

From the CSC Religious Diets Accommodation Guide

Annex D - Kosher Diet

In the Jewish tradition, “kosher” means “fit or allowed to be eaten or used” according to Jewish dietary laws. These laws give instruction as to what foods can be consumed and how they are to be prepared and processed so they are “fit or allowed” for consumption. For example, these laws indicate which animals cannot be consumed (e.g., pork or pork by-products are the most common animal proteins that are not fit or allowed).







For meat and any foods requiring processing (chopping, cooking, combining with other foods) that are fit and allowed to be eaten, there are specific slaughtering and preparation instructions which can only be carried out by trained personnel in facilities that meet the requirements of Jewish dietary laws. A facility where kosher food and meals can be prepared must:

- have only kosher products and ingredients
- have only kosher utensils
- have separate preparation areas for meat and milk products
- be supervised and certified by the proper rabbinical authorities.

Since CSC kitchens are typically not kosher certified, in order to meet the faith community requirement for the preparation and service of kosher meals, the following principles and practices are to be adhered to:

- Inmates receiving a kosher diet are to be provided with the same level of nutritional balance and variety (as reasonably possible) as the general population.
- All prepared kosher products must be purchased from outside suppliers.
- Non-kosher foods cannot be served with kosher foods.
- Inmates receiving a kosher diet must be present when the seal that certifies the meal as kosher is broken. If security personnel inspect the food and break the seal without the inmate being present, the meal is no longer considered kosher and cannot be served.
- All packaged and processed food products must be certified kosher. Read labels carefully or check with the manufacturer for the kosher symbol and/or certification. Examples of approved copyright symbols of kosher certification are presented below:

Symbol	Certifying Body
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	<p>Kashruth Council of Canada; packaged products; valid products will always be followed by a number</p>
	<p>Jewish Community Council of Montréal, Montréal, Quebec</p>
	<p>The Organized Kashrut Laboratories (OK)</p>
	<p>The Union of Orthodox Jewish Congregations (OU)</p>
<p>כשר לפסח</p>  <p>Kosher For Passover</p>	<p>Kosher for Passover (can also be used at other times of the year)</p>
	<p>Any kosher symbol with the letter “D” next to it indicates that this product is dairy and should not be served with a meal that contains meat.</p>

Sealed frozen kosher entrées are to be supplemented in order to reflect the same portion size and variety for each food group as outlined in [Canada's Food Guides](#) for the regular National Menu.

The following are some of the processed/packaged items that can be used without a kosher certification:

- sugar
- coffee
- tea
- hard-boiled egg in its shell.

The standard kosher menu plan for CSC non-kosher facilities is as follow:

- **breakfast:** breakfast items as per the suggested [Breakfast Menu Pattern](#) (see Table B below)
- **lunch:** sealed and certified kosher entrée with supplementary items as per the [Kosher Frozen Meal Supplementation](#) (see Table A below)
- **supper:** sealed and certified kosher entrée with supplementary items as per the [Kosher Frozen Meal Supplementation](#) (see Table A below).

To maintain kosher, all food must be handled and served only using disposable dishes and utensils. No utensils, large or small, used for any other food preparation and serving can be used for food that will be considered kosher.

Dairy products and meat products are not to be prepared or served together.

Neutral foods (categorized as neither meat nor dairy) are a necessary part of a balanced, healthy and nutritional kosher diet and can be served with either meat or dairy foods. Neutral foods include:

- fresh fruits (washed in cold water and served raw and whole on disposable dishes)
- fresh vegetables (washed in cold water and served raw and whole on disposable dishes)
- kosher cereals
- kosher bread
- eggs (hard-boiled in shell)
- kosher fish
- coffee and tea.

While these foods are neutral in terms of being neither meat nor dairy, once they are served with meat or dairy, they are categorized according to that with which they are served (if served with meat they become part of the meat meal, if served with dairy they become part of the dairy meal) and therefore can only be consumed in association with the type of meal they are served with.

- Certified kosher cereals (Corn Flakes, Rice Krispies, oats, etc.) can be served from a designated dispenser into disposable unused dishes.
- Fresh fruits and vegetables meet kosher standards when they are washed in cold water and served whole and raw (not cut or peeled) on disposable dishes with disposable utensils.
- All kosher food requiring heating must be heated and then served to inmates in the original sealed containers in which they are received from the kosher meal supplier.
- Individually packaged or single serving containers are to be served unopened in their original containers (e.g., certified kosher yogurt).
- Powdered milk - In institutions where kosher reconstituted powdered milk is used, the following rules will maintain the kosher status of the milk:
 - the reconstituting equipment will be used only for milk and washed/rinsed/sanitized separate from all other non-kosher kitchen equipment and utensils
 - the milk will be served to inmates receiving a kosher diet only from and in disposable containers.

