

Kosher Kiwi Licensing Authority New Zealand **ועד הכשרות ניו זילנד**



5778

Updated May 2018

The Kosher Kiwi Directory

| | |
|---------------------|---------------------|
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www.kosherkiwirectory.co.nz

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Please note that the Kosher Kiwi Directory is being continuously updated. This is a massive undertaking, with many people putting endless hours into detailing kashrut information, so that the kosher consumers are able to enjoy a range of new & existing products.

To the best of our knowledge the products listed in this Kosher Guide are correct. However, food production is ever-changing and it is an on-going task to keep up with the changes.

We will endeavour to keep our community updated with product changes as we are informed of them. These updates will be emailed to community members, and will be also be available on our web-site. www.kosherkiwirectory.co.nz

Disclaimer!

Kosher Kiwi Licensing Authority New Zealand Directory has taken every possible precaution to ensure that the Kashrut information is exact. Thus the Kosher Kiwi Licensing Authority New Zealand cannot be held responsible for any errors.

We will ensure to the best of our ability that you and the wider community are constantly informed about regular updates.

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KOSHER STORES - There are 2 Kosher Stores in NZ

AUCKLAND

Greys Ave Deli – (GAD)
108 Greys Ave, Central City, at Auckland Hebrew Congregation
Centre
Ph 09 373 2908
greysavedeli@ahc.org.nz

Open -

Mon – Fri 8.30am – 3.30pm, Sun - 9am – 11am

WELLINGTON

Wellington Kosher Co-Op
80 Webb St, at Wellington Jewish Community Centre
Ph 04 384 3136
kdeli@ihug.co.nz

Open -

Wed - 12 – 4pm; Thurs - 5pm – 7pm
Fri - 10am – 2.30p; Sun - 11am – 3pm

OTHER RETAIL STORES TO SOURCE KOSHER PRODUCTS

New Zealand wide

Countdown Supermarkets
NW – New World Supermarkets
PnS – Pak n Save Supermarkets

Auckland

Huckleberry Farms at 3 Auckland locations
- Royal Oak – 6 Campbell Rd, Royal Oak – Ph 625 0077
- Grey Lynn – 405 Richmond Rd – Ph 376 3107
- Glenn Innes (opposite Nosh) – Ph 528 2944
Ceres Organics – 181 Ladies Mile, Ellerslie – Ph 579 7126
Inside Africa – at Botany, Albany & Henderson, Auckland
Martha's Backyard, Mt Wellington
La Mama, Marua Road, Mt Wellington

Wellington

Davis Trading
Moore Wilsons
Common Sense Organics
Uncle Bills
Ontrays

INSTRUCTIONS ON USING THIS DIRECTORY –

Codes have been used in the columns next to the products to show –

P – Pareve

D – Dairy / Milchig

F – Meat / Fleishig

P/DV – Pareve, made on equipment that has been used for dairy

NK – NOT KOSHER

KEY:

crc – Chicago Rabbinic Council

ka – from Kosher Australia web-site – www.ka.org.au

ldn – from London Kosher web-site – www.kosher.org.uk

Mel – from Melbourne Kashrut Authority

Uos – from South Africa Union of orthodox Synagogues web-site
– www.uos.co.za

Wgtn – Wellington Hebrew Congregation

Hechsher - A hechsher symbol to indicate which Kashrut
Authority has certified the product. This hechsher is on the
product label.

_KOSHER BASICS

Most consumers are familiar with the foods that are categorically non-kosher. Meat from horse or pigs, or seafood such as lobster, mussels or shark, are obviously not acceptable as kosher. Other aspects of kosher requirements are less obvious, however, and a brief outline below offers some detail.

MEAT

Even meat from a kosher animal may not be eaten unless it was kosher slaughtered and subsequently salted to remove all blood from the vessels and capillaries of the meat. Poultry is subject to the same restrictions. At present such meat and poultry are available in New Zealand only at Grey's Ave Deli in Auckland, and at the Kosher Co-op in Wellington.

FISH

No special method of killing is necessary for fish, nor is salting required. However, only fish with scales on the skin are kosher. When purchasing fresh fish from a market be sure to identify scales before purchasing. If the skin has already been removed the fish must not be assumed to be kosher unless you can unmistakably identify the flesh as from a species with scales. Salmon is acceptable (according to many authorities) even without skin, since the colour of salmon is found only in kosher species of fish. Take care to rinse the fillet well before cooking, since the knives used to fillet the fish may have been used also with non-kosher seafood.

PROHIBITED MIXTURES

It is commonly known that dairy and meat products may not be cooked nor eaten together. One may not even benefit from such a mixture. As such, one cannot feed a pet such a formula in which meat and dairy are combined.

A kosher kitchen will have two sets of crockery, dishes and cutlery, for dairy and meat respectively. Even when clean, the crockery for meat must not be used for dairy, or vice versa. If dairy is cooked in a meat pot please consult with the rabbi as to whether the food may be consumed, and how to deal with the crockery.

Fish may not be cooked or eaten together with meat, although there is no need to have separate dishes or crockery for fish. Both meat pots or dairy pots can be used to cook fish. Some (Sephardic Jews) have a tradition not to eat fish with dairy either, eating fish only with parve foods.

Oils are often refined on equipment that also processes animal fats. Please use only the oils approved in this list. Processed foods are also subject to ingredients that are not acceptable as well as equipment used for non-kosher foods.

MILK AND CHEESE

The milk of kosher animals, such as cows, sheep and goats, is inherently kosher. While the Talmud states that milk must be supervised to ensure it comes exclusively from kosher sources, many authorities rule that strict government regulations in the dairy industry are sufficient for this purpose. In New Zealand the inspection regime of government authorities fulfil such standards (although some observe a higher standard of Chalav Yisrael, drinking only milk that is supervised from the time of milking).

Cheese is more sensitive, however, and very strict standards are required for rennet-set cheeses. While some soft cheeses are approved, and they appear on this list, all rennet-set cheeses require proper kosher certification, even when the rennet is vegetarian. Kosher rennet-set cheeses are currently available only at Grey's Ave Deli in Auckland, and at the Kosher Co-op in Wellington.

WINE

All products made from grapes must have kosher certification, including wine. While there may be non-kosher ingredients added to wine in order to improve its texture or flavour, the sensitivity of kosher in relation to wine goes much further. Robust restrictions were placed on the manufacture of kosher wine due to its use in ritual and worship. Jewish tradition requires wine during Kiddush and other sacred occasions. Christian and Pagan rituals also use wine in their rites. For this reason all products using grape (including wine, grape juice, jams and even candy sweetened or coloured with grape) are not acceptable as kosher unless produced under strict kosher supervision. Kosher wine can be found at Grey's Ave Deli in Auckland, the Kosher Co-op in Wellington, and in some specialty shops.

PESACH

The rules of Pesach (Passover) are outside the scope of this guide. Please refer to the Kosher Kiwi Guide to Passover.

CHECKING EGGS

While the eggs of kosher fowl are kosher, fertilised eggs with bloodspots are prohibited. While many red spots are protein spots rather than blood, we treat all red spots as potentially blood. If the spot is in the white of the egg it may be removed and the rest of the egg can be consumed. If the spot is on the yolk the egg must be discarded.

When boiling eggs it is customary to boil at least three in a pot at once and not to remove them individually while they are still hot. These eggs need not be inspected later for blood spots.

CHECKING VEGETABLES FOR BUGS

Some vegetables can be infested with bugs, and the Torah prohibits the consumption of bugs. Where infestation is common, the vegetables must be inspected. Leafy vegetables are especially susceptible, and these should be washed well and some samples immersed in water with some salt or soap. The water in the bowl should be carefully inspected for small thrips or other types of bugs.

ALCOHOL

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------|
| BACARDI – all brands are acceptable. | P |  |
| BOURBON – all brands are acceptable. | P |  |
| BRANDY – requires Rabbinic supervision. – must have hechsher. | P |  |
| CHAMPAGNE - requires Rabbinic supervision. – must have hechsher. | P |  |
| CLARET - requires Rabbinic supervision. – must have hechsher | P |  |
| COGNAC - requires Rabbinic supervision. – must have hechsher. | P |  |
| GIN – all brands are acceptable except when grape is an ingredient. | P |  |
| Grape Juice - requires Rabbinic supervision.– must have hechsher | |  |
| PORT – is a fortified wine & is NOT KOSHER unless produced under Rabbinic supervision. | P |  |
| RUM – all brands are acceptable, except when made in USA. | P |  |
| SHERRY – requires Rabbinic supervision. – must have hechsher. | P |  |
| TEQUILA – all brands are acceptable, providing there is NO WORM in bottle. | P |  |
| VERMOUTH – requires Rabbinic supervision. | P |  |
| VODKA – all brands of plain vodka are acceptable, except those made with grapes. Flavoured vodkas should have rabbinic supervision. | P |  |
| WHISKEY (IRISH) – some rules apply ¹ – check Sydney Beth Din website – www.ka.org.au | P |  |
| WHISKY (SCOTCH) – All brands of scotch whisky are acceptable. | P |  |

Beer

Please note that all domestic unflavoured beer can be assumed to be Kosher & Pareve. For a detailed list of kosher imported beers, please refer to the Kosher product directory of the Kashrut Authority at www.ka.org.au



Wines

All Wines, including Wines from Israel, made from grapes (including Grape Juice) must be Kosher certified.

Brandy, Champagne, Cognac, Sherry & Vermouth – must be Kosher certified.

A selection of kosher wines (red & white) & champagne are available from Greys Ave Deli, Wellington Kosher Co-Op & New World Victoria Park.





Gourmet Garage are importers & suppliers of Kosher Wines – gourmetgaragenz@gmail.com – 021 0434 129

| | | | | |
|----------------------|---------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Goose Bay (NZ) | Sauvignon Blanc NZ White Wine - only bottles with hechsher - mevushal | P | | |
| | East Coast Pinot Noir NZ Red Wine - only bottles with hechsher - mevushal | P | | |
| | Chardonnay - only bottles with hechsher | P | | |
| | Pinot Gris - only bottles with hechsher | P | | |
| | Viognier - only bottles with hechsher | P | | |
| O'Dwyer's Creek (NZ) | Chardonnay - At Greys Ave Deli & Wgtn Kosher Co-Op | |  | |
| | Marlborough Sauvignon Blanc | |  | |









BABY FOODS

ONLY baby food varieties which have been listed below should be used. However if your doctor or paediatrician requires a specific diet please contact your Rabbi for further advice.

Baby Cereals

| | | | | |
|--------------|------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Earth's Best | Available in healthfood shops | | | |
| | Brown Rice Cereal | P |  | |
| | Teething Biscuits | P |  | |
| Farex (Aust) | Must have 'Made in Australia' on label. | | | |
| | Baby Rice Cereal | P |  | |
| | Original Multigrain Cereal | P |  | |

BABY FORMULA

| | | | | |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------|--|
| Heinz (NZ) | GOLD RANGE – NOT KOSHER | NK | | |
| | Nurture Starter 1 | D |  | |
| | Nurture Follow On 2 | D |  | |
| Karicare (NZ) | The following Formulae have been investigated by The Kashrut Authority and are suitable for infants. They are all Dairy and Chalav Stam - not Chalav Yisrael. They contain ingredients, (including whey) that are kosher based upon the rulings of Rabbi Moshe Feinstein ZT"L. They also contain oils that are "non mehadrin". Note they need not be used in separate utensils. Product of New Zealand ONLY. | | | |
| | Karicare 2 | D |  | |
| | Karicare AR Thickened Starter Formula | D |  | |
| | Karicare Delact | D |  | |
| | Karicare Goat 1 | D |  | |
| | Karicare Goat 2 | D |  | |
| | Karicare Infant Formula 1 | D |  | |

Pain Killers for Babies

Pain killers contain non-kosher ingredients but may be used for infants & children unable to take tablets. In all cases, the safety of the child is of paramount concern, & one must not refrain from using non-kosher medication when medically required. Panadol & Panadeine also contain non-kosher ingredients. Their nature is such that the medications are acceptable for use by both children & adults. ka

BAKING INGREDIENTS





Baking Soda

All brands are acceptable.

