

# SOILLE'S COMMITMENT TO KOSHER

Thank you for you for respecting  
our Kosher policies!

## SCHOOL KOSHER POLICY

At the Soille Hebrew Day School, we are proud to be an Orthodox school that welcomes a diverse group of Jewish families to our table. As part of the Soille Hebrew Day community students should be able to participate fully in school life, birthday parties and playdates, and should not be singled out or excluded because of their level of religious observance.

An area that is essential to our essence as a Torah institution is kashrut, or keeping kosher. The laws of kashrut are extremely complex. Because we welcome families who do not follow identical standards of religious practice, what may be kosher in the eyes of one family may not meet the kashrut needs of another. We understand that this is a sensitive issue and that good communication is essential to avoid misunderstandings.

Out of respect for our school as a place of Torah learning that meets the needs of diverse families, Soille Hebrew Day has crafted the following kashrut policies and guidelines to which we ask all of our families to follow:



## Lunches

It is school policy that all lunches brought from home must be parve or dairy—no meat is permitted. All food brought into the school (whether or not in the original packaging) must be Kosher certified. While snacks often come in larger packs and are placed into plastic baggies for individual use, we ask that an acceptable kosher symbol appear on the original packaging, even when its not visible at school. If you are unsure if the product is kosher, please consult the list on the back of this guide. There are some products that do not need a kosher symbol. Please see [www.kosherquest.org](http://www.kosherquest.org) for more information or ask the front desk for a copy of this list. The school will be happy to assist you with any Kashrut related questions.

## Snacks

Please check your favorite snacks, and look for one of the listed Kashrut (kosher) symbols. If your favorite snack does not have a Kashrut symbol, a competitor's product often does.

## Kosher OOPS Forms

We understand you may make a mistake and we are here to help you learn! If you accidentally send an item to school that does not meet the school's Kashrut standards the teacher will send home a Kosher OOPS note in your child's lunch box explaining what item was not permitted. Please let us know if you need suggestions on what to replace it with for the future.

## Parties at School

All refreshments brought into the school or served at school parties, must be kosher and approved either in writing, by phone or in person by Rabbi Weiser or a Judaic studies teacher. If you are not certain a specific product is Kosher, please check the list of Kashrut symbols on the back of this guide before purchasing it for your child's class. All items must arrive to school in packages that have not yet been open. No home baked or cooked items are permitted. Please contact your child's teacher in advance to arrange these parties.

## Parties Outside of School

Birthday parties are an important part of your child's life and we want all of his or her school friends to be able to comfortably attend and celebrate with your family.

In consideration of your child's fellow classmates who may keep strict Kosher laws, we respectfully expect that all class-related functions not be held on Shabbat (sunset Friday to 1 hour past sunset Saturday) or at a non-Kosher restaurant. Please serve only Kosher food that is either from a Kosher caterer or food that has an approved kosher symbol. In addition, please use all new disposable products for serving (plates and utensils) and do not re-heat any food. This will ensure that all classmates can attend your party and fully participate with other children. Want birthday party help? We will gladly assist you in planning your party.

## Sample Party Menu/Shopping List:

- Plastic utensils, plastic/paper plates, plastic/paper cups, plastic cake cutter, plastic bowls for serving snacks, plastic table cloths
- Pizza (ordered from a kosher restaurant & NOT reheated)
- Chips, salsa, hummus, guacamole all items with kosher symbol – Trader Joes spicy guacamole with OU and Vons in refrigerated section has 5 avocado packaged with OU—so does Smart & Final
- Fresh uncut fruit like grapes or tangerines, bagged salad that has a kosher symbol on it and salad dressing with a kosher symbol
- Juice (with kosher symbol)/Water
- Fruit leathers

## Specialty Cakes

- Vons - Carvel Cakes, found in the refrigerated cakes section. Must have a kosher symbol.
- Ralphs La Jolla – Kosher section bakery (858) 597-1550 (they have cute cupcakes, sheet cakes, and photo cakes!)
- The Dairy Place - 619-286-6499
- Krispy Kreme - they make themed, decorated cakes tower of donuts

## **Kosher Tip:**

A plain letter "K" is not a kosher symbol.  
Turn over for all acceptable symbols. Thanks!