Table A - Kosher Frozen Meal Supplementation

<u>Canada's Food Guides Groups</u>	National Menu		Kosher Diet Menu		Supplementation
	Standard meal (lunch and supper)		Frozen Kosher meal		
Meat and alternatives	75-90 g meat or 150 g (175 ml) meat alternative	1 serving	Beef, tofu, chicken or legumes	1 serving	No supplementation required.
Milk and alternatives	250 ml milk	1 serving		0 serving	Milk served as part of the regular National Menu is acceptable, but cannot be served at mealtime if meal contains meat. 250 ml of milk is required every day, three times a day.
Grain products	125-250 ml	2-3	Rice or	0-1*	2-3 servings* required

	pasta/rice 1-2 slices of whole wheat bread	servings	pasta	serving	for both lunch and dinner, e.g., kosher bagel (½ bagel is one serving), kosher bread or matzah, kosher crackers, etc.
Vegetables and fruits	125-250 ml cooked vegetables/salad 1 fruit	2-3 servings	Vegetables	1-2 servings	1 serving of whole uncut fruit plus 1 serving of whole uncut vegetable for both lunch and dinner, e.g., 1 tomato, 1 small cucumber, 1 carrot, 1 apple, 1 banana, 1 pear, etc.

*Depending on frozen dinner selection.

There is no pre-prepared, sealed, kosher breakfast meal available. Jewish inmates on a kosher diet may eat from the following suggested items:

- whole uncut fruit or canned fruit that is certified as kosher
- hot or cold cereals with appropriate endorsement symbols indicating kosher certification. Individual packaging is recommended for central feeding
- hard boiled eggs served in an unbroken shell. These may be eaten on a kosher diet even if boiled in a pot usually used for non-kosher food except during Passover where dedicated Passover cookware is required
- regular tea, coffee, fluid milk or reconstituted powdered milk.

Table B - Breakfast Menu Pattern

<u>Canada's Food Guides</u> Groups	National Breakfast Menu		Kosher Breakfast Menu	
Meat and alternatives	2 eggs or 30 ml peanut butter or 50 g cheese	1 serving	2 eggs in shell or 30 ml peanut butter or 50 g kosher cheese	1 serving
Milk and alternatives	250 ml milk	1	250 ml milk	1

		1		1
		1		1
Grain products	2 slices of whole wheat toast or equivalent plus 30 g cold cereal or 175 ml hot cereal		2 kosher buns or 2 pieces of matzah plus 30 g cold kosher cereal or 175 ml kosher hot cereal	1 serving
Vegetables and fruits	125 ml canned fruit or 1 piece fresh fruit	1 serving	1 whole fresh fruit uncut 1 whole fresh fruit uncut	1 serving
Condiments	Margarine and jam		Margarine and jam	
Note: Peanut butter, margarine and jam must have a kosher symbol on their package.				

Utensils

Utensils used for the preparation and serving of non-kosher food may not be used for kosher food or vegetables. This includes small wares and cutting boards. Separate utensils are required for the preparation and serving of meat and dairy products.

Small Group Meal Preparation

Jewish inmates observing a kosher diet will need two completely separate sets of utensils, pots and dishes, as required for cutting, cooking and eating dairy products and meat dishes. To ensure the required separation of these items, it is necessary to store them separately in rubberized storage bins when not in use. If there is more than one inmate of the Jewish faith living in the same unit and both are observing the Jewish dietary laws, they can prepare their meals with the same sets of utensils, pots and dishes.

In order to offer a good variety, the institution's store should stock food items according to the National SGMP Grocery List.

Special Observances

As indicated above, all Jewish inmates, including those receiving a kosher diet, intending to observe a holy day requiring dietary adjustments (ritual foods or fasting) must inform Chaplaincy Services of their intention to participate in a Jewish holy day at least six weeks in advance. Chaplaincy Services will provide a list of inmates intending to observe the holy days to Food Services four weeks prior to the date of observance, so that Food Services can be prepared to provide the required ritual foods or fasting arrangements. Required weekly ritual food items are to be provided without cost to the inmate.

