



KASHRUS ALERTS

November 30, 2012 • A Service of the COR of Greater Detroit

ANSWERS TO FREQUENTLY ASKED QUESTIONS

CANNED or JARRED FRUIT that does not list any coloring, flavoring or grape juice in the ingredients does not require Kashrus certification, provided that the label does not state product of Israel or China.

CANNED or JARRED VEGETABLES require reliable Kashrus certification, even if they do not contain any questionable ingredients, because they are often cooked in the same equipment as non-Kosher products.

Most FROZEN FRUIT that do not list any added ingredients other than sugar do not require Kashrus certification, except for strawberries, blueberries, raspberries and blackberries due to possible insect infestation, and except for products of Israel. (Regarding products of China, there are differing opinions; certification is preferable.)

Most FROZEN VEGETABLES that do not list any added ingredients other than salt do not require Kashrus certification, with the following exceptions:

- those which pose insect infestation issues (artichoke hearts, asparagus, broccoli, brussels sprouts, cauliflower, and spinach)
- potato products, which may be partially precooked in oil
- cooked winter squash, due to an issue of *bishul akum*
- products of Israel. (Regarding products of China, there are differing opinions; certification is preferable.)

FOODS CONTAINING FISH: Most Worcestershire sauces, some steak sauces, and some dressings, juices and margarines contain anchovies or omega-3 from fish oil, and list this in the ingredients. If the amount of fish is significant (more than 1/60), the certifying agency will require the word FISH or an F on the label next to the Kashrus symbol to indicate that this product should not be eaten with meat. [For example, Lea & Perrins, ShopRite and Great Value (Wal-Mart) brands of Worcestershire sauce contain significant amounts and are labeled OU FISH.] If the amount is not significant, there are differing Halachic opinions regarding the permissibility of using the product with meat, and the consumer should consult his Rav. The OU's policy is to permit this, and therefore OU Worcestershire sauces with insignificant amounts of fish are labeled with a plain OU. [For example, Heinz and French's brands.] Consumers who wish to be stringent should check the ingredient listings of all such products for the presence of fish.

Some examples of products that contain insignificant amounts of fish derived Omega-3 (Omega-3 EPA/DHA) are Tropicana "Healthy Heart Orange Juice with Omega-3" (labeled OK-F), Ken's "Light Options" dressings (OU), and Smart Balance Buttery Spreads in the Heart Right, Omega-3 and Extra Virgin Olive Oil varieties (OU).

HELLMAN'S MAYONNAISE states that it is a good source of "Omega-3 ALA". This is a different type of Omega-3 which is derived from soybean oil, not from fish.

DE after a Kashrus symbol is a designation used by many Kashrus certifications to indicate that a product was manufactured on dairy equipment but does not contain dairy ingredients, and may be eaten after meat without a waiting period, but not with meat. The OU does not use the DE symbol, but instead marks both dairy and dairy equipment products as OU-D. Therefore, when an OU-D product does not list any obvious dairy ingredients on the label, we often do not know whether it is marked OU-D due to actual dairy ingredients that are not listed openly (e.g. there may be dairy in the "flavoring"), or if it is only dairy equipment. In such cases, consumers who wish to ascertain the product's correct status should contact the OU at 212-613-8241 or at kosherq@ou.org. Please note that even if the current status is determined to be dairy equipment, this should be periodically reconfirmed, since manufacturers frequently reformulate their products and may add dairy ingredients. Please also forward any such information received to the COR at kashrusalerts@gmail.com.

(Note: Whey, lactose, caseinate [in "non-dairy" creamers] and lactalbumin are dairy ingredients.)

The **HALF-MOON K** Kashrus symbol  is part of OU Kosher supervision, and is acceptable.

To be added to the email list for Kashrus Alerts Detroit, send your email address to: kashrusalerts@gmail.com
For questions, please leave a message for Rabbi Beryl Broyde at the Vaad Harabbonim Kashrus Information Line 248-559-5005 #103.