LIST OF KOSHER PRODUCTS

THAT CAN BE FOUND

AT LOCAL SUPERMARKETS

IN GREECE BY





Many more kosher products

are imported and available exclusively

at **e-kosher.gr**and the physical store

in the Chabad House of Athens

Research, editing & design by Rabbi Menny & Hanna Kuperman

LAST UPDATE: AUGUST 2024



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LAST UPDATED: AUGUST 2024

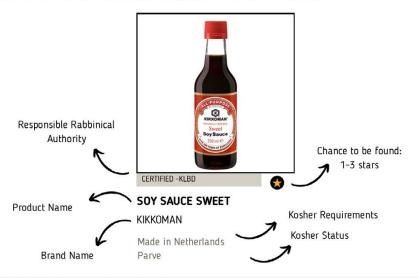


A few VERY IMPORTANT rules before we start:

KASHRUT

- This list is informational. The Kashrut of each product is under the responsibility of the rabbinical authority that certifies/approves it. Not all the products listed here are on a Mehadrin level.
- If the list mentions that the product has to bear a kosher symbol or a specific production code/country of origin etc., this condition must be fulfilled for the product to be kosher.
- If a specific product is referenced as kosher, it does not mean that a different product of the same company is kosher as well.
- If a product is kosher abroad, it does not mean that it is kosher in Greece as well. Products may be produced in different factories with different first ingredients. (Example: Pringles not bearing a kosher symbol are not kosher. Ice cream with a design similar to Strauss in Israel is not kosher).
- In general, it is better to consume certified products, that are made under rabbinical supervision, than simply approved products.
- The mention "Approved" indicates that the product is Kosher according to general Kosher guidelines and other Kosher lists reviewed by Rabbi Mendel Hendel of Chabad of Athens.
- The mention "Checked and approved" indicates that the specific product was checked by Rabbi Mendel Hendel of Chabad of Athens or Rabbi Natan Hendel of Chabad of Athens' Suburbs.
- Make sure to use the updated kosher list. Check chabad.gr for updates.
- Products in this list are kosher for all year round and NOT for Passover.

HOW TO UNDERSTAND THE LIST





LAST UPDATED: AUGUST 2024



A few VERY IMPORTANT rules before we start:

PRACTICAL

- There are chains of super-markets that carry more imported products, therefore have more chances of carrying kosher products (with kosher symbols or approved by other rabbinates). Such chains are AB, Sklavenitis, Bazaar, My Market.
- A big store will have a wider variety of products than a small one, raising the possibility of finding kosher products. Please note that big chains also have smaller stores that don't carry all the variety of products they offer in their big stores.
- Supermarkets in the islands and in small remote places in Greece usually have a smaller variety of products.
- It might be practical to order online from a supermarket chain, as a large selection of products is available. (Make sure they ship to your location).
- Bio / Vegan sections in supermarkets and bio shops carry more imported products, therefore have a higher chance of carrying Kosher products (with Kosher symbols) that cannot be found in regular supermarkets.
- Many more kosher products are available at e-kosher.gr. Orders should be placed at least 3-5 days in advance and could be shipped to most locations in Greece. There's a physical store too, located at the Chabad House of Athens.
- A kosher catering service is available, shipping to most locations in Greece. Orders must be placed at least 3-5 days in advance through the website e-kosher.gr.

Locals? Please subscribe for regular updates at KosherList@chabad.gr.

Found a kosher product not mentioned in the list? Have a question?

