



UNIVERSITY OF
CALGARY

Religious Dietary Considerations

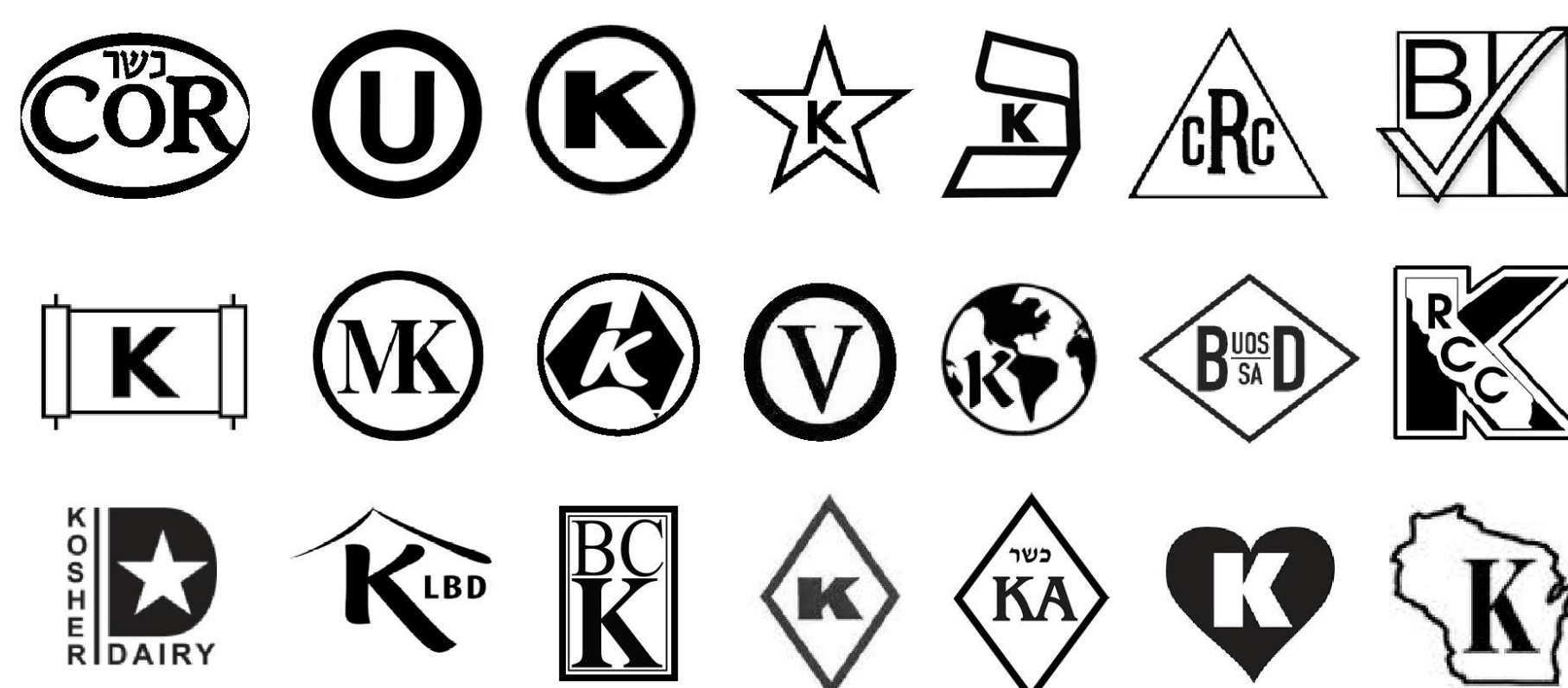
Ko-sher

/ˈkōSHər/

From Hebrew, meaning “suitable” and/or “pure”, Kosher describes food that is fit for consumption. Many Jews observe kosher (kashrut) dietary laws which are based on the Hebrew scriptures (Torah). These laws are highly complex and often food’s status is determined by qualified inspectors.

- Certain animals may not be eaten at all (no pork, no shellfish, no birds of prey, no insects).
- Animals should be alive and healthy at the time of slaughter. Upon inspection, if it is found to have any diseases or illnesses that would result in natural death within one year, the animal is not fit for consumption.
- Of the animals that may be eaten, they must be killed in accordance to Jewish law (humanely).
- Meat may not be eaten with dairy products (milk, cheese, etc.).
- Utensils that have come into contact with non-kosher food may not be used until rendered kosher. This extends to use of dishes, preparation spaces and manners of serving.
- Sinks, ovens, stovetops, countertops, dishwashers, and refrigerators/freezers must be koshered for use.
- Grape products made by non-Jews may not be consumed.
- Adherence varies from individual to individual.
- Orthodox Jews will most likely bring their own food and cutlery into an institution.
- Often individuals will make their own accommodations; many will eat fish or vegetarian options.

COR KOSHER SYMBOL CARD



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When in doubt, ask!

Developed by the Faith & Spirituality Centre