



Did you know that our preschool is kosher?

What does this mean?

- School lunches/snacks must be **dairy** or **parve** (non-dairy). Meat is not allowed in the preschool.
- All food brought into BMH-BJ for class snacks and birthdays must be strictly kosher.
- All fresh fruits and vegetables are acceptable.
- All purchased packaged food must have kosher certification (see below for the most common acceptable symbols). Examples of foods that require certification include, but are not limited to: cheese; cream cheese; baked goods like crackers, bagels, bread and cookies; granola bars; pretzles; and fruit strips and bars.
- Anything baked on site at BMH-BJ is acceptable, as are any items supervised by the local Va'ad, which includes items from some local King Soopers and anything from the East Side Kosher Deli.
- The symbols below are some of the most common and reliable symbols. If you have questions about one that isn't here, please just ask!

