

Kashrut Policy at ICCJ  
October 2014

Kashrut is the body of Jewish law dealing with what foods we can and cannot eat and how those foods must be prepared and eaten. "Kashrut" comes from the Hebrew root Kaf-Shin-Reish, meaning fit, proper or correct. It is the same root as the more commonly known word "kosher," which describes food that meets these standards.

Contrary to popular misconception, rabbis or other religious officials do not "bless" food to make it kosher. There are blessings that Jews recite over food before eating it, but these blessings have nothing to do with making the food kosher. Food can be kosher without a rabbi ever becoming involved with it: the vegetables from your garden are undoubtedly kosher (as long as they don't have any bugs, which are not kosher!).

However, in our modern world of processed foods, it is difficult to know what ingredients are in your food and how they were processed, so it is helpful to have a rabbi examine the food and its processing and assure kosher consumers that the food is kosher.

At ICCJ, Rabbi Fryer Bodzin is our Rav HaMachshir, and was certified by the Rabbinical Assembly. Rabbi Fryer Bodzin oversees food brought into the building.

At the current time, most dairy meals are catered in house. The congregants who prepare meals have been made aware which Kosher certifications are acceptable for our community, and they carry a list with them when out at grocery stores or Costco.

We are blessed to live in a larger community that is home to many kosher establishments. Pizza is frequently brought in from Benny's Pizza on Union Turnpike, and Thursday lunches are often ordered from Turnpike Café-both of which are under the VHQ Kosher certification.

When outside prepared food is brought into the synagogue from a local supermarket or bakery, it must have the VHQ (Vaad Harabomin of Queens) certification on it. At the moment, our meat meals are catered by Seasons on Main Street, and most(pareve) bakery products come from G and I on Main Street.

