



LONDON BETH DIN UPDATE APRIL 2023

For the latest information visit

isitkosher.uk

Works offline and also available as an Android App

SHEMITTA INFORMATION

The past Jewish Year 5782 was a Shemitta year. Shemitta restrictions for most vegetables have finished but restrictions for fruit are still in force.

For dates when restrictions will end see

www.kosher.org.uk/shemittadates

KLBD LICENSEE NEWS

New KLBD licensed restaurants:

Beit Cafe (Dairy)

119 Golders Green Road
Golders Green NW11 8HR
Tel: 020 8209 3592
Instagram: [beit_cafe](https://www.instagram.com/beit_cafe)

Portoberry (Dairy)

106 Brent Street
Hendon NW4 2HH
Tel: 020 8191 1217
info@portoberry.com
www.portoberry.com

KEY

KLBD = Certified by the London Beth Din (logo on pack)

KLBD = Certified by the London Beth Din (no logo on pack)

P = Parev

D = Dairy (Not Chalav Yisrael)

S = Certified by other Rabbinates

NK = Not Kosher

CHANGES

FOOD

BABY MILKS

Nutricia p28

Previously approved Parev, now certified KLBD Parev.

KLBD Neocate Junior Vanilla

KLBD Neocate Spoon

CEREALS

Weetabix p37

Melts Chocolate Milk and **Melts Chocolate White** are no longer KLBD certified.

COFFEE MACHINES

Nescafe Dolce Gusto p41

Previously certified KLBD Parev, now KLBD Dairy.

KLBD D Flat White Almond

KLBD D Flat White Coconut

KLBD D Flat White Oat

CONFECTIONERY

Hubba Bubba p44

Previously all packs were approved. Now only kosher when bearing the KF logo or when the product code begins with 01, 50 or contains 1FK.

S Bubble Tape Cool Cola

S Bubble Tape Fancy Fruits

S Bubble Tape Snappy Strawberry

S Gum Atomic Apple

S Gum Original

S Gum Seriously Strawberry

Panda Natural p46

Previously approved Dairy, now approved Parev.

P Licorice Torpedoes

Wrigley's p48

Previously all packs were approved. Now only kosher when bearing the KF logo or when the product code begins with 01, 50 or contains 1FK.

S Gum Airwaves Black Mint

S Gum Airwaves Blackcurrant

S Gum Airwaves Cherry Menthol

S Gum Airwaves Extreme

S Gum Airwaves Menthol & Eucalyptus

S Gum Doublemint

S Gum Extra Apple

S Gum Extra Blueberry

S Gum Extra Cool Breeze

S Gum Extra Ice Peppermint
S Gum Extra Ice Spearmint
S Gum Extra Minis Peppermint
S Gum Extra Minis Spearmint
S Gum Extra Peppermint
S Gum Extra Spearmint
S Gum Extra Strawberry
S Gum Extra White
S Gum Extra White Bubblemint
S Gum Juicy Fruit
S Gum Refreshers Extra Bubblemint
S Gum Refreshers Extra Peppermint
S Gum Refreshers Extra Spearmint
S Gum Refreshers Extra Tropical
S Mints Extra Peppermint

DAIRY FREE MILK & DRINKS

Califia Farms p53

Previously all products had the OU logo. Now production is gradually moving to a new site which is not certified, so only products bearing the OU logo are approved.

GLUTEN FREE CEREALS

Nestle Go Free p68

No longer bear a hechsher on the packaging, but are still approved Parev.

P Corn Flakes

P Honey Nut Flakes

SALAD DRESSINGS & MAYONNAISE

Hellmann's

Mayo currently on sale in discount stores contains wine vinegar and is Not Kosher.

SOFT DRINKS

Fanta p93

Previously Lilt, have now rebranded and are still approved Parev.

P Pineapple & Grapefruit

P Pineapple & Grapefruit Zero

Robinsons Double Strength No Added Sugar p94

Previously approved Parev, now Not Kosher. Old stock which does not list red grape juice in the ingredients is still approved Parev.

NK Blackcurrant

SPORTS NUTRITION

Huel

Previously all packs were covered. Now only certified when bearing KLBD logo or stating 'Made in Germany.'