Spotted an error? Please contact us at KosherList@chabad.gr

LAST UPDATED: AUGUST 2024





EXTRA VIRGIN OLIVE OIL

VARIOUS BRANDS

Extra virgin / εξαιρετικό παρθένο Parve



RICE

VARIOUS BRANDS

Without additives Check for bugs Parve



APPROVED

FLOUR - SIMPLE / SELF RISING

VARIOUS BRANDS

Has to be sifted Parve



Found at Sklavenitis stores Parve



COUSCOUS (REGULAR / BIO) *

TIPIAK

Kosher symbol Parve





BAKING SODA

VARIOUS BRANDS

Parve



EGGS

PREFERABLY WHITE-SHELLED EGGS

Check for blood spots Parve



TAHINI

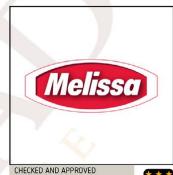
ΜΑΚΕΔΟΝΙΚΟ ΤΑΧΙΝΙ

Regular, no additives Parve



PASTA BARILLA

Without eggs, no additives, not colored Regular, no additives, not colored Parve



PASTA

MELISSA

Parve



BAKING POWDER

VARIOUS BRANDS

Parve



VANILLA SUGAR

VARIOUS BRANDS

Parve



CACAO

VARIOUS BRANDS

100% cacao, no additives Parve



HONEY

VARIOUS BRANDS

100% honey from flower or herbs / μέλι ανθέων (not pine or forest honey) Parve



SALT / SUGAR

VARIOUS BRANDS

Parve



SESAME SEEDS

VARIOUS BRANDS

Parve

LAST UPDATE: AUGUST 2024











PURE MILK

VARIOUS BRANDS

No additives, not enriched Dairy - Chalav Nochri



BUTTER SPREADABLE UNSALTED LIGHT

LURPAK

Factory symbol Dairy - Chalav Nochri





CERTIFIED

ICE CREAM BEN & JERRY'S

Kosher symbol Dairy - Chalav Nochri



Not Bishul Israel



SCOTCH CHOICE

ST.JAMES

Kosher Symbol Parve



* *



BUTTER UNSALTED

LURPAK

CERTIFIED - OK

Factory symbol

CHECK AND APPROVIED

HUMMUS ORIGINAL

IFANTIS

Parve

Dairy - Chalav Nochri

LURPAK

BUTTER SPREADABLE SALTED

Factory symbol Dairy - Chalav Nochri



M199

EC

**



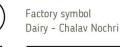




CERTIFIED - OK

BUTTER UNSALTED LIGHT







CERTIFIED - OK

BUTTER SPREADABLE OLIVE OIL

LURPAK

Factory symbol Dairy - Chalav Nochri





LEMON HUMMUS

IFANTIS

Parve Not Bishul Israel



BUTTER SPREADABLE UNSALTED

LURPAK

M199

EC

Factory symbol Dairy - Chalav Nochri





ICE CREAM

HAAGEN DAZS

Kosher symbol Dairy - Chalav Nochri



* * *



APPROVED

SMOKED SALMON VARIOUS BRANDS Made in Scotland / Norway:

Σκοτία / Νορβηγία Parve



SCOTCH CHOICE BIO

ST.JAMES

Kosher Symbol Parve













KETCHUP

HEINZ

Code on cap includes: TK1, TK2, TK3, TK4 or TK5



SOY SAUCE

KIKKOMAN

Made in Netherlands or Singapore



MUSTARD

FRENCH'S

Kosher symbol Parve





CERTIFIED - KLBD

SOY SAUCE - LESS SALT

KIKKOMAN

Made in Netherlands Parve



SERIOUSLY GOOD MAYONNAISE

HEINZ

Kosher symbol Parve



SERIOUSLY GOOD MAYONNAISE LIGHT

HEINZ

HEINZ

CERTIFIED

Kosher symbol Parve





SOY SAUCE SWEET

KIKKOMAN

Made in Netherlands Parve



SOY SAUCE TAMARI GLUTEN FREE

KIKKOMAN

Made in Netherlands or Singapore Parve



CERTIFIED

CLASSIC BBQ

HEINZ

Kosher Symbol Parve



CHICKEN MARINADE

STUBB'S

CERTIFIED

Kosher Symbol Parve





LEMON CURD

BEEF MARINADE

STUBB'S

Kosher Symbol Parve





CERTIFIED

PORK MARINADE

STUBB'S

Kosher Symbol Parve





MAPLE SYRUP *

VERTMONT

Kosher symbol Parve



SALAD CREAM

HEINZ

CERTIFIED

Kosher Symbol Parve



TIPTREE

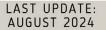
CERTIFIED

LEMON CURD

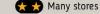
Kosher symbol Dairy - Chalav Nochri

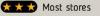
















CERTIFIED - SHOMRE HADAS ANTWER

ALMOND DRINK:

