

Travelling Abroad

KOSHER FOOD ON THE MOVE

Welcome to our incredible shrinking world. Not only can we zip around speedily in planes, highspeed trains and automobiles, but wherever you go you are almost certain to bump into someone you know, or who knows your grandmother! The Jewish world is a very connected place and a very welcoming one. Every traveller has stories about walking into an overseas synagogue and being invited home for a meal (does this happen in London?), offered hospitality for the night, or even someone's unmarried niece's telephone number.

KOSHER RESTAURANTS

Kosher restaurants open up everywhere, and can sometimes even be found where the guidebook says they are. Websites are a boon here. Not only are they easily updated, but many incorporate review sections where travelling diners can be honest about the food and service they encountered there. Useful websites include:

www.chabad.org/centers [1]

www.kosherinfrance.com [2] (kosher facilities in France)

www.123cacher.com/index_en.php [3] (restaurants in France with reviews, English version)

NB: The KLBD cannot endorse the kashrut of the establishments listed on these websites. Travellers should consult the local Rabbinat or kashrut authority for guidance on restaurants and hechsherim. See our list of Kashrut Contacts Worldwide below.

BEFORE YOU TRAVEL

- 1) Check online for the nearest synagogue and Jewish communal organisations to your destination.
- 2) Phone the local Rabbi and ask for his help - reasonable requests only.
- 3) Pack food which will last without refrigeration until you reach your hotel room mini-bar (eg vacuum packed meat, cheese etc), and don't forget your tin opener!
- 4) Ask the airline for kosher food in-flight (Eurostar also offers this service).
- 5) And one piece of advice from Jewish mothers everywhere: always take food for the journey.

STAYING IN HOTELS ON SHABBAT

Technology in hotels can raise issues of Shabbat observance. When staying at a hotel over Shabbat, prepare to deal with the following issues.

- 1) Automatic sliding doors
- 2) Lifts - It may be worth requesting a room on a low floor and locating the emergency stairs for Shabbat.
- 3) Electronic room keys.
- 4) Energy-saving systems - eg bedroom lights and air conditioning systems which may come on automatically when you enter your room.

NOTHING KOSHER?

If you are travelling in a country where there is no kosher food available, the following guidelines may be helpful:

- Cold drinks are mostly no problem apart from grape juice, or drinks containing grape juice.
- Plain coffee or tea etc in a disposable cup may be purchased from establishments where the hot water is heated in separate machinery to the other drinks.
- Plain, unflavoured, cold smoked salmon is generally acceptable.
- Tinned vegetables are usually fine - but check that they are pure vegetables in water or brine and there are no added ingredients other than salt and preservatives.
- Look for tinned tuna in brine or vegetable oils.
- Buy fresh fruit and vegetables which do not require checking, eg tomatoes, cucumbers, avocado.
- Look for kosher matzos and crackers eg Ryvita or Jacobs.
- Ice cream - a number of international brands are supervised.
- Cereals - look for Kellogg's cereals and other imported brands listed in *The Really Jewish Food Guide* and www.isitkosher.uk [4].
- American brands often have a discreet hechsher printed on the packaging.
- Disposable barbecues can be used to cook fresh fish.
- Kosher takeaway food can often be ordered from restaurants and caterers in the cities with kosher facilities or by arrangement with specialist companies.

KASHRUT CONTACTS WORLDWIDE

While the KLBD does not endorse overseas products and establishments, the following contacts may be helpful for travellers.

AUSTRALIA

Victoria

Kosher Australia

Tel: + 613 8317 2500

info@kosher.org.au [5]

www.kosher.org.au [6]

www.travel.kosher.org.au [7]

New South Wales

The Kashrut Authority of Australia & New Zealand

Tel: + 612 9365 2933

info@ka.org.au [8]

www.ka.org.au [9]

AUSTRIA

Vienna

Israelitischen Kultusgemeinde Wien

Rabbi Schlomo Hofmeister

Tel: +43 664 303 2926

s.hofmeister@ikg-wien.at [10]

www.ikg-wien.at [11]

BELGIUM

Antwerp

Shomre Hadas

Tel: + 32 3232 0187

info@kosherbelgium.org [12]

www.shomre-hadas.be [13]

CANADA

Montreal

MK: Canada's Kosher Certifier

Tel: + 514 739 6363

info@mk.ca [14]

www.mk.ca [15]

Toronto

Kashruth Council of Canada

Tel: + 416 635 9550

questions@cor.ca [16]

www.cor.ca [17]

CHINA

Shanghai

Shanghai Jewish Centre

Rabbi Shalom Greenberg

Tel: + 8621 6278 0225

Mob: +86 135 0183 7044

rabbi@chinajewish.org [18]

www.chinajewish.org [19]

