

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.