



Congregation Netivot Shalom
1316 University Avenue, Berkeley, California

Fair Trade/Ethically Sourced Kosher Chocolate

Most of the world's chocolate is farmed using child labor and even child slