



CSJCC

KOSHER DIETARY GUIDELINES

While there are several variations on the meaning of kosher restrictions, CSJCC utilizes the following guidelines:

1. All meat and poultry products are forbidden, as are all by-products of meat and poultry and any items containing meat and poultry.
2. The foods allowed are those foods considered dairy or parve (those foods containing neither meat nor milk and prepared using utensils designed for parve only).
3. Even snack items with a meat or poultry base (such as pork rinds) are not allowed.
4. Any and all kinds of fruits and/or vegetables are allowed and encouraged.
5. Any and all kinds of fruit juices are allowed and encouraged (although clear juices are preferred).
6. Rely on the old adage: when in doubt, leave it out (also known as better safe than sorry).
7. Snacks not including meat and poultry are allowed and encouraged (cookies, candy and other sweets).
8. Recommendations include: peanut butter and jelly sandwiches, tuna sandwiches, cheese sandwiches, cheese and crackers, raisins, trail mix, chips, carrot and celery slices, celery with peanut butter and raisins, apples, canned fruit, applesauce, milk, yogurt, cheese, pudding, cottage cheese, cream cheese, ice cream, sherbet, etc.