Baking Powder

All local brands are acceptable.

Baking & Cake Mixes

| | | | | |
|---------------------|-------------------------------------------------|----------|---------------------------------------------------------------------------------------|--|
| Betty Crocker (USA) | Must have hechsher | D |  | |
| Ghirardelli | Must have hechsher | |  | |
| Orgran (Aust) | Must have Kosher Aust hechsher on label. | P |  | |
| Pillsbury | Must have hechsher | |  | |

Citric Acid

All brands are acceptable.

Cocoa & Powder Chocolate

All plain Cocoa Powder is acceptable.

Coconut

All brands of desiccated & shredded (white only).

Coconut Milk & Coconut Cream

All brands of coconut milk & coconut cream must be kosher certified.

| | | | | |
|---------------------|--------------------------------------------------------|---|--|--|
| Kara (Indonesia) | UHT tetrapaks and tins Coconut Milk & Coconut Cream | P | | |
|---------------------|--------------------------------------------------------|---|--|--|

Cooking Chocolate

See Confectionery for complete list of kosher chocolates.

Corn Syrup

All brands without additives are acceptable.

Cream of Tartar

All brands are acceptable.

Decorations

Must have hechsher. There are several brands with hechsher available at supermarkets and shops such as Spotlight.

Essences, Extracts and Flavours

Additional brands to the ones listed below might be available. Must be Kosher Certified.

| | | | | |
|-------------------------|-----------------------------------------------------------------------|---|--|--|
| Heilala (NZ) | Vanilla Beans Ground Vanilla Beans Alcohol Free Vanilla Extract | P | | |
| | Vanilla Extract Vanilla Sugar Vanilla Paste | D | | |
| Queen Fine Foods (Aust) | Available at Countdown. | | | |
| | Almond Extract | P | | |
| | Lemon Extract | P | | |
| | Vanilla/ Vanilla Extract / Imitation Vanilla | P | | |
| | Vanilla Bean Paste | P | | |
| | For more Queen products see the KA list. www.ka.org.au | | | |

Golden Syrup, Treacle & Glucose

All brands are acceptable.

Gluten

All brands of pure gluten are acceptable.

Flour

- **PLAIN FLOUR** - All regular milled Plain Flour is acceptable.
- **SELF RAISING FLOUR** is acceptable
- **ACCEPTABLE FLOURS - (ALL BRANDS)** - Plain flours from all grains, vegetables and legumes are acceptable.

Food Colourings

| | | | | |
|-------------------------|------------------------------------------------------------------------------------|---|--|--|
| McCormick | Food Colour Multi Pack (Red, Yellow, Green, Blue) | P | | |
| Queen Fine Foods (Aust) | All colours in this brand are acceptable except cochineal E120 which is not Kosher | P | | |
| Wiltons (USA) | must have hechsher – Millys Kitchen Shop, Akld | | | |

Icing Sugar, Icings

All Icing Sugar Mixture is kosher provided ONLY Sugar, Corn Starch, Maize Starch, Wheat Starch or Tapioca Starch are the only ingredients. In addition to the brands below, other brands of icing may be available at Spotlight or other stores. Please check for hechsher.

| | | | | |
|---------------------|-------------------------------------------------------------------|---|--|--|
| Bakels (NZ) | Pettinice Ready to Roll Icing (Fondant) All colours are kosher | P | | |
| Betty Crocker (USA) | Must have hechsher | D | | |
| Pillsbury | Must have hechsher | | | |

Lecithin

NOT ACCEPTABLE unless bearing reliable hechsher.

Nuts

According to the ruling of the London Beith Din all nuts are permitted (both raw and roasted), provided that the only additional ingredients are vegetable oil and salt.

Sugar

ALL varieties of sugar are acceptable including Golden Syrups, Molasses & Treacle.

Sweeteners & Sugar Substitutes

| | | | | |
|------------------|----------------------------------------------------------|---|--|--|
| Merisant / Equal | Available in different forms. Must have hechsher. | | | |
| Natvia | The 100% Natural Sweetener - Canister | P | | |
| | The 100% Natural Sweetener - Sticks | P | | |
| Splenda (USA) | Powder & Sachets - must have hechsher. | P | | |

BEVERAGES

Beverages – Powdered – Hot Chocolate

| | | | | |
|----------------|------------------------------------|-----------|--|--|
| Cadbury (Aust) | Bournville Cocoa | P | | |
| | Drinking Chocolate | P | | |
| Nestle (Aust) | Must be "Made in Australia" | | | |
| | Malted Milk – NOT KOSHER | NK | | |
| | Malted Milo | D | | |
| | Milo | D | | |
| | Nesquik Banana | P | | |
| | Nesquik Chocolate | P | | |

Coffee

- All **PLAIN** instant & decaffeinated coffee & coffee bags are acceptable.
- All coffee beans (fresh and ground) are acceptable
- Powdered Coffee Whiteners - **Must be Kosher Certified.**

Coffee Substitutes

Coffee substitutes require hechsher.

Cordials / Concentrates

These follow the same rulings as fruit juices - read labels & ensure that :

- They do not contain GRAPE JUICE or GRAPE JUICE FLAVOUR.
- They do not list as an ingredient **COCHINEAL, CARMINE** OR **ANTHOCYANINS (I.E. COLOURING #120 OR #163**, although some authorities permit #163).
- The sweetening agent is **NOT FRUCTOSE** (fruit sugar) as this may be grape derived. Phenylalanine does not pose a Kashrut problem.

Fruit Juice

- There are a number of fruit juices that due to new labelling laws now list Flavours as an ingredient. The Kashrut Authority is of the view that these flavours do not pose a Kashrut problem.
- All brands of 'Pure Fruit Juice' (not 'Fruit Juice Drink') are acceptable EXCEPT those containing **GRAPE JUICE, GRAPE JUICE FLAVOUR or NATURAL COLOUR 120 (Cochineal) or 163** (anthocyanin - although some authorities permit anthocyanin).
- There are a number of pure fruit juices & especially **TROPICAL JUICE blends that contain GRAPE JUICE OR GRAPE JUICE FLAVOURS. These are NOT KOSHER.** Please read the product label carefully.
- Some Calcium enriched fruit juices contain **WHEY** powder. Please check ingredient listing and if whey is listed as an ingredient then those juices must be treated as **DAIRY** (Not Chalav Yisrael).
- Juices that contain **OMEGA-3 OILS** should not be used as they may contain non-kosher fish oils.
- All **TOMATO JUICE** must be labelled "Product of Australia" or "Made in Australia". **"Packed for Australia" is NOT ACCEPTABLE.** Use only products listed.
- CHILLED FRESH JUICES** (in the Chiller section of supermarkets) are ACCEPTABLE, providing they do not contain any of the additives listed above.



Mineral Water

All plain, unflavoured mineral & spring waters are acceptable.

Soft Drinks



- All soft drinks are acceptable provided the following conditions are met:
 - They do not contain GRAPE JUICE or GRAPE JUICE FLAVOUR.
 - They do not list as an ingredient **COCHINEAL, CARMINE OR ANTHOCYANINS (I.E. COLOURING #120 OR #163)**, although some authorities permit #163).
 - The sweetening agent is **NOT FRUCTOSE** (fruit sugar) as this may be grape derived.
- Health or energy drinks often contain protein derivatives that may come from animal sources.

As a general rule, soft drinks, e.g. Lemonade, Lift, plain Soda Waters, Fanta, Coke, Sprite, Pepsi, Ginger Ale, Mountain Dew, Schweppes, Tonic Water etc & diet versions are acceptable **providing GRAPE JUICE is NOT a flavour, or E120 (carmine) is NOT an ingredient.**

| | | | | |
|--------------------|----------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Red Bull (Austria) | Blue, Red & Silver Edition in cans & bottles 'Made in Austria' ONLY. | P |  | |
| | Energy Drink & Sugar Free energy Drink in cans & bottles 'Made in Austria or Switzerland' ONLY. | P |  | |






Teas / Teabags / Herbal Teas

- All PURE HERBAL TEA that is plain dried herbs (e.g. camomile, rosehip) without any additives (e.g. flavours) listed in ingredients is acceptable.
- All brands of PURE TEA & TEA BAGS are acceptable provided that NO ADDITIVES are listed in the ingredients. - www.ka.org.au
- Flavoured teas may have added flavours infused into the tea leaves & therefore require Kosher approval. eg - Chai tea & Earl Grey require Kosher approval.

| | | | | |
|-----------|---------------------------|---|-------------------------------------------------------------------------------------|--|
| Twinnings | Herbal & Flavoured Teas | P |  | |
| | Plain Tea incl. Earl Grey | P |  | |

Syrups














| | | | | |
|------------|----------------------------------------------------------------------------------------------------------|--|--|-------------------|
| Shott (NZ) | Shotts Syrups are once again under Kosher supervision. ONLY the following flavours are Kosher certified. | | | UPDATE Jan 018 |
|------------|----------------------------------------------------------------------------------------------------------|--|--|-------------------|

| | | | | |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|
| | COFFEE SYRUP RANGE Butterscotch Caramel Chai (cinnamon notes) Chai (vanilla notes) Cinnamon Gingerbread Hazelnut Macadamia Salted caramel Vanilla White Chocolate | P |  | |
| | FRUIT SYRUP RANGE Blackcurrant & Honey Blueberry & Green Tea Cranberry & Lime Feijoa Gold Kiwifruit Lemon Passionfruit Tahitian Lime Three Berry Turmeric Lemon Ginger & Honey | P |  | |
| | HOT CHOCOLATE COMPLEMENT Flamed Orange Wild Peppermint | P |  | |
| | NON FRUIT SYRUP Chocolate Dark Chocolate Elderflower Gomme Manuka Honey Sugar Syrup | P |  | |
| | Sauces Caramel Sauce Passionfruit Sauce Strawberry Sauce | P |  | |

BISCUITS, CRACKERS & CRISP BREADS

Biscuits

- ONLY KOSHER CERTIFIED BISCUITS, CRACKERS ETC MAY BE PURCHASED. THEY MUST HAVE A HECHSHER.
- A wide variety of biscuits, crackers & crispbreads are available at the Greys Ave Deli.
- South African Kosher Biscuits also available at supermarkets & 'Inside Africa Stores' - Botany, Albany, Henderson - www.insideafrica.co.nz Must check for hechsher.

| | | | | |
|-------------------|------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|
| Bakers (S Africa) | MUST have Johannesburg Beit Din Logo | D |  | |
| Balconi (Italy) | Rolino - Must have hechsher | |  | |
| Eskal | Lemon Wafers - NW Lunn Ave | P |  | |
| Leda (Aust) | A variety of Bars & Cookies in NW & PnS - must have hechsher. | | | |
| | Choc Coated Cream Filled Cookies | P |  | |
| | Choc Filled Biscuits | P |  | |
| | Choculence | P |  | |
| | Coconut Cookies | P |  | |
| | Gingernut Cookies | P |  | |
| | Leda Bakery Choc Chip Cookies | P |  | |
| | Leda Bakery Golden Crunch Cookies | P |  | |
| | Leda Chocolate Rum Balls | P |  | |
| | Minton | P |  | |
| | Nurture Soft Baked Twist - Apple Loves Pomegranate | P |  | |
| | Nurture Soft Baked Twist - Blueberry Loves Goji | P |  | |
| Natures Source | A variety available - check for hechsher. | | | |

| | | | | |
|-------------------|-----------------------------------------------------------------------------------------|---|----|--|
| Bokomo (S Africa) | | | | |
| New Morning | Organic Honey Grahams – at Huckleberry | D | U | |
| | Mini Bite Chocolate Grahams | D | K | |
| Orgran(Aust) | Biscuits listed below, plus a few various others. MUST Have Kosher Aust hechsher | | | |
| | Amaretti Biscotti | P | KA | |
| | Classic Choc | P | KA | |
| | Classic Choc Cookie | P | KA | |
| | Dinosaur Wholefruit Cookies | P | KA | |
| | Itsy Bitsy Bears | P | KA | |
| | Outback Animal Cookies - Chocolate | P | KA | |
| | Outback Animal Cookies - Vanilla | P | KA | |
| | Mini Outback Animal Cookie- Choc Multipack | P | KA | |
| | Mini Outback Animal Cookie- Vanilla Multipack | P | KA | |

Cakes

The Auckland & Wellington kosher shops can provide Kosher cakes.

