

KASHRUT PROGRAM - A VISIT TO YOUR LOCAL  
SUPERMARKET

by  
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Whether or not your USYers keep kosher, a little education about how to go about it can't hurt. It might be of immeasurable help in convincing them to give it a try. A program of this sort can be particularly valuable to seniors about to embark on their own off to college or an apartment.

First of all, there must be a couple of study sessions dealing with the basis for the laws of Kashrut, methods of supervision, and, most importantly (for this program) how to determine whether a product is kosher (Ed. note: You may want to utilize The Jewish Dietary Laws by Dresner and Siegel, available from United Synagogue Book Service 155 Fifth Avenue, NY 10010) It is advisable to speak to your Rabbi on the standards applicable for your synagogue.

The second part of the program relies on the good graces of a local grocer or supermarket manager. Arrange to visit the market during off hours and have a shopping expedition for a Shabbat dinner or a kosher banquet. The USYers should check for markings which indicate Kashrut supervision or for ingredients listed on the packages. You can either ask the USYers to:

- a) actually collect the products (you'll have to replace them) or
- b) collect just brand names and go around the store checking the ~~list~~

Once the USYers see how relatively uncomplicated it is to shop for kosher food, and how little there really is that is not available kosher, they may be inspired to give it a try, or it may reinforce their present practices.

P.S. This program can also be modified for Pesach. You may want to tie this program in with visits to a Shoet, a manufacturer who has Kashrut supervision, a kosher bakery, etc. Cooking classes may supplement the program even further.

PROGRAM BANK UNITED SYNAGOGUE YOUTH 155 FIFTH AVENUE, NEW YORK, N.Y. 10010

## KOSHER KWIZ

Here is a list of various foods which you might come across this summer. Your mission is to figure out on your own which foods are kosher and which are not. Here is the key:

KOSHER=K  
NOT KOSHER=NK  
PAREVE=P  
DAIRY=D  
MEAT=M

Put a letter code beside each listed food. You may use more than one code to describe a food...GOOD LUCK!

MAYONNAISE _____	COD FISH _____
EGGS _____	TUNAFISH _____
OREO COOKIES _____	MACARONI & CHEESE _____
FRENCH FRIES (IN PEANUT OIL) _____	M&M's _____
FREEZE DRIED ICE CREAM _____	REESES PIECES _____
GEFILTE FISH _____	SOYBURGER _____
CHOCOLATE COVERED ANTS _____	BBQ KOSHER CHICKEN _____
BEAN SPROUTS _____	CHEESEBURGER (KOSHER MEAT) _____
SKIM MILK _____	FORTUNE COOKIES _____
MARGARINE _____	COOL WHIP _____
SCALLOPS _____	FALAFEL _____
FUNNEL CAKE _____	CHEESECAKE _____
SOUR DOUGH PRETZELS _____	SEAFOOD SALAD _____
CHURROS _____	BACO'S _____
TOFU _____	DUNKIN DONUTS _____
HAMENTASHEN _____	CORNED BEEF SANDWICH _____
PINEAPPLE JUICE _____	PACKAGE WITH AN (R) _____

All entries must be given to a Staff Member before the contest deadline. Winning contestants will receive a prize from one of the acceptable food categories listed above.

NOTES: