

## GUIDE TO KOSHER FOOD IN THAILAND

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Each Chabad Center has a kosher meat restaurant, bakery and food store. The following items can be found in the bakery and food store:

- Rolls and Challas
- Assorted Cookies
- Pretzels
- Black Coffee
- Instant Soup (made in Thailand)
- Chicken Soup Bouillion
- Cans of tuna
- Sesame paste (tehina)
- Tomato sauce
- Coconut milk
- Canned olives, hot red pepper
- Chicken
- Meat

The local supermarkets will sometimes have the following products that are Kosher:

- Cereal with an OU or OK kashrut symbol.
- NATURE VALLEY granola bars with an OU kashrut symbol.
- Rice noodles manufactured either by THAI BETTER FOOD or ASIAN SUPERIOR FOOD (this item does not need a Kashrut symbol).
- SKIPPY peanut butter with an OU Kashrut symbol.
- SMUCKERS jelly with an OU Kashrut symbol.
- Canned fruit by the MALEE company (this item does not need a Kashrut symbol).
- Dried fruit with the OU or triangle K Kashrut symbol.
- HEINZ Ketchup with an OU.
- KRAFT mayonnaise with an OK.
- Oil manufactured by COOK with an OU kashrut symbol.
- Olive oil manufactured by BERTOLLI with an OU.
- HEINZ vinegar with an OU.
- Soy sauce manufactured by KIKOMAN, only those produced in Singapore (this item does not need a Kashrut symbol).
- Sauces manufactured by HEINZ with an OU.
- HEINZ mustard with an OU kashrut symbol.
- Spices with an OU kashrut symbol.

ADDITIONAL NOTES:

It is permitted to eat freshly cut fruit from street vendors and stores.

One cannot assume that items bearing company names that are manufactured elsewhere under kosher supervision have the same status in Thailand. For example, although NESTLE products in the US and Israel may be produced under kosher supervision, the equivalent products in Thailand may be produced locally using ingredients that are without kosher supervision.

It is recommended not to use milk and dairy products produced without supervision in Thailand even if one is not stringent for "Chalav Yisrael." The government oversight of local milk production may not be as strict and reliable as in other countries and therefore should not be relied upon. Chalav Yisrael milk is available by advance order only. It is best to order it from the Bangkok restaurant one month in advance.

Fresh and frozen fish with scales that are sold in Thailand are kosher. If the fish is sold precut, it is important to wash them well. One can also find smoked salmon in stores with a kashrut symbol