Crackers / Crispbread / Corn Cakes / Rice Cakes

| | | | | |
|---------------------------|-------------------------------------------------------|------|----|--|
| Arnotts (Aust) | Butter 98% Fat Free Cruskits | D | KA | |
| | Corn Cruskits | P/DV | KA | |
| | Cruskits Original | D | KA | |
| | Rye Cruskits | D | KA | |
| Beigel & Beigel (Israel) | A large variety available. Must have hechsher. | P | KA | |
| Carrs Table Crackers (UK) | Cracked Pepper | P | U | |
| | Plain | P | U | |
| | Roasted Garlic & Herb | P | U | |
| | Sesame Seed | P | U | |
| LaPonzanella | Must have hechsher. | P | | |
| Orgran (Aust) | A variety available. Must have hechsher. | P | KA | |
| Real Foods (Aust) | A variety available. Must have hechsher. | P | KA | |
| Ryvita (UK) | Fruit & Seed Crunch Crispbread | P | KA | |
| | Multigrain Crispbread | P | KA | |
| | Original Rye Crispbread | P | KA | |
| | Pumpkin Seed & Oats Crispbread | P | KA | |
| | Sesame Rye Crispbread | P | KA | |
| | Sunflower Seeds & Oats | P | KA | |
| Sunrice | 5 Grains Thin Rice Cakes | P | KA | |
| | Corn & Sesame Thick Sliced Rice Cake | | KA | |
| | Mixed Grain Thin Rice Cakes | P | KA | |
| | Original Thick Sliced Rice Cakes | P | KA | |
| | Original Thin RiceCakes | P | KA | |
| | Rice and Corn Thins | P | KA | |

Pita Crisps

| | | | | |
|--------------|-----------------------------|---|----|--|
| Danny's (NZ) | Garlic & Sesame Seed Crisps | P | KA | |
| | Onion & Poppyseed Crisps | P | KA | |

Pretzels

| | | | | |
|--------------------------|----------------------------------------------|---|----|--|
| Beigel & Beigel (Israel) | Pretzels Sticks - A large variety available. | P | KA | |
|--------------------------|----------------------------------------------|---|----|--|

| | | | | |
|---------------|-------------------------------------------------------|---|---|--|
| Shultz (USA) | Many varieties available - must have hechsher. | P | U | |
| Snyders (USA) | Must have hechsher. | D | U | |

BREADCRUMBS

Matzo Meal can be used as a substitute.

| | | | | |
|---------------|--------------------|---|----|--|
| Orgran (Aust) | All Purpose Crumbs | P | KA | |
| | Crispy Corn Crumbs | P | KA | |

BREADS, BAGELS, CRUMPETS & PITA

Bagels

In addition to the list below, frozen kosher bagels are available at the Auckland and Wellington Kosher shops.

| | | | | |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------|---|--|--|
| Best Ugly Bagels | Bagels – all flavours -Only when prepacked in bags of 4 and from supermarkets or Best Ugly Bagels outlets in Auckland ONLY | P | | |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------|---|--|--|

Breads

Rolls/Pizza bases are available from the Greys Ave Deli.

Special runs of Challot available Friday from Greys Ave Deli & Wgtn Kosher Co-Op

| | |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GOODMAN FIELDER WATTIES (NZ) | BREADS UNDER THE FOLLOWING LABELS ARE APPROVED AND PARVE – Freya's McKenzie Molenberg Nature Fresh River Mill Sunny Crust NOTE - VOGELS BREADS are NOT recommended |
| | ROLLS & BUNS under the following brands are approved and parve Molenberg Nature Fresh River Mill |

Pita Bread / Tortillas

| | | | | |
|--------------|-------------------------------------------------------------------------------------------|---|----|--|
| Danny's (NZ) | All varieties are acceptable and parve except for Garlic Pita which is not kosher. | P | KA | |
|--------------|-------------------------------------------------------------------------------------------|---|----|--|

CEREALS

- BRAN, POLENTA, SEMOLINA & WHEATGERM – all brands that are pure & unprocessed are pareve & acceptable. ⬡
- PLAIN ROLLED OATS, QUICK OATS, & ONE-MINUTE OATS – all brands are acceptable. They must not contain additives. (This refers to plain oats, a natural cereal product containing no additives). ⬡
- A wide range of kosher breakfast cereals are available at Huckleberry Farms, Akld & supermarkets.

| | | | | |
|-------------------|----------------------------------------------------------------|---|----|--|
| Arrowhead Mill | A variety available at Huckleberry. Must have hechsher. | P | KA | |
| Bokomo (S Africa) | A variety available. Must have hechsher. | | KA | |
| Brookfarm (Aust) | At NW, Huckleberry & Nosh - must have hechsher. | | | |
| | Macadamia Muesli – Gluten Free – Toasted | P | KA | |

| | | | | |
|---------------------|----------------------------------------------------------------------------------------|----------|--|--|
| | - Natural | | | |
| | Macadamia Cranberry Muesli - Gluten Free - Toasted - Natural | P | | |
| | Muesli with Cranberries - Toasted | P | | |
| Casalare (Aust) | Soft Oat Grouts | P | | |
| | Quinoa Grain | P | | |
| Earth's Best | A range of cereals at Huckleberry. | | | |
| Erewhon | A variety available at Huckleberry. | | | |
| Freedom Foods | Active Balance - Buckwheat and Quinoa - Multigrain and Cranberry | P | | |
| | Ancient Grain - Flakes WholeGrain - Red Quinoa - Trio Quinoa - White Quino | P | | |
| | XO - Crunch Source of Fibre - Crunchers for Lunch Boxes | P | | |
| Kelloggs (Aust) | All Kelloggs products 'Made in Australia' are acceptable. | P | | |
| Nabisco | A variety of cereals available. must have hechsher. | | | |
| Nature's Path | Many varieties available. must have hechsher. | | | |
| New Morning | A variety available at Huckleberry. | P | | |
| Orgran (Aust) | Must have hechsher | P | | |
| Uncle Toby's (Aust) | Bran Plus | P/D V | | |
| | Cheerios – 4 Whole Grains | P/D V | | |
| | Cheerios – Low Sugar | P/D V | | |
| | Fruity Bites Wildberry Flavour | P/D V | | |
| | Oats Ancient Grains | P/D V | | |
| | Plus Apples & Sultana (Fibre) | P/D V | | |
| | Plus Fibre | P/D V | | |
| | Plus Flax Seed Clusters, Sultanas and Almonds (Omega 3) | P/D V | | |
| | Plus Omega 3 | P/D V | | |
| | Shredded Wheat | P | | |
| | Vita Brits | P | | |
| | Vita Brits Organic | P | | |
| | Vita Brits Weeties The Original | P | | |

CHIPS, SNACKS, NUTS & DIPS

Corn Chips

| | | | | |
|------------------------|----------------------------------------------------------------------------------------|-----------|--|--|
| | NOT KOSHER – Supermarket Bulk Bin supplies. | NK | | |
| Bluebird (NZ) | Doritos – Corn Chips - Original Salted Only | P | | |
| Osem (Israel) | A variety available. Must have hechsher. | P | | |
| Garden of Eatin' (USA) | All natural Cantina Crisps – Huckleberry & supermarkets. Must have hechsher. | P | | |
| Fritos (S Africa) | BBQ Corn Chips 50g | P | | |
| | Tomato Corn Chips 50g | P | | |

Croutons

Must have hechsher.

Dips

Use ONLY Dips listed or bearing a reputable Kosher Hechsher.

Assorted Kosher Dips available at Greys Ave Deli & Wgtn Kosher Co-Op.

| | | | | |
|-----------------|----------------------------------------------------------------------|---|--|--|
| Obela | Hommus - A variety of flavours available. Must have hechsher. | P | | |
| Turkish Kitchen | Traditional Hummus with roasted Garlic | P | | |
| | Manuka Smoked Garlic Hummus | P | | |

Potato Chips

| | | | | |
|---------------|-----------------------------------------------------------|---|--|--|
| Bluebird (NZ) | ONLY THE FOLLOWING PRODUCTS ARE APPROVED - | | | |
| | Copper Kettle – Sea Salt ONLY | P | | |
| | Delisio Potato Chips– Sea Salt ONLY | P | | |
| | Doritos – Ready Salted – Plain ONLY | P | | |
| | Light Plus – Sea Salt ONLY | P | | |
| | Local Harvest Traditional Crinkle Cut – Plain Salted ONLY | P | | |
| | Ready Salted Original Cut Chips – Plain ONLY | P | | |
| | Supercut – Plain ONLY | P | | |
| | Thick Cut Ready Salted– Plain ONLY | P | | |
| | Thin Cut Potato Chips– Plain ONLY | P | | |
| ETA | Kettles Range – Ready Salted ONLY | P | | |
| PAM'S | Kettles Range – Ready Salted ONLY | P | | |

Popcorn

- All brands of **RAW** popping corn are acceptable.
- NOT KOSHER - Prepared Popcorn at Cinemas may be coated with non-Kosher flavours & oils, or may be cooked in non-Kosher fats. Kosher Australia**

| | | | | |
|------------------|----------------------------------------------|---|--|--|
| Act II (USA) | Many Flavours available – check for hechsher | D | | |
| Jolly Time (USA) | Many Flavours available – check for hechsher | D | | |

Nuts / Snacks

According to the ruling of the London Beith Din all nuts are permitted (both raw and roasted), provided that the only additional ingredients are vegetable oil and salt.

CLEANERS & DETERGENTS

The majority of detergents, disinfectants, scale removers & other synthetic cleaners, are totally inedible & thus present no Kashrut problems.

