

משה דוד הכהן

Moshe David HaCohen

Församlingsrabbin/ **Community Rabbi**

Judiska Församlingen i Malmö/Jewish Assembly in Malmö

email: rabbin.hacohen@jfm.se



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Dear visitor,

ברוכים הבאים

Welcome to the Jewish community of Malmö.

- The following list is a **concise** version of kosher items. The purpose is to allow visitors who would find it difficult to follow the kosher list in Sweden, to find items easily, that do not require cooking (some just simple frying for camping).

Most of the products do not have kosher stamps on them, as you may be used to seeing elsewhere. Some products with OU, OK, KLBD, KB (Kosher Balkan) may be found in stores as well. The local kosher standard followed in Scandinavia is based on local products and communication with factories, thereby including Pat Palter and Chalav Akum, without daily Hashgacha.

- Frozen packed meals (dairy and fish) with kosher supervision (Pat Yisrael), including Challah on Fridays, can be pre-ordered from the Jewish community. Grape juice and some other kosher products (such as mana chamah, soup croutons) are also available. Please contact Shulamit at +46763383001.
- To visit the Shabbat service on Friday evening [see info here](#)
- There is a mikveh available in the community, upon request and arrangement, [see info here](#)
- For more information and questions please feel free to contact Rabbi HaCohen at rabbin@jfm.se.

We hope you have a wonderful time in the city of Malmö and in our community.

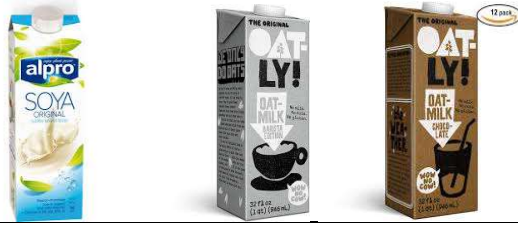
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Judiska Församlingen Malmö

Type	Product Brand	Picture or name
Beverages	Bravo: Apelsin (Orange) Äpple (Apple) Tropicana: Orange with Juicy bits Orange with Pulp Orange No Pulp Kiviks: Päron (Pear) Smakis: All flavours containing natural aroma Mer: Äpple (Apple) Päron (Pear) Apelsin (Orange) Festis: Päron (Pear) Apelsin (Orange) Hallon (Raspberry) Classic Orange Wild Strawberry Coca-Cola: Original Zero (NOTE! Only kosher if the bottle or can says "Producerad i Sverige")	
Bread	Pågen: All Pågen breads are kosher as long as they do not contain milk. Polarbröd: All Pågen breads are kosher as long as they do not contain milk. (NOTE! Premade	

	sandwiches from Polarbröd are NOT kosher)	
Cereal 	Kellogg's Kellogg's cereal with a Manchester Beit Din Hechsher are kosher. Havrefras: Original Jordgubb Kalaspuffar AXA musli: Gold Original Musli Musli Frukt Weetabix: Original	
Chocolate	Marabou: All chocolate flavours are kosher if they don't contain gelatin, E476, E471, E472 that are not soybased. Cloetta: Kexchoklad Plopp Sportlunch Guldnoget	
Cookies	Nyåkers	
cookies	 many kinds, including	

Cream cheese	Philadelphia	 	
Crisp Bread - knäckebröd	 famous Swedish crispbread, many kinds including	  	
Eggs		All white eggs	
Fish smoked salmon (kallrökt) and frozen		All brands, check that there is no white wine (vitt vin)  	
Fish Herring	Abba – see list 	Ansjovisfiléer, Ansjoviskryddade sillfiléer, Bohusmatjes, Böcklingpastej, Currysill, Dillsill, Gästabudssill, Inlagd sill, Ishavrom/loddarom, Caviar - Kalles Kaviar – all types, Klassisk Matjessill/Islandsmatjes, Laxrom, Löksill, Regnbågsrom, Saffransill, Senapssill, Skärgårdssill (dairy), Sour cream sill (dairy), Tomatsill, Vitlökssill	
Fish Tuna in water, oil Tonfisk i vatten, tonfisk i olja	Abba, ICA	  	
Honey		All kinds are kosher	
Ice Cream	GB – many kinds including>	Carte d'or, Choklad, Cornetto, Daim, Jordgrubb, Magnum Caramel and nuts, Sandwich, Almond Vegan	
Ice Cream	Sia – many kinds including>	Apelsinchoklad, Banan ekologist, Blåbar, brownie, Jordgrubb, Vanilj	

Ice Cream - Parve	Oatly - all ice cream products, parve	
Ice cream	Ben and Jerrys	Dairy and Vegan Non-Dairy (Parve) – with כק
Ketchup	Heinz Tomatketchup	
Milk and Cream Alternatives – Parve	All Oatly and Alpro products	
Milk Products	Milk and natural yoghurt by Arla, Skånemejerier	
Milk products	Butter – Arla (Regular, Salted), Valio, Skånemejerier	
Pasta		All fresh, plain, undyed pasta, also including eggs are kosher
Pastries	Delicato – many kinds, check list	
		

Pastries	Pågen giffjar	
Potato Chips	Estrella, OLW, Svenska Lantchips (note that some are dairy)	
Salad dressing	Felix	
Feta/White Cheese	Arla Apetina: Original White Cheese Original White Cheese 10% Fat	
Cottage Cheese	Arla – KESO: Naturel 4% Mini Naturel 1,5% Ananas/Passion Hasselnöt/Blåbär/Tra n-bär Cashew, Tropisk Frukt	
Tortilla	Santa Maria	

Vegetarian ready products	Anamma: Falafel Vegofärs Vegonuggets Vegoschnizel Vegoburgare Quorn: Fillets Mince (NOTE! Quorn products are dairy, not parve) Tamini the Malmö Original: Falafel	  
Vegan Cheese 	Violife: Violife products with a Balkan Kosher Hechsher are kosher. Green Vie: Green Vie products with a Balkan Kosher Hechsher are kosher.	    