- KLBD** Ready to Drink Berry
- KLBD** Ready to Drink Chocolate
- KLBD** Ready to Drink Cinnamon Swirl
- KLBD** Ready to Drink Iced Coffee Caramel
- KLBD** Ready to Drink Salted Caramel
- KLBD** Ready to Drink Strawberries & Cream
- KLBD** Ready to Drink Vanilla

SWEETENERS

Truvia p103

Previously approved Dairy, but have changed formulation and are now approved Parev. Old stock with lactose in the ingredients is approved Dairy.

- P Tablets

VEGETARIAN FOODS

Ramona's

Previously had the KLBD logo and was stocked in the kosher aisle of supermarkets. Now in the regular aisle without the logo, but still KLBD certified.

- KLBD Fabulous Falafel

YOGHURTS & DAIRY DESSERTS

Activia p109

Previously Not Kosher, have changed formulation and are now approved Dairy.

- D Intensely Creamy Blueberry
- D Intensely Creamy Cherry

MEDICINES

PRESCRIPTION ONLY MEDICINES

p140

Previously approved Parev, now Not Kosher.

- NK** DDAVP Melts
- NK** Desmomelt Tablets

The following, which are approved Parev, may be suitable alternatives: DDAVP Tablets, Desmopressin Nasal Spray and Desmotabs Tablets.

Always consult your practitioner before changing prescribed medication.

NEW PRODUCTS

FOOD

BABY MILKS

Aptamil

- D Organic First Infant 1 RTF

Holle Organic

- D Growing Up 4

BABY SNACKS

Kiddylicious

- Only the listed products are KLBD certified.
- KLBD Veggie Straws Sour Cream & Chive
- KLBD Veggie Straws Tomato, Kale & Spinach

BISCUITS

McVities

Only approved when the batch code begins with the letter 'H'.

- P Digestives Wholesense

BREAD

Hovis

- Pas Palter. Hamotzi.
- KLBD** Simple White

Warburtons

- Pas Palter. 8 Pack. Hamotzi.
- KLBD** Crumpet Thins

CEREALS

ASDA Just Essentials

- P Wheat Bisks

Jordans

- D Country Crisp Chocolate & Hazelnut
- P Granola Deluxe Dark Chocolate & Strawberries

Kellogg's

- S Crunchy Nut Salted Caramel

The Great British Porridge Co

Covers pouches and pots. Available from www.thegreatbritishporridgeco.co.uk.

- KLBD** Blueberry & Banana
- KLBD** Caffè Latte
- KLBD** Classic Chocolate

CHEESE

The Milk Company

- KLBD CY** Ricotta

COFFEE & SUBSTITUTES

Nescafe Gold

- KLBD Blend Roastery Collection Dark
- KLBD Blend Roastery Collection Light
- KLBD Blend Roastery Collection Light Decaf

COFFEE MACHINES

Nescafe Dolce Gusto

- P Americano Decaff
- KLBD D Cafe au Lait Intenso
- KLBD Espresso Barista
- P Espresso Decaff
- KLBD Grande Morning Blend
- P Lungo Decaff
- P Ristretto
- P Ristretto Ardenza
- P Ristretto Napoli

Nescafe Dolce Gusto Starbucks

- KLBD D Macchiato Madagascar Vanilla

Nespresso

Available from Nespresso shops, www.nespresso.com/uk or Tel: 0800 442 442.

- P Esperenza de Colombia
- P Espresso Istanbul
- P Espresso Paris
- P Espresso Rio de Janeiro
- P Filter Style Intense
- P Filter Style Mild
- P Ispirazione Milano Intenso
- P Tamuka Mu Zimbabwe

Nespresso Starbucks

- P Breakfast Blend
- P Creamy Vanilla
- P Guatemala
- P Italian Style Roast
- P Smooth Caramel
- P Sunny Day Blend

Nespresso Vertuo

Available from Nespresso shops, www.nespresso.com/uk or Tel: 0800 442 442.

- P Barista Creations Bianco Doppio
- P Barista Creations Bianco Piccolo
- P Barista Creations Golden Caramel
- P Barista Creations Rich Chocolate
- P Barista Creations Roasted Hazelnut
- P Barista Creations Sweet Vanilla
- P Barista Creations Whisky Essence
- P Inizio

CONFECTIONERY

Bett'r

Available from Abel & Cole and www.smartorganic.com.