## SOME IDEAS TO HELP YOU OUT...

### Lunch Ideas:

- Cheese sandwiches
- Bagel w/ cream cheese or hummus
- Tuna sandwich
- Egg salad sandwich
- Pasta
- Greek Salad (Feta cheese/olives etc)
- Veggie pizza/ foccacia bread with veggies
- Veggie cutlets
- Grilled salmon salad with pasta
- Veggies with Caesar salad
- Fish Sticks
- Yogurt
- Hard boiled eggs

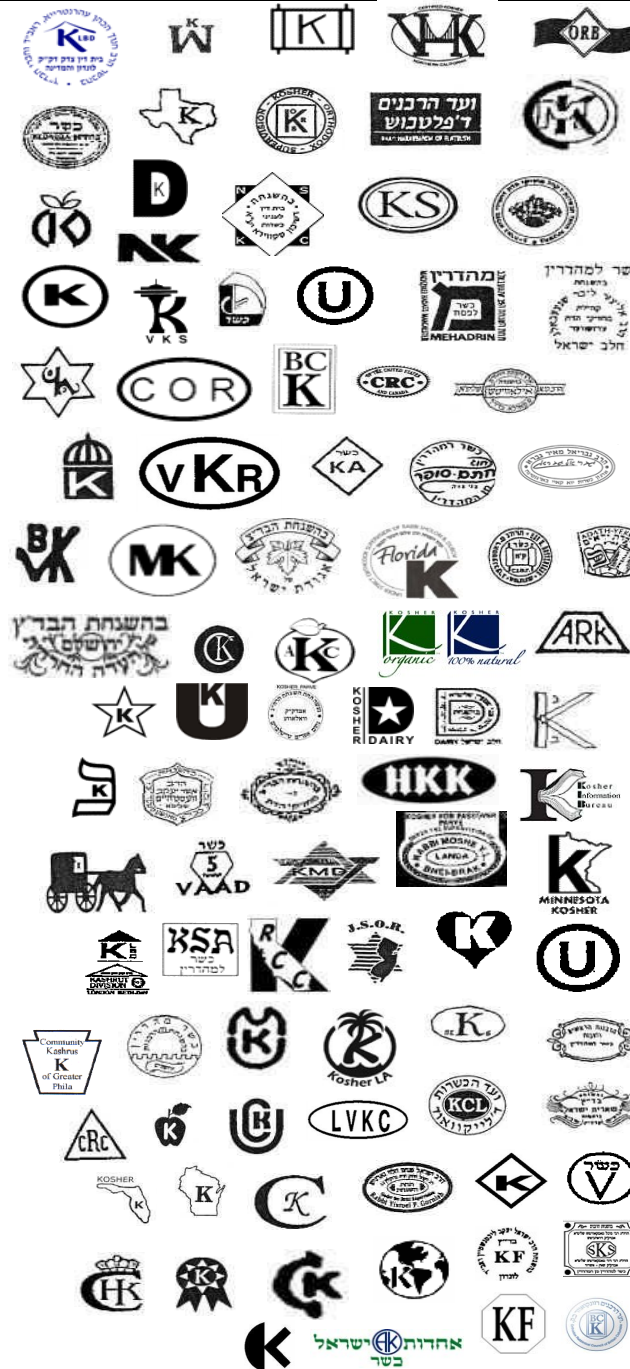
### Pre-Packaged Snack Ideas:

- Pringles
- Potato chips
- Pretzels
- Granola bars
- Crackers
- Apple sauce
- Cookies
- Raisins
- Fruit leathers
- Popcorn
- Fruit Crisps
- Pudding
- Fruits and vegetables
- Cheese-It crackers (great substitute for goldfish)
- Mini-Mandels- Fish shaped soup and snack croutons
- String Cheese
- Roberts' American Products like Pirates Booty
- Horizon Organic Chocolate Milk - by the case at Costco (cheaper); also at Henry's, Whole Foods etc.

### Helpful Kosher Websites:

[www.kosherquest.org](http://www.kosherquest.org) AND [www.ou.org](http://www.ou.org)

# KOSHER SYMBOLS ACCEPTABLE AT SOILLE



SOILLE SAN DIEGO  
HEBREW DAY SCHOOL

## Got Kosher?



**A KOSHER GUIDE  
FOR ALL SOILLE  
HEBREW DAY  
SCHOOL FAMILIES**

(KOSHER SYMBOLS ON BACK OF BROCHURE)