Roasted / Roasted Unsweetened **ALPRO**

Batch code* begins with 2 letters or made in Belgium * *

Parve



CERTIFIED - SHOMRE HADAS ANTWERP

SOYA DRINK:

Unsweetened / Vanilla **ALPRO**

Made in Belgium Parve



CERTIFIED - SHOMRE HADAS ANTWERF

OAT DRINK:

No Sugars / Barista

Batch code* begins with 2 letters Parve



CERTIFIED - SHOMRE HADAS ANTWERP

SOYA PRODUCT

For Cooking **ALPRO**

Batch code* begins with 2 letters or made in Belgium

Parve



CERTIFIED - SHOMRE HADAS ANTWERP

ALMOND DRINK:

Unroasted Unsweetened / Vanilla

Batch code* begins with 2 letters or made in Belgium

Parve



CERTIFIED - SHOMRE HADAS ANTWERP

SOYA DRINK:

High Protein Plain **ALPRO**

Batch code* begins with 2 letters or made in Belgium

Parve

* *



CERTIFIED - SHOMRE HADAS ANTWERF

OAT & ALMOND DRINK

Batch code* begins with 2 letters or made in Belgium

Parve



CERTIFIED - SHOMRE HADAS ANTWERP

SOYA DESSERT:

Chocolate / Caramel **ALPRO**

Batch code* begins with 2 letters Parve





ALMOND DRINK:

Barista **ALPRO**

Batch code* begins with 2 letters or made in Belgium

Parve



CERTIFIED - SHOMRE HADAS ANTWERF

SOYA DRINK:

High Protein Chocolate Flavor ALPRO

Batch code* begins with 2 letters or made in France

Parve



CERTIFIED - SHOMRE HADAS ANTWERP

COCONUT DRINK:

No Sugars / Chocolate

Batch code* begins with 2 letters Parve



CERTIFIED - SHOMRE HADAS ANTWERP

SOYA DESSERT:

Vanilla flavor **ALPRO**

Batch code* begins with 2 letters or made in Belgium

Parve



SOYA DRINK:

Regular / Chocolate **ALPRO**

Batch code* begins with 2 letters or made in Belgium

Parve



CERTIFIED - SHOMRE HADAS ANTWERI

OAT DRINK

ALPRO

Batch code* begins with 2 letters





CERTIFIED - SHOMRE HADAS ANTWERI

COCONUT DRINK:

With Rice **ALPRO**

Batch code* begins with 2 letters or

* *

made in Belgium

Parve



NOT AUTHORIZED

DARK CHOCOLATE ALMOND DRINK

*Batch code is printed under the expiration date on the top of the bottle



Some stores





* * * Most stores





CERTIFIED

* * * **CORN FLAKES**

KELLOGGS

Kosher symbol Parve









* * *

COCO POPS

KELLOGGS

CERTIFIED

Kosher symbol Parve









FROSTIES

KELLOGGS

Kosher symbol Parve









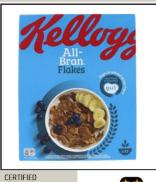
SPECIAL K - D. CHOCOLATE

KELLOGGS

CERTIFIED

Kosher symbol Dairy - Chalav Nochri





ALL BRAN FLAKES

KELLOGGS

Kosher symbol Parve



CERTIFIED

COCO POPS CHOCOS / JUMBOS

KELLOGGS

Kosher symbol Parve



* *



CERTIFIED

MIEL POPS LOOPS

KELLOGGS

Kosher symbol Parve



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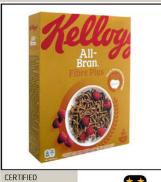


