

Kiddush Rotation Guide
November 2016

Thank you for your participation in the “Kiddush Rotation.” Kiddush on Shabbat and holidays is an important part of our culture, as it provides us with the opportunity and setting to socialize at length with old friends and to meet new ones. Please know that your help is appreciated by the entire community.

The good news is that we have more people, volunteers, and a higher budget than ever before. This does not necessarily mean that more work is required. We do, however, want to be more efficient in what we are buying. Quantities are very important.

While we include food recommendations in this guide, please purchase and serve the foods both you and the community will enjoy. We also continue to have standing requests, like herring and gefilte fish. Reyim is providing the herring and gefilte fish so you don't have to buy it.

The purpose of this guide is to update changes in and clarify our kiddush policies. It also suggests items you can serve. The list should not be considered complete or exhaustive. You are welcome to include foods not listed here. However, kiddush must be dairy or pareve unless you receive prior approval from Rabbi Berman.

The objective of kiddush: To provide enjoyable food to socialize after Shabbat and holiday services. It is important that kiddush include healthy foods such as breads, fruits, cheeses, and/or vegetables in addition to processed snacks. Kiddush should be viewed as a light, cold lunch for our congregants. Kiddush is provided free and gladly to everyone who is there, member or not. A successful kiddush enhances our warm atmosphere and provides a welcoming, friendly environment to get to know prospective members and guests.

What this means to you as a kiddush volunteer:

- Expand the variety of things you serve including healthy foods in addition to snacks
- Be innovative
- Have fun
- Plan to spend the full budget allocation (\$180 now)—please don't try to save money, as this often results in insufficient quantities or varieties
- Buy more than you think you'll need (we don't want to run out)
- Pay attention to heksher as always (the list of approved Reyim hekshers is on the last page)
- Include plenty of fresh fruit and veggies
- Avoid complicated food preparation
- Remember, quantity and variety

Important note: The mission of the kiddush rotation is to provide a light cold lunch on Shabbat and chagim when there is not a special kiddush planned. We are different than the Ayin Chefs who handle special events such as B'nei Mitzvah including larger meals and hot food. The Ayin Chefs tap a large team; by comparison, the weekly kiddush rotation is handled generally by just one family.

On the other hand, on the day of your rotation, don't hesitate to reach out for help from Luis or others on the rotation. Everyone is glad to assist, and we are in this together! If you feel like you are challenged or

struggling with your kiddush, for any reason, there usually are many people available who will happily give you a hand.

About sponsored kiddushes: We welcome sponsored kiddushes, especially since they subsidize other kiddushes. When you are assigned a kiddush that is sponsored, it is recommended that you try to accommodate any reasonable requests from the Reyim office or from the sponsor. Many of these requests are for bagels and cream cheese. When a kiddush is sponsored, the Office should tell you how many additional guests are expected so you can plan accordingly.

Gauging quantities: For a regular Shabbat, we typically have 80-90 people at kiddush. The goal is to make sure we do not run out of food. If there are no leftovers, you probably did not buy enough! The last person in line should have the same food options as the first person in line. We want our congregants and guests to stay for a long while, and our experience is that people will stay, eat, and mingle for as long as there is food to eat. If you think you might have overbought, then hold some food in reserve in the kitchen unopened and see if it is needed. Also, consider putting out foods in small portion sizes; cut bagels in half and pita bread, gefilte fish, brownies, cakes, etc., into small serving sizes. Please note: once food is put out on the tables, it cannot be used for another kiddush.

For a Shabbat kiddush, please be sure to bring your food to Reyim before the beginning of Shabbat, and to label all of the packages with the date the food is to be used. If you are providing food for a non-Shabbat, holiday kiddush, you can bring the food to Reyim on that day so long as it was bought before the holiday.

If you have unopened packages left over from your kiddush, please let the next person on the kiddush rotation know so that s/he can plan to use it. Please label food with the date. In general, limit your food use to what you have brought in, to the supplies Reyim provides (challah, wine, grape juice, soda, herring, gefilte fish, horseradish) and to dated kiddush supplies from a previous kiddush, if not spoiled. We share the kitchen not only with Ayin Chefs but with Limmud, USY, Kesher and other Reyim activities. Please be respectful of food they may leave in the kitchen.

