

# The Beth Sholom Early Childhood Center Kashrut Guidebook

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**Beth Sholom ECC is an Orthodox school and observes a strict level of kashrut (kosher).**

- Children's lunches must be kosher dairy or pareve (no meat).
- Food brought into the school for general consumption must be in an unopened package and be certified kosher (dairy, pareve or vegetarian).

**All food brought into the school should bear an acceptable hechsher such as the following:**



In addition to these 5 symbols, you may view the entire list at <http://bethsholom.org/content/kashrut-symbols>.

*\*\* Please note: plain K is not acceptable\*\**

## Acceptable Yogurts



## NOT Acceptable Yogurts



## Acceptable Cheese Stick Brands

Polly-O, Kraft, Haolam, and Miller's



## School Birthday Celebrations

If you wish to bring in something to your child's class to celebrate his/her birthday, please remember...

- Home baked/prepared foods are **NOT** permitted.
- Pre-prepared kosher foods can be bought from: *Shalom's Moti's Market, The Kosher Pastry Oven, Siena's, Ben Yehuda Cafe, or Goldberg's Bagels.*
- Desserts (with kosher symbol) can easily be purchased from the following local stores: *Giant & Target (Nut Free and Peanut Free options available), Sunflower Bakery (inside the Federation Building), Moti's, Shalom Kosher, and most local supermarkets.*
- Please do not bring in any utensil from your home. Only new, plastic utensils are permitted.
- Any fruit that needs to be cut up should be done at school, not at home.

## A message from our Rabbi regarding birthdays parties outside of school

"...One challenge that comes up from time to time is the way we celebrate birthdays outside of school. I ask all of you to put yourself in the position of a child who comes from a family who keeps kosher, who has been invited to a party where non-kosher food is served. ... Bringing in one kosher pizza pie to an otherwise not kosher birthday party for the kids who come from families that keep kosher is not sufficient. The kids and

their families can be made to feel very uncomfortable in these situations.

While we cannot regulate what you do in your own homes outside of school hours, I strongly encourage you to please have **Kosher Only parties**. Even if keeping kosher is not part of your personal practice, I am sure that making all of your guests comfortable and welcomed is something you value..."

### **Here is a list of some options for kosher food and cake:**

- Siena's Pizza (Rockville) - (301) 770-7474  
<http://sienasrestaurant.com/>
- Ben Yehuda Pizza (Silver Spring) - (301) 681-8900  
<http://ben-yehuda-pizza.com/>
- Nut House Pizza (Wheaton) - (301) 942-5900  
<http://mynuthousepizza.com/>
- Goldberg's Bagels (Potomac, Rockville & Silver Spring) <http://www.goldbergsnybagels.com>

### **Cake Options**

- Wheaton Costco Bakery (Please note that other local Costco bakeries are not Kosher)
- Moti's Market
- Shalom Kosher
- Carvel
- Baskin Robbins
- The Kosher Pastry Oven