Wechat ID: ChabadShanghai

CZECH REPUBLIC

The Jewish Community of Prague

Rabbi Menachem Kalchheim

Tel: + 420 224 800 804

kosher@kehilaprag.cz [20]

www.kehilaprag.cz [21]

FRANCE

Paris

Consistoire de Paris

Tel: + 331 4082 2676

cacherout@consistoire.org [22]

www.consistoire.org [23]

Rav Mordekhai Rottenberg

Grand Rabbin de la Communauté

Israelite Orthodoxe de Paris

Tel: +331 4277 8151

GERMANY

Berlin

Jüdische Gemeinde zu Berlin

Rabbi Yitshak Ehrenberg

Tel: + 4930 211 2273

rabbi.ehrenberg@gmail.com [24]

www.jg-berlin.org [25]

Jewish Community Chabad Berlin

Rabbi Yehuda Teichtal

Tel: + 4930 2128 0830

kontakt@jgemeinde.de [26]

www.jgemeinde.de [27]

Frankfurt

Jüdische Gemeinde Frankfurt am Main

Rabbi Avichai Apel

Tel: +4969 768 036 400

rabbinat@jg-ffm.de [28]

www.jg-ffm.de [29]

Munich

Israelitischen Kultusgemeinde München und Oberbayern

Rabbi Shmuel Aharon Brodman

Tel: + 4989 202 400 220

info@ikg-m.de [30]
rabbinat@ikg-m.de [31]
www.ikg-m.de [32]

HOLLAND

Amsterdam
Joodse Gemeente Amsterdam
Tel: + 3120 646 0046
rabbinaat@nihs.nl [33]
<https://www.nik.nl/> [34]

HONG KONG

Chabad of Hong Kong
Rabbi Mordechai Avtzon
Tel: + 852 2523 9770
www.chabadhongkong.org [35]

Jewish Community Centre
Tel: + 852 2801 5440
enquiries@jcc.org.hk [36]
www.jcc.org.hk [37]

IRELAND

Dublin
Kashruth Commission of Ireland
Rav HaMachshir: Rabbi Yoni Wieder
rabbi@dublinhebrew.ie [38]

Tel: +353 83 207 6415
dublinhebrew@gmail.com [39]
www.dublinhebrew.org [40]

Chabad Ireland
Rabbi Zalman Lent
Tel: + 353 (1) 430 6984
chabadireland@gmail.com [41]
www.chabad.ie [42]

ITALY

Milan
Comunità Ebraica di Milano
Chief Rabbi Alfonso Arbib
Tel: +39 02 5412 4043
desk@rabbinato-milano.it [43]
www.rabbinato-milano.it [44]

Euro Kosher
Rav Avrohom Hazan
Tel: +3902 2941 4170
ravhazan@eu-k.org [45]
www.eurokosher.it [46]

Rome
Chief Rabbinate of Rome
Tel: + 39 06 6840 0651/2
ufficio.rabbिनico@romaebraica.it [47]
www.romaebraica.it [48]

RUSSIA & CIS

Chief Rabbi of Russia
Rabbi Berel Lazar

Federation of Jewish Communities of the CIS
Tel: +7495 737 8275
office@fjc-cis.com [49]
www.fjc-fsu.org [50]

Kashrut
Tel: +7495 631 2500
kosher@kosher.ru [51]
www.kosher.ru [52]

SINGAPORE

Jewish Welfare Board
Rabbi Mordechai Abergel
Tel: + 65 6737 9112
ordehai@singnet.com.sg [53]
www.singaporejews.com [54]

SOUTH AFRICA

Johannesburg
Beth Din of Johannesburg & Cape Town
Tel: + 2710 214 2600
Whatsapp hotline: +2763 693 9417
kashrut@uos.co.za [55]
www.uos.co.za [56]

SPAIN

Barcelona
Comunidad Israelita de Barcelona
Tel: + 3493 200 8513
www.cib.cat [57]

Jabad Lubavitch Barcelona
Rabbi Libersohn
Tel: + 3493 410 0685
info@chabadbarcelona.org [58]
www.chabadbarcelona.org [59]

Madrid
Rabbi Yitzchok Goldstein
Tel: + 3491 029 1269
jabad770@gmail.com [60]

SWITZERLAND

Basel
Israelitische Gemeinde Basel
Tel: + 4161 279 9850
moshe.baumel@igb.ch [61]
www.igb.ch [62]

Zurich
Israelitische Religionsgesellschaft
Adas Jeshurun
Tel: +4144 241 8057
sekretariat@irgz.ch [63]
www.irgz.ch [64]

THAILAND

Rabbi Moshe Hadad

Office: +66 2 106 4932 Ext.102

Mobile: +6681 870 2249

Mh@ThaiKashrut.com [65]

www.ThiKashrut.com [66]

www.jewishthailand.com [67]

USA

Kashrus Magazine

www.kashrusmagazine.com [68]

www.kashrut.com [69]

Kof-K Kosher Supervision

info@kof-k.org [70]

www.kof-k.org [71]

Kosher Quest

Rabbi Eidlitz

www.kosherquest.org [72]

OK Kosher Certification

info@ok.org [73]

www.ok.org [74]

Star-K Kosher Certification

star-k@star-k.org [75]

www.star-k.org [76]

Union of Orthodox Jewish Congregations (OU)

kosherq@ou.org [77]

www.oukosher.org [78]

KOSHER FISH AROUND THE WORLD

Fresh and frozen kosher species of fish, either whole or filleted, are permitted provided that some skin (bearing easily detachable scales) is attached. All minced fish and products containing fish require Rabbinical supervision.

