Keeping Kosher in Calgary

CALGARY CK KOSHER

ועד הכשרות דקלגרי

A Guide to Kosher Products and Services

2012 Edition

Bruchim haba'im and a warm welcome to visitors!

If you are staying for a while and would like to spend Shabbat with a Shomer Shabbat family, please call Congregation House of Jacob-Mikveh Israel at 403-259-3230.

Keep in mind that grocery stores in smaller centres carry a limited selection of kosher products. If you are on your way to the Rocky Mountains or other nearby tourist destinations, it is wise to purchase your kosher foods in Calgary before heading out of town.

Please note that sunset times in the summer are much later than many visitors are used to. Shabbat ends around 11:00pm in June and July. For exact candle lighting times, please contact the Synagogue of your choice (see listings on page 7).

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ועד הכשרות דקלגרי

Calgary Jewish Federation is Jewish Calgary's centre for tzedakah and Jewish philanthropy and its planning and coordinating body.

One of our most important roles is ensuring core services that enable Jewish religious life. This includes hashgacha (kosher supervision) and the maintenance of a community mikvah. We are joined in these efforts by the Calgary Rabbinical Council.

Our community Mashgiach maintains a kashrut office at the Calgary JCC and is responsible for supervising all Calgary Kosher (CK) institutions.

Numbering approximately 8,000, our Jewish community isn't large, but a good range of kosher products and services are available. Whether you live in Calgary or you are visiting here for a while, we hope that *Keeping Kosher in Calgary* will help you to find the kosher food products and services you need.

For further information on kashrut, please contact:
Phil Wolf, Community Mashgiach, at 403-619-0134.

Following is a list of businesses where kosher foods are available.
Hours of operation are subject to change. Please call ahead for more information.

Restaurant

Karen's Café & Catering
Calgary JCC
1607 – 90 Avenue SW
Telephone: 403-255-5311 Fax: 403-253-7915
E-mail: kbruce17@shaw.ca

Summer Hours
July 1 – September 1

Monday – Thursday	8:00am – 7:00pm
Friday	8:00am – 2:00pm
Saturday and Sunday	Closed

Winter Hours
September 1 – June 30

Monday – Thursday	8:00am – 9:00pm
Friday	8:00am – 2:00pm
Sunday	10:00am – 5:00pm

Karen's Café is an informal dairy restaurant. The menu includes fresh salads, quiches, sandwiches, soups and cookies. There is a good selection of hot and cold drinks. For take out food, it is best to order in advance.

All pastries are dairy unless marked otherwise.

Bakery

Carriage House Inn
9030 Macleod Trail South
Telephone: 403-253-1101

Hours
Monday – Sunday 9:00am – 9:30pm

All bread and pastry products must have a "CK" label on them. Challah on Friday does not need a "CK" label. Challah is taken. All kosher bakery products are Pas Israel. The kosher bakery is closed on Shabbat. The best selection of products is available on Friday.

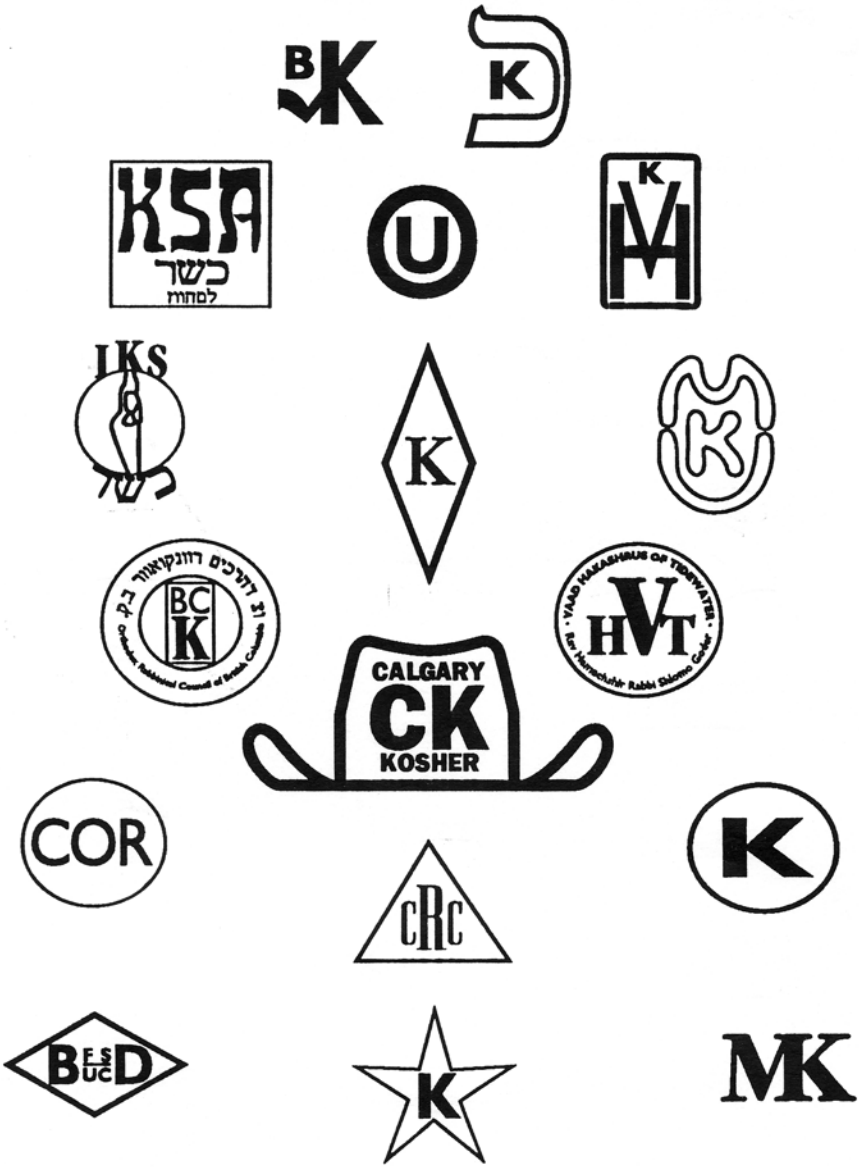
NOTE: For sliced bread, you must request that the bread is sliced on the kosher bread slicer.