CONFECTIONERY

Chewy / Health Bars

A variety of Chewy / Health Bars are available from the Greys Ave Deli.

| | | | | |
|---------------------------|-----------------------------------------------|---|--|--|
| Annie's (NZ) | All products are kosher. Look for hechsher. | P | | |
| Cliff Bars | Variety available. Must have hechsher. | | | |
| Nature's Valley | Variety available. Must have hechsher. | | | |
| Sally Williams (S Africa) | Soft Nougat - At local supermkts | P | | |

Chocolates, Chocolate Bars & Blocks

| | | | | |
|---------|-------------------------------------------------------------|----|--|--|
| Cadbury | Astros - <i>Product of Sth Africa ONLY</i> | D | | |
| | Black Forest - NOT KOSHER | NK | | |
| | Bubbly Moonscape - all sizes | D | | |
| | Caramello Koala - incl share packs | D | | |
| | Caramello Rolls | D | | |
| | Cashew Black | D | | |
| | Cherry Ripe - NOT KOSHER | NK | | |
| | Chocolate Buttons White – Product of UK ONLY | D | | |
| | Chocolate Coated Almonds | D | | |
| | Chocolate Coated Sultanas | D | | |
| | Cooking Chocolate - Dark | D | | |
| | Cooking Chocolate - Milk | D | | |
| | Crème Egg Twisted - NOT KOSHER | NK | | |
| | Creme Eggs 39g ONLY – Made in the UK ONLY | D | | |
| | Crunchie Block | D | | |
| | Crunchie Treat Multi-Pack | D | | |
| | Dairy Milk – Product of South Africa | D | | |
| | Dairy Milk - Block & Bar | D | | |
| | Dairy Milk Caramello Block | D | | |
| | Dairy Milk Chocolate Crunchie Chocolate Block | D | | |
| | Dairy Milk Chocolate Treat Size | D | | |
| | Dairy Milk Chunky Bar | D | | |
| | Dairy Milk Crunchie Chocolate Bar | D | | |
| | Dairy Milk Fruit & Nut - Block & Bar | D | | |
| | Dairy Milk Hazelnut Chocolate - Block & Bar | D | | |
| | Dairy Milk Peppermint | D | | |
| | Dairy Milk Roasted Almond Chocolate Block | D | | |
| | Dairy Milk Rolls | D | | |
| | Dairy Milk Top Deck | D | | |
| | Dairy Milk Turkish Delight Chocolate Blocks | D | | |
| | Dairy Milk with Vegemite | D | | |
| | Double Decker – Made in the EU ONLY | D | | |
| | Dream | D | | |
| | Flake | D | | |
| | Flake Bites | D | | |
| | Freddo Dairy Milk | D | | |
| | Freddo Frog Dream | D | | |
| | Freddo Milky Top | D | | |
| | Freddo Peppermint Lilypad | D | | |
| | Freddo Giant Dairy Milk – Also Kosher in treat sizes | D | | |
| | Fruit & Nut Chunky Bar | D | | |
| | Fruit & Nut Treat Size | D | | |
| | Furry Friends | D | | |
| | Giant Caramello Koalas | D | | |
| | Hazelnut Bars & Block | D | | |
| | Hazelnut Treat Size | D | | |
| | Milk Tray - NOT KOSHER | NK | | |
| | Old Gold Dark Chocolate 70% Cocoa Block | D | | |
| | Old Gold Dark Chocolate Mildly Block | D | | |
| | Old Gold Dark Chocolate Original | | | |

| | | | | |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|--|--|
| | Block | | | |
| | Old Gold Dark Chocolate Mildly Block | D | | |
| | Old Gold Old Jamaica Rum & Raisin Chocolate Block | D | | |
| | Old Gold Roast Almond Chocolate Block | D | | |
| | Roast Almond Block | D | | |
| | Roses – NOT KOSHER | NZ | | |
| | Tempo – Product of South Africa ONLY | D | | |
| | Top Deck Block | D | | |
| | Top Deck Chunky Bar | D | | |
| | Top Deck Treat Size | D | | |
| | Turkish Delight Bar | D | | |
| | Turkish Delight Block | D | | |
| | Turkish Delight Share Pack | D | | |
| | Turkish Delight Twin Pack | D | | |
| | Twirl | D | | |
| | Twirl Treat Size | D | | |
| | Wispa – Product of UK ONLY | D | | |
| Ferrero (Italy) | Ferrero Rocher – Products of USA, Canada, Germany, Poland and Italy are ACCEPTABLE | D | | |
| | Kinder Chocolate – Product of Italy or Germany ONLY | | | |
| | Kinder Surprise - Product of Italy or Belgium ONLY | D | | |
| | Raffaello - Product of Italy or Poland ONLY | D | | |
| Guylian (Belgium) | A wide range available. must have hechsher. | D | | |
| Hersheys (USA) | Only products with acceptable – check Labels | | | |
| Mars (Aust) | All varieties of Mars chocolates listed below must say 'Product of Australia'. unless otherwise specified. Please note that many of the flavours below now available in supermarkets are "Made in China" and these are NOT KOSHER. It is important to check where they are actually made. | | | |
| | Bounty Coconut Dark | D | | |
| | Bounty Coconut Milk | D | | |
| | M & M's Banana | D | | |
| | M & M's Chocolate World Cup | D | | |
| | M & M's Christmas Red and Green | D | | |
| | M & M's Crispy | D | | |
| | M & M's Crispy Mint | D | | |
| | M & M's Crispy Time Machine | D | | |
| | M & M's Dark | D | | |
| | M & M's Green & Gold | D | | |
| | M & M's Halloween | D | | |
| | M & M's Lost Tribes Crispy | D | | |
| | M & M's Lost Tribes Peanut | D | | |
| | M & M's Lost Tribes Plain | D | | |
| | M & M's Milk Chocolate | D | | |
| | M & M's Milk Time Machine | D | | |
| | M & M's Mini | D | | |
| | M&M's Mini- Made in China are NOT ACCEPTABLE | NK | | |
| | M & M's Minitastic | D | | |

| | | | | |
|---------------|-------------------------------------------------------------------------------------------------------------|----|--|--|
| | M & M's Mix Ups | D | | |
| | M & M's Orange | D | | |
| | M & M's Peanut Time Machine | D | | |
| | M & M's Peanut World Cup | D | | |
| | M & M's Peanuts | D | | |
| | M & M's Pink & White | D | | |
| | M & M's Snap 'n' Share | D | | |
| | Maltesers | D | | |
| | Maltesers Dark | D | | |
| | Maltesers Teaser Bar – Product of UK ONLY | D | | |
| | Mars Bar | D | | |
| | Mars Brownie Bar | D | | |
| | Mars Caramel | D | | |
| | Mars Dark | D | | |
| | Mars Miniature | D | | |
| | Mars Red | D | | |
| | Mars Rocks | D | | |
| | Mars Triple Choc | D | | |
| | Milky Way Chocolate Whip | D | | |
| | Milky Way Raspberry & Cream | D | | |
| | Milky Way Strawberry | D | | |
| | Pods - Apple Crumble | D | | |
| | Pods Cherry | D | | |
| | Pods Honeycomb Bites | D | | |
| | Pods Mars | D | | |
| | Pods Mint | D | | |
| | Pods Snickers | D | | |
| | Pods Toffee Time | D | | |
| | Pods Twix | D | | |
| | Salted Caramel | D | | |
| | Snickers | D | | |
| | Snickers 3 Nuts | D | | |
| | Snickers Almonds | D | | |
| | Snickers Butterscotch | D | | |
| | Snickers Extreme Caramel | D | | |
| | Snickers Hazelnut | D | | |
| | Snickers The Lot | D | | |
| | Twix | D | | |
| | Twix Triple Choc | D | | |
| | MARS MINIATURES - Bounty - Mars - Milky Way - Snickers - Twix | D | | |
| Nestle (Aust) | Must be "Made in Australia" unless otherwise specified. Product of Czech Republic is NOT ACCEPTABLE. | | | |
| | Aero | D | | |
| | Aero - Caramel & Peppermint - NOT KOSHER | NK | | |
| | After 8 Mints – NOT KOSHER | NK | | |
| | Bar-One – Product of South Africa ONLY | D | | |
| | Butter Menthols - | D | | |
| | Butter Menthols with Honey Centre | D | | |
| | Choc-Bits Dark | D | | |

| | | | | |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|--|--|
| | Choc-Bits Milk | D | | |
| | Chocolate Log – Product of South Africa | D | | |
| | Club Classic Roasted Almond Chocolate | D | | |
| | Club Dark Chocolate Original | D | | |
| | Club Peppermint Cream | D | | |
| | Cooking Chocolate | D | | |
| | Crunch Milk Chocolate (incl. Fun Pack) | D | | |
| | Double Blend Milk Chocolate (incl. Fun Pack) | D | | |
| | Kit Kat Chunky Dairy Milk - Block & Bar | D | | |
| | Kit Kat Classic Milk Chocolate Break - Block | D | | |
| | Kit Kat Milk Chocolate Bar | D | | |
| | Peppermint Club Chocolate | D | | |
| | Peppermint Crisp | D | | |
| | Quality Street | D | | |
| | Rollo - Product of Sth Africa ONLY is acceptable. ('Product of Australia' is NOT KOSHER) | D | | |
| | Tex – Product of South Africa ONLY | D | | |
| | White Melts – NOT KOSHER | NK | | |
| | Yorkie Original – Made in the UK ONLY | D | | |
| Sweet William (Aust) | A variety available must have hechsher. | P | | |
| Toblerone (Switz) | Dark | D | | |
| | Fruit & Nut | D | | |
| | Milk | D | | |
| | Multibag | D | | |
| | On & On | D | | |
| | One by One | D | | |
| | Praline | D | | |
| | Snowtop | D | | |
| | White | D | | |
| Whittakers (NZ) | ONLY THE FOLLOWING PRODUCTS ARE KOSHER | | | |
| | KOSHER PARVE Almont and Cranberry Dark Almond Dark Block Dark Cacao Dark Ghana Dark Orange Minislabs Dark Peanut Dark Peppermint Ghana Peppermint Samoan Block Supreme Coffee Dark Chocolate | P | | |
| | KOSHER DAIRY (Chalav Stam) Almond Gold Berry & Biscuit(block ONLY, 200/250g, mini slabs are NOT recommended) Coconut Block Creamy milk Fruit & Nut Hazel Nut Macadamia Peanut Butter Peanut Block/Slab Pear and Manuka Honey (artisan range) Strawberry Milk | D | | |

Sweets

A range of sweets & halva available at Greys Ave Deli & Wellington Kosher Co-Op.

| | | | | |
|------------------------------|---------------------------------------------------------------|---|--|--|
| Achva (Israel) | Halva – <i>Fruit World</i> | P | | |
| Beacon (S Africa) | Butterscotch Rolls | D | | |
| | Fizz Pops (lollipops) | P | | |
| | Fizzers | P | | |
| | Fruit Salad Sweets (Boiled lollies) | D | | |
| Darrell Lea | A variety available. Must have hechsher. | P | | |
| Jelly Belly (USA) | Must have hechsher. | P | | |
| RJs | Natural licorice soft eating - Black | D | | |
| | Natural licorice soft eating – Raspberry | D | | |
| Tic Tac (Aust) | WARNING: Only these flavours are Kosher. | | | |
| | Melon Madness or Watermelon Mix – Made in Australia | P | | |
| | Orange - Made in Australia or Canada | P | | |
| | Peace Lemonade - Made in Australia | P | | |
| | Peppermint – Made in Australia | P | | |
| | Spearmint – Made in Australia | P | | |
| | Strawberry field - Made in Australia | P | | |
| Werthers Originals (Germany) | Butter Candies Sugar Free - Must be 'Made in Germany' | D | | |
| | Butter Candies Traditional - Must be 'Made in Germany' | D | | |
| | Original Creamy Filling - Must be 'Made in Germany' | D | | |

CONVENIENCE FOODS

A range of convenience foods are available at Greys Ave Deli & Wgtn Kosher Co-Op.

CUSTARD POWDER

Custard Powders are available from Greys Ave Deli & Wgtn Kosher Co-Op. Some varieties may be available in supermarkets as well. Must have hechsher.

