

## Kosher Food Labeling

Health 2  
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## What is Kosher?

- A food item becomes kosher when it has been processed according to Jewish laws that pertain to food (Kashrut). A rabbi oversees production.
- Food that is not kosher is **treif**.
- Foods must be kosher for orthodox (observant) Jews to eat them. Most people who eat kosher foods are not observant Jews.
- Meat (fleishik) and dairy (milshik) products are eaten separately in a meal. Some foods, such as fish, eggs, vegetables and fruits are neutral (pareve).
- Utensils, ovens, plates, etc., must be used **ONLY** for kosher food or else the food becomes treif. Also, table cloths.

## Kosher Food Symbols

Look for the kosher food symbols below on packaging. There are about 500,000 food products in the USA that are kosher. The symbols are usually located on the front label. Food manufacturers must maintain Kashrut certification with one certifying organization in order to display that organization's kosher symbol on their food labels.



## Orthodox Union

- OU is the most common kosher food symbol you'll see in the supermarket.
- OU means pareve (neutral and can be eaten with meat or dairy)
- OU-D means kosher, dairy
- OU-M means kosher, meat
- OU-Glatt means kosher, meat, glatt kosher (no lung adhesions)
- OU-P means kosher for passover
- OU-F means kosher, fish (this is rare)

## Examples of Kosher Foods



"OU" means these products were certified by Orthodox Union and are *pareve* (neutral) and can be eaten with meat or dairy meals.

## Another Example of OU