Dairy Products

Parmalat, the Calgary milk plant, is under CK supervision. Products are available in supermarkets and convenience stores. Kosher products carry a “CK” under the “best before” date on the package. Foremost milk products are produced by Parmalat and are also kosher if packaging is marked with a “CK”. Endorsed products are: Fluid milk, (1%, 2%, Homogenized), chocolate milk, whipping cream, half and half, lactaid and coffee creamers.

Certifications

The following is a partial listing of commonly found Hechsherim:



Groceries and Meat

The following grocery stores carry kosher products which can be found among the regular merchandise. They carry some kosher frozen poultry, meat and dairy products.

NOTE: CK does not take responsibility for any products sold at these stores since they are not under CK supervision.

Safeway – Glenmore Landing
1600 – 90 Avenue SW (across 90 Avenue from the Calgary JCC)

Co-op – Oakridge
2580 Southland Drive SW

Real Canadian Superstore – Southport
10505 Southport Road SW

Kalinka European Foodmarket
43, 11440 Braeside Drive SW
Telephone: 403-457-0990
Carries a good selection of kosher poultry, meat and dairy products.

Wine

In Alberta, many liquor stores sell kosher wines. Stock varies from store to store. Most stores are open from 10:00am to 9:00pm.

Co-op Wine Spirits Beer – Oakridge
2570 Southland Drive SW

J. Webb Wine Merchant – Glenmore Landing
157C, 1600 – 90 Avenue SW

Spirits Of Oakridge – Oakbay Plaza
183, 2515 – 90 Avenue SW

Woodbine BK Liquor
D-464 Woodbine Blvd. SW

Synagogues

Orthodox: Congregation House of Jacob-Mikveh Israel
1613 – 92 Avenue SW (adjacent to the Calgary JCC)
Rabbi Yisroel Miller
Telephone: 403-259-3230 Fax: 403-259-3240
Services

Shachrit Monday – Friday	6:45am
Saturday and Jewish Holidays	9:00am
Sunday and Public Holidays	8:00am
Mincha / Maariv Sunday – Thursday	Times vary

Orthodox: Chabad Lubavitch of Alberta
28 – 523 Woodpark Boulevard SW
Rabbi Menachem Matusof
Telephone: 403-238-4880 Fax: 403-281-0338
Services

Saturday	10:00am
Friday Mincha	Times vary

Conservative: Beth Tzedec Congregation
1325 Glenmore Trail SW
Rabbi Shaul Osadchey
Telephone: 403-255-8688 Fax: 403-252-8319
Services

Shachrit Monday – Friday	7:45am
Shachrit Saturday – Sunday	9:00am
Jewish and Public Holidays	9:00am
Mincha / Maariv Sunday – Friday	6:00pm
Mincha / Maariv Saturday	Times vary

Reform: Temple B'nai Tikvah
900 – 47 Avenue SW
Rabbi Howard Voss-Altman
Telephone: 403-252-1654 Fax: 403-252-1709
Services

First Friday of each month (family service)	6:30pm
Other Fridays	7:30pm
Saturdays (September – June only)	10:15am

Jewish Community Mikvah

Congregation House of Jacob-Mikveh Israel
1613 – 92 Avenue SW

Our community-operated mikvah is open to all regardless of Synagogue affiliation. To make an appointment, please call the Mikvah Society at 403-515-2698 and leave a message. Thank you for booking 48 hours in advance. The nominal guest fee can be paid to the mikvah attendant.

CALGARY
JEWISH FEDERATION

Calgary Jewish Federation
Drew Staffenberg, Executive Director
1607 – 90 Avenue SW
Calgary, Alberta T2V4V7
Telephone: 403-444-3151 Fax: 403-253-7915
www.jewishcalgary.org

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Calgary Rabbinical Council - Kashruth Division
Rabbi Yisroel Miller, Rabbinical Supervisor
Philip Wolf, Mashgiach
403-619-0134
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