DAIRY PRODUCTS

Milk, Cream & Butter

- All ordinary plain unflavoured milk or skim milk in cartons or bottles either pasteurised or UHT are acceptable. The ingredient panel should list just milk or skim milk.
- All plain cream & plain butter (salted & unsalted) are acceptable.
- NOT KOSHER – Thickened or Aerosol Creams.**
NOT KOSHER – Easy-Spread Butter & Dairy Blends except those listed below.

| | | | | |
|--------|-----------------------------------------------------------------------------|---|--|--|
| Haddar | Non Dairy Cream – <i>at Greys Ave Deli</i> – note: this is pareve | P | | |
|--------|-----------------------------------------------------------------------------|---|--|--|

Butter, Softened

All plain butter (salted & unsalted) is acceptable.

Buttermilk

Not aware of kosher buttermilk currently available.

Cheeses

A selection of hard & soft cheeses is available at Greys Ave Deli & Wgtn Kosher Co-Op. All rennet set cheeses must have hechsher and are only available at the kosher deli. Ricotta cheese is however acceptable with vegetarian rennet because it is a soft cheese.

Cottage Cheese

| | | | | |
|-----------------------|-----------------------|---|--|--|
| Collective Dairy (NZ) | Skinny Cottage Cheese | D | | |
| Meadow Fresh (NZ) | Cottage Cheese | D | | |
| | Cottage Cheese – Lite | D | | |

Cream Cheese

| | | | | |
|-------------------|---------------------------------------------------------------|---|--|--|
| Kraft (Aust) | Light Philadelphia Cream Cheese – 250g block form only | D | | |
| | Philadelphia Cream Cheese – 250g block form only | D | | |
| Meadow Fresh (NZ) | Cream Cheese Traditional | D | | |
| | Cream Cheese – Lite | D | | |

Margarine

Kosher Margarine is available at the Greys Ave Deli & Wgtn Kosher Co-Op.

Sour Cream / Crème Fraiche / Mascarpone

| | | | | |
|-------------------|------------------------------------------------------------------------|----|--|--|
| Meadow Fresh (NZ) | Sour Cream Lite – only | D | | |
| | NOT KOSHER: Meadow Fresh Regular Sour Cream – contains Gelatine | NK | | |

Yoghurt

| | |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yoghurt | Based on the position of the London Beith Din, all plain or fruit flavoured yogurts are permitted, provided that NO gelatine, cochineal (E120) or grape juice are included in the ingredient list. The brands listed below are examples of brands (not exhaustive) that have acceptable yogurts, but ingredients must be checked as per instructions above |
| | <ul style="list-style-type: none"> Collective Dairy Cyclops De Winkle Hansells |

FISH

FISH - Fresh

ONLY FISH WITH FINS & SCALES ARE KOSHER.

Fresh fish must be recognizable as being a kosher species.

Jewish law therefore forbids the use of fillets which do not have the scaled skin attached & are not recognisable as being from a kosher species unless a rabbinic supervisor is present or the customer supervises the filleting of such fish. The supervisor should ensure that the knives and boards used are thoroughly clean before cutting commences.

Should there be any doubt as to whether the fillets or cutlets have been cut with a clean knife, then the fish must be thoroughly washed in cold water before use.

EXAMPLES OF ACCEPTABLE FRESH FISH SPECIES – please note that this list is not exhaustive

Anchovey, Saltwater Cod, Groper, Gurnard, Hake, Herring, Hoki, Moki, Mullet, Perch, Pike, Redfish, Salmon, Sardines, Snapper, Sole, Taranaki, Trout, **Tuna** (see list below) and Warehou.

| Tuna | Only Species Listed Below Are Kosher. | | | |
|------|----------------------------------------------------|---|--|--|
| | Tuna : Albacore, Bluefin, Skipjack (Striped) | P | | |
| | Tuna: Striped, Yellowfin. | P | | |
| | Tuna: Longtail, Northern Bluefin, Southern Bluefin | P | | |

FISH SPECIES – NOT KOSHER -

All Shell-Fish (including Crabs, Crayfish, Crustaceans, Lobsters, Oysters, Prawns & Mussels), Bullhead, Calamari, Catfish, Dogfish, Eel, Flake, Leatherjacket, Lemon Fish, Lumpfish, Marlin, Rock Salmon, Rockling, Sea Catfish, Skate, Shark, Shellfish, Squid, Stingray, Sturgeon, Swordfish, Turbot.

Fish - Smoked

| | | | | |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---|--|-------------|
| - NZ King Salmon - Regal - Seasmoke - Southern Ocean - Ora King | NZ King Salmon produce under the labels listed. The following are kosher - | | | |
| | Gravalax | P | | |
| | Cold Smoked Salmon | P | | |
| | Pastrami Style Smoked Salmon | P | | NEW Feb2018 |
| | Salmon Fillets & Steaks | P | | |
| | Salmon Medallions | P | | |
| | Salmon Portions | P | | |
| | Salmon Kababs | P | | |
| | NOT KOSHER – - Regal Hot Smoked Salmon - Seasoned Salmon Kebabs - Hot Smoked Salmon | | | |

Fish - Tinned / Jars / Paste / Pickled

No tinned fish can be considered acceptable unless bearing reliable rabbinic endorsement. Some Halachic authorities do not permit the use of finely cut tinned fish which has no skin and is not recognisable as a kosher species unless packed under continuous rabbinic supervision. ka

All brands of PLAIN large chunk salmon packed in water or brine with “USA Salmon” or “Canada Salmon” clearly embossed on the can are acceptable & pareve. ka

| | | | | |
|------------------------|----------------------------------------------------------------------------------------------|---|--|--|
| Brunswick (Canada) | Variety available. Must have hechsher. | P | | |
| Greenseas (Aust) | Variety available. Must have hechsher. | P | | |
| Greenseas (Thailand) | Variety available. Must have hechsher. | P | | |
| John West (USA/Canada) | PLAIN tinned chunk salmon in water or brine - ‘Product Of Canada Or USA’ Only. | P | | |
| John West (Thailand) | Must be “Made in Thailand” | | | |
| | No Drain Tuna in Brine, Olive Oil, Springwater - 130g | P | | |
| | Tuna Chunks in Brine, Olive Oil, Springwater - 425g | P | | |
| | Tuna Chunks in Olive Oil Blend or Springwater (Chunk Style) - 185g | P | | |
| | Tuna Slices in Olive Oil or Springwater - 125g | P | | |
| | Tuna Tempter (Chunk Style Tuna) in | P | | |
















| | | | | |
|--------------------|------------------------------------------------------------------------|---|--|--|
| | Olive Oil or Springwater - 95g | | | |
| | Tuna Tempter Multipack 4 x 95g Olive Oil Blend Flavour or Springwater | P | | |
| | Tuna Tempter Springwater Light Sandwich Style (flake style tuna) - 95g | P | | |
| Pecks (S Af) | Anchovette – must have hechsher. | P | | |
| Richter | Must have hechsher. | | | |
| Trident - Thailand | Must have hechsher. | P | | |

FRUIT

Fruit - Dried

- All dried fruit coated or fried in oil or containing added flavours must be Kosher approved. Dried fruits dipped in glucose or syrup also must be Kosher approved.
- All PLAIN / NO ADDITIVES dates, apricots, figs and raisins are kosher and do not requiring hechsher.
- If you are unsure if certain dried fruits are oil coated, flavoured or plain, please check with the Rabbi.
- DRIED FRUIT PRODUCTS LISTED BELOW ARE ACCEPTABLE. Additional dried fruit products may be kosher as well, as per above description.

| | | | | |
|-------------------|---------------------------------------------------------------------|---|--|--|
| Angas Park (Aust) | Apple | P | | |
| | Apricots Dried | P | | |
| | Apricots Minced | P | | |
| | Apricots Soft & Juicy | P | | |
| | Apricots Turkish Dried | P | | |
| | Apricots Whole | P | | |
| | Cranberries Soft and Juicy Sweetened – “Product of USA” ONLY | P | | |
| | Figs Soft and Juicy – “Product of Turkey” ONLY | P | | |
| | Fruit Medley | P | | |
| | Fruit Salad | P | | |
| | Peach Diced | P | | |
| | Peach Whole | P | | |
| | Pears | P | | |
| | Pears Diced | P | | |
| | Premium Fruit and Nut Mix – Fruit Snacks | P | | |
| | Prunes | P | | |
| | Prunes Pitted | P | | |
| | Prunes Soft and Juicy | P | | |
| | Raisins - Flames Seedless | P | | |
| | Raisins - Organic | P | | |
| | Sultanans - Organic | P | | |
| | Sultanans - Natural | P | | |
| | Sunmuscat Raisins – “Product of Australia” ONLY | P | | |
| | Tree Fruit - Diced | P | | |
| Buderim (Aust) | Crystallised Ginger - <i>at NW</i> | P | | |
| Dole (USA) | Dates | P | | |
| | Prunes | P | | |
| | Raisins | P | | |
| Sunbeam (Aust) | Apricots – Diced, Sundried, Turkish | P | | |
| | Cranberries | P | | |
| | Currants (Australian) | P | | |
| | Currants (Greece) | P | | |

| | | | | |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------|--|
| | Currants (USA) | P |  | |
| | Fruit Snacks Fruit n Nut Almonds Fruit n Nut Original Just Nuts – Natural Mix Just Nuts - Raw Cashews Pineapple & Sultanas Sultanas | P |  | |
| | Glace Cherries | P |  | |
| | Minipacks - Australian Sultanas | P |  | |
| | Mixed Fruit | P |  | |
| | Peaches - Diced | P |  | |
| | Pears - Diced | P |  | |
| | Pitted Prunes | P |  | |
| | Raisins | P |  | |
| | Snack Packs - Apple & Sultanas | P |  | |
| | Snack Packs - Apricot & Sultanas | P |  | |
| | Snack Packs - Sultanas & Cranberry | P |  | |
| | Sultana Burst Raspberry Flavour | P |  | |
| | Sultana Burst Strawberry Flavour | P |  | |
| | Sultanas | P |  | |

Fruit - Fresh

All fresh raw fruit is kosher but should always be thoroughly checked for worms & insects.

Fruit - Frozen

All plain frozen fruit, (without any additives) are acceptable.
Those fruit which are often found infested still need checking. - **London Kosher Food Guide**






Fruit - Tinned & Plastic Jars/Cups/Tubs

- Acceptable as long as juice and syrup does not contain **GRAPE JUICE** or **COCHINEAL (E120)**. Products containing grapes are also **not acceptable. Check ingredients.**
- Any tinned fruit in natural juice that does not specify the juice used e.g. pear juice, must be assumed to be using **GRAPE JUICE** & is **NOT ACCEPTABLE.**

GLUTEN FREE

See Baking Needs. Must have hechsher.

