

Kashrut – “What do you mean I can’t eat a cheeseburger?”  
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BIBLICAL ROOTS

Leviticus 11:2-47 “...These are the living things which ye may eat...wholly cloven-footed, and cheweth the cud...”

Leviticus 20:25-26 “Ye shall therefore separate between the clean beast and the unclean...And ye shall be holy... for I the L-rd am holy...”

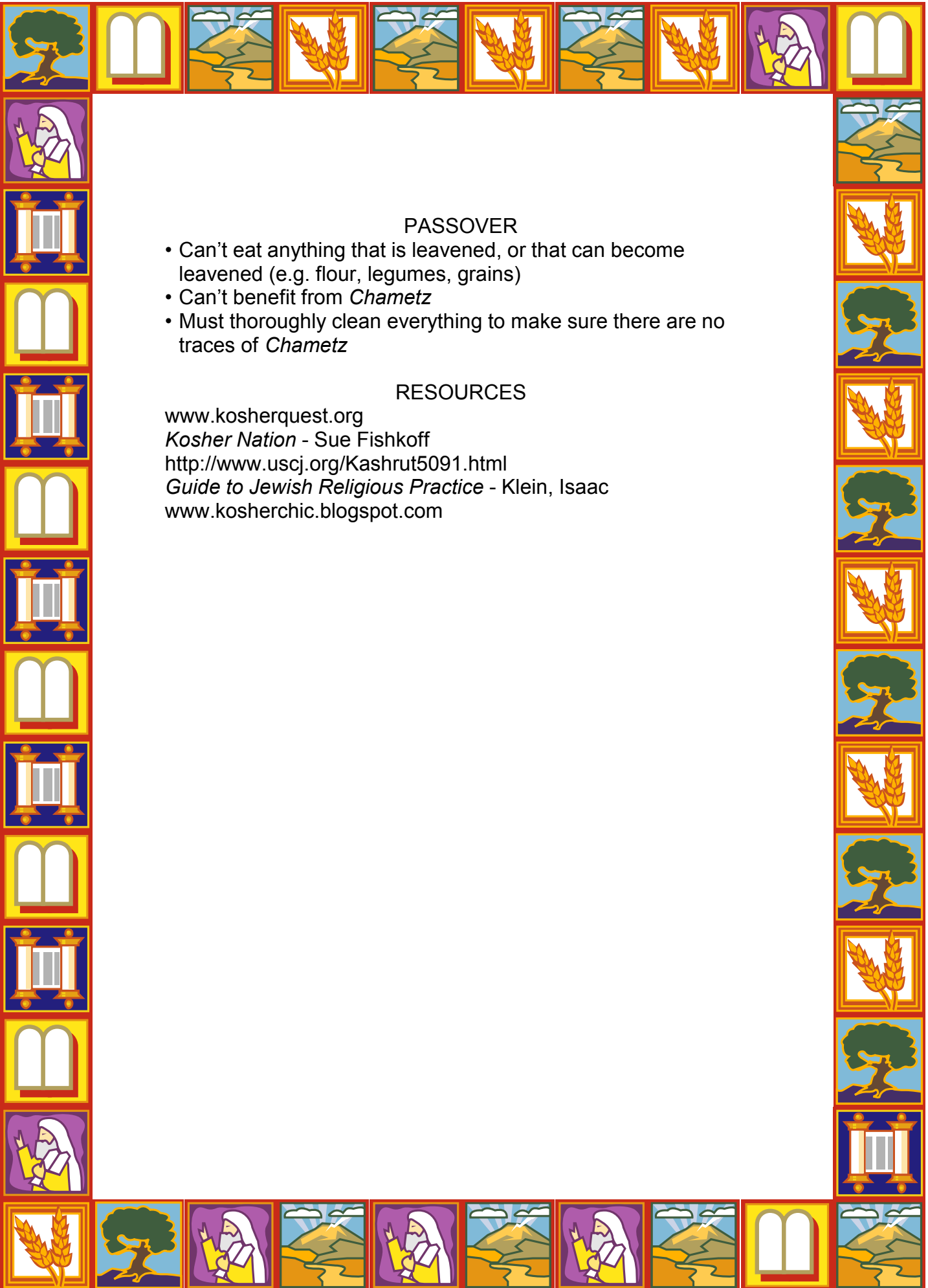
Deuteronomy 14:2-29 “These are the beasts which ye may eat: the ox, the sheep and the goat...”

THE “DO’s”

- Mammals - Must chew cud and have split hoof - Goat, Sheep, Deer, Lamb, Cow
- Fish - Must have fins and scales
- Birds - “clean winged things” -
- Must be slaughtered (*schechted*) properly
- All vegetables, fruits and grains
- Packaged Foods - Must have a *hechsher*
- Dairy - ok with a *hechsher* (depending on level of observance)
- *Pareve* - can go with either type of meal (not meat, not dairy)

THE “DO NOT’s”

- Do not “cook a calf in its mother’s milk” - can’t mix meat and dairy
- Examples of “unclean” or non-kosher foods: Pork, Shellfish, Insects, Lizards, something that died on its own
- Packaged Foods *without* a *hechsher* (some spices are ok)
- Tendon on cow (due to Jacob)



### PASSOVER

- Can't eat anything that is leavened, or that can become leavened (e.g. flour, legumes, grains)
- Can't benefit from *Chametz*
- Must thoroughly clean everything to make sure there are no traces of *Chametz*

### RESOURCES

[www.kosherquest.org](http://www.kosherquest.org)  
*Kosher Nation* - Sue Fishkoff  
<http://www.uscj.org/Kashrut5091.html>  
*Guide to Jewish Religious Practice* - Klein, Isaac  
[www.kosherchic.blogspot.com](http://www.kosherchic.blogspot.com)