- KLBD Cups Almond Butter
- KLBD Cups Hazelnut Butter
- KLBD Cups Peanut Butter

Nestle

- D Kit Kat Caramel
- D Quality Street Orange Crunch Bar
- D Quality Street The Purple One Bar

CRISPS & SNACKS

Eat Real

- KLBD Lentil Chips Salted
- KLBD Veggie Straws Kale, Tomato & Spinach
- KLBD Veggie Straws Spinach, Tomato & Beetroot

Proper Chips

Other varieties are not approved.

- KLBD Lentil Chips Sea Salt

Purely

For stockists see <https://welopepurely.com/>.

- P Plantain Chips Nice & Spicy
- P Plantain Chips Sea Salt
- P Plantain Chips Wild Garlic

Rude Health

- KLBD Triangles Chickpea
- KLBD Triangles Corn
- KLBD Triangles Lentil High Protein

DAIRY FREE CHEESE

Sainsbury's Free From

- KLBD Block Cheddar Style Black Pepper
- KLBD Slices Cheddar Style
- KLBD Slices Smoked

Sheese

- KLBD Melting Bake Jalapeno & Chilli

DAIRY FREE MILK & DRINKS

Oatly

- P No Sugars
- P Vanilla

Vita Coco

- S Choc O Lot

ENERGY & PROTEIN SNACKS

M & M's

- NK Bar Hi Protein

ENERGY & SPORTS DRINKS

Vieve

- NK Protein Water

FRUIT DRIED

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD Barberries
- KLBD Barberries Organic
- KLBD Ginger Pieces
- KLBD Sour Cherries

GLUTEN FREE BREAD & ROLLS

BFree

For stockists see www.bfreefoods.com/uk/. Also available from kosher shops.

- KLBD Burger Buns
- KLBD Loaf Oat

Warburtons Gluten Free

- KLBD Fruity Buns Cinnamon & Raisin

GLUTEN FREE FLOUR, MIXES & BAKING POWDER

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD Flour Almond
- KLBD Flour Coconut

ICE CREAMS, LOLLIES & SORBET

Ben & Jerry's

- S D Non Dairy Phish Food

Booja Booja

Available from Waitrose, Holland & Barrett and Ocado. For stockists see www.boojabooja.com.

- KLBD Chocolate Fudge Brownie
- KLBD Cookie Dough
- KLBD Deeply Chocolate
- KLBD Mango & Raspberry
- KLBD Vanilla

NUTS & SEEDS

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD Almonds Activated
- KLBD Almonds Grated
- KLBD Almonds Raw
- KLBD Apricot Kernels
- KLBD Chickpea Roasted Unsalted
- KLBD Pistachio in Shell
- KLBD Pistachio Kernels Raw & Sweet

- KLBD Pistachios Roasted Salted
- KLBD Pistachios Slivered
- KLBD Walnuts Activated
- KLBD Walnuts Grated

OLIVES

Crespo

- P Caperberries
- P Capers
- P Capers Baby
- P Capers Capotes

SALAD DRESSINGS & MAYONNAISE

Del Monte

- S Salad Cream
- S Salad Cream Light

Tiptree

- NK Mayonnaise

SAUCES & CONDIMENTS

Colgin

- S Liquid Smoke

Del Monte

- S BBQ Classic
- S BBQ Jerk
- S Tomato Ketchup

Heinz

- 395g, 490g and 770g plastic bottles only.
- P Mayonnaise Creamy & Smooth

- NK Pasta Sauces

SPICES, HERBS & SEASONINGS

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD Saffron Strands

SPORTS NUTRITION

Everyday Superfood

- KLBD Hemp Protein
- KLBD Hemp Seeds Shelled

SUGAR

Everyday Superfood

- KLBD Coconut Sugar

Trade Aid UK

Available from Tesco and Ocado.

- KLBD Caster

SUPERFOODS

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD** Acai Berry
- KLBD** Acerola
- KLBD Ashwagandha
- KLBD** Barley Grass European
- KLBD** Barley Grass New Zealand
- KLBD Cacao
- KLBD Cacao Nibs
- KLBD** Chia Seeds
- KLBD Chia Seeds Milled
- KLBD** Chlorella
- KLBD Flaxseed Milled
- KLBD Guarana
- KLBD Maca
- KLBD Maqui Berry
- KLBD** Pea Protein
- KLBD** Rice Protein
- KLBD** Spirulina
- KLBD Turmeric
- KLBD** Wheatgrass

SWEETENERS

Truvia for Baking

- P Brown
- P Caster
- P Icing

VEGETARIAN FOODS

Gosh

For stockists see www.goshfood.com.

