



JUDAISM VALUES:

Kashrut

Kashrut (Kosher) means “fit” and has traditionally been defined by Torah as a central part of Judaism. Bringing together the powers of environmental stewardship and *kashrut* helps us act as better stewards of the Earth. There is a Jewish behavioral imperative of purchasing and consuming fit foods to reflect our role as partners in God’s creation. The discipline of Kashrut as a form of intentional eating can reflect your Jewish and nutritional values. Recently, modern interpretations of kosher diets have expanded to other religious and cultural sensibilities, informed by social and environmental issues and personal preferences.

“The *eco-kashrut* movement emphasizes the environmental impact of the globalized food industry, which values efficient mass production over environmental consciousness.”

– Lily Hoffman Simon,
journalist for *Moment Magazine*



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What makes food “fit” to you?



1. Do the foods you eat reflect your values?
2. Is the food certified as humane and/or organic?
3. What does the food label say about where the food comes from?
4. Is the food grown in a way that supports environmental sustainability?
5. “You are what you eat.” Your food becomes a part of your body. How can this idea affect your eating ethics?



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