



JLGB DofE Kosher Guide

Overview:

Food is an crucial part of a DofE Expedition. Ensuring you have enough energy whilst out hiking is important – and cooking with your group is a key part of the DofE experience. We recommend meals and snacks focus on carbohydrate and protein foods.

As the Jewish Community's official provide of a Kosher Duke of Edinburgh's Award provision we proudly work with all Jewish schools and have participants from across the religious spectrum. To maintain a standard of Kashrut that is acceptable to all, we kindly request that all participants adhere to this Kosher guide.

Key points:

- All items on any JLGB DofE Expeditions must be Kosher.
- Only dairy or Pareve food items may come on expedition – no poultry or meat. Kosher Fish is allowed.
- All items must be certified Kosher by either the London Beth Din, the Really Jewish Food Guide, isitkosher.uk or bear a hechsher/Kosher symbol from an alternative recognised authority.
- **Vegetarian/Vegan is not the same as Kosher and is not an acceptable standard on any JLGB expeditions.**
- **Some examples of Kosher symbols are:**



- **JLGB aims to be a nut free organisation. Please do not bring anything that contains nuts or peanuts on your expedition.**



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Common DofE Foods:

Pasta

- Allowed: Plain dried pasta and noodles (including those containing egg). Pasta coloured/flavoured with vegetable extracts (e.g., spinach, tomato).
- Not Allowed: Fresh pasta or canned pasta products unless specifically marked as Kosher.

Rice

- Allowed: Plain uncooked and parboiled rice. Example: Ben's Original Boil in the Bag (Kosher, Parev).
- Not Allowed: Fully cooked or flavoured rice (e.g., Ben's Original Express, Wok rice).

Pasta Sauces

- Only Kosher-certified brands such as Osem, Rosie's Italian Products, or Gefen are permitted. Some plain tomato sauces such as Passata are Kosher – please check isitkosher.uk for guidelines.
- Supermarket 'Heat & Stir' sauces are **not** allowed.
- Non-Kosher brands or unverified sauces are **not** allowed. (i.e. Dolmio).
- Pesto – Most pesto contains nuts and/or cheese – they need to be Kosher-certified and nut-free.

Baked Beans

- Only Kosher-certified baked beans are allowed. Example: Rakusen's or Tesco Kosher Baked Beans (available at Tesco stores with a Kosher section).

Cheese

- Only Kosher-certified cheeses (both hard and soft) are permitted. Look for a recognised rabbinical sanction on each packet. Chevvington cheese is the most widely available option and can be purchased in many mainstream supermarkets that have a Refrigerated Kosher section.
- Dairy free/Vegan cheese needs to be Kosher approved – many are available from mainstream supermarkets – including 'own brand'.
- For a list of approved Dairy Free cheese see:
<https://isitkosher.uk/#Dairy%20Free%20Cheese>



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Common DofE Foods – Continued:

Soups

- Only Kosher canned and packet soups with Kosher certification are permitted, as some are processed on equipment with non-Kosher meaty soups. Please ensure that stock powders and canned soups are marked as Pareve, as some contain meat. Heinz soup is **not** Kosher.

Vegetarian Sausages

- Only Kosher-certified vegetarian sausages are permitted. Tival are the most common Kosher vegetarian sausages. Some 'Beyond' products are approved, too.

Instant Mashed Potatoes

- Only Kosher-certified products are allowed. These are available from Kosher shops.

Cereals & Porridge

- Most commonplace cereals (such as Frosties, Rice Krispies, Shreddies, etc) are Kosher. Please check isitkosher.uk/cereal
- Plain oats are Kosher. Instant porridge needs to be approved. Many 'Quaker Oat-So-Simple' porridges are Kosher. Check isitkosher.uk/#porridge
- Please check that cereals are nut-free before bringing them on your expedition.

Pancakes

- Only products with a hechsher/Kosher symbol are allowed. Barkat, Orgran Pancake & Batter Mix, Kingsmill ready-made pancakes are all approved. Please check for a Hechsher or <https://isitkosher.uk/#pancake>

Bread & Baked Goods

- Most Hovis and Kingsmill breads are approved Kosher. Please check the package for a Hechsher/Kosher symbol marker. Be aware that many brioche buns are **not** Kosher
- Baked goods such as croissants and pain aux chocolat need to be Kosher or come from a Kosher bakery



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Common DofE Foods – Continued:

Jams, Honey & Spreads

- All jams, marmalades and preserves are permitted, unless they contain grape juice, E120, brandy. Pure honey is also allowed. For more information, visit isitkosher.uk/#jam or isitkosher.uk/#honey.
- Spreads such as chocolate spread need a hechsher/Kosher symbol or Kosher approved. **Please note that many chocolate spreads contain nuts and therefore should not be brought on expedition.**
- Marmite is only Kosher when purchased from Kosher shops or specific other locations. See <https://isitkosher.uk/#Marmite> for more information.

Hot Drinks

- We generally don't encourage participants to have caffeinated drinks like tea or coffee on expeditions. However if you choose to bring tea or coffee please note that:
 - Plain and decaffeinated coffee is permitted. This includes coffee bags and pure, instant coffee with no added ingredients. Instant cappuccino mixes and similar need to be Kosher approved.
 - Plain and decaffeinated tea is permitted. This includes tea bags and pure, instant tea with no added ingredients.
- Hot chocolate needs to be Kosher approved or have a hechsher/Kosher symbol as they can contain ingredients that are problematic.
 - Many instant hot chocolates are approved. Visit isitkosher.uk/#hot%20chocolate for a list.



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Items to avoid:

- **Instant Noodles & Fast Food (e.g., Pot Noodles):** These are of little nutritional value and don't contain a lot of energy. Due to high salt and fat content, they are discouraged to be brought on expeditions.
- **Non-Kosher Baked Goods:** Only baked goods marked with a Kosher hechsher/Kosher symbol are permitted.
- **Fresh milk:** it is likely to go off. Alternatives are ultra heat treated (UHT) milk or milk powder (milk powder needs to be Kosher approved)
- **Raw Eggs:** these are delicate and likely to break.
- **Fresh fish:** including smoked salmon – it is likely to go off.
- **Energy & fizzy drinks:** these are not permitted on our expeditions.

Important Reminders:

- **All Food Must Be Kosher:** Check the London Beth Din, Really Jewish Food Guide, isitkosher.uk, or for a recognized hechsher/Kosher symbol.
- **No Meat on Expeditions:** All foods must be dairy or Pareve. Pareve food does not contain meat or milk.
- **Vegetarian/Vegan is NOT the same Kosher:** Simply being labelled vegetarian or vegan does not meet Kosher standards and therefore is allowed on our expeditions.
- **Nuts or Peanuts** – JLGB aims to be a nut-free organisation. **Please do not bring items containing nuts or peanuts on your expedition.**

For More Information:

For a full list of Kosher foods, please visit;

[London Beth Din Really Jewish Food Guide](https://isitkosher.uk) or <https://isitkosher.uk>

If you have any questions, please contact us on 020 8989 8990 or dofe@jlgb.org

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