



KOSHER KIWI DIRECTORY



VISITORS GUIDE

January 2011 - 5771

Auckland Hebrew Congregation
Jewish Community Centre
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Auckland
NEW ZEALAND

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www.kosherkiwirectory.co.nz

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This guide is designed to be used by visitors and travellers in NZ.
It gives quick and easy reference to the main food products that many travellers use throughout their travels in NZ.
We wish you a happy holiday, and if you have any queries, please contact us by email or phone on our contact details on the first page.

The complete Kosher Kiwi Directory is available on www.kosherkiwirectory.co.nz.

KOSHER STORES

There are 2 Kosher Stores in NZ –

Auckland

Greys Ave Deli – (GAD)
108 Greys Ave, Central City, at Auckland Hebrew Congregation Centre – Ph 09 373 2908
Open Mon – Fri 8.30am – 3.30pm / Sun 9am – 11am

Holidays – Dec 10 – Jan 11

– CLOSED – Fri 24 Dec 2010 -- RE-OPENS – Mon 10 Jan 2011

Wellington

Wellington Kosher Co-Op
80 Webb St, at Wellington Jewish Community Centre, – Ph 03 384 3136
Open – Sunday 11am – pm / Wed 12 – 4pm / Fri 10am – 2.30pm

Holidays – Dec 10 – Jan 11

Wed 22 Dec	12 pm - 4pm
Fri 24 Dec	10 am - 2.30 pm
Sun 26 Dec	Closed
Wed 29 Dec	12pm - 4 pm
Fri 31 Dec	10 am - 2.30 pm
Sun 2 Jan	Closed

Normal hours resume on Wed 5 Jan 2011





Kosher for Pesach products can be purchased in the Kosher stores in Auckland or Wellington.
Both communities also hold first Seder for travellers for more information please contact the respective communities.

- All products are pareve unless otherwise stated.

BEVERAGES		
- Beer	Speights	
- Soft Drinks	As a general rule, soft drinks, e.g. Lemonade, Lift, plain Soda Waters, Fanta, Coke, Sprite, Pepsi, Ginger Ale, Schweppes, Tonic Water etc & diet versions are acceptable providing GRAPE JUICE is NOT a flavour, or E120 (carmine) is NOT an ingredient.	
- Wine	Only at GAD & Wgtn Co-Op	
- Juices	Just Juice	All, except any containing grape juice. Check ingredient list.
BABY FOODS	Heinz/Watties	Apples Pure Fruits
		Apple & Mango
		Fruit Apples Pure Fruits
		Fruit Pears Pure Fruits
		Pear & Banana Pure Fruits
		Pears Pure Fruits
		Carrot & Rice
		Parsnip, carrots & Sweet Potato
		Pumpkin & Sweetcorn
BABY FORMULA	Heinz (NZ)	Nurture 1 & 2
	Karicare (NZ)	Follow on 2 –Whey Dominant
		Infant 1 Whey Dominant -All Ages
		Specialty Formula AR- All Ages
		Specialty Formula HA - All Ages
		Specialty Formula HA-AR- All Ages
	Wyeth	S-26 Soy Infant Formula 'Made in Ireland' ONLY
BISCUITS		Not many in supermarkets – Look for 'Orgran' brand or 'Bakers'.

BREADS – These are all available in supermarkets -		
Pita Bread	Danny's – all except Garlic Pita	
Freya's	Classic Seed Bread	P
	Dark Rye Bread	P
	Full Grain Bread	P
	Mixed Grain Bread	P
	Wholemeal Grain Bread	P
	Light Rye Bread	P
	Soy & Linseed Bread	P
	Traditional White with Oats Bread	P
	<u>FREYA'S PAR BAKED ARTISAN BREADS</u>	P
	Par Baked Artisan Baguettes	P
	Par Baked Artisan Ciabatta	P
	Par Baked Artisan Roast Garlic	P
	Par Baked Artisan Sourdough	P
MacKenzie	Malted Grain Bread	P
	Original White Bread	P
	Southern Grain Bread	P
	Station Seed & Grain Bread	P
Nature's Fresh	White Bread	P
	Wheatmeal Bread	P
	Sunflower & Barley Bread	P
	Multigrain Bread	P
	ROLLS & BUNS & PITA	
Nature's Fresh	Hamburger Buns – 70g	P
	Seeded Hamburger Buns – 70g	P
	Long Hot Dog Rolls – 70g	P
	Seeded Long Rolls – 70g	P
	Wholemeal Long Rolls – 70g	P
	Sub Rolls – 110g	P
Quality Bakers	Soy & Linseed Pita Bread	P
	Plain Pita	
	Plain Tortillas	P

