

September 13, 2023

Rosh Hashana Food Guide

For Rosh Hashana, there are many customs of eating various foods. A general guide to which foods require kosher certification can be found [on our website](#). Here are some Rosh Hashana-related examples:

1. **Fresh Fruit and Vegetables** are acceptable without certification unless they are imported from Eretz Yisroel. All produce from Eretz Yisroel requires certification to ensure that all appropriate halachos were observed.
2. **Fish:** Raw fish can be purchased without certification using the criteria in [our fish guide](#). This applies to whole fish, cuts or fish heads.
3. **Honey** –
 - unflavored, liquid, does not require certification.
 - Flavored, requires reliable certification.
 - Non-filtered is not recommended without certification.

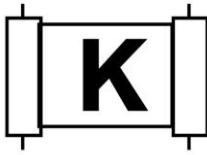
The following foods have infestation concerns regardless of certification status. For more information, see [our produce guide](#).

1. **Figs:** Require inspection by turning the fig inside out and looking for noticeable webbing. If you check a few fruit in a package and there is no webbing, the rest may be used without inspection.
2. **Dates:** Whole or imported dates require inspection; Domestic pitted dates do not require inspection
3. **Leek:** Examine the outside for any leaf miner trails. Check between the layers for thrips or other insects.
4. **Black Eyed Peas:** Dried Peas should first be boiled in water. After they have been fully cooked, allow the peas to soak in the water for 2-3 hours. The peas will then swell and the peel will become translucent. Then check as instructed below. (Canned or Frozen Peas may be checked straight out of the can/bag; there is no need to boil or soak.) To check all types:
 - Take the peas and inspect for holes or dark-colored stains, as this may indicate an insect beneath the thin peel.
 - If there is a dark spot on the peel, remove the thin skin and check if there is a cavity with a bug in it. NOTE: The black "eye" spot is not a sign of infestation. Similarly, orange-colored stains on the surface are not signs of infestation; only dark or black stains are of concern.

As always, feel free to call our office with any questions.

Scroll K takes this opportunity to wish everyone a happy and healthy new year!

לשנה טובה תכתב ותחתם



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Pas Yisroel List

Due to the upcoming Days of Repentance when refraining from non-Pas Yisroel products is recommended, as well as for those who wish to utilize this information year-round, we have compiled a list of Scroll K certified products which are Pas Yisroel.

The following is a synopsis of Pas Yisroel:

1. Pas Yisroel only applies to items which are, a) made from wheat, barley, oats, rye or spelt **and** b) have a bread-like appearance.
2. Some examples of items to which Pas Yisroel **applies** are bread, bagels, pizza, cake, crackers, cookies, bread croutons and pies.
3. Some examples of items to which Pas Yisroel **does not apply** are rice cakes, granola bars, Cheerios® and raw pasta.

Aldi's: All breads with Scroll K symbol are Pas Yisroel.

Brooklyn Pizza: All products are Pas Yisroel.

David's Delights: All cookies, cakes and pastries are Pas Yisroel.

East Side Kosher Deli: All products baked at, or served in, East Side Kosher Deli are Pas Yisroel.
Many Pas Yisroel items are available in the supermarket section as well.

Fredrik's by Meijer™: All breads and rolls with Scroll K symbol are Pas Yisroel.

Full Circle Market™: Take & Bake breads with Scroll K symbol are Pas Yisroel.

Izzio: All breads and rolls with Scroll K symbol are Pas Yisroel.

King Soopers in-store bakeries: All bread products with Scroll K PY symbol (PY= Pas Yisroel) at Scroll K certified King Soopers bakeries. The in-store certified bakeries are located at:

- 🍞 1650 30th St., Boulder, CO 80301, Store # 61
- 🍞 4600 Leetsdale Drive, Glendale, CO 80246, Store # 124
- 🍞 4910 S. Yosemite St., Greenwood Village CO 80237, Store # 100
- 🍞 6470 E. Hampden Ave. Denver, CO 80222, Store # 26
- 🍞 890 S. Monaco Pkwy, Denver, CO 80222, Store # 35

Mordy's Falafel and Mordy's Dairy Bar: All products are Pas Yisroel.

Publix: All breads with Scroll K symbol are Pas Yisroel.

Rosenberg's Kosher: All products baked at Rosenberg's Kosher are Pas Yisroel.

Sprouts: All breads, rolls and challah with Scroll K symbol are Pas Yisroel.

The Braided Loaf: All products are Pas Yisroel.

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