

# Elon Hillel Kosher FAQs

## What is kashrut? And how do we keep kosher at Elon Hillel?

So what do kosher and kashrut mean?

Most simply put, kosher food adheres to Jewish dietary regulations. The word "kosher" means fit, or proper. Kashrut refers to the laws around kosher food. Certain foods are treif (non-kosher), such as pork and shellfish, and may not be eaten at all. Permitted animals must be slaughtered in a certain manner. Meat and milk products cannot be eaten together, and must be kept separate, and so too, the utensils and cooking pots, flatware, and plates.

What are the food categories called?

The three main food categories are meat (aka fleishick or basari), milk (aka milchik or halavi), and pareve. Meat and milk, and their by-products, can't be eaten together (no cheeseburgers, for example), but pareve foods are neutral and can be eaten with both milk and meat. Fish is considered pareve, as are eggs, fruits and vegetables, grains and pasta, and drinks.

How did these rules develop?

These laws of kashrut are from the Torah - Lev. 11:3 & Deut. 14:6. The Jewish people have interpreted and applied these laws for millennia, and there are many different dietary practices in different Jewish communities around the world.

Is the kitchen in the Sklut Hillel Center kosher?

We strive for a fully kosher facility at Elon Hillel. Not everything in our meat-free kitchen has a hechsher, but we do not permit any treif in our house. There are plenty of delicious dairy and pareve options available in the kitchen, and Hillel has an outdoor grill used to prepare kosher meat. Our Jewish Educator also prepares kosher chicken soup and pareve matza ball soup for our SoupWorks program which provides homemade soup for under-the-weather students.



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What is a hekhsher anyway?

At Elon Hillel, we consider some foods, especially those that are vegetarian and vegan, as kosher, even if they do not have a hekhsher. Products that have been certified as kosher are labeled with a mark called a hekhsher. Many foods in supermarkets have kosher certification, which means they follow Jewish dietary laws. Examples include:



Can I keep kosher at Elon University?

Yes! In Clohan Dining Hall, there is a section where all food is vegan/vegetarian and is prepared with pots and pans that are used only for vegan and vegetarian food. Paper plates and disposable cutlery are also available. Although the kitchen and dining halls are not under rabbinic supervision, Chair of Religious Studies Professor Rabbi Geoffrey Claussen has met with Elon Dining and reviewed recipes, ingredients, and food preparation procedures. Grab-and-go strictly kosher options are also available in select dining halls. And there is plentiful kosher food available at area supermarkets.

Can I keep kosher for Passover at Elon?

During Passover, Elon's main dining halls offer matza and kosher-for-Passover style foods. Hillel also offers kosher-for-Passover foods in our carefully kashered kitchen. Grab-and-go strictly kosher for Pesach options are also available in select dining halls and markets.

How can I learn more?

Just reach out to the Jewish Life team. We are always available to answer all your questions!

