



Kiddush & Oneg Guidelines

The following information is provided to help you sponsor a kiddush/oneg at Gesher L'Torah in accordance with GLT's current Kashrut Policy and Building Use Policy found at www.gltorah.org. Thank you for supporting GLT.

If you have any questions please contact the Rabbi at rabbi@gltorah.org or the oneg committee at oneg@gltorah.org

Kitchen

Gesher L' Torah has a dairy/pareve kitchen facility.

- Please prepare all food within the GLT kitchen, unless an approved caterer will prepare food offsite.
- You can easily arrange to use the kitchen by contacting oneg@gltorah.org or gltadmin@gltorah.org or by calling the office at 770-777-4009.

3 ways to provide a kiddush/oneg

- Purchase food, and prepare within the GLT kitchen yourself.
- Purchase a package kiddush/oneg provided and prepared completely by GLT's oneg committee by contacting oneg@gltorah.org
- Use an approved caterer for dairy or pareve food from any establishment certified as kosher by the Atlanta Kashrut Commission ("AKC") as listed at <http://www.kosheratlanta.org>, or listed in our current Kashrut Policy, or otherwise approved in advance by the Rabbi.

Providing a kiddush/oneg yourself

- Wine and challah are provided by GLT
- Suggested (not required) menus:

Friday Night (usually 30-40 people)	Saturday (usually 15-30 people)
Paper goods	Paper goods
Drinks: coffee, water, apple juice or Kedem brand white grape juice, soda generally 2 diet/ 2 regular	Drinks: coffee, water, apple juice or Kedem brand white grape juice, soda generally 2 diet/ 2 regular
Food: Fruit Veggies & dip Kosher hummus with or without kosher pita/chips Cheese & kosher crackers Kosher desserts	Food: Fruit Veggies & dip Kosher bagels, kosher cream cheese, kosher lox or spread, sliced tomatoes & onions Kosher hummus with or without kosher pita/chips Kosher Tuna/egg salad prepared in GLT kitchen Cheese & kosher crackers Kosher desserts

It is suggested that you limit sweets and offer healthy choices. Your kiddush/oneg is a snack and a social occasion, so it does not have to be an entire meal.

Common kiddush/oneg products which DO NOT require a kosher symbol (hecksher):

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| <ul style="list-style-type: none"> Fresh fruit Fresh vegetables Publix/Kroger cut fruit/veggie platters Plain frozen fruit Plain frozen vegetables Prepackaged Cheese made in the U.S. Whole fresh eggs Plain nuts Soft drinks | <ul style="list-style-type: none"> Pure spices Flour Plain cocoa Unprocessed grains, cereals and rice Extra virgin olive oil Whole fresh kosher fish (or cut from kosher provider) Milk Unflavored coffee Unflavored tea Pure juices, except grape juices |
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Local Shopping Suggestions

Publix

Fruit and Veggie trays
Prepackaged cheese made in U.S. (not cut or grated in the store)
Prepackaged Publix bakery brand (not baked at Publix) 4ct bagels and mini bagels
Lenders bagels in the refrigerated case and freezer case
Prepackaged Publix brand glazed crème cakes, mini muffins, angel food cake & 2 bite brownies
Shabtai Gourmet bakery goods
Miss Meringues
Carvel ice cream cakes,
Carr and Dare brand watercrackers
Any Entenmanns product
Sabra Hummus
Any eggs (for making egg salad in the GLT kitchen)
Egglands Best Peeled Hard Boiled Eggs (for making egg salad in the GLT kitchen)
Bumblebee Tuna (to make tuna in the GLT kitchen)

Kroger

Fruit and Veggie trays
Prepackaged cheese made in U.S. not cut or grated in the store
Lenders bagels in the refrigerated case and freezer case
Kroger brand bagels (not baked at Kroger) in the refrigerated case
Bakery refrigerated case:
 Father's Table Cheesecakes
 Any Entenmanns product
 Toufayan brand pita bread
 Wellington
 Carr and Dare brand watercrackers
Old London bagel snacks
Any eggs (for making egg salad in the GLT kitchen)
Egglands Best Peeled Hard Boiled Eggs (for making egg salad in the GLT kitchen)
Bumblebee Tuna (to make tuna in the GLT kitchen)

Costco

Fruit and Veggie trays
Prepackaged cheese made in U.S. not cut or grated in the store
Any eggs (for making egg salad in the GLT kitchen)
Egglands Best Peeled Hard Boiled Eggs (for making egg salad in the GLT kitchen)
Bumblebee Tuna (to make tuna in the GLT kitchen)

Whole Foods

Fruit and Veggie trays
Prepackaged cheese made in U.S. not cut or grated in the store
365 brand crackers
Whole Foods triple chocolate cookies
Wholly Wholesome Crumb cakes
Whole Foods 2 bite scones
Any eggs (for making egg salad in the GLT kitchen)
Egglands Best Peeled Hard Boiled Eggs (for making egg salad in the GLT kitchen)
Bumblebee Tuna (to make tuna in the GLT kitchen)

Bagel Break

Any dairy/pareve food including fresh bagels
Any dairy/pareve food from any establishment certified as kosher by the Atlanta Kashrut Commission ("AKC") as listed at <http://www.kosheratlanta.org/>, or otherwise approved in advance by the Rabbi.










Carvel

Carvel Ice Cream Cakes

Dairy or pareve food from any establishment certified as kosher by the Atlanta Kashrut Commission ("AKC") as listed at <http://www.kosheratlanta.org/>, or otherwise approved in advance by the Rabbi.

Products requiring kosher symbols (heckshers) All products not listed in the last section on page 1 as allowed without a kosher symbol should have a kosher symbols on the packaging, and the package should be unopened.

Kosher Symbols (heckshers): Any products bearing one of these labels are certified as kosher. *If a symbol does not appear here, it does not mean that it is not allowed – please consult the Rabbi if you have any questions about a particular food or any kashrut symbol*

	Called the O-U. Often followed by a D- meaning dairy. P means Passover, not Pareve
	Organized Kashrut
	Star-K or Star-D
	"Chof-K"
	Atlanta Kashrut commission. Some items, like Krispy Kreme and dairy products will have the letters AKC on the packaging, rather than the regular symbol. However, not all Krispy Kremes are kosher, so make sure your box has the symbol.
	Chicago Rabbinical Council
	Kosher Va'ad Ha'ir Boston
	Beit Din of Johannesburg
	Rabbi New's Hechsker (Fountain Oaks Kroger) and the signs below.
	

Please note that there is a difference between trademarks and heckshers. For instance, the letter K with no further markings may not be an acceptable hecksher. As always, please consult with the Rabbi if you have any questions.