

משה דוד הכהן

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Dear visitor,

ברוכים הבאים

Welcome to the Jewish community of Malmö.

- The following list is a **concise** version of the Stockholm kosher list - that will help you to easily find kosher products in the local supermarket. The full list can be found [here](#) and you can download the "**KOSHER SWEDEN**" APP to your phone.

The products do not have kosher stamps on them, as you may be used to seeing elsewhere. Some products with OU, OK and KLBD may be found in stores as well. The local kosher standard followed in Scandinavia is based on local products, thereby including Pat Palter and Chalav Akum, without local or daily Hashgacha.






- Frozen packed meals (dairy and fish) with kosher supervision (including Challah on Fridays) can be pre-ordered from the Jewish community.
- To visit the Shabbat service on Friday evening and Shabbat morning at the Malmö synagogue (Betaniaplan 2) you **MUST** contact our security department at least 3 days in advance.
Send a copy of your passport, a few words about your background and purpose of stay, as well as your planned days of visit to: security@jssmalmo.se
- There is a mikveh available in the community, upon request and arrangement.
- For more information and questions please feel free to contact Rabbi HaCohen at rabbin.hacohen@jfm.se

We hope you have a wonderful time in the city of Malmö and in our community.

Rabbi Moshe David HaCohen

Type	Product Brand	Picture or name
Beverages	Bravo - Apelsin – orange juice, Äpple Tropicana	
Bread	 <p>Pågen bread, local factory with lots of varieties. Found in all local stores. All Pågen breads are kosher as long as they do not contain milk.</p>	
Breakfast cereals	Kellogg's	Cornflakes, Coco pops, All-bran. Rice crispies, Special K
Cereals	AXA musli müsli Bär, Frukt, guld	
Cereals	Quaker Havrefras	
Chocolate	<p>Marabou</p> 	<p>Marabou is part of the group Mondelēz International has changed its ingredients. Note that products that contain gelatin, E476, E471, E472 that are not soy based are NOT KOSHER. Always check the ingredients.</p>

<p>Cookies</p>	<p>Nyåkers</p>	
<p>cookies</p>	 <p>many kinds, including</p>	
<p>Cream cheese</p>	<p>Phildelphia</p>	
<p>Crisp Bread - knäckebröd</p>	 <p>famous Swedish crispbread, many kinds including</p>	
<p>Eggs</p>		<p>All white eggs, brown eggs can have blood</p>
<p>Fish smoked salmon (kallrökt) and frozen</p>		<p>All brands, check that there is no white wine (vitt vin)</p> 
<p>Fish Herring</p>	<p>Abba – see list</p> 	<p>Ansjovisfiléer, Ansjoviskryddade sillfiléer, Bohusmatjes, Böcklingpastej, Currysill, Dillsill, Gästabudssill, Inlagd sill, Ishavrom/loddarom, Caviar - Kalles Kaviar – all types, Klassisk Matjessill/Islandsmatjes, Laxrom, Löksill, Regnbågsrom, Saffransill, Senapssill, Skärgårdssill (dairy), Sour cream sill (dairy), Tomatsill, Vitlökssill</p>

Fish Tuna in water, oil Tonfisk i vatten, tonfisk i olja	Abba, ICA	
Honey		All kinds are kosher
Ice Cream	GB – many kinds including>	Carte d’or, Choklad, Cornetto, Daim, Jordgrubb, Magnum Caramel and nuts, Sandwich,
Ice Cream	Sia – many kinds including>	Apelsinchoklad, Banan ekologist, Blåbar, brownie, Jordgrubb, Vanilj
Ice Cream	Oatly - all ice cream products, parve	
Ice cream	Ben and Jerrys	Dairy and Vegan Non-Dairy (Parve)
Ketchup	Heinz Tomatketchup	
Milk and Cream Parve	All Oatly and Alpro products	
Milk Products	Milk and natural yoghurt by Arla, Skånemejerier	
Milk products	Butter – Arla (Regular, Salted), Valio, Skånemejerier	
Pasta		All fresh, plain, undyed pasta, also including eggs are kosher

Pastries	Delicato – many kinds, check list	
Pastries	Pågen giffjar	
Potato Chips	Estrella, OLW, Svenska Lantchips (note that some are dairy)	
Salad dressing	Felix	
Cheese	Zeta	
Cheese	Cantadou	
Cheese	Arla – KESO cottage cheese	
Tortilla	Santa Maria	