Shabbat

The Jewish Sabbath (Shabbat) is observed every week from sundown on Friday until nightfall on Saturday. Customary practice at Shabbat meals in Jewish homes (Friday evening meal and the Saturday mid-day meal) includes foods of religious significance, i.e. gefilte fish, chicken, challah bread and kosher grape juice. Given the modifications to this practice imposed by meal provision in a federal penitentiary facility, access to challah bread and grape juice in the following amounts is considered sufficient to fulfill the ritual requirements of the Shabbat and should be provided for each meal:

- 200 ml of kosher grape juice (not grape drink or grape cocktail)
- 2 small roll size servings of kosher bread or challah or 2 whole, unbroken, pieces of kosher matzah (2 whole pieces is a requirement of Shabbat ritual).

The companies that supply kosher meals to the institution are equipped to supply the items required for the weekly Shabbat observances. Challah may be frozen, if necessary, to ensure regular availability. The kosher grape juice and challah are to be served together with the inmate's regular sealed kosher dinner on Friday and lunch meal on Saturday.

The institutional Chaplain will provide Food Services with a list of inmates intending to observe Shabbat weekly. The list will be updated as required (transfers, new arrivals, inmates choosing to change their Shabbat observance practice).

Passover

Passover is known in the Jewish faith as The Festival of Freedom. Passover lasts for eight days and during this period, Passover observers are not to consume leavened foods ([chometz](#)). Chaplaincy Services will provide Food Services with a list of inmates intending to observe Passover. Inmates on this list will have agreed to receive and eat only foods certified "Kosher for Passover" for the entire eight days of the festival due to the fact that ordering is done in advance for Passover and the food would go to waste if not used.

During Passover, any prepared packaged food needs to have "Kosher for Passover" rabbinical certification clearly marked on the package. It should be noted that regular kosher frozen meals are unacceptable for Passover observance. Milk must be certified "Kosher for Passover." Fresh fruits and fresh vegetables do not require rabbinical certification as they are kosher. Fresh fruits and vegetables must be served whole (not cut). Eggs do not require rabbinical certification as long as they are produced prior to Passover.

Leavened products and foods containing starch are not eaten. This includes items such as bread, cake, cookies, cereal, macaroni, spaghetti and noodles that are not "Kosher for Passover". Products such as grain vinegar, yeast and malt are also not allowed. Foods such as rice, beans, corn, peas, green beans, peanuts, mustard seeds and their derivatives are not usually consumed during Passover.

During Passover, all meals must be served on paper or plastic disposable plates and the inmates must be provided with disposable utensils. It is not acceptable to serve the food on regular dishes and provide disposable dishes for the inmate to transfer the food onto. Institutions should ensure that companies supplying "Kosher for Passover" meals provide them on disposable plates.

All "Kosher for Passover" food should be stored unopened in their original containers. Food items which are not in original packaging must be stored in a way that they do not become contaminated with chometz.

Passover Ceremonial Meal (the Seder)

About four pounds of matzo is required by each inmate for the duration of the holy days. One small jar of horseradish "Kosher for Passover" is required for each household for the duration of the festival. In the Small Group Meal Preparation Program, one jar per household with Jewish inmates is sufficient. In all other settings, if inmates cannot share the same jar because they are served separately or in isolation from one another, they should each have access to one jar. Inmates are allowed "Kosher for Passover" gefilte fish, if the faith community is able to make it available. This is a traditional food for Passover, but is not a requirement. Arrangements should be made by the institutional Chaplain to coordinate the authorization to have the food brought into the institution and determine where it will be consumed.

On the morning of the day Passover begins, inmates are allowed to eat regular kosher food for breakfast until 9:15 a.m. The Passover provisions begin with the lunch meal on the first day of Passover (see the Passover menu below).

The menu during Passover is as follows:

Breakfast

- "Kosher for Passover" cheese (2 oz. or 3 slices) or hard boiled eggs in shell (2)
- matzo for Passover or schmura (3 pieces)
- whole fresh fruits (1-2 pieces)
- "Kosher for Passover" milk (250 ml)
- "Kosher for Passover" margarine and jam
- coffee

Lunch and Supper

- "Kosher for Passover" frozen meal
- matzo for Passover or schmura (3 pieces)
- whole fresh fruit (1 piece) and vegetables (2 servings)
- "Kosher for Passover" milk (250 ml).

