Brochos for Breakfast

RABBI DOVID HEBER
STAR-K KASHRUS ADMINISTRATOR

One of the profound aspects of our Torah Hakdoshah is the ability for anyone, regardless of age or wisdom, to appreciate the Torah on his or her own level. For example, the posuk “Breishis Barah Elokim” is studied by the greatest Torah scholars, as well as first grade children. This concept is also applicable to Hilchos Brochos. To a first grader studying for a Brochos Bee, or a Talmudic scholar studying Perek Kaitzad Mevorchim in Masechta Brochos, learning about brochos can be fascinating.

A daily and extremely relevant application of this principle lies in the area of brochos on breakfast cereals. What makes determining the correct brocha for these products so complicated? Technological advances in food manufacturing have had a great impact on Hilchos Brochos. A slight difference in production, or even in the manufacturer’s intention of the use of ingredients, can change the brocha. As will be explained, cereals such as puffed wheat or corn flakes produced by different companies may look the same to the consumer. However, they may be manufactured differently, thereby changing the brocha recited. Often, this background information is not available to the consumer; hence, the confusion and intrigue in discovering what goes on “behind the scenes” and its impact on Hilchos Brochos.

To ensure the highest Kashrus standards, Star-K Kosher Certification inspects many food plants throughout the world. By doing this, the Star-K has the opportunity to either see or discuss manufacturing procedures that have a direct impact on the brochos of various food items. The following information is what has been obtained by Kashrus professionals or heard from company personnel and then presented to the Star-K Rabbinic Administrator, Rabbi Moshe Heinemann, shlita, for his Halachic insights and psak halacha.

I. Chameishes Minei Dagan Cereals
Special halachic status has been given to products coming from chameishes minei dagan, the five special grains: wheat, spelt, barley, oats, and rye.¹ When these grains are ground up, mixed with water, and baked into cake, cookies, crackers and other pas haba’ah b’tisnin products, the brocha is Mezonos and the brocha achrona is Al Hamischya. If one is koveya seudah (eats enough to constitute a meal), the brocha is Hamotzi and one must recite Birchas Hamazon.² One of the definitions of pas haba’ah b’tisnin is that the dough is baked into a hardened crispy product. Products such as pretzels and Post Grape Nuts cereal³ are included in this category of pas haba’ah b’tisnin, and their brocha is Mezonos. The brocha on Cheerios, Wheaties, and Shredded Wheat cereals is also Mezonos, and the brocha achrona is Al Hamischya.

In the above cases, the chameish minei dagan is broken down. However, if the grains remain whole and are simply roasted, they are no different from any other variety of produce which grows from the ground (e.g., corn), and the brocha is Hoadama.⁴ What this means is as follows: The brocha on unprocessed and slightly processed (e.g., toasted whole) wheat or oats is Hoadama. The brocha on fully

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Analyzing the Roots: Hydroponics and Halacha

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The AeroGarden is a unique hydroponic system, enabling home-growing of vegetables. (See sidebar on page 3). The entrance of this system into the marketplace presents an opportunity to discuss the history and halachos of hydroponics. According to some accounts, the Hanging Gardens of Babylon were hydroponically grown. The gardens hung strikingly from palace terraces and were considered one of the Seven Wonders of the World. The gardens were supposedly constructed by Nevuchadnetzar around 600 BCE in present-day Iraq, about 30 miles south of Baghdad.¹ However, there is a lively discussion among historians as to who built the gardens, how they were planted, and indeed whether these gardens existed at all. The Talmud (Avoda Zara 38b) itself discusses the hydroponic sowing of seeds, in what seems to have been a fairly common practice.

More recently, in the 1930s, Dr. William Gericke of the University of California conducted research with hydroponics. He coined the term “hydroponics”, derived from the Greek words, hydro (water) and ponos (labor), or “water-working.” Put simply, it means growing plants in a nutrient solution without soil. The science of hydroponics proved that soil is merely the holder of the nutrients, the place where the plant roots traditionally live and a base of support for the plant structure. Soil isn’t required for plant growth. The elements, minerals and nutrients that soil contains

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Leadership in Kashrus Education
such as carbon, nitrogen, phosphorus, potassium and magnesium can be supplied in liquid solutions. Plants are supported by porous material, such as sand, gravel, foam or glass wool that acts as a wick in relaying the nutrient solution from its source to the roots.

In 1945, the United States Air Force built one of the first large hydroponic farms on Ascension Island, a barren island in the South Atlantic, followed by additional farms on two Jima and Okinawa in the Pacific. These hydroponic farms helped to supply fresh vegetables to troops stationed in these areas. Over the past few decades, researchers in Israel have been at the forefront of hydroponic study. Presently, the most common hydroponic crop grown in the United States is tomatoes, followed by cucumbers, lettuce, herbs, and peppers. In addition, every day many hydroponic vegetables are brought in from Canada, Mexico and Europe.

