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.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com