For the special communal meal on the first two nights of Passover, in addition to the regular kosher menu plan, the following special foods will be served:

- 500 ml kosher grape juice
- 3 pieces matzo for Passover or schmura
- 3 leaves romaine lettuce
- 2 oz. horseradish

- 1 packet salt (for salted water).

On each of the last two nights of Passover, in addition to the regular kosher menu plan, 200 ml of kosher grape juice is required.

Other Holy Days

There are five other “seasons” of the year in which Jewish holy days require daily provision of ritual food:

- 200 ml of kosher grape juice (not grape drink or grape cocktail)
- 2 small roll size servings of kosher bread or challah or 2 whole, unbroken, pieces of kosher matzo (2 whole pieces is a requirement of Shabbat ritual).

Rosh Hashanah

Meals affected are supper the night before the holy days and lunch and supper the following two days.

Sukkoth

Meals affected are supper the night before the holy days and lunch and supper the following two days.

Shemini Atzeret

Meals affected are dinner the night before the holy day and lunch and dinner of the holy day.

Simchat Torah

Meals affected are lunch and supper of the holy day.

Shavuot

Meals affected are dinner the night before the holy days and lunch and supper the following two days.

There are no special ritual foods on Chanukah, Purim, Yom HaAtzmaut or Yom Yerushalayim.

Days of Fasting

There are six days of fasting in Judaism. Inmates observing days of fasting will need substantial meals served prior to the commencement of the fast and immediately upon its conclusion. Arrangements need to be made ahead of time for kosher meals to be sent in advance to the inmate for consumption prior to the beginning of the fast and immediately upon its conclusion.

Minor fasts include:

- Fast of Gedaliah
- Fast of the 10th of Tevet
- Fast of Esther
- Fast of the 17th of Tammuz.

These fasts begin at daybreak and conclude after nightfall. Prior to daybreak on the day of the fast, Jewish inmates who will be fasting are to receive a substantial breakfast as per the following meal pattern based on [Canada's Food Guides](#) serving sizes:

- 2 fruit servings (kosher canned fruit and/or whole fresh fruit)
- 3 grain products servings (kosher bread/bagel, kosher hot/cold cereals, etc.)
- 2 milk product servings (milk and/or kosher yogurt)
- 1 meat and alternate serving (hard boiled eggs, cheese, peanut butter)
- margarine and jam
- coffee.

Inmates observant of the fast days are to receive a substantial dinner immediately upon the conclusion of the fast. A substantial dinner consists of a hot meal, a beverage, a dessert and supplementary items as per the [Kosher Frozen Meal Supplementation](#) (see Table A above). If a hot meal cannot be provided, a substantial kosher cold meal will be served as per the following meal pattern based on [Canada's Food Guides](#) serving sizes:

- 1 kosher sliced cold cuts serving (75 g)
- 4 grain product servings (kosher bread/bagel, etc.)
- condiments (margarine, mustard, ketchup)
- 2 vegetable servings (whole raw vegetables, i.e. carrot, cucumber, tomato, lettuce leaves)
- 2 fruit servings (pure fruit juice and/or whole fresh fruits).

Major fasts include:

- Yom Kippur
- Tisha B'Av.

These fasts begin at sundown on the day before the fast is indicated on the calendar and conclude after nightfall approximately 25 hours later. Prior to sundown on the day before the fast is listed on the calendar and after nightfall the day the fast ends, Jewish inmates should receive a hot meal, a beverage, a dessert and supplementary items as per the [Kosher Frozen Meal Supplementation](#) (see Table A above). If a hot meal cannot be provided, a substantial kosher cold meal will be served as per the following meal pattern based on [Canada's Food Guides](#) serving sizes:

- 1 kosher sliced cold cuts serving (75 g)
- 4 grain product servings (kosher bread/bagel, etc.)
- condiments (margarine, mustard, ketchup)

- 2 vegetable servings (whole raw vegetables, i.e. carrot, cucumber, tomato, lettuce leaves)
- 2 fruit servings (pure fruit juice and/or whole fresh fruits).

During Yom Kippur and the 9th day of Av, the inmate who chooses to observe the fast will not eat or drink from sundown on the previous day until nightfall on the day of fasting. The other four fasting days are shorter; the observant Jewish inmate will only abstain from food and drink from dawn until nightfall on the designated day.