



Kashrut Policy

For millennia, kosher norms, rules and practices have been the foundation of how Jews have brought holiness, intention, and mindfulness into their eating. At IJS, we honor and celebrate our heritage as we strive to bring greater awareness and responsibility into how we grow and consume food today. As an expression of our Jewish values, including our commitment to inclusion, we strive to make the food on our retreats suitably kosher and healthy, and offer options for those with other dietary restrictions. To this end:

- When feasible, IJS runs in-person programs in kosher certified facilities.
- When operating a program in a non-kosher certified facility, IJS will offer kosher food according to IJS standards (see below), unless noted otherwise. For those who request it, certified kosher meals will be provided when possible.
- If you have any specific questions about the kashrut on your retreat, please contact the Director of the retreat. That person's name and contact information will be on the retreat registration form.

IJS Standards for Kashrut in a Non-Kosher Certified Facility:

- IJS will have sole use of the retreat center during our retreats – or – any additional groups will need to abide by our kashrut standards during the retreat.
- IJS staff will check in with kitchen staff throughout the program to ensure that kosher items remain separate from non-kosher items.
- IJS staff will work with retreat center kitchen staff to kasher the kitchen, as specified below.

Menu

- Menu will be vegetarian/pescatartian/dairy with vegan options.
- IJS staff will review the menu and ingredients before the retreat, asking the retreat center to switch out non-kosher ingredients or menu items with kosher alternatives.
- Raw ingredients will not require certification. All processed foods without kosher certification will be checked to ensure all ingredients are kosher following guidelines listed on the kashrut.org ingredients list.
- Cheese will be kosher certified or made with vegetarian rennet.

Cooking Utensils

- Kitchen will be cleaned and kashered to the best of our ability, given the limitations of kitchen and retreat schedules. When possible, all vessels will be unused for 24 hours prior to cleaning and kashering before our retreat.
- All primary cooking vessels and utensils that come into contact with heated food (pans, pots, ladles, spatulas, etc.) will either be kashered or replaced with kosher vessels provided by IJS.

Dishes & Eating Utensils

- All metal eating utensils (forks, spoons, table knives) will be kashered in boiling water in a kosher pot.
- When feasible, glass dishes will be used.
- Heavily glazed ceramic, porcelain, or glass dishes, cups, and mugs provided by the retreat center may be used (considered *kli sheni*). Whenever possible, they will be left unused for 24 hours, and cleaned thoroughly before our use. Disposable plates, cups and utensils can be provided for those who prefer.

Shabbat

- No food will be cooked or reheated on Shabbat. Hot food may be served on Friday night if it was cooked and placed in an oven/warmer before Shabbat. All meals on Saturday will be cold.
- Retreat center staff may make coffee available on Saturday morning. A hot water urn that has been turned on before Shabbat begins will also be available throughout Shabbat, along with tea and instant coffee. Additionally, there may be a hot water urn that is refilled by retreat center staff during Shabbat – provided that it is clearly identified and separated from the Shabbat urn.