Kosher

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Kosher is the anglicized version of the Hebrew word "Kasher" meaning "fit" or "proper to be used." Food is Kosher only if it's ingredients and the means of its manufacture have complied with a certain set of stringent and demanding laws and regulations. Keeping kosher means adhering to the Jewish dietary laws-nearly 3.500 years old that have their origins in passages of the Torah (Bible).

Over the past decade, food technology has led to a kosher food industry, which expanded, from a backyard operation to an industry approaching $30 billion in annual sales. There are over 320 kosher symbols displayed on products worldwide.

In order to highlight the purpose and significance of a product bearing a kosher symbol, below are several important clarifications for the kosher consumer:

1. The "K" insignia is neither a copyrighted symbol - nor is it a certification that the product is necessarily Kosher.
2. Some Ingredients with innocuous sounding names need special attention. "Natural Colours" Like brown and tan have been known to be derived from monkey entrails, or green and blue from calamari squid ink, "softeners" from whale oil, "artificial flavours" from cats, and "sweeteners" utilizing white grape.
3. The letter "D" appearing alongside the kosher symbol indicates the product contains dairy ingredients. The letters "DE" indicates the product was produced on dairy equipment.
4. The word Pareve or the letter "P" means that the ingredients used are free from any animal derivative. No meat or Dairy is used.

The 13th century Kabbalist Menachem Recanti explains that the human body is the instrument of the soul - enabling the soul to discharge its task in this world. "Even a craftsman cannot do his work without proper tools, so the soul cannot fulfill its task without a cooperating body...ever the light shines the brighter through a good lamp, and the same trees yield different fruit according to the soil..." so too, the food we eat has a direct effect on the purity and refinement of our personality.

How to have your company labelled kosher:

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