Where to find things: When you enter the kitchen, the cabinet directly in front of you is the kiddush cabinet. It contains the challah board, challah cover, water pitcher (for washing), Kiddush cup, glass plates and the labels to identify and date your food, which can also be found behind the door you just entered. Usually, the dairy drawers/cabinets in the kitchen are unlocked, and you may use the knives, utensils, food preparation items and serving dishes in them. At the rear of the kitchen near the outside door is a meat refrigerator, and around the kitchen are cabinets for the Ayin Chefs. Please don't use these for regular kiddush.


Other supplies and inventories of selected provisions are stored in the rooms at the back of the Sanctuary, at the top of the ramps. Here you will find soda, wine, grape juice, gefilte fish and herring. Luis will open them for you. Alan Radding, Joel Sowalsky and a few others have the key, if you are unable to find Luis. If you need additional plates, bowls, cups, napkins, etc., Luis will get them for you.

Gloves and food safety: Reyim is serious about food safety. In particular, you must always wear gloves when preparing, moving, or handling food in any way. We keep an ample inventory of gloves in a variety of sizes above the dairy sink. Always wash your hands well at the hand sink every time you put on a new pair of gloves. Change your gloves frequently; discard the gloves you are wearing and take a fresh pair whenever you finish one food preparation task and prepare to start another. You should end up washing

your hands multiple times and wearing multiple pairs of gloves during the preparation of kiddush. That's OK; we keep a large stock of gloves, and they are essential to food safety. Also, if your food has been prepared and you are waiting to put out your food until the end of the service, don't forget to put on gloves as you are setting out the food.

Allergies: Many people have food allergies/sensitivities to nuts, soy, gluten, dairy, eggs, etc. Our policy toward food allergies is not to limit what we serve but rather facilitate complete ingredient transparency. Especially with packaged foods, complete ingredient transparency entails saving the packaging (which usually has the ingredients list) in the kitchen until kiddush is over and most people have left. If someone has a question, you or they can refer to the ingredients list.

Hekshers: Everything must have a heksher that has been approved by Rabbi Berman. The current list of approved hekshers is on the last page of this document. There are a few common hekshers that are not on the list and are not approved. Most notably, Rabbi Berman has not approved the *Tablet-K* that is found on some local cheese and smoked fish products or the *Shield Star-K*, often found at Whole Foods Markets.

They look like this:  So, be sure to have the list with you when you shop, if you are not readily aware of all of the approved ones.

You must wash fruits and vegetables that have been cut up and/or processed (e.g., baby carrots, lettuce) unless they have an approved heksher.

Food shopping: Many people buy kiddush provisions where and when they shop for themselves. But, for all of us, it can be a challenge to feed a light lunch for 80+ people with \$180. That said, smart shopping at any regular supermarket should do. Most general food markets in this area carry a wide range of kosher products with Reyim-approved hekshers. Also, both Stop & Shop and Star/Shaw's have certain locations with fully certified and approved kosher bakeries (dairy and pareve), but unfortunately these do not include the Shaw's in Newtonville or Auburndale. The closest supermarket kosher bakeries are: Stop & Shop - 829 Worcester Street-Route 9, Natick; 200 Guest Street, Allston; 155 Harvard Street, Brookline; Shaw's - 1 Boylston St., Chestnut Hill; 1065 Commonwealth Avenue, Allston; 370 Western Avenue, Brighton. Also, in the summer, don't forget that we have a garden in the back of the synagogue that is growing tomatoes, herbs and other vegetables.

Here are some other options you might want to consider:

- Costco, members only—has an extended kosher food section and a generally kosher bakery (still watch for an approved heksher)
- BJ, members only—like Costco, has expanded its kosher offerings
- Baza—a large Russian market just off Needham St. in Newton. Carefully check for approved hekshers but they have unusual products and very good prices on fresh produce.
- Butcherie – a kosher supermarket in Brookline that has hard-to-find kosher ingredients and foods.
- Trader Joe's—has many less common items, many with an approved heksher, and their kosher cheesecake, when available, has been a Shavuot favorite (it's delicious year-round).
- Whole Foods – has many organic and natural food products with approved hekshers, but Rabbi Berman has not approved their local, in-house bakery heksher (the "Shield Star-K")
- Restaurant Depot (114 1st Ave, Needham Heights)—a restaurant supply distributor. Carries many kosher products in commercial quantities at low prices. To shop there ask the Reyim office to lend

you its membership card or just walk up to the service counter at the front office and tell them that you are shopping for an event at Temple Reyim. They will issue you a one-day pass.