Click [here](#) [79] to download a list of commonly available kosher fish in 21 countries.

For lists of kosher fish in other countries, email info@kosher.org.uk [80].

Date Uploaded: Tuesday 9th January 2024

Source URL: <https://www.kosher.org.uk/travelabroad>

Links

[1] http://www.chabad.org/centers/default_cdo/jewish/Centers.htm [2]

<http://www.kosherinfrance.com/> [3] http://www.123cacher.com/index_en.php [4]

<http://www.isitkosher.uk> [5] <mailto:info@kosher.org.au> [6] <http://www.kosher.org.au> [7]

<http://www.travel.kosher.org.au> [8] <mailto:info@ka.org.au> [9] <http://www.ka.org.au/> [10]

<mailto:s.hofmeister@ikg-wien.at> [11] <http://www.ikg-wien.at> [12] <mailto:info@kosherbelgium.org>

[13] <http://www.shomre-hadas.be> [14] <mailto:info@mk.ca> [15] <http://www.mk.ca/> [16]

<mailto:questions@cor.ca> [17] <http://www.cor.ca/> [18] <mailto:rabbi@chinajewish.org> [19]

<http://www.chinajewish.org> [20] <mailto:mailto@kosher@kehilaprag.cz> [21] <http://www.kehilaprag.cz>

[22] <mailto:cacherout@consistoire.org> [23] <http://www.consistoire.org/> [24]

<mailto:rabbi.ehrenberg@gmail.com> [25] <http://www.jg-berlin.org/> [26] <mailto:kontakt@jgemeinde.de>

[27] <http://www.jgemeinde.de> [28] <mailto:rabbinat@jg-ffm.de> [29] <http://www.jg-ffm.de> [30] <mailto:info@ikg-m.de> [31] <mailto:rabbinat@ikg-m.de> [32] <http://www.jg-ffm.de/> [33] <mailto:rabbinaat@nihs.nl> [34] <https://www.nik.nl/> [35] <http://www.chabadhongkong.org/> [36] <mailto:enquiries@jcc.org.hk> [37] <http://www.jcc.org.hk/> [38] <mailto:rabbi@dublinhebrew.ie> [39] <mailto:dublinhebrew@gmail.com> [40] <http://www.dublinhebrew.org> [41] <mailto:chabadireland@gmail.com> [42] <http://www.chabad.ie> [43] <mailto:desk@rabbinato-milano.it> [44] <http://www.rabbinato-milano.it/> [45] <mailto:ravhazan@eu-k.org> [46] <http://www.eurokosher.it> [47] <mailto:ufficio.rabbinico@romaebraica.it> [48] <http://www.romaebraica.it/> [49] <mailto:office@fjc-cis.com> [50] <http://www.fjc-fsu.org> [51] <mailto:yosi@kosher.ru> [52] <http://www.kosher.ru> [53] <mailto:ordehai@singnet.com.sg> [54] <http://www.singaporejews.com/> [55] <mailto:kashrut@uos.co.za> [56] <http://www.uos.co.za/uos/default.aspx> [57] <http://www.cib.cat> [58] <mailto:info@chabadbarcelona.org> [59] <http://www.chabadbarcelona.org> [60] <mailto:jabad770@gmail.com> [61] <mailto:moshe.baumel@igb.ch> [62] <http://www.igb.ch/> [63] <mailto:sekretariat@irgz.ch> [64] <http://www.irgz.ch/> [65] <mailto:Mh@ThaiKashrut.com> [66] <http://www.ThiKashrut.com> [67] <http://www.jewishthailand.com/> [68] <http://www.kashrusmagazine.com/> [69] <http://www.kashrut.com/> [70] <mailto:info@kof-k.org> [71] <https://www.kof-k.org/> [72] <http://kosherquest.org/> [73] <mailto:info@ok.org> [74] <http://www.ok.org/> [75] <mailto:star-k@star-k.org> [76] <http://www.star-k.org/> [77] <mailto:kosherq@ou.org> [78] <https://oukosher.org/> [79] https://www.kosher.org.uk/sites/default/files/kosher_fish_around_the_world_09.01.24.pdf [80] <mailto:info@kosher.org.uk>