

CARMEL SCHOOL

Guide to Kosher Laws & Shabbat



Parent-Teacher
ASSOCIATION

Carmel School abides by the Jewish laws of Kashrut (Kosher) at all times. We therefore ask you to ensure that playdates and birthday parties follow the laws of kosher and Shabbat in order for all classmates and families to feel welcomed and comfortable in all homes and other spaces. As a community school, we all work together to respect and support the dietary laws and requirements.

KOSHER

- Kosher is the term used for Jewish dietary laws.
- There are three categories, MEAT, DAIRY, PAREVE.
- Meat and dairy CANNOT be mixed or eaten at the same meal.
- It is important to read labels as butter/milk which render an item 'dairy' are often used in foods such as biscuits, cakes, chips, and crackers.
- Kosher food including meat and dairy can be bought at the KosherMart at the JCC. There is a meat restaurant at the JCC, as well as a dairy one (Seven Zero on L2) which can provide take-away birthday cakes, pizza, pasta and more. Contact events@jcc.org.hk for more information.

GENERAL INFORMATION

MEAT

- Beef, chicken, lamb are examples of kosher animals. 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.
- All meat products need to be prepared in a Kosher kitchen.

DAIRY

- Milk and dairy products need to come from kosher animals.
- Dairy products need kosher certification.
- Dairy cannot be mixed with meat or be served at the same meal.
- All cooked dairy products need to be prepared in a Kosher kitchen.

PAREVE

- Food that is not meat or dairy is pareve.
- Pareve food can be eaten with dairy or meat.
- Fish, eggs, vegetables, fruit, oil, mayonnaise, nuts, rice, pasta, bread are examples of pareve food.
- To be kosher, a fish must have fins and scales.
- Salmon, tuna, cod, sea bass are examples of kosher fish.
- Only eggs from kosher birds or fish can be eaten.

KOSHER SYMBOLS

Kosher food products will have kosher certification printed on them. Examples of kosher certification symbols:



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



Excellence
Community
Tradition

www.carmel.edu.hk

Holly Rofé Early Learning Campus

70 Robinson Rd.,
Mid-Levels, Hong Kong
T: +852 2249 7600
F: +852 2249 7690
jccadmin@carmel.edu.hk

Carmel Elementary Campus

10 Borrett Rd.,
Mid-Levels, Hong Kong
T: +852 2964 1600
F: +852 2813 4121
brcadmin@carmel.edu.hk

Elsa High School Campus

460 Shau Kei Wan Rd.,
Shau Kei Wan, Hong Kong
T: +852 3665 5388
F: +852 3665 5399
elsahighadmin@carmel.edu.hk