Now let’s discuss the various halachos which are applicable to the AeroGarden, and to hydroponics in general.

Brocha

The brocha on hydroponically grown vegetables is Shehakol. The brocha of Hoadama is applicable only to vegetables which actually grow from the adama, the earth. As noted above, many commercially sold tomatoes are grown hydroponically. Still, unless one knows definitively that the produce was grown hydroponically, one should assume it was earth-grown and recite Hoadama. It is important to note that Israeli exported greenhouse grown romaine lettuce (Alei Katif brand) is not grown hydroponically. The brocha on these vegetables is Hoadama.

Insects

Star-K’s certification of the AeroGarden is essentially a statement that the system is an appropriate method of controlling insects in production. Plants grown under controlled conditions indoors are generally free from insects which are commonly found in outdoor grown plants. However, we cannot guarantee that vegetables grown with the kit will be insect-free. Insects which commonly thrive indoors may find their way onto the vegetables. In addition, in rare cases, insects could possibly land on the plants by entering the home on clothes or other vegetables. For these reasons, a cursory inspection and a washing of the vegetables before use is advised. As an additional precaution against infestation, Star-K is working with AeroGrow to offer a mesh covering as an accessory to the kit. One may improvise and fashion his own insect barrier by covering the garden with mesh or a cloth.

In addition to roamine and other types of lettuce, one can grow herbs such as cilantro, dill, and parsley. Herbs are especially prone to infestation, and are difficult to check, and are not widely available to the kosher consumer as certified insect-free. The kit is helpful in controlling infestation for these varieties.

Hydroponically grown vegetables (lettuce, herbs, etc.) sold commercially without kosher certification should be thoroughly checked since they grow under conditions unknown to the consumer.

Shabbos/Yom Tov

Nurturing plants is one of the 39 melachos, prohibited categories of work on Shabbos and Yom Tov. Therefore, on those days the seeds may not be placed in their base, nor may nutrients or water be added. There are also restrictions on some melachos on Chol Hamoed. One should therefore ensure that the proper nutrients and water are added before the onset of Yom Tov so that there is no need to add them on Chol Hamoed.

The vegetables may not be harvested on Shabbos or Yom Tov due to the prohibition of lotter reaping. On Chol Hamoed, they may be harvested for Chol Hamoed or Yom Tov use. Although the AeroGarden lights go on and off during Shabbos, this is permitted since the system is automated without further input.

Israel

Due to the special status of Eretz Yisroel, generally vegetables grown there must have ma’asros, tithes, separated. However, if the AeroGarden kit is used to grow vegetables in Eretz Yisroel, ma’asros need not be separated from the vegetables. This is because hydroponically grown vegetables are free from the obligation to separate ma’asros. In addition, they may be grown during the Sabbatical year of Shmitta.

On a related note, if the seeds in the kits were to come from Eretz Yisroel, the seeds would not be subject to the laws of ma’asros or Shmitta. These seeds are not edible seeds, and the Mishnah in Ma’asros 7:8 states that non-edible seeds are not subject to ma’asros or Shmitta. In any event, Star-K has determined that the AeroGarden seeds are not from Eretz Yisroel.

Marror

Hydroponic romaine lettuce should not be used for marror at the Pesach Seder. The reasoning for this is as follows: It is unclear whether the brocha of Hamotzi relieves one of the obligation to recite a brocha on marror. Although marror is eaten during the meal, it is not a ‘meal food’ eaten to satisfy hunger.

This would be around the time he destroyed the Bet Hamidka. It is said that they were built to cheer up his wife – a native of a lush region full of vegetation, who found the dry Babylonian scenery dispiriting. Built to cheer up his wife – a native of a lush region full of vegetation, who found the dry Babylonian scenery dispiriting.

1 Rav Shmuel Vozner

2 Rav Ovadia Yosef

3 Rav Eliyahu Falk

4 Rav Shmuel Vozner

5 Rav Ovadia Yosef

6 Rav Shmuel Vozner

7 Rav Moshe Feinstein

8 This is based on theGemara in Beitzah 51a that the proper brocha on hydroponic vegetables is Hoadama, as Hoadama is recited over any vegetable which normally grows from the ground.

9 Even Rav Moshe Feinstein (Igros Moshe OC 4:60), who disapproved of ‘Shabbos clocks’, still permitted their use for lighting.

10 In any event, Star-K has stated that the Chayei Adam referred to in the Gemara is not Chayei Adam 152.1 where the Chayei Adam explicitly links the two brochos. Star-K has stated that the Chayei Adam referred to in the Gemara is not Chayei Adam 152.1 where the Chayei Adam explicitly links the two brochos.