GRAVY MIXES

| | | | | |
|---------------|-----------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Massel (Aust) | Brown Style Gravy | P |  | |
| | Chicken Style Gravy | P |  | |
| | Rich Meat Style Gravy | P |  | |
| | Supreme Gravy | P |  | |
| Orgran (Aust) | ONLY products with Kosher Australia logo are acceptable. | | | |
| | Gravy Mix | P |  | |


HEALTH BARS, SUPPLEMENTS & VITAMINS

| | | | | |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
| Abbott | Somekosher products available from local distributor online. Look for hechsher in the photos. www.healthpost.co.nz | | | |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|



| | | | | |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Frooze Balls | Apricot cacao Cranberry Dark Forest Fudgetastic Lemon Cheesecake Mint & Cacao Peanut Butter | P |  | |
| Melrose | Somekosher products available from local distributor online. Look for hechsher in the photos. www.healthpost.co.nz | | | |
| Solgar | Vitamins - ONLY when bearing Kof K Logo | |  | |
| Zoaties | Tangy Cranberry Peanut Brownie Oat Cookie | P |  | |

ICE CREAM, ICE BLOCKS & CONES










Icecream Cones




















| | | | | |
|----------------|----------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Eska! (Israel) | Ice Cream Cones – at Countdown & Huckleberry | | | |
| Orgran (Aust) | Icecream Cones – gluten free | P |  | |
| Select | Waffle Cones – Original Flavour (available at Countdown) | P | | |

Ice Blocks

| | | | | |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|
| Nice Blocks | Both single blocks and multipacks in the following flavours are kosher and parve: | | | |
| | Apple & Mango Chocolate Coconut Ice Block Feijoa Ice Block Lemonade Ice Block Raspberry Ice Block Vanilla Bean Coconut Ice Block | P |  | |
| Smooze (Indonesia) | Fruit Ice – assorted coconut flavours | P |  | |

Ice Cream / Sorbet

| | | | | |
|-----------------|--------------------------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------|--|
| Ben and Jerry's | A variety available. Must have hechsher. | D | | |
| Haagendazs | A variety available. Must have hechsher. | D | | |
| Kohu Rd (NZ) | Icecreams - Dairy | | | |
| | Arabica Coffee flavoured Ice Cream (same as flavour previously called Espresso –old stock of Espresso is Kosher as well) | D |  | |
| | Banana Icecream | D |  | |
| | Caramelised Figs Icecream – flavour discontinued; old stock in supermarkets still kosher | D |  | |
| | Coconut Rum Icecream – NOT KOSHER | NK |  | |
| | Chocolate 72% Icecream | D |  | |
| | Chocolate – Dark Icecream | D |  | |
| | Flat White Icecream | D |  | |
| | Golden Syrup Icecream | D |  | |
| | Milk Chocolate Icecream | D |  | |
| | Orange Chop Chip Icecream | D | | |
| | Pure Vanilla Icecream | D | | |
| | Raspberry Icecream | D | | |
| | Salted Caramel Icecream | D | | |
| | Strawberries & Chocolate Icecream | D | | |
| | Strawberry Icecream | D | | |
| | Vanilla Bean Icecream | D | | |

| | | | | |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------------------------------------------------------------------------|--|
| | Blackcurrant Sorbet | P/DV |  | |
| | Chocolate Sorbet | P/DV |  | |
| | Fresh Raspberries Sorbet | P/DV |  | |
| | Green Kiwifruit Sorbet | P/DV |  | |
| | Mango Fifty Sorbet | P/DV |  | |
| | Passionfruit Gold Sorbet | P/DV |  | |
| Little Island | The following flavours are kosher and parve in sizes: 145ml, 475ml and 5L | | | |
| | Chocolate Coconut Ice Cream Choc Mint Coconut Ice Cream Chocolate Raspberry Coconut Ice Cream Mango Coconut Ice cream Vanilla Bean Coconut Ice Cream | P |  | |
| Movenpick | Must be "Product of Switzerland". Movenpick made in NZ is NOT Kosher. | | | |
| | Capuccino | D |  | |
| | Caramelita | D |  | |
| | Crème Brûlée | D |  | |
| | Hazelnut | D |  | |
| | Lemon and Lime Sorbet | D |  | |
| | Maple Walnut | D |  | |
| | Passionfruit & Mango | D |  | |
| | Pistachio | D |  | |
| | Stracciatella | D |  | |
| | Strawberry Sorbet | D |  | |
| | Swiss Chocolate | D |  | |
| | Vanilla Dream | D |  | |

JAMS, CONSERVES & MARMALADES

London Beth Din permits all jams, marmalades & preserves unless they contain **GRAPE JUICE, E120, BRANDY** etc. Special care should be taken when buying reduced-sugar jams as some contain **GRAPE JUICE** as a sweetener. **Check ingredients.**

JELLY & GELATINE

NOTE: ONLY KOSHER APPROVED JELLIES & GELATINE MAY BE USED.







- Kosher Jellies & Gelatine available from the Greys Ave Deli.
- Pure Agar Agar is an acceptable substitute for gelatine.
- Mitoku Agar Flakes  at Huckleberry.

MAYONNAISE & DRESSINGS

Salad Dressings

Must have hechsher.

Mayonnaise / Tartare Sauce

| | | | | |
|---------------------|---------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Best Foods (Canada) | A variety available – must have hechsher. | | | |
| | Light Mayonnaise – squeezezy | P |  | |
| | Lite Mayonnaise – jar | P |  | |
| | Real Mayonnaise – jar & squeezezy | P |  | |
| | Tartare Sauce | P |  | |
| Hellman's (USA) | A variety available - must have hechsher. | P |  | |
| Nando's (S Africa) | Perinaise Salad Cream - Original / Hot / Light | P |  | |

MEAT SUBSTITUTES

| | | | | |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Frys Vegetarian (Aust) | A variety of vegetarian burgers, hot dogs, sausages etc available at Huckleberry & supermarkets. Must have hechsher. | P |  | |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|

MEAT

Kosher Meat, Chickens, Salamis & Cold Cuts are **ONLY** available at Greys Ave Deli & Wellington Kosher Co-Op.

MEDICAL

All Painkillers are acceptable. For details on other types of medication please consult the directory of the Kashrut Authority found at www.ka.org.au




MILK PRODUCTS

- also see Dairy – pg 32




Milk & Cream

- MILKS** - All ordinary plain unflavoured **Milk, Cream & Skim Milk** in cartons or bottles either pasteurized or UHT are acceptable. The ingredient panel should list just milk or skim milk.
- NOT ACCEPTABLE - THICKENED OR AEROSOL CREAMS**
- NOT ACCEPTABLE - THE HEARTWISE MILK WHICH CONTAINS FISH OILS**
- NOT ACCEPTABLE – FLAVOURED MILKS – IE PRIMO**












Condensed Milk

| | | | | |
|------------------|------------------------------------|---|---------------------------------------------------------------------------------------|--|
| Carnation (Aust) | Sweetened Condensed Milk | D |  | |
| | Sweetened Condensed Skim Milk | D |  | |
| Nestle (Aust) | Must be 'Made in Australia' | | | |
| | Sweetened Condensed Milk | D |  | |
| | Sweetened Condensed Skim Milk | D |  | |


Evaporated Milk

| | | | | |
|------------------|------------------------------|---|---------------------------------------------------------------------------------------|--|
| Carnation (Aust) | Evaporated Milk | D |  | |
| | Evaporated Light Milk | D |  | |
| | Lite & Creamy (Skinny Tinny) | D |  | |

Milk – Almond

| | | | | |
|------------------|-----------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|
| Blue Diamond | Chocolate Almond Milk | P |  | |
| | Original Almond Milk | P |  | |
| | Unsweetened Almond Milk | P |  | |
| Macro Wholefoods | ONLY when bearing vendor code 16510 below company address | | | |
| | Organic Almond Milk | P |  | |
| Pure Harvest | Almond Milk | P |  | |
| Vitasoy | Almond Milk Original | P |  | |
| | Almond Milk Unsweetened | P |  | |
| | Café Barista Almond Milk | P |  | |
| | Coconut Milk & Almond | P |  | |
| | Oats and Almond | P |  | |
| | Soy & Almond Milk | P |  | |

Milk – Coconut & Coconut Cream

| | | | | |
|------------------|----------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|
| Kara (Indonesia) | UHT Natural Coconut Milk Classic in tetrapaks – must have "OK" Logo | P |  | |
|------------------|----------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|--|

Milk – Oat

| | | | | |
|---------------------|-------------------------------------------|---|--|--|
| Pure Harvest (Aust) | Organic Oat Milk | P | | |
| Vitasoy | Oat Milk Bone Essential UHT | P | | |
| | Oat Milk Brown Sugar & Cinnamon 250ml UHT | P | | |
| | Oat Milk (Fresh & Long life) | P | | |
| | Oats & Almond | P | | |

Milk – Rice

| | | | | |
|---------------------|-----------------------------------------------------------|---|--|--|
| Aussie Dream (Aust) | Organic Rice Milk – Non Dairy – 1Ltr. | P | | |
| | Organic Rice Milk Enriched with Calcium -1 Ltr | P | | |
| Macro Wholefoods | ONLY when bearing vendor code 16510 below company address | | | |
| | Organic Rice Milk | P | | |
| Pure Harvest (Aust) | Rice - 1Ltr | P | | |
| | Rice Milk Plus Calcium - 1Ltr | P | | |
| Vitasoy(Aust) | Rice Milk Original- Long Life | P | | |
| | Rice Milk – Protein Enriched - Long Life | P | | |

Milk – Soy

| | | | | |
|---------------------------|-----------------------------------------------------------|-----------|--|--|
| Pure Harvest (Aust) | Aussie Lite Soy – Low Fat Soy | P | | |
| | Nature's Soy Organic Original – Gluten Free | P | | |
| | Organic Nature's Soy Enriched | P | | |
| | Organic Nature's Soy Low Fat Enriched | P | | |
| | Organic Nature's Soy Malt Free, Gluten Free | P | | |
| Macro Wholefoods | ONLY when bearing vendor code 16510 below company address | | | |
| | Organic Lite Soy Drink | P | | |
| | Organic Soy Drink | P | | |
| Sanitarium So Good (Aust) | ALL PRODUCTS NO LONGER KOSHER. | | | |
| Vitasoy (Aust) | Calci-Plus - Long Life | P/DV | | |
| | Heart – NOT KOSHER | NK | | |
| | High Fibre – Long Life | P | | |
| | Organic – Long Life | P | | |
| | Original – Long Life | P/DV | | |
| | Soy Milky Chocolate – Long Life | P | | |
| | Soy Milky Lite – Long Life | P | | |
| | Soy Milky Regular– Long Life | P | | |
| | Soy Milky Vanilla – Long life | P | | |
| | UHT Cafe | P | | |
| | UHT Cafe for Baristas | P | | |
| | Cafe UHT – 240 ml tetrapaks | P | | |
| | Vitality + for women (long life) | P | | |

Milk Substitutes - Flavoured

| | | | | |
|----------------------|---------------------------------------------------------|---|--|--|
| Nippy's (Aust) | Several flavours available. Must have hechsher | D | | |
| Pacific Almond (USA) | Low Fat Original All Natural Non-Dairy Drink – Tetrapak | P | | |

MUSTARDS

Mustards – cream-style

| | | | | |
|---------------------|-----------------------------------------------------------------------------------------------------------------------|-----------|--|--|
| Eden Organic | Brown Prepared Mustard | P | | |
| Keens | Mustard Powder tins | P | | |
| Masterfoods (Aust) | MASTERFOODS CATERING PACKS – NOT KOSHER. Kosher Aust. 06.11 | NK | | |
| | American Mustard – 175g | P | | |
| | Australian Mustard – 175g | P | | |
| | Dijon Mustard – 170g | P | | |
| | French Mustard – 175g | P | | |
| | Hot English Mustard – 175g | P | | |
| | Mild English Mustard – 175g | P | | |
| | Sundried Tomato Mustard – 175g | P | | |
| | Wholegrain Mustard - 175g & 350g | | | |
| | SQUEEZE ON (250g): | | | |
| | American Mustard | P | | |
| | Mild American Mustard | P | | |
| | Whole Grain Mustard | P | | |
| More House | Several varieties available. Must have hechsher | | | |
| Natural Value (USA) | Organic Prepared Mustards - At Ceres, Ellerslie - Mustard Dijon – Mustard Horseradish - Mustard Stone-ground | P | | |

OIL & OIL SPRAYS

Oils

- It is preferable to use Kosher certified oils.
- HOME BRANDS & SIMPLY OILS** listed below are certified, even if they do not have a hechsher.

| | | | | |
|-------------------|---------------------------------------------------------------------------------------------|---|--|--|
| Brookfarm (Aust) | Macadamia Oils | P | | |
| Ceres | Coconut Oil Virgin | P | | |
| | Coconut Oil High Heat | P | | |
| Grove Avocado Oil | Extra Virgin Avocado Oil – plain | P | | |
| | Avocado Oil – Lime flavoured | P | | |
| Home Brand | ONLY when bearing the letter 'C' prior to the Best before Date. | | | |
| | Blended Vegetable Oil – 1 ltr & 2ltr ONLY | P | | |
| | Canola –, 1 ltr & 2 ltr ONLY | P | | |
| | Cooking Vegetable Oil – 500ml, ONLY | P | | |
| | Soy Bean –2 ltr ONLY | P | | |
| | Sunflower –1 ltr ONLY | P | | |
| Olitalia (Italy) | Grapeseed Oil – 1 litre bottle | P | | |
| Olivado (NZ) | Variety available. Must have Kosher Kiwi logo. | P | | |
| Spectrum (USA) | Organic Canola Oil | P | | |
| Simply (NZ) | These oils are kosher certified. The label does not have hechsher. - at Countdown | | | |
| | Canola | P | | |
| | Soya | P | | |
| | Sunflower | P | | |
| | Vegetable | P | | |

Olive Oil

- Virgin & Extra Virgin Olive Oil produced in NZ, Italy, Greece, European or Mediterranean countries is acceptable.
- Virgin Olive Oil & Extra Virgin Olive Oil produced in Israel require a reliable Hechsher.

