



בס"ד

# בית דין צדק דק"ק מנשטר

## MANCHESTER BETH DIN (MBD)

CONTINUING TO SUPPORT THE COMMUNITY

**Due to the current situation, more consumers have turned to on-line shopping rather than going to their selected kosher shop. To facilitate this new reality, we at the Manchester Beis Din, have compiled a short list of items that may be bought from regular shops. Some do not have a Hechsher, but do not require one, as minimal ingredients / process is involved in their production, whereas others do have a hechsher but are available in general shops.**

Baking powder/soda	Lentils
Baking/parchment/silica Paper	Mayonnaise – Heinz Seriously Good brand (in Glass Jars or plastic containers)
Barley	Nuts – raw without additives
Beans dried	Oat bran
Cereals with MK logo or coding 0953 <b>excluding</b> any with milk in the ingredients.	Pasta
Cocoa	Porridge Oats – plain
Coffee unflavoured	Pura oil
Corn flour	Raisins
Dishwashing liquid, pods etc.	Rice – raw
Dried fruits without additives	Salad Cream – Heinz (When made in Europe besides for 875ml plastic bottle)
Fish raw or frozen, prepacked WITH skin attached	Salt
Flour – however gluten free flour often has many ingredients that need checking	Seeds
Frozen fruit <b>excluding</b> blackberries, raspberries	Sugar, Brown Sugar must state be suitable for vegetarians.
Frozen vegetables <b>excluding</b> broccoli, mange tout, spinach	Tea
Fruit juices <b>excluding</b> those with grape juice	Tinned fruit <b>ensure</b> no grape juice
Herbs and spices – plain <b>excluding</b> onion, garlic and celery	Tomato Ketchup – Heinz in glass or plastic containers with MK logo or coding TK1 /2/3/4/5
Honey – only pure	Washing up liquid

***Please note: if you usually buy any of the above pulses / veg with a hechsher, you may need to check them due to possible infestation. Any fruit or vegetable from Eretz Yisroel will require hafroschas Terumoh & Maaser (mbd website – home page our services) For a full list of MK certified products visit our website.***