CEREALS	Kellogg's (Australia)	Coco Pops
		Cornflakes
		Crispix
		Crunchy Nut Cornflakes
		Guardian
		Nutrigrain
		Rice Bubbles
		Special K
		Special K Forest Berries
		Sultana Bran
	Sanitarium (NZ)	Ricies
		Skippy Cornflakes
		Weet-Bix
	Sanitarium (Aust)	Cornflakes (Aust)
		Granola (Aust)
		Skippy Cornflakes (Aust)
		Weet Bix (Aust)
		Weet Bix Hi-Bran (Aust)
		Weet Bix Multigrain Bites (Aust)
CHIPS / SNACKS	Beigel & Beigel	Snacks
	Danny's	Pita Crisps
	Bluebird	Potato Chips – plain
	Bluebird	Dorito Corn Chips – plain only
	Shultz	Pretzels etc
CRACKERS	Carr's	Table Water Crackers (UK)
	Orgran	Deli Crackers
COFFEE / TEA		All PLAIN instant coffee & tea is acceptable. Flavoured coffees & teas are NOT KOSHER.
CONFECTIONERY / SWEETS		
- Chewy Fruit Bars	Annies	All fruit bars.
- Chocolate	Whitackers	All dairy. 72% Cocoa is pareve. NOT KOSHER – Rum & Raisin
CORN CAKES / RICE CAKES	Real Foods / Orgran	Only with hechsher.
		Corn Thins
COUSCOUS	San Remo	
	Casbah	
DAIRY		
<ul style="list-style-type: none"> All ordinary plain unflavoured milk or skim milk in cartons or bottles either pasteurised or UHT are acceptable. The ingredient panel should list just milk or skim milk. All plain cream & plain butter (salted & unsalted) are acceptable. 		
- Cheeses		Hard cheeses only at GAD & Wgtn Co-Op
- Cottage Cheese	Tararua	Plain & Lite only
- Cream		All unflavoured cream acceptable.
- Cream Cheese	Kraft	Philadelphia – 250g block only
	Tararua	Traditional & Lite
- Icecream	Kohu Rd	All dairy. NOT KOSHER – Cookies & Cream
- Margarine		Only at GAD & Wgtn Co-Op
- Milk		All unflavoured milk acceptable.
- Milk – Long Life – UHT		All unflavoured acceptable.
- Sour Cream	Tararua	Lite
- Yoghurt	Cyclops	Cyclops – all flavours Cyclops Frozen Yogurts

FISH		
The most common fish that are kosher in NZ are – Blue Cod, Warehou, Butterfish, Butterfly-fish, Cod, Flounder, Garfish, Groper, Gurnare, Hapuka, Hake, Herring, Hoki, John Dory, Kahawai, Kingfish, Mackerel, Mullet, Orange Roughy, Perch, Pike, Pilchard, Piper, Salmon, Sardines, Snapper, Sole, Tarakihi, Trevali, Trout, Tuna, Warehou, Whiting		
Smoked Salmon	Regal / Southern Ocean	Plain only
Tinned Fish	Brunswick	Sardines
	Heinz	Salmon & Tuna. Must have 
	John West	Plain tinned chunk salmon in water or brine - PRODUCT OF CANADA OR USA ONLY.
	Trident	Tuna in Oil. Must have 
FLOUR		
All plain flours are acceptable.		
FRUIT, DRIED		
Only with hechsher.		
MAYONNAISE		
	Best Foods	Must have 
MEAT & CHICKEN		
Kosher Meats – Only at GAD & Wgtn Co-Op		
MUSTARD		
	Masterfoods	American / Wholegrain Mustard
OIL		
	Simply	At Countdown supermarkets.
	Olive Oil	All acceptable.
OLIVES, PICKLES		
	La Mamma	Only with hechsher.
	Marios	Must have 
PASTA		
	Balducci	All pasta.
	Barilla	
	Divella	
	San Remo	Lasagna – Curly, Instant, Large Instant, Wide Macaroni (Inc Wholemeal) Penne Risoni Shells – Small, Large Spaghetti Spirals – including Wholemeal Vermicelli (including egg noodles)
PASTA SAUCE		
	Dolmio	Garden Vegetable Basil Extra Garlic Spicy Peppers
RICE		
All plain rice is acceptable.		
SAUCES		
- Soy Sauce	Kikkoman	Plain only. (NOT KOSHER – Less Salt Soy)
- Tomato Sauce	All Gold	
	Watties	Tomato Sauce
	Heinz	Tomato Sauce / Ketchup Squeezy Tomato Sauce – NOT KOSHER
SPREADS		
- Honey		All plain NZ honey is acceptable.
- Jams	Anathoth	All acceptable.
- Peanut Butter	Sanitarium (Australia)	Smooth / Crunchy
	Kraft (Australia)	All peanut butters
- Vegemite	Kraft (Australia)	Only with 'K' before Best Before Date.
SUGAR		
All plain sugars are acceptable. White, Brown, Raw. Use Chelsea Icing Sugar.		
TACOS		
	Garden Of Eatn'	– some Health Food stores only
TAHINA		
	Osem / Telma	Not readily available in supermarkets
VINEGAR		
	DYC	Cider, Malt WHITE is dairy
	Balsamic	Only at GAD & Wgtn Co-Op
VEGETABLES & FRUIT, FRESH		
Fresh Raw Vegetables are kosher but should always be thoroughly checked for worms & insects.		
VEGETABLES, FROZEN		
All FROZEN PLAIN, UNCOOKED, RAW VEGETABLES ARE ACCEPTABLE. They must not contain either sauces or other additives.		
VEGETABLES, TINNED		
	Watties	Beetroot - Baby, Chunks, Diced, Slices Corn – Kernels, Cream Style Mint Peas in Brine Garden Peas are dairy. Tomatoes, Crushed & Seived / Italian Style / Mexican Style / Moroccan Style / Savoury