

Kosher Kiwi Licensing Authority New Zealand
ועד הכשרות ניו זילנד

KOSHER KIWI DIRECTORY



VISITORS GUIDE

The Kosher Kiwi Directory

Auckland:	Wellington:
108 Greys Avenue	80 Webb Street
Auckland 1145	Mt Cook 6011
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www.kosherkiwirectory.co.nz

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KOSHER KIWI VISITORS' GUIDE – MAR 2016

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 at www.ahc.org.nz/kosher-kiwi/

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 7.30am – 3.30pm / Sun 9am – 11am

Wellington

Wellington Kosher Co-Op

80 Webb St, at Wellington Jewish Community Centre, – Ph 04 384 3260

Open – Sunday 11am – 2pm / Wed 12 – 4pm / Thu 5pm – 7pm / Fri 10am – 2:30pm

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 parve unless otherwise stated.

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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 & Co-Op	
- Juices	Just Juice	All, except any containing grape juice. Check ingredient list.
BABY FOODS	Heinz/Watties (Aust)	Iron Enriched Rice Cereal
		Iron Enriched Baby's First Rice Cereal
BABY FORMULA	Heinz (NZ)	Nurture 1 & 2 'Made in New Zealand' ONLY
	Karicare (NZ)	From Birth Infant Formula 1 From 6 Months Follow-on Formula 2 Gold Plus Karicare 1 New Baby Karicare 2 Follow On Formula Karicare 3 Toddler Karicare Aptamil Gold+1 Karicare Aptamil Gold+2 Karicare Aptamil Gold+3 Speciality Formula AR All Ages Speciality Formula HA-AR All Ages
	Wyeth	SMA Baby Formula5 "Product of Ireland" ONLY S-26 Original S-26 Gold Soy "Product of Ireland" ONLY
BISCUITS		Not many in supermarkets – Look for 'Orgran' brand or 'Bakers'.
BREADS These are all available in supermarkets	Freya's	Roggenbrot Dark Rye Bread Bavarian Full Grain Bread Tuscan Mixed Grain Bread Dutch Wholemeal Grain Bread Swiss Soya Linseed Bread
	MacKenzie	Original White Bread Southern Grain Bread Station Seed & Grain Bread
	Nature's Fresh	White Bread Wheatmeal Bread Multigrain Bread
ROLLS & BUNS & PITA	Danny's Pita Bread	All except Garlic Pita
	Nature's Fresh	Hamburger Buns – 70g Seeded Hamburger Buns – 70g Hot Dog Rolls – 70g Seeded Long Rolls – 70g Wholemeal Long Rolls – 70g Long Rolls – 70g
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

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	Sanitarium (Aust)	Cornflakes (Aust) Granola (Aust) Skippy Cornflakes (Aust) Weet Bix (Aust) Weet Bix Hi-Bran (Aust) Weet Bix Wildberry Bites (Aust) Weet Bix Crunchy Honey 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	Whittakers	KOSHER PARVE 250g blocks, 50g & 15g slabs, 25g sant�, 50g chunks and 10.5g squares. Dark Almond Dark Block Dark Cacao Dark Ghana Dark Peanut Dark Peppermint Ghana Peppermint Rum & Raisin
		KOSHER DAIRY 250g blocks, 50g & 15g slabs, 25g sant�, 50g chunks and 10.5g squares. Almond Gold Berry & Biscuit Coconut Block Creamy milk Fruit & Nut Hazel Nut Macadamia Block Peanut Butter
CORN CAKES / RICE CAKES	Real Foods / Orgran	Only with hechsher.
		Corn Thins
COUSCOUS	San Remo	Couscous
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. 		
- Hard Cheeses		Hard cheeses only at GAD & Wgtn Co-Op
- Cottage Cheese	Meadow Fresh	Plain & Lite only
- Cream		All unflavoured cream acceptable.
- Cream Cheese	Kraft	Philadelphia – 250g block only
	Meadow Fresh	Traditional & Lite
- Ice cream	Kohu Rd	Arabica Coffee Banana Caramelised Figs Chocolate 72% Dark Chocolate

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		Flat White Golden Syrup Milk Chocolate Raspberry Salted Caramel Strawberries and Chocolate Vanilla Bean Pure Vanilla Blackcurrant Sorbet Mango Fifty Passionfruit Gold
- Margarine		Only at GAD & Wgtn Co-Op
- Milk		All unflavoured milk acceptable.
- Milk – Long Life – UHT		All unflavoured acceptable.
- Sour Cream	Meadow Fresh	Lite ONLY (Traditional NOT kosher, contains gelatine)
	Cyclops	Cyclops Organic Sour Cream
- Yoghurt	Cyclops	Cyclops Organic Plain Yoghurts - Cyclops Thick & Creamy - Cyclops Fit 1% Fat - Cyclops Greek
	Collective Dairy (NZ)	Plain Yoghurt only
	Hansells Yoghurt (NZ)	- Lite Natural - Classic Natural - Lite Greek - Thick and Creamy Greek Yoghurt - Bio Health Greek Natural
DIPS		
Hummus	Turkish Kitchen	- Traditional Hummus with Roasted Garlic - Manuka Smoked Garlic Hummus

FISH

The most common fish that are kosher in NZ are –
Blue Cod, Warehou, Butterfish, Butterfly-fish, Cod, Flounder, Garfish, Groper, Gumare, 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 cold smoked only
	Prime Food NZ	Plain cold smoked only
Tinned Fish	Brunswick	Sardines
	Heinz	Salmon & Tuna. Must have 
	John West	Plain tinned chunk salmon in water or brine - PRODUCT OF CANADA, USA & THAILAND 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.
	Virgin Olive Oil	All acceptable.
OLIVES, PICKLES	La Mamma	Only with hechsher.
	Marios	Must have 
PASTA	Balducci	All pasta.

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	Barilla	
	Divella	
	San Remo	Lasagna – Curly, Instant, Large Instant, Wide Macaroni (Inc Wholemeal) Penne Rigatoni Shells – Small, Large Spaghetti Spirals – including Wholemeal Vermicelli (including egg noodles)
PASTA SAUCE	Dolmio	ONLY Traditional Basil Pasta Sauce
RICE		All plain rice is acceptable.
SAUCES		
- Soy Sauce	Kikkoman	Plain only. (NOT KOSHER – Less Salt Soy)
- Tomato Sauce	All Gold	Tomato sauce – must have hechsher
	Watties	Tomato Sauce – “Product of NZ” ONLY
	Heinz	Organic Ketchup – “Product of Australia” or “Product of NZ” Tomato Ketchup 500ml Squeezy – “Product of Netherlands”
SPREADS		
- Honey		All plain NZ honey is acceptable.
- Jams	Anathoth	All acceptable.
- Peanut Butter	Pic's (NZ)	Really Good Peanut Butter
- Vegemite	Kraft (Australia)	Only with Kosher Australi hechsher or 'K' before Best Before Date.
SUGAR		All plain sugars are acceptable. White, Brown, Raw. Use Chelsea Icing Sugar.
TAHINA	Osem / Telma	Not readily available in supermarkets
VINEGAR	DYC	Cider MALT & WHITE is dairy
	Balsamic	Only at GAD & Wtgn 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.
		Whole Peeled Tomatoes / Indian Spiced / Moroccan Style

Happy travelling! - Your Kashrut Team & Auckland Hebrew Congregation