Cooks@GoldersGreen

Policy for Volunteers

We are keen to ensure that community members are able to feel comfortable accepting meals from within our community. We hope that this policy document will help facilitate that.

There are three components to the policy;

1. Health & Safety
2. Kashrut
3. Heating food on Shabbat

All volunteers must adhere to the Health & Safety and Kashrut sections. If you have questions about any part of this document, please speak to Rachel Clark ([clark.racheld@gmail.com](mailto:clark.racheld@gmail.com)) or Rabbi Belovski ([rabbi@ggshul.org.uk](mailto:rabbi@ggshul.org.uk)).

Thank-you!

# Health & Safety

1. The following government website provides guidelines on keeping food safe, including preparing, cooking and storing: [www.nidirect.gov.uk/index/information-and-services/health-and-well-being/eat-well/keeping-food-safe.htm](http://www.nidirect.gov.uk/index/information-and-services/health-and-well-being/eat-well/keeping-food-safe.htm)
2. In terms of cooling and reheating foods, the guidelines are as follows: [www.foodstandards.gov.au/consumer/safety/faqsafety/documents/cool%20\_and\_reheat\_food.pdf](http://www.foodstandards.gov.au/consumer/safety/faqsafety/documents/cool%20_and_reheat_food.pdf)

# Kashrut

## If you are buying a meal

1. Cooked food should come from an establishment under the supervision of a recognised orthodox body. A list of suppliers supervised by the London Beth Din is here: [www.kosher.org.uk/delis.htm](http://www.kosher.org.uk/delis.htm)

## If you are cooking a meal

1. Ingredients must be heschered or listed as kosher on the KLBD website: [www.theus.org.uk/koshersearch](http://www.theus.org.uk/koshersearch)
2. Milk and meat must be completely separate including separate pots, pans, dishes, cutlery etc. Meat crockery should not be washed in the same sink or dishwasher as milk crockery unless very specific criteria are met\*.
3. All cooking utensils must only have been used to cook kosher ingredients as per (2). For information on how to kasher utensils that have been used for non-kosher ingredients or have been mixed up between milk and meat please ask one of our rabbinic team.

\* For any queries relating to these issues, please ask the rabbi. If you have previously used your crockery for both meat and milk or washed it in the same sink/dishwasher then please consult with the rabbi.

1. Your oven must be kashered (i.e. made parev) between cooking meaty food and cooking milky food. To do this, remove any observable lumps of food (eg a lump of chicken), then turn the oven temperature up to its highest heat setting and leave on for 20 minutes.
2. Food must not be cooked on Shabbat or YomTov (or purchased / prepared on Shabbat for after Shabbat)
3. Where fresh herbs are used, these must be checked for insects. Vegetables which are insect prone (such as asparagus and broccoli) must also be checked.

The London Beth Din’s website gives guidelines on how to keep kosher, for example how to check fruits and vegetables: [www.theus.org.uk/category/learn-about-kosher](http://www.theus.org.uk/category/learn-about-kosher)

All food should be delivered in disposable containers that you do not expect to receive back.