Oil Sprays

| | | | | |
|-------------------|-------------------------------------------------|---|--|--|
| Bakels | Sprink Canola Oil Spray | P | | |
| Best Foods (USA) | Mazola No Stick Corn Oil Spray | P | | |
| Fermex | Easy Spray Canola | | | |
| High Heat | Sunflower Spray Oil - NW & Viaduct Fish Mart | P | | |
| Pro Chef | Canola Oil Spray | P | | |
| Red Island (Aust) | Extra Virgin Olive Oil Cooking Spray | P | | |
| Spectrum | Cold Pressed Organic Olive Oil Spray | P | | |
| | Sunflower Oil Spray | P | | |

PASTA, RICE & PULSES

Falafel

| | | | | |
|------------------------|------------------------------------------------------------------------------------------------------------------|---|--|--|
| Casbah (USA) | Falafel Mix | P | | |
| Orgran (Aust) | Falafel Mix | P | | |
| The Pita Bread Co (NZ) | Falafel Balls (frozen) 1kg bag & 400g at Greys Ave Deli, NW Vic Park, NW Stonefields, NW Takapuna & NW Eastridge | P | | |

Pasta

- **NOT ACCEPTABLE - Fresh Pasta.**
- PLAIN DRIED PASTA – Based on the ruling of the London Beit Din, all plain or coloured wheat pasta (except black) is permitted. Couscous products are acceptable as well.

Rice

- All brands of plain rice are acceptable (inc. wild rice & wholegrain) & are Pareve.
- **NOT ACCEPTABLE – All brands of flavoured or Pre-Steamed (i.e. Parboiled Rice), unless they are kosher certified.**

Rice Noodles

Plain dried rice noodles do not require hechsher.

Tahina

All pure tehina is acceptable.

PASTRY

| | | | | |
|----------------|-------------------------------------|---|--|--|
| Edmonds (Aust) | Filo Pastry ONLY (NOT pastry dough) | P | | |
|----------------|-------------------------------------|---|--|--|

PICKLES & RELISHES

A large variety of pickles are available at Greys Ave Deli & Wellington Kosher Co-Op.
See also *Sauces and Marinades*.

| | | | | |
|---------|------------------------------------------------------------------------|---|--|--|
| Ceres | Gherkins – no added sugar | P | | |
| Fragata | Available at Countdown and New World. Kosher even without OU hechsher. | | | |

| | | | | |
|----------|-------------------------------------------------------------------------------------|---|--|--|
| | Garlic Stuffed Queen Olives | P | | |
| | Olives Ripe Pitted | P | | |
| | Queen Olives Stuffed W/ Pimiento | P | | |
| La Mamma | A large variety available in retail stores – important - check for hechsher. | | | |
| McClures | A range available. Must have hechsher. | | | |
| V-Lasic | A range available. Must have hechsher. | | | |

PUDDINGS – INSTANT

Must have hechsher.

SALT & SALT SUBSTITUTES

All brands Plain, Iodised, Rock & Sea Salt are acceptable.

SAUCES & MARINADES

Pasta Sauces

| | | | | |
|---------------|--------------------------------------------------------------------------------------------------------------------------|---|--|--|
| Dolmio (Aust) | MANY DOLMIO PRODUCTS HAVE BEEN DISCONTINUED OR DELETED – ONLY USE LISTED PRODUCTS. | | | |
| | Basil Pasta Sauce | P | | |
| | Classic Tomato Pasta Sauce | P | | |
| | Classic Tomato Reduced Salt Pasta Sauce | P | | |
| | Classic Tomato with Basil Pasta Sauce | P | | |
| Delamaine | Pasta Sauce Italian Tomato Passatta -Glass jars only and must have stamped code beginning with FD1, FD2 or FD3 | P | | |
| Orgran (Aust) | Tomato & Basil Pasta Sauce | P | | |

Sauces

| | | | | |
|---------------------|----------------------------------------------------------------------------------|----|--|--|
| All Gold (S Africa) | Tomato Sauce – must have hechsher. | P | | |
| Best Foods | Tartare Sauce | P | | |
| Bragg | All Natural Bragg – All Purpose Seasoning | | | |
| Heinz | The following products must be “Made in” or “Product of” as indicated and | | | |
| | BBQ Sauce (500ml, 1L, 2L, 4L) Must be “Product of NZ” | P | | |
| | BBQ Sauce (8ml sachet single serve) Must be “Product of NZ” | P | | |
| | BBQ Sauce Squeezy (500ml) Must be “Product of NZ” | P | | |
| | Big Red Tomato Sauce (600ml, 1L, 2L, 4L) Must be “Product of NZ” | P | | |
| | Organic Ketchup Must be “Product of Aust” or “Product of NZ” | P | | |
| | Tomato Ketchup (4L & 5L) Must be “Product of NZ” | P | | |
| | Tomato Ketchup (500ml, 1L, 2L) “Product of NZ” NOT KOSHER | NK | | |
| | Tomato Ketchup (8ml sachet single serve) Must be “Product of NZ” | P | | |
| | Tomato Ketchup Fiery Chilli Must be “Product of Netherlands” | P | | |
| | Tomato Ketchup Mexican Chilli Must be “Product of Netherlands” | P | | |
| | Tomato Ketchup Squeezy (500ml), Must be “Product of Netherlands” | P | | |

| | | | | |
|-------------------------|-----------------------------------------------------------------------------------------|----|----|--|
| | Tomato Sauce 4L | | KA | |
| HP Sauce - Netherlands | Deliciously Hot & Spicy BBQ Sauce Must be "Product of Netherlands" | P | KA | |
| | Deliciously Rich & Smokey Original BBQ Sauce Must be "Product of Netherlands" | P | KA | |
| | The Original HP Sauce Must be "Product of Netherlands" | P | KA | |
| Ina Paarman (S Africa) | Basting Sauces Must have hechsher | | | |
| | Lemon & Herb | P | EP | |
| | Peri-Peri | P | EP | |
| Kikkoman | Gluten Free Soy Sauce "Product of Singapore" ONLY | | KA | |
| | Less Salt Soy Sauce NOT KOSHER | NK | KA | |
| | Naturally Brewed Soy Sauce – single serve portion ONLY when bearing OU Logo | P | KA | |
| | Soy Sauce "Product of Singapore" or "Product of Netherlands" ONLY | P | KA | |
| | Soy Sauce - Sweet "Product of Netherlands" ONLY | P | KA | |
| | Teriyaki Sauce NOT KOSHER | NK | KA | |
| McIlhenny (USA) | Tabasco Garlic Pepper Sauce | P | KA | |
| | Tabasco Green Pepper Sauce | P | KA | |
| | Tabasco Sauce | P | KA | |
| Masterfoods (Aust) | Worcestershire Sauce 3L | P | KA | |
| | Barbecue Sauce – 250ml, 500ml, 920ml & 4L | | KA | |
| | Chili Sauce – 3L bottle | | KA | |
| | Hot Chili sauce – Squeezy 250ml | | KA | |
| | Squeeze on Tomato Sauce – portion control | | KA | |
| | Sweet Chili Sauce – Squeezy 500ml | | KA | |
| | Sweet Chili Thai Hot – 3L bottle | | KA | |
| | Sweet Chili Thai Mild – 3L bottle | | KA | |
| | Tomato Sauce – Squeezy 250ml, 500ml, 920ml | | KA | |
| | Tomato Sauce Reduced Salt & Sugar – Squeezy 500ml, 920ml | | KA | |
| | Tomato Sauce Reduced Salt – Squeezy 500ml, 920ml | | KA | |
| Nando's (S Africa) | A range available. Products must have hechsher. | | EP | |
| Ocean Spray (USA) | Jellied Cranberry Sauce | P | U | |
| Orgran (Aust) | Tomato & Basil Pasta Sauce – Must have hechsher. | P | KA | |
| Watties (NZ) | Tomato Sauce Must be "Product of NZ" | P | KA | |
| Wellington's (S Africa) | Sweet Chilli Sauce | P | EP | |
| | Mild Chutney | P | EP | |
| | Smooth Chutney | P | EP | |

Marinades

| | | | | |
|------------------------|-------------------------------------------|--|----|--|
| Ina Paarman (S Africa) | A range available. Must have hechsher. | | EP | |
|------------------------|-------------------------------------------|--|----|--|

SOUP CROUTONS

A variety available at the kosher shops.