11 Teshuvos V’hanhagos 2:149) that the proper brocha on hydroponic vegetables is Hoadama, as Hoadama is recited over any vegetable which normally grows from the ground.

12 This is based on the Gemara in Beitzah 51a that the proper brocha on hydroponic vegetables is Hoadama, as Hoadama is recited over any vegetable which normally grows from the ground.
and may still require its own brocha. To circumvent this issue, the halachah states that Hoadama on the karpas is recited while having in mind to exempt the marror.44 However, the brocha on hydroponic lettuce is Shehakol; thus, the Hoadama on karpas would not be applicable to the lettuce. This would place one in the questionable position of saying Shehakol on the lettuce. To avoid this dilemma, hydroponic lettuce should not be used for marror.15

**Nutrient Tablets**

Star-K has determined that the nutrient tablets used in the AeroGarden system pose no kohala. The reason that marror must be earth-grown. Hence, the nutrient tablets would be non-kosher, the plants would still be kosher. Normally, items that have a non-kosher source of nutrition are, themselves, considered non-kosher. However, the rule of zeh vzeh gorem states that if the nutrition is comprised of kosher and non-kosher components, the resulting animal or plant is kosher.21 In any garden, including the AeroGarden, the water is kosher so the kosher status of the nutrients has no effect.

From early history to modern times, hydroponics has offered an alternative to earth-grown produce. It is yet another way to appreciate the bountiful world Hashem has bestowed upon us.17
processed wheat and oats (e.g., flour and water that is baked) is Mezozos. The question the poskim address is— at what point are the wheat and oats considered processed enough to recite a Mezozos?

To understand this, it is important to know the following: Wheat has four parts—the endosperm, husk, bran, and germ. Endosperm makes up the majority of the kernel and is the primary source of flour, bread, and cake. The husk, wheat's outer shell, comes off easily by threshing. The husk, which is always removed, has no nutritional value and is not used for human consumption, domestically. The remaining kernel (with endosperm, germ and bran) is called "whole wheat."

If the whole wheat is puffed, the brocha remains Hoodama. An example of this is Kashi 7 Whole Grain Puffs.7 This is a unique cereal which includes chameishes minei dagan with all the bran remaining on the kernels, whose grains are puffed. Similarly, Go Lean is made up of Kashi puffed grains;8 hence, the brocha is Hoodama.9

The process for most other puffed wheat is to first remove bran from the kernel through a process known as pearling. In this process, some endosperm may also incidentally be removed. The kernel is then placed into a pressurized heated chamber and steamed. The moisture rushes out of the kernel, thereby "popping" it.

There are different opinions as to which brocha is recited. Some opinions say this is processed enough to become Mezozos. This psak is based on the Mishnah Brura which says one can recite a Mezozos on pearled barley,10 a product that is similar to puffed wheat.11 Others are of the opinion that regular puffed wheat is not processed enough, and the brocha is Hoodama. In order to be Mezozos, the product must be a "ma'asch kedenu," similar to a bowl of oatmeal in which the grains stick together. In puffed wheat this does not occur, so the brocha is Hoodama.12

Dalachal, puffed wheat should ideally be eaten in the middle of a bread meal. Otherwise, Rav Moshe Feinstein, 27‘13 says one can recite either a Mezozos or Hoodama. Rav Moshe also says the brocha achrona on puffed wheat is Borei Nefashos.14 This halachah applies also to Kellogg’s Honey Smacks and Post Golden Crisp.15

Wheat germ is the “embryo” of the kernel. It is heated to deactivate enzymes which would allow sprouting. It is generally eaten with other foods and would usually be tofel, secondary to the other ingredients in the product. If one eats wheat germ by itself, the brocha is Hoodama, since the heating is only applied to deactivate the enzymes, not to cook the germ.16 It is not processed enough to become Mezozos and the brocha remains Hoodama.

The brocha on bran is Shehabol.17 Therefore, the brocha on Kellogg’s All Bran cereal is Shehabol,18 and the brocha achrona is Borei Nefashos.

II. Non-Chameishes Minei Dagan Cereals

The brocha on produce that grows from the ground is Borei Pri Hoodama. For example, the brocha on corn and potatoes is Hoodama. However, if the produce is ground into flour (i.e. it is no longer recognizable), and is not from the five special types of grain, the brocha becomes Shehabol. Therefore, the brocha on corn chips (made from corn flour) and cake made from potato starch is Shehabol.19 The brocha achrona on all non-chameishes minei dagan products is Borei Nefashos.

Rav Moshe Feinstein, 27‘, explains20 if the grain has not been ground down to flour, but only popped (e.g., popcorn, or the grit is rolled into corn flakes), it retains its Hoodama status. Kellogg’s Corn Flakes and Frosted Flakes are made from recognizable corn pieces that are not ground into flour, so the brocha is Hoodama. Corn Chex is also made from recognizable corn pieces.21 However, General Mills Country Corn Flakes is made from corn flour; therefore, its brocha is Shehabol.

