

# KASHRUT: COMMON MILK

## Kashrut: Dairy: Common Milk (Chalav Stam)

For milk to be kosher, it must come from a kosher animal. You may use common milk (milk sold in conventional food stores without any kosher supervision) in the US.

**REASON** The US government enforces laws that permit only cow's milk to be sold as common milk.

**NOTE** If a country does not have such laws or does not strictly enforce them, you may not rely on that leniency and may only use milk supervised by Jews (chalav Yisrael).

**NOTE** Some people drink only chalav Yisrael milk even in the US.

## Kashrut: Dairy: Chalav Yisrael

Chalav Yisrael is milk or milk products for which the milking was supervised by a religious Jew.

Chalav Yisrael applies to milk, cream, and milk solids/dried milk. The only milk derivatives that are not subject to restrictions of chalav Yisrael are whey and cheese. But they must still be kosher.

**NOTE** Cooking kosher, non-chalav Yisrael dairy foods does not render the utensil non-kosher, even for someone who only eats chalav Yisrael.