Introduction to Kosher/Kashrut

The human soul can achieve its goals when the body's physical desires and abilities are channeled to do good. Since our bodies are meant to serve holy purposes, what goes into them (as food) likewise must be fitting. The *Torah* lists “fitting,” or *kosher*, foods and food preparation rules that enhance our spiritual nature. *Kosher* rules help us use the physical items in the world to achieve holiness.

NOTE Many of the *halachot* listed here differ from the more-stringent approach of the Star-K, even though *RMH* is the *halachic* authority for the Star-K. The *halachot* listed in PRACTICAL *HALACHA* are the basic *halachot* and *RMH* approves of their use for individuals.

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