- KLBD** Chilled Falafel Classic

Quorn

Flavoured Quorn Fillets are not approved.

- P Frozen Fillets 312g
- P Frozen Fillets Vegan 252g

WORLD FOODS

Everyday Superfood

Available from www.everydaysuperfood.co.uk.

- KLBD Tea Matcha Ceremonial

Tempehting Good Food

- KLBD** Tempeh

Yutaka

Hon (Real) Wasabi Paste is made in a different factory and is not approved.

- P Wasabi Paste

YOGHURTS & DAIRY DESSERTS

Little Yeos Organic

- NK** Pouch Apple & Pear
- NK** Pouch Mango

ALCOHOL

CACHACA

Pitu

- P Cachaca

Sagatiba

- P Cachaca

CIDER & PERRY

Gravity Theory

330ml and 440ml cans.

- KLBD Cider

Hawkstone

Available from www.hawkstone.co.

- KLBD Cider

Weston & Son

Available from Lidl.

- KLBD English Vintage Deluxe

COCKTAIL MIXERS & SYRUPS

Monin

- P Syrup Caramel Salted No Added Sugar

FLAVOURED ALCOHOLIC DRINKS

Bacardi

- P Mojito Rum, Lime & Mint

BuzzBallz Cocktails

- D Choc Tease
- P Espresso Martini
- P Lotta Colada
- P Strawberry 'Rita
- P Tequila Rita

GIN

Drumshanbo

Certified with or without KLBD logo.

- KLBD** Gunpowder Irish Ashford Castle Honey & Wood Sorrel

- KLBD** Gunpowder Irish California Orange

Wessex

Includes miniatures. Available from Amazon and www.wessexdistillery.com.

- KLBD Alfred The Great

- KLBD Wyvern's Classic

TEQUILA

Casamigos

- P Reposado

Don Julio

- P 1942

WHISKY SCOTCH

DS Tayman

Where applicable, covers First, Second, Bordeaux and Tulip editions. Available from kosher shops. For stockists see www.dstayman.com.

- KLBD** Blair Athol Single Malt 12 Year Old

- KLBD** Caol Ila Single Malt 10 Year Old

- KLBD** Glen Elgin Single Malt 12 Year Old

MEDICINES

BONE & JOINT HEALTH

- P Terra Nova Glucosamine, Chondroitin & Boswellia Capsules

CONSTIPATION

- D Cenlax Tablets

FEMALE HEALTH

- P Performance Lab NutriGenesis Multi for Women

GLUCOSE TABLETS, GEL & SOLUTION

- P Glutose15 Lemon Gel

MULTIVITAMINS & MINERALS

- S NHP Advanced Thyroid Support Capsules

- S NHP Vegan Multi Support Capsules

- NK** Swedish Nutra Ultra+ Multivitamin Liquid

NUTRITIONAL SUPPORT

- P Biozoon Seneo Pro Air Instant Sticks

ORAL HYGIENE

- P Eucryl Toothpowder Freshmint

- P Eucryl Toothpowder Original

- P Ultradex Fresh Breath Spray

PAIN KILLERS

- P Cuprofen Maximum Strength Tablets

PRESCRIPTION ONLY MEDICINES

- P Baraclude Suspension

- P Desmopressin Nasal Spray

- P Entecavir Solution

- P Lamitcal Dispersible Tablets

PROBIOTICS & DIGESTIVE HEALTH

- S Solgar Psyllium Husks Fibre Vegetable Capsules

✂

SLEEP & RELAXATION

P Bach Rescue Night Raspberry Gummies

SORE THROATS

P Tesco Sore Throat Relief Dual Action Honey
Lemon Lozenges

STRESS & ENERGY

P Bach Rescue Orange Gummies

SUPPLEMENTS FOR CHILDREN

P Cytoplan Cytokids Nutri Bears

WEIGHT LOSS

NK Slim Joy Water Out XXL Sachets

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