Some companies and private label manufacturers produce corn flakes from small pieces of corn known as “grits”, others use corn flour extruded into corn pellets. If the cereal lists corn flour, the product has been ground and the brocha is Shehabol (if wheat and oat flour are not present). If the cereal lists corn or milled corn, it may be a whole grain product and the brocha is Hoodama, or it may be ground corn and the brocha is Shehabol.22 When one is in doubt and cannot determine which type of corn

1 Oats and wheat are the most commonly used chameishes minei dagan grains in cereals.
2 For a full discussion and understanding of psak hayah dibono, see Kashrus Currents Spring 2005.
3 Although this product has an intermediate doughy stage, it never obtains the full characteristics of bread. Therefore, it is pas habah dibono and the brocha is mezozos.
4 Shulchan Aruch OC 208:4. The Shulchan Aruch says such products should ideally be eaten during a bread meal, since there is a safek (doubt) as to which brocha achrona is recited. However, if one eats the grain, the brocha achrona is Borei Nefashos.
5 See Shulchan Aruch and Mishnah Brura OC 208:2 and 208:4 for a full explanation of this.
6 This is a cereal manufactured by Kashi Co. and should not be confused with “kasha” (buckwheat). The brocha on kasha is Hoodama because it is not from the chameishes minei dagan.
7 See Footnote 23.
8 Ideally, they should only be eaten during a meal (see above Footnote 4).
9 Mishnah Brura 208:15.
10 Based on Sefer Mitzvah Habracha 54. Additionally, Rav Heinemann explains the following ovurah: This product is now a “ma’asch kedenu” because it has been processed into a form that is normally eaten. According to this ovurah, the brocha is Hoodama and the brocha achrona is Al Hamichya.
11 See Sefer Yonos Habracha Chap. 12 as further explained in his Brur HaRachmim Smam 27‘ in the matter of and oats coxot (starting with 27‘). Since these grains are simply popped and do not stick together, the brocha is Hoodama. The brocha is Hoodama and the brocha achrona is Al Hamichya.
12 Ignos Mode OC 4:45.
13 There is a psak to say that the brocha achrona is Al Hamichya (see Footnote 10).
14 It should be noted that some brands of granola cereals have similar halachic issues. Like regular wheat, they are chameishes minei dagan products that are “partially processed” (i.e. heated but not broken down into flour). The same issues as to whether they have been processed enough to become Mezozos apply. One would have to determine the exact process of each brand to determine which brocha is recited. Kellogg’s Lowfat Granola cereal (with and without raisins) has a similar halachic status as puffed wheat. Therefore, a Hoodama or Mezozos may be recited and the brocha achrona is Borei Nefashos. However, General Mills Nature Valley Granola Bars and Quaker Granola Bars are processed enough to make their brocha a Hoodama and the brocha achrona Al Hamichya.
15 See Ignos Mode OC 4:46.
16 Ignos Mode EH 1:114. The “Alphos” of the chameishes minei dagan refer to bran.
17 This product also contains a type of bran which contains endosperm. Nonetheless, the endosperm is tofel to the bran. However, Raisin Bran cereal consists of higher amounts of endosperm mixed with the bran product; hence, the brocha is Mezozos. This will be addressed in the Bbra V’Tofel section.
18 The same is true of Pringles Potato Crisps, since they are produced from ground up potatoes that are no longer recognizable.
19 Chovevos Torah V’hashem 5733.
20 Although the label states “corn meal” on Corn Chex, nonetheless, the brocha is Hoodama because it is produced from small pieces (still recognizable as corn) and not flour, in a way similar to the case discussed in Mishnah Brura 208:38 and Sha’ar Hatzion 208:42.
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ingredient is used, a Shehaloh should be recited. Kellogg’s Corn Pops is manufactured differently in various facilities worldwide. In the United States, the corn is not ground into flour and corn pieces are used; therefore, the brocha is Hoodama. In Canada, the corn is first ground into flour, and the brocha is Shehaloh.

Rice is unique, as its brocha is Mezunos and its brocha achrona is Borei Nefashos. This includes processed rice products, such as Kellogg’s Rice Krispies and Post Fruity Pebbles. It also includes products manufactured from rice flour.

III. Ikkur V’Tofel—Mixtures of Primary and Secondary Ingredients

In general, when there is a mixture of foods with different brochos, one determines the main purpose for eating this food and recites the brocha of that ingredient. This ingredient is known as the ikkur. For example, if one eats a fruit salad with 60% apples and 40% watermelon mixed together, only a Ho’etz is recited. The watermelon is tafel (secondary) to the Ho’etz (the ikkur) and, therefore, Hoodama is not recited.