Of course, fresh *unprocessed* fruits and vegetables are always acceptable. Any processing you might want to do can be done in the Reyim kitchen using knives and utensils that we know are kosher to our standards.

Finally, there will be new procedures around clean-up, recycling, and composting. The plan is to capture and divert some of our "trash". That means using the correct receptacles. There will be signage, the correct receptacles, and people to help you. In addition, you will be asked to:

- 1) Scrape your plates: Put only food waste in one container.
- 2) Begin by recycling your paper and plastic cups.
- 3) Continue to throw away in the correct colored containers:
 - GREEN: ONLY FOOD: cooked, raw, liquid or solid, meat, cheese, vegetables. Just food.
 - BLUE: HOUSEHOLD recycling: cans, bottles, plastic food containers.
 - BLACK: TRUE TRASH: straws, plastic wraps, plastic bags, potato chip bags and anything you are unsure about.

When in doubt, throw in the BLACK container

If you have questions about the kiddush rotation, feel welcome to contact Alan Radding, alan@radding.net or 617-332-4369.

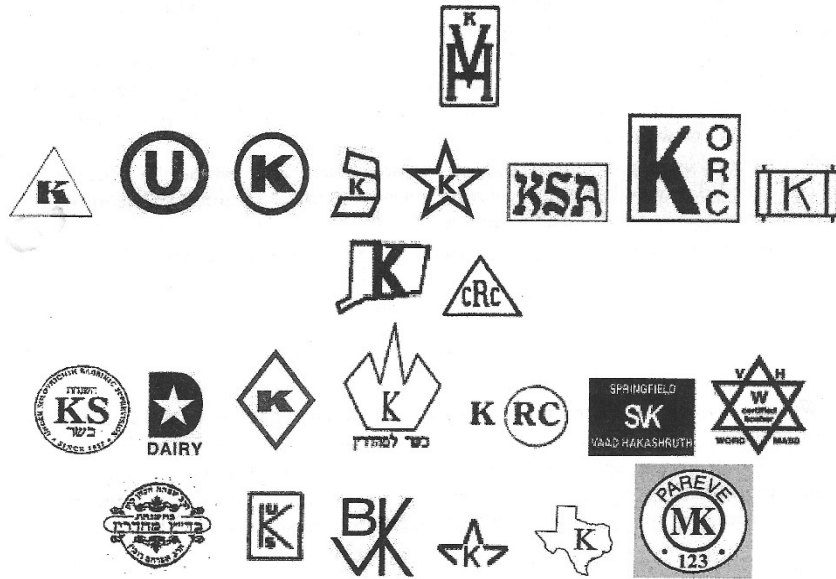
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Common Kiddush Foods (but feel free to be original!)

Provided	Fruits/Veggies	Bread	Packaged Food	Dessert
Challah*	Grapes	Bagels	Humus	Cookies
Wine*	Cherry tomatoes	Pita	Baba ganoush	Cakes
Gefilte fish*	Carrots	Lavash	Salsa	Pastries
Herring*	Peppers	Chips	Other dips	Brownies
	Cucumbers	Pretzels	Yogurt	Candy
Grape Juice *	Celery	Bread sticks	Cream Cheese	Ice cream
Soda *	Olives	Crackers	Lox	Frozen yogurt
Coffee, tea*	Cherries	Rolls	Whitefish salad	
	Melons	Nan	Other fish	
	Strawberries	Biscotti	Cheese	
	Blueberries	Croissants	Guacamole	
	Clementines	Flatbread	Milk/Cream**	
	Tangerines		Horseradish	
	Apples			
	Oranges			
	Dates			
	Pears			
	Pickles			
	Nuts			
	Dried fruits			
*provided by Reyim			**We always must have for coffee	

Hekhshers

Here is a list of the most commonly found hekhshers in the area. Don't hesitate to call if you have a question about a product.



Temple Reyim DOES NOT accept the following Hekhshers:



*Just the letter K (unless it appears on a Kellogg's product, on Polly-O string cheese, Welch's Grape juice, Go-gurt, Activia or another product approved by Rabbi Berman)

If you have any questions, please contact Rabbi Berman at rabbiberman@reyim.org