STOCK CUBES & POWDERS

A variety of powdered stocks available at the kosher shops.

| | | | | |
|--------|----------------------------------------------------------------|--|--|--|
| Massel | The following Massel products are kosher. New packaging | | | |
|--------|----------------------------------------------------------------|--|--|--|

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| (Aust) | no longer carries a hechsher, but the products below are still kosher even without a hechsher. | | | |
| | Ultracube Beef Style | P | KA | |
| | Ultracube Chicken Style | P | KA | |
| | Ultracube Salt Reduced Chicken Style | P | KA | |
| | Ultracube Salt Reduced Vegetable Style | P | KA | |
| | Ultracube Vegetable Style | P | KA | |

SPICES, HERBS & SEASONINGS


- All whole & ground herbs & pure single spices are assumed kosher. All mixed spices require hechsher. The mixed spices listed below are acceptable.
- All plain salt, sea, rock & mineral salt is permitted.
- NOT KOSHER - Other spices & herbs, rubs, seasonings, salts e.g. dukkah, garlic, paprika, curry powder & other mixed seasonings such as chicken seasoning may contain non-kosher stearic acid & other non kosher ingreds & are NOT ACCEPTABLE.**
- HERBS & SPICES FROM BULK BINS ARE NOT ACCEPTABLE.**

| | | | | |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|--|
| Greggs (NZ) | All plain herbs & spices are acceptable. BLENDS ARE NOT ACCEPTABLE. | | | |
| Ina Paarman (S Africa) | Herbs & Spices – at Inside Africa Stores. must have hechsher. | | EP | |
| Masterfoods (Aust) | In addition to single herbs and spices which are kosher, the following potentially problematic and mixed spices are kosher. They are acceptable in Regular & Catering Pack sizes. Please note some spice blends have been deleted from the list | | | |
| | Bouquet Garni | P | KA | |
| | Celery Salt | P | KA | |
| | Chillies – flakes, ground | P | KA | |
| | Freshly Chopped Chilli | P | KA | |
| | Freshly Chopped Ginger | P | KA | |
| | Freshly Chopped Garlic | P | KA | |
| | Garlic – granulated | P | KA | |
| | Garlic – powder | P | KA | |
| | Ginger – ground | P | KA | |
| | Italian Herbs | P | KA | |
| | Lamb Herbs | P | KA | |
| | Mexican Chilli Powder | P | KA | |
| | Mixed Herbs | P | KA | |
| | Mixed Spice | P | KA | |
| | Onion Flakes, powder | P | KA | |
| | Paprika – ground, smoked | P | KA | |
| | Spaghetti Bolognese Blend | P | KA | |
| | Tuscan Seasoning | P | KA | |
| Masterfoods (Aust) | These products are in 160g glass jars. | | | |
| | - Freshly Chopped Chilli | P | KA | |
| | - Freshly Chopped Ginger | P | KA | |
| | - Freshly Chopped Garlic | P | KA | |
| The Cape Herb & Spice Co (S Africa) | A large variety of spices & rubs available. must have hechsher. - at Fresh World & Huckleberry | | | |

SPREADS

General Spreads
















| | | | | |
|--------------|----------------------|---|----|--|
| Kraft (Aust) | Vegemite – all sizes | P | KA | |
|--------------|----------------------|---|----|--|

| | | | | |
|-----------------|-----------------------------|---|-----------------------------------------------------------------------------------|--|
| Ferrero Nutella | Hazelnut spread – all sizes | D |  | |
|-----------------|-----------------------------|---|-----------------------------------------------------------------------------------|--|

Honey

All Pure New Zealand Honey (without additives or flavours) is Kosher.

Peanut Butter


| | | | | |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Eskal | Free Nut Butter – must have hechsher – At NW & PnS | P |  | |
| ETA (Aust) | Lemon Flavoured Spread | P |  | |
| | Peanut Butter – Crunch & Smooth | P |  | |
| | Peanut Butter & Honey | P |  | |
| | Traditional Peanut Butter | P |  | |
| Kraft (Aust) | The following Kraft Peanut Butter products are now Kosher certified by Kosher Australia. Must be “Product of Australia” to be Kosher. | P |  | |
| | Peanut Butter Smooth | P |  | |
| | Peanut Butter Crunchy | P |  | |
| | Light Peanut Butter Smooth | P |  | |
| | Light Peanut Butter Crunchy | P |  | |
| | Peanut Butter No Added Sugar or Salt - smooth | P |  | |
| | Peanut Butter No Added Sugar or Salt – crunchy | P |  | |
| | Peanut Butter Super Crunchy | P |  | |
| | Natural Peanut Butter Crunchy | P |  | |
| Pic's (NZ) | Really Good Peanut Butter | P |  | |

SYRUP & TOPPINGS

NOTE: All brands of PURE MAPLE SYRUP, 'Product of Canada' are acceptable.


| | | | | |
|-----------------|---------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Chelsea (NZ) | Golden Syrup | P |  | |
| | Molasses | P |  | |
| | Treacle | P |  | |
| Cottees | 3L Maple Syrup, Must be “Product of NZ”, Best Before after 1/8/14 | D |  | |
| | 3L Chocolate Topping, Must be “Product of NZ”, Best Before after 1/8/14 | D |  | |
| | 3L Strawberry Topping, Must be “Product of NZ”, Best Before after 1/8/14 | D |  | |
| | 3L Vanilla Topping, Must be “Product of NZ”, Best Before after 1/8/14 | D |  | |
| Hershey's (USA) | Hot Fudge Topping – 453g jar must have hechsher. - at Countdown. | D |  | |







TOFU & TEMPEH

| | | | | |
|---------------|------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Mori-Nu (USA) | Tofu – Soft, Firm, Extra Firm - Huckleberry & supermarkets | P |  | |
|---------------|------------------------------------------------------------|---|-------------------------------------------------------------------------------------|--|







TOMATO JUICE, SAUCE, PUREE & PASTE

Tomato Juice

| | | | | |
|------------|-----------------|---|-------------------------------------------------------------------------------------|--|
| Mr & Mrs T | Bloody Mary Mix | P |  | |
|------------|-----------------|---|-------------------------------------------------------------------------------------|--|


| | | | | |
|----------------------|-------------------------------------|----|-------------------------------------------------------------------------------------|--|
| Spring Valley (Aust) | Tomato Juice – NOT KOSHER | P |  | |
| Sunraysia | Tomato Juice | P |  | |
| Golden Circle (Aust) | Tomato Juice – 1 ltr plastic bottle | P |  | |
| | Chilled Tomato Juice – 2L | P |  | |
| | Classic 350ml Tomato Juice | P |  | |
| Watties | Tomato Juice - NOT KOSHER | NK |  | |

Tomato Puree, Paste

| | | | | |
|---------------------|--------------------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------|--|
| All Gold (S Africa) | Tomato Puree – at Inside Africa | P |  | |
| | Tomato Paste – at Inside Africa | P |  | |
| Leggo's (Aust) | Tomato Paste - 140g TUB ONLY – provided that ‘contains milk’ is not in the ingred panel. | P |  | |
| | Tomato Paste No Added Salt - 140g tub ONLY – Milk must not be listed as an ingred. | P |  | |
| | Tomato Paste Sachets | P |  | |
| | Tomato Paste With Added Herbs or Spices – NOT KOSHER | NK |  | |
| Watties | NOT KOSHER – Tomato Paste NOT KOSHER – Tomato Puree | NK | | |

Tomatoes Dried

Available at Greys Ave Deli

| | | | | |
|-------|-----------------------------------------------|---|-------------------------------------------------------------------------------------|--|
| Lindo | SunDried Tomatoes - must have hechsher | P |  | |
|-------|-----------------------------------------------|---|-------------------------------------------------------------------------------------|--|

TOOTHPASTE, DENTAL FLOSS, MOUTHWASH

- Toothpaste, dental floss and mouthwash are not food, nor are they edible & according to many authorities do not need to be kosher. For those wishing to be strict, please refer to KA list.

VEGETABLES

Vegetables - Dried

NOTE: All dried Beans, Lentils, Grains, Seeds are acceptable. **London Kosher**

Vegetables – Fresh

- **FRESH RAW VEGETABLES** are kosher but should always be thoroughly checked for worms & insects.
- **GARLIC - PROCESSED PEELED GARLIC is NOT ACCEPTABLE.**
- **ASPARAGUS.** There is a problem with insect infestation in asparagus. These insects are called “thrip”. They are approximately 1-2mm long and are brown or black. They cannot be detected by simply looking at the asparagus. For instructions on how to check for them contact your local Rabbi or shomer.

Vegetables – Frozen

- All **FROZEN PLAIN, UNCOOKED, RAW VEGETABLES** are acceptable. They must not contain either sauces or other additives.
- **PRE-COOKED, READY-TO-EAT FROZEN VEGETABLES are NOT ACCEPTABLE.**
- **FROZEN PLAIN POTATOES** in a vegetable mix are acceptable provided oil is not listed as an ingredient.
- Only **CHOPPED FROZEN SPINACH** may be considered acceptable, **WHOLE FROZEN SPINACH LEAVES MAY NOT BE USED** due to the inevitability of insect infestation.

WARNING: NOT KOSHER -

- All Cut & Frozen Potatoes Chips or Potato French Fries, are **NOT ACCEPTABLE, unless recommended (they are par-cooked or prepared with oils that are not acceptable).**
- Pre-Cooked, Ready to Eat Frozen Vegetables are not acceptable.

- All Stir Fried Vegetables in Sauces,
- All precooked & frozen Vegetables (i.e. Asparagus).

| | | | | |
|-----------|-----------------------------------------------------------------------|---|--|--|
| Talley's | Plain Frozen Fries – all cuts and sizes | P | | |
| Cavendish | Old Fashioned Hash Browns Potato Patties - <i>Countdown</i> | P | | |
| Frys | Frozen Vegetarian Products – a wide range available at Greys Ave Deli | P | | |
| Pam's | Plain Frozen Fries – all cuts and sizes | P | | |

Vegetables - Tinned

- **TINNED ASPARAGUS** products are **NOT ACCEPTABLE** unless they are kosher certified due to risk of insect infestation.
- **ASIAN TINNED PRODUCTS** are **NOT ACCEPTABLE**.

| | | | | |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|--|--|
| Ceres Organics | The following Ceres products are currently on the Ceres Kosher list. However, there may be additional Ceres products that are kosher available on shelves from earlier kosher certified production. Ok with Kosher Kiwi logo. | | | |
| | Chili Beansin Sauce 425g | P | | |
| | Pinto Beans 425g | P | | |
| | Salad Beans 425g | P | | |
| Essential and Select | Plain Tomato products, not flavoured, eg. "Diced Tomatoes" -Both tins and jars. Must have stamped code beginning with FD1, FD2 or FD3 | P | | |

VEGETARIAN/JAPANESE

A range of Asian and International foods are available. Must have hechsher.

VINEGAR

- Balsamic Vinegars are **NOT ACCEPTABLE** without hechsher.
- All White and Brown vinegars are acceptable and PARVE, except for "Product of NZ" which is Dairy.
- Kosher Vinegars (including Balsamic) are available at Greys Ave Deli.

| | | | | |
|-----------------|--------------------------------------------------------------|---|--|--|
| Bragg (USA) | Organic Raw Apple Cider Vinegar – <i>must have hechsher.</i> | P | | |
| Coral Tree (NZ) | Apple Cider Vinegar | P | | |
| Kedem | Distilled White Vinegar | P | | |

YEAST

- All brands of Fresh Yeast are acceptable & pareve.
- Dried Yeast (with NO ADDITIVES) is acceptable. Ka

| Golden Circle (NZ) | Must be "Product of NZ" | | | |
|--------------------|----------------------------------------------------------------------------------------------------------|---|--|--|
| | Beetroot Diced | P | | |
| | Beetroot Sliced | P | | |
| | Beetroot Wedges | P | | |
| | Beetroot Gourmet | P | | |
| | Beets – Whole Baby | | | |
| | Corn & Peas | P | | |
| | Corn Kernels | P | | |
| | Corn Kernels Super Sweet | | | |
| | Green Beans Sliced | P | | |
| | Green Peas | P | | |
| | Minted Peas | | | |
| Koo (S Africa) | A variety of tinned vegetables – must have hechsher | P | | |
| Watties (NZ) | Many products have been deleted. ONLY USE PRODUCTS ON THIS LIST. Must be "Product of New Zealand" | | | |
| | Beetroot Sliced | P | | |
| | Baby Beet | P | | |
| | Beetroot Chunky | P | | |
| | Beetroot Sliced | P | | |
| | Beetroot Diced | P | | |
| | Peas | P | | |
| | Peas Minted | P | | |
| | Green Beans Sliced | P | | |
| | Corn | P | | |
| | Tomatoes Savory | P | | |
| | Tomatoes Mexican | P | | |
| | Tomatoes Italian Seasoning | P | | |
| | Tomatoes Crushed | P | | |
| | Tomato Puree | P | | |
| | Tomatoes Chopped | P | | |
| | Tomatoes Pepper and Onion | P | | |
| | Tomatoes Puree Italian Seasoned | P | | |