Similarly, if the main ingredient of a cereal is oat or wheat flour the brocha is Mezunos, and the other ingredients are tafel. Chameishes minei dagan have a special status. Even if a non-chameishes minei dagan ingredient (e.g., corn flour) is the first ingredient and chameishes minei dagan, such as oat flour, wheat flour, or wheat gluten (the protein portion in wheat) as a second or third ingredient. Unfortunately, there is no way to tell if it is added l’taam or l’davek from the label.22 When there is doubt as to whether the oat flour listed as a secondary ingredient is l’taam or l’davek, and there is no way of determining this, one should recite a Shehaloh and Borei Nefashos. Kellogg’s Crispix is half rice and half corn. Since it has no ikkur or tafel and no chameishes minei dagan component, two brochos are required. A Mezunos is recited and one eats from the darker rice side, then a Hoodama is recited on the lighter corn side and the cereal is eaten. The brocha achrona is Borei Nefashos.

Under normal circumstances, when eating cereal with milk, the cereal is the ikkur and the milk is the tafel; therefore, only one brocha is recited. This is true even if one finishes the cereal and there is a little leftover milk eaten alone, no brocha is recited on the milk.23 The same halacha applies when one eats cereal with raisins, bananas or strawberries. Under normal circumstances, a brocha is recited only on the cereal, not the fruit, since they are tafel.

IV. Brocha Achrona

If a Shehaloh or Hoodama is recited on a cereal, the brocha achrona is Borei Nefashos. If a Mezunos is recited, the brocha achrona is Al Hamichya (except for rice cereals, where the brocha achrona is Borei Nefashos). To recite any brocha achrona, one must eat a k’zayis (127 fl oz, 38 ml; the approximate volume of a golf ball) of cereal in the amount of time known as k’lei achias peis – ideally within two minutes.24 One may calculate the entire amount of cereal eaten in deciding the brocha achrona. If one eats a k’zayis of a chameishes minei dagan Mezunos cereal, the brocha achrona is Al Hamichya25 even though the actual wheat or oat content consumed may be less than a k’zayis.26 This is true only if the various ingredients are mixed and baked into a single entity.27 However, if a chameishes minei dagan cereal contains pieces upon which a Mezunos is recited and pieces upon which a different brocha is recited (when eaten without the chameishes minei dagan), one must eat a k’zayis of the Mezunos pieces to recite an Al Hamichya.

V. Research

It is obvious that for many cereals it is impossible to know the correct brocha without first determining more information than is available on the box. In developing the Star-K Brochos List, we had to obtain answers to numerous detailed questions regarding the formulation and process of the ingredients and products. Follow up questions and on-site reviews were sometimes necessary. In a few cases, we discovered formula revisions or additional information that caused changes in the brocha of particular cereals.28 Undoubtedly, as companies continue to re-formulate cereals for better taste and nutrition, one should not be surprised to find out that the brocha on one’s favorite cereal has changed.

In the z’chus of beginning the day with reciting the correct brochos, may HaShem be zochu to an abundance of much brocha v’hatzlachah.

22 This is true if it does not contain additional wheat or oat ingredients — this will be addressed in the next section.
23 Sha’ul Arukh OC 208:7.
24 See Pesach HaHalachos B’chulos Chap. 7 Footnote 32 states that according to the Mishnah Brura 208:7, which was published without removing the bran) is also considered an ikkur even if it is not the first ingredient listed (as long as it is added l’taam). This is relevant to Kash KeLam and Good Friends cereals, upon which a Hoodama is recited. For a discussion of this topic, see the entire footnote in Sefer Pesach HaHalachos.
25 If wheat starch is added, it is definitely l’davek and the brocha is Shehaloh.
26 For a full discussion of this topic, including other cases of eating cereal with milk, see Igros Moshe OC 1:43 and Sefer Pesach HaHalachos B’chulos 7:38.
27 See Sefer Pesach HaHaluchos Chapter 7, Se’if 38 and Footnote 62 for a full discussion of different cases involving fruit added to a cereal.
28 Licorice contains wheat flour added l’davek and, therefore, is Shehaloh (unless the flour is listed as the first ingredient).
29 Presumably, if one eats a k’zayis within four minutes, a brocha achrona may be recited. For a full discussion of this topic, see Kaspris Kurrent Summer 2005.
30 The Mishnah Brura 208:48 says this is the “min hash’ulam.” See also Igros Moshe OC 1:71.
31 For example, if one ate exactly a k’zayis of Cheerios, the “min hash’ulam” is to recite an Al Hamichya because the oat flour, corn starch and sugar are all combined into each of the Cheerios. Similarly, one could recite an Al Hamichya when eating a k’zayis of Apple Jacks because the additional ingredients (e.g., sugar and corn flour) are baked into a single entity with the oat and wheat flour (i.e. with the chameishes minei dagan ingredients, which are considered the ikkur).
32 For example, if one ate exactly a k’zayis of Post Cranberry Almond Crunch, one recites a Mezunos but can not recite an Al Hamichya afterwards. Since the Mezunos pieces do not add up to a k’zayis, and the cranberries and almonds are not mitzafar to the wheat flakes, a Borei Nefashos is recited (see Mishnah Brura 210:1). If one ate exactly a k’zayis of Raisin Bran (i.e. chameishes minei dagan flake s and straw hametz raisins), there is a question amongst the poskim whether a Borei Nefashos or may’ain shalosh is recited. For an explanation of this halachah, see Piskei Teshuvos 210:6. Of course, if one ate a k’zayis of Mezunos pieces of Post Cranberry Almond Crunch or Raisin Bran, an Al Hamichya is recited.
33 Please note the following cereals fall into this category: Honeycomb, French Toast Crunch, Crunchy Crunch Bran, Honey Smacks, Golden Crisp, and Kellogg Lowfat Granola. Please see the current Star-K list for the correct brochos for these cereals.
### New Under Star-K Kosher Certification

