

Kosher & Shabbat Laws

Carmel is a kosher school. We ask that playdates and birthday parties follow the laws of kosher and Shabbat.

KOSHER

- Kosher is the Jewish dietary laws
- There are three categories, MEAT, DAIRY, PAREVE
- Kosher food products will have kosher certification printed on it
- Meat and dairy CANNOT be mixed
- Meat and dairy CANNOT be eaten and served at the same meal
- It is important to read labels [ex: biscuits, cakes, chips, crackers] as butter/milk are often used

KOSHER SYMBOLS

- Examples of kosher certification symbols:



- When kosher symbols have the letter "D" or "Dairy" attached to it, it means the food is dairy



KOSHER IN HONG KONG

- Kosher food can be bought at the Kosher Mart at the JCC
- Many kosher products can be found in supermarkets around Hong Kong
- There is a dairy cafe at the JCC. Pizzas and more can be ordered from JCC for birthday parties
- There is also a meat restaurant at the JCC

MEAT

- Beef, chicken, lamb are kosher meats
- These items must have kosher certification on them
- Meat must be eaten separately from dairy. It cannot be mixed or eaten at the same meal
- Kosher meat can be bought at the Kosher Mart at the JCC



DAIRY

- Milk and dairy products need to come from kosher animals
- Dairy products need kosher certification
- Kosher dairy items can be bought at the Kosher Mart at the JCC



PAREVE

- Food that is not meat or dairy are pareve. Pareve food can be eaten with dairy or meat
- Fish, eggs, vegetables, fruits, oil, mayonnaise, nuts, rice, pasta, bread are pareve
 - Kosher fish must have fins and scales: Salmon, tuna, cod, seabass are kosher fish
 - Only eggs from kosher birds or fish can be eaten



KOSHER FAQ

Our house is not kosher, can we still have playdates in our home?

Yes, absolutely!

- Fresh fruit and raw vegetables are a great snack
- Sandwiches
 - Bread and sandwich ingredients can be bought at the JCC kosher mart
 - When preparing sandwiches, make sure to prepare sandwich on a clean board with a clean knife
 - Smoked salmon and avocado sandwich
 - Egg and mayonnaise sandwich
 - Tuna and mayonnaise sandwich
 - Hummus and pita sandwich
- An assortment of kosher snacks can be bought at the JCC kosher mart
- Pizza and other food can be ordered at the JCC



How do I host a birthday party for my child?



Mazal tov!

- We ask for birthday parties to not take place on the Jewish Sabbath (Friday night to Saturday night)
- JCC has birthday packages for event space and food specials
- JCC food catering and be ordered if you are hosting the party somewhere else
- For more information on JCC catering/parties: events@jcc.org.hk

Help! I'm still confused.

- We're here to help! Let your class representative or PTA know

SHABBAT

Shabbat is the Jewish sabbath that takes places from sunset on Friday till nightfall on Saturday

- Shabbat is the most sacred day of the week
- Shabbat is a time where we rest and spend time with family
- We do not work on Shabbat
- We do not write, use the phone, do homework, go shopping, drive cars, turn on/off electricity