CERTIFIED - KLBD

WEETABIX

No logo on package Parve

WEETABIX ORIGINAL



ALL BRAN FIBRE PLUS

KELLOGGS





CERTIFIED

COCO POPS JUMBOS /HAZELNUT

KELLOGGS

Kosher symbol Parve



* * **SMACKS**

* *

KELLOGGS

CERTIFIED

CERTIFIED

KELLOGGS

Parve

CRUNCHY NUT

Kosher symbol

Kosher symbol Parve



SPECIAL

* *

* *



CERTIFIED

SPECIAL K **KELLOGGS**

Kosher symbol Parve



SPECIAL K - RED FRUITS

KELLOGGS

CERTIFIED

Kosher symbol Parve

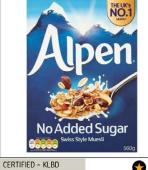




CERTIFIED - KLBD **PROTEIN CRUNCH**

Original / Chocolate

WEETABIX No logo on package



NO ADDED SUGAR

ALPEN

No logo on package Dairy - Chalav Nochri



Some stores







Many stores





OAT FLAKES

VARIOUS BRANDS

Without added flavors Parve



EXTRA MILK CHOCOLATE

KELLOGGS

Kosher symbol Dairy - Chalav Nochri





* *

EXTRA ORIGINAL

KELLOGGS

Kosher symbol Parve



CHECKED AND APPROVED

CAPRICE - REGULAR PAPADOPOULOU

Dairy - Chalav Nochri, Pat Akum



EXTRA FRUIT & NUT

KELLOGGS

Kosher symbol Parve





CERTIFIED

PURE BUTTER SHORTBREAD

WALKERS

Kosher symbol Dairy - Chalav Nochri Pat Akum





EXTRA RED BERRIES

KELLOGGS

Kosher symbol Parve





NOT AUTHORIZED

BREAD

NOT AUTHORIZED

Usually baked in the same trays/ oven as non-kosher pastries (with sausage/cheese etc.)







DAIRY MILK

CADBURRYS

No logo on package Dairy - Chalav Nochri



HUMMUS CHIPS* Sea Salt / Tomato & Basil EAT REAL**

Kosher Symbol Parve







BRAZIL NUT*

TASTE OF NATURE**

Kosher Symbol Parve





DAIRY MILK FRUIT & NUT

CADBURRYS

No logo on package Dairy - Chalav Nochri



CERTIFIED

LENTIL CHIPS* Tomato & Basil / Mango & Mint EAT REAL**

Parve





CRANBERRY*

TASTE OF NATURE**

Kosher Symbol Parve





DAIRY MILK WHOLENUT/CARAMEL

CADBURRYS

No logo on package Dairy - Chalav Nochri



LENTIL CHIPS* Chili & Lemon / Salted

EAT REAL**

Kosher Symbol Parve





CERTIFIED

VEGGIE STRAWS* Kale, Tomato & Spinach

EAT REAL** Kosher Symbol

Parve





CERTIFIED

QUINOA CHIPS*

Sour Cream & Chives EAT REAL**

Kosher Symbol Parve





SPECIAL K - DARK CHOCOLATE

KELLOGGS

Kosher Symbol Dairy - Chalav Nochri





SPECIAL K - MILK CHOCOLATE

KELLOGGS

Kosher Symbol Dairy - Chalav Nochri



*More flavors available -Check for the kosher symbol!

**Might be found in the bio section





FRESH FRUIT

If from Israel, see note* Check for bugs Parve



RAW NUTS

VARIOUS BRANDS

Raw only / ωμά Check for bugs Parve



DRY LEGUMES

ALL

Check for bugs Parve



FROZEN GREEN PEAS

VARIOUS BRANDS

Parve



DRIED DATES VARIOUS BRANDS

If from Israel, see note* Check for bugs



FRESH VEGETABLES

If from Israel, see note* Check for bugs Parve



FROZEN OKRA

VARIOUS BRANDS





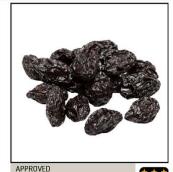
FROZEN GREEN BEANS

VARIOUS BRANDS









DRIED PRUNES

VARIOUS BRANDS Might be Chametz Check for bugs

Parve

APPROVED

for bugs

Parve

GREEN LEAVES

ALL THAT COULD BE CHECKED

Rinse with soap and check



DRIED APRICOTS / FIGS

VARIOUS BRANDS

Check for bugs Parve

HOW TO CHECK FOR BUGS

SEE USEFUL ONLINE GUIDES:

- · star-k.org/checking
- okkosher.org/consumers/ve getable-guide/
- okkosher.org/consumers/yo ur-kosher-kitchen/okvegetable-food-checkingguide
- kosher.org.uk/article/klbdbug-checking-guide



FROZEN ARTICHOKE BOTTOMS

VARIOUS BRANDS

Parve



FROZEN CORN

VARIOUS BRANDS

Parve



APPROVED

FROZEN CARROTS

VARIOUS BRANDS

Parve



OLIVES

Requires certification. Often nonkosher wine vinegar is added to the brine.

LAST UPDATE: AUGUST 2024

Some stores



Parve



*Fruits & Vegetables grown in Israel have special laws regarding Shmita, Trumot & Maasrot.

11



Fresh and frozen kosher species of fish, either whole or filleted,

are permitted provided that some skin (bearing easily detachable scales) is attached.

[The only exception is Salmon, which can be bought even without attached skin, because of its unique color.] All minced fish, fish fingers and other products containing fish require Rabbinical supervision.

Please find attached a list of kosher fish that are common in Greece and their Greek names.

ENGLISH NAME	GREEK NAME ENGLISH CHARACTERS	GREEK NAME GREEK CHARACTERS
Anchovy	Gavros	Γαύρος
Bogue	Gopa	Γόπα
Carp	Kiprinos	Κυπρίνος
Common dentex	Sinagrida	Συναγρίδα
Grey mullet	Kefalos	Κέφαλος
Herring	Renga	Ρέγγ <mark>α</mark>
Pandora	Lithrini	Λιθρίνι
Perch	Perka	Πέρκα
Picarel	Marida) Μαρίδα
Red mullet	Barbuni	Μπαρμπούνι
Salmon	Solomos	Σολωμός
Sardines	Sardela	Σαρδέλα
Sea bass	Lavraki	Λαυράκι
Sea Bream	Tsipoura	Τσιπούρα
Sole	Glossa	Γλώσσα
Tpout	Pestrofa	Πέστροφα
Tuna	Tonos	Τόνος
White grouper	Sfirida	Σφυρίδα









In general, spices can be bought without Kosher certification if they are
(1) 100% Natural (2) Don't include oil (3) Are not a mix of spices.

Please find attached a list of spices that do not need Kosher certification in Greece, and their Greek name.

Key words in Greek: ground - τριμμένο, powder - σκόνη, dried - αποξηραμένο.

ENGLISH NAME	GREEK NAME
BASIL	Βασιλικός
BAY LEAVES	Φύλα Δάφνης
CHIOS GUM MASTIC: Natural only (not products that were made from it)	Μαστίχα Χίου
CINNAMON: STICKS / GROUND	Κανέλα
CLOVES: WHOLE / GROUND	Γαρύφαλλο
COLIANDER: DRIED / GROUND	Κόλιανδρο
CUMIN	Κύμινο
DILL	Άνιθος
GARLIC: GROUND (Not powder)	Σκόρδο
GINGER: GROUND / POWDER	Τζίτζερ
HOT PAPRIKA CRUSHED	Μπούκοβο Καυτερό
NUTMEG	Μοσχοκάρυδο

ENGLISH NAME	GREEK NAME
OREGANO	Ρίγανη
PARSLEY	Μαϊντανος
PEPPER: BLACK	Πιπέρι
PEPPER: WHITE	Πιπέρι Λευκό
PIMENT	Μπαχάρι
ROSEMARY	Δεντρολίβανο
SPEARMINT	Δυόσμος
TARRAGON	Εστραγκόν
THYME	Θυμάρι
TURMERIC	Κουρκουμάς







FRUIT JUICE GUIDELINES:

100% FRUIT NO GRAPES NO NEKTAP OR ΦΡΟΥΤΟΠΟΤΟ NO MIX OF FRUITS NO TRACES OF MILK





WATER

ALL

Parve

APPROVED

Parve

APPLE JUICE

DIFFENT BRANDS

100% fruit, check ingredients



ORANGE JUICE

DIFFENT BRANDS

100% fruit, check ingredients Parve



POMEGRANATE JUICE

DIFFENT BRANDS

APPROVED

Parve

ANANAS JUICE

DIFFENT BRANDS

100% fruit, check ingredients

* * *

Parve



100% fruit, check ingredients



CERTIFIED

* * *

GREEN TEA

Kosher symbol



Pomegranate / With honey **ARIZONA**

Parve



ICED TEA

Peach / Lemon flavor **ARIZONA**

Kosher symbol Parve



GRAPEFRUIT JUICE

DIFFENT BRANDS

APPROVED

* * *

100% fruit, check ingredients Parve



WHITE / GREEN TEA

Blueberry / Zero Sugar ARIZONA

Kosher symbol Parve





COFFEE

VARIOUS BRANDS

100% without added flavors Parve



* * *

CERTIFIED - KLBD

DRINKING CHOCOLATE

CADBURRYS

No logo on package Parve



TEA - VARIOUS FLAVORS

PUKKA

Kosher symbol Parve



TEA - VARIOUS FLAVORS DILMAH

Kosher symbol Parve

CERTIFIED





CERTIFIED **TEA - VARIOUS FLAVORS**

CELESTIAL

Kosher symbol Parve













APPROVED - KLBD

APPROVED - KLBD

APPROVED - KLBD ***

APPROVED - KLBD

COCA COLA Regular / Light

COCA COLA ZERO Regular / No Caffeine

PEPSI BLUE Regular

PEPSI MAX Zero Sugar

Parve



Parve



Parve



Parve



PEPSI LIME Zero Sugar

SPRITE Regular / Zero Sugar

SCHWEPPES Ginger Ale / Bitter Lemon

SCHWEPPES Soda Water / Tonic Water

Parve



Parve



Parve





7 UP Regular

FANTA ORANGE Regular / Zero Sugar

SPARKLING WATER

VARIOUS BRANDS

Parve

Parve

Parve







There are many Kosher alcoholic drinks available. Please find attached a partial list of them. Always check the ingredients list before for mentions of grapes, added flavors or lactose.

Any drink containing grapes or made out of grapes needs a Kosher certification.

For more drinks please consult kosherlf.com/alcohol

CATEGORY	PRODUCT NAME
BEER	Approved: With no added flavors: HEINEKEN, AMSTEL, STELLA ARTOIS, CORONA Checked and approved: MYTHOS
GIN	Approved: All plain gin with no added flavor, not produced from grapes, whey or dairy elements. For example: GORDON'S LONDON DRY, TANQUERAY, HENDRICK'S, BOMBAY SHAPPHIRE DRY
LIQUOR	Approved: COINTREAU, DISARONO AMARETTO ORIGINALE, DRAMBUIE, MONIN TRIPLE SEC CURACAO
OUZO	Checked and approved: OUZO MINI (EPOM company - written in small letters in the back) OUZO 12
RUM	Approved: Unflavored and not spiced. For example: BACARDI ANEJO RESERVA / CARTA BLANCA / CARTA ORO
TEQUILA	Approved: Unflavored with 100% agave. For example: JOSE CUERVO SILVER / YELLOW / BLANCO, PATRON ANEJO / REPOSADO / SILVER
TSIPOURO	Not Kosher (made of grapes)
VODKA	Approved: All plain vodka unflavored For example: ABSOLUT, SMIRNOFF, GREY GOOSE
WHISKY	Approved: Without mention of Sherry, Port, Madeira, Cognac, Dual cask finish or Double-matured For example: JOHNNIE WALKER: BLACK LABEL & RED LABEL, CHIVAS 12 YEARS OLD











NEOCATE LCP NUTRICIA

Found at selected farmacies Parve



NEOCATE SYNEO NUTRICIA

Found at selected farmacies Parve



NEOCATE JUNIOR

NUTRICIA

Found at selected farmacies Parve