#### Consumer Products
(only when bearing Star-K symbol)

- **AEROGR0W INTERNATIONAL, INC.**
  Boulder, CO
  GARDENING KITS

- **AGRICULTURAL DEVELOPMENT SERVICE, LLC**
  Elba, NY
  FRESH VEGETABLES

- **AMERICAN BOUNTY FOODS**
  Hawthorne, CA
  CANNED VEGETABLES

- **BOZZUTOS**
  Cheshire, CT
  FRESH PACKAGED SALADS

- **CEDAR'S MEDITERRANEAN FOODS, INC.**
  Ward Hill, MA
  FRESH PACKAGED SALADS

- **CHAIN DRUG CONSORTIUM, LLC**
  Pittsburgh, PA
  PHARMACEUTICAL, DRUG & PERSONAL CARE PRODUCTS

- **CHANGZHOU WUJIN FINE CHEMICAL FACTORY CO., LTD.**
  Jiangsu, China
  ACIDS & ACIDULANTS

- **FRANK DONO INC.**
  Hammonton, NJ
  FROZEN FRUIT

- **GEHRING-MONTGOMERY, INC.**
  Warmminster, PA
  PHOSPHATES

- **GREEN CHEM**
  Bangalore, India
  HERBAL EXTRACTS

- **GUARAT ORGANICS LTD.**
  Mumbai, India
  INDUSTRIAL CHEMICALS

- **HEBEI DONGHUA JIAN CO., LTD.**
  Hebei, China
  AMINO ACIDS

- **HUANAN POINTER FOODS CO., LTD.**
  Yangzhou, China
  CANNED FRUIT & VEGETABLES

- **HUZHOU WEIYAN DRINK & FOOD CO., LTD.**
  Zhejiang, China
  JUICE & JUICE CONCENTRATES

- **INNER MONGOLIA YUHANGREN HI-TECH INDUSTRIAL**
  Huhhot, China
  JUICE & JUICE CONCENTRATES

- **Jiangsu Giant Food Co., Ltd.**
  Jiangsu, China
  FROZEN VEGETABLES

- **Leizhou Eat Strong Food Co., Ltd.**
  Guangdong, China
  CANNED FRUIT

- **Lexin Trading**
  Darien, CT
  CANNED FRUIT & VEGETABLES

- **Mother Dairy Foods Processing Ltd., Bangalore**
  Bangalore, India
  JUICE & JUICE CONCENTRATES

- **Ninghai Organic Chemical**
  Zhejiang, China
  FOOD CHEMICALS

- **Sentrex Ingredients, LLC**
  Linden, NJ
  FLAVORS & EXTRACTS

- **Shanghai Great National International Trade Co., Ltd.**
  Shanghai, China
  FLAVOR CHEMICALS

- **Shanghai Green Power Inc.**
  Shanghai, China
  HERBAL EXTRACTS, VITAMINS, SUPPLEMENTS & NUTRITIONALS

- **Shandong Dapeng Pharmaceutical Industry Co., Ltd.**
  Zhejiang, China
  CITRIC ACID/CITRATES

- **Taozhuang Chemical Industry Co., Ltd.**
  Zhejiang, China
  SWEETENERS

- **Vitala Ltd.**
  Mumbai, India
  JUICE & JUICE CONCENTRATES

- **Wuhan Waking Lion Chemicals Co., Ltd.**
  Hebei, China
  PHOSPHATES

- **Wuxi Unichem Material Technology Co., Ltd.**
  Zhejiang, China
  ACIDS & ACIDULANTS

- **Zanye Cashew Industries**
  Goa, India
  NUTS & SEEDS

#### Special Events

- **Kosher Sports Kiosk & Stand**
  392 Broadband Avenue, Englewood, NJ

  The following locations are certified Kosher, ONLY when the Star-K sign is posted. All meats are Glatt Kosher. All bread products are Pas Yisroel.

