dershowitz, Menahel; Rabbi Michael Hoffman, Rabbi Dov Brecher; Rabbi David Birenbaum, Rabbi Baruch Vormesser, Rabbi Mordechai Knopfmacher
	"OU" in Israel OU Israel Center	Rabbi Mordechai Kuber
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