  - **Arthur Ashe Stadium**
    - At US Tennis Open
    - Promenade Level, outside Section 334

  - **KeySpan Park**
    - Brooklyn, NY
    - Directly Behind Home Plate

  - **Lincoln Financial Field**
    - Philadelphia, PA
    - Main Concourse, Section 116

  - **M&T Bank Stadium**
    - Baltimore, MD
    - Lower Level in Section 123

  - **National Tennis Center**
    - Flushing, NY
    - in the Food Court adjacent to Court 12

  - **Oriole Park at Camden Yards**
    - Baltimore, MD
    - Field Level, Section 83

#### Establishments
(see letter of certification)

- **Foremost Caterers**
  At Heritage Cafe
  36 Battery Place, New York, NY
  MEAT RESTAURANT/TAKE-OUT

- **Simply Sushi LLC**
  343 East Broadway, Monticello, NY
  DAIRY RESTAURANT/TAKE-OUT

#### New Under Star-D
(only when bearing Star-D symbol)

- **The Star-D is a kosher symbol of the National Council of Young Israel (NCYI). The Star-K, in its relationship with the NCYI, administers the kosher of the Star-D. All Star-D products are dairy - cholov Yisroel.**

- **DWS Inc., DBA Selection Unlimited**
  South Burlington, VT
  FLAVORS & EXTRACTS

- **Oceanside Knish Factory**
  Oceanside, NY
  BAKERY, PREPARED FOODS

- **PT Bumi Sarimas Indonesia**
  West Sumatra, Indonesia
  COCONUT PRODUCTS

- **Sheryl’s Chocolate Creations**
  Great Neck, NY
  CHOCOLATE PRODUCTS

- **Rita’s Italian Ices**
  Valley Village Shopping Center - Pikesville, MD
  ICE CREAM & ICES STAND

- **The Lollipop Tree, Inc.**
  Portsmouth, NH
  COOKIE MIXES
<table>
<thead>
<tr>
<th>CEREAL NAME</th>
<th>STATUS</th>
<th>BROCHA</th>
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</thead>
<tbody>
<tr>
<td>Basic 4</td>
<td>Dairy</td>
<td>Mezonos</td>
</tr>
<tr>
<td>Cheerios</td>
<td>Pareve</td>
<td>Mezonos</td>
</tr>
<tr>
<td>Cheerios - Fruity</td>
<td>Pareve</td>
<td>Shehakol</td>
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<tr>
<td>Cheerios - Yogurt Burst</td>
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<td>Mezonos</td>
</tr>
<tr>
<td>Cinnamon Toast Crunch, All</td>
<td>Dairy</td>
<td>Mezonos</td>
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<tr>
<td>Cocoa Puffs</td>
<td>Pareve</td>
<td>Shehakol</td>
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<tr>
<td>Cookie Crisp</td>
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<td>Shehakol</td>
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<tr>
<td>Corn Chex</td>
<td>Dairy</td>
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<tr>
<td>Country Corn Flakes</td>
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<tr>
<td>French Toast Crunch</td>
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<tr>
<td>Frosted Chex</td>
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<tr>
<td>Golden Grahams</td>
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<tr>
<td>Honey Nut Chex Cereal</td>
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<td>Honey Nut Clusters</td>
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<tr>
<td>Kix (Original, Berry Berry)</td>
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<td>Shehakol</td>
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<tr>
<td>MultiBran Chex</td>
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<td>Shehakol</td>
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<td>Oatmeal Crisp, All</td>
<td>Dairy</td>
<td>Mezonos</td>
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<tr>
<td>Raisin Nut Bran</td>
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<tr>
<td>Reese’s Puffs</td>
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<td>Rice Chex</td>
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<tr>
<td>Total Raisin Bran</td>
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<tr>
<td>Trix</td>
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<td>Wheat Chex</td>
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<tr>
<td>Kashi</td>
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<td>7 Whole Grain Puffs</td>
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<td>Hoadama</td>
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<td>Go Lean</td>
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<td>Hoadama</td>
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<tr>
<td>Good Friends</td>
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<td>Hoadama</td>
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<tr>
<td>Heart to Heart Honey Toasted Oat</td>
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<td>Mezonos</td>
</tr>
<tr>
<td>Mighty Bites (Cinnamon, Honey Crunch)</td>
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<td>Mezonos</td>
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<tr>
<td>Kellogg’s</td>
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<tr>
<td>All Bran - Bran Buds</td>
<td>Pareve</td>
<td>Shehakol</td>
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<tr>
<td>All Bran - Original</td>
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<tr>
<td>Apple Jacks</td>
<td>Pareve</td>
<td>Mezonos</td>
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<tr>
<td>Cocoa Krispies</td>
<td>Pareve</td>
<td>Mezonos</td>
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<tr>
<td>Complete All Bran Oat Bran Flakes</td>
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<td>Mezonos</td>
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<td>Complete All Bran Wheat Bran Flakes</td>
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<tr>
<td>Corn Flakes</td>
<td>Pareve</td>
<td>Hoadama</td>
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<tr>
<td>Corn Pops (U.S.)</td>
<td>Pareve</td>
<td>Hoadama</td>
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<tr>
<td>Cracklin’ Oat Bran</td>
<td>Dairy</td>
<td>Mezonos</td>
</tr>
<tr>
<td>Crispix - All</td>
<td>Pareve</td>
<td>Mezonos and Hoadama*</td>
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<tr>
<td>Froot Loops</td>
<td>Pareve</td>
<td>Mezonos</td>
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<tr>
<td>Frosted Flakes</td>
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<td>Hoadama</td>
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<tr>
<td>Honey Smacks</td>
<td>Pareve</td>
<td>Mezonos or Hoadama**</td>
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<tr>
<td>Just Right</td>
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<td>Mezonos</td>
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<tr>
<td>Lowfat Granola with/without Raisins</td>
<td>Dairy</td>
<td>Mezonos or Hoadama**</td>
</tr>
<tr>
<td>Mini Swirlz - Cinnamon Bun</td>
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<td>Mueslix</td>
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<tr>
<td>Raisin Bran</td>
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<td>Raisin Bran Crunch</td>
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<tr>
<td>Rice Krispies</td>
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<td>Mezonos</td>
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<tr>
<td>Smart Start</td>
<td>Pareve</td>
<td>Mezonos</td>
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<tr>
<td>Special K (Original)</td>
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<tr>
<td>Toasted Honey Crunch</td>
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<tr>
<td>Tony’s Cinnamon Krunchers</td>
<td>Pareve</td>
<td>Mezonos</td>
</tr>
</tbody>
</table>

** For the halachos of brochos note: recited on breakfast cereals, it is recommended that one reads the accompanying “for Brochot” article. Due to possible future changes in formulations, this list should only be used through 2007. Check with Star-K for future updates.

* Recite Mezonos and eat the darker side (rice) first. Then recite Hoadama and then eat the lighter side (corn).

** Based on Igros Moshe OC 4:45 - see article for full explanation
Rabbi Chaim Moshe Levy, a Mesivta rebbe in Lakewood, New Jersey, knew it was coming, yet he still felt unprepared. In July, he received an overseas telephone call informing him that the time had come to take over the pulpit of his deceased father, Rabbi Daniel Levy, z"l, as the Rav of I.R.G. (Khal Adas Yeshurun) in Zurich, Switzerland.

Rabbi Levy hoped to prepare himself for his new post by taking advantage of Star-K Certification’s unique educational program later that month. “I wanted to get some basic information about what is going on in the world of kashrus,” explained Rabbi Levy. “I also wanted to meet the various experts at Star-K, personally.”

Rabbi Levy was pleased with his decision to attend the Star-K seminar in Baltimore, Maryland. “The seminar was extremely informative, and the information was given over in a very organized manner,” said Rabbi Levy. “It was wonderful and covered all aspects of the kosher world, from production on. It is an intense program, but you can pick up a lot of knowledge as well as tip-offs such as how to manage mashgichim, companies that are not in compliance, and other practical tips.” Rabbi Levy was just one of 26 participants, which included rabbonim, kollel fellows, and others serving in kli kedesh who have studied Yorah Deah. The intensive seminar featured lectures by Star-K’s rabbinic staff members, including Rabbinic Administrator Rabbi Moshe Heinemann and President Dr. Avrom Pollak. Rabbi Heinemann spoke of the intricacies of bishul akum in his shiur, “Bishul Akum and Ne’emanus of an Akum.” Dr. Pollak discussed practical guidelines for setting up a local vaad hakashrus in his lecture, “A Certifying Agency’s Administrative Issues”, and gave advice for the decisions one faces. Sessions covered various segments of the kashrus industry, including consumer inquiries and Sabbath mode appliances. They incorporated a Star-K produced audio-visual presentation of one of its Cholov Yisroel production facilities, as well as a hands-on practicum for vegetable checking. Field trips to a slaughterhouse, confectionery, restaurant, bakery, and the kosher kitchen of the Hyatt Regency rounded out the seminar experience.

Rabbi Zvi Goldberg, coordinator of the seminar and Star-K Kashrus Administrator, attributes the success of this program to a mutual zerizus. “The eagerness of the attendees to learn about kashrus was matched by the willingness of the Rabbis to give of their time and expertise. This is why the program is so successful.”

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in promoting Kashrus through Education, Research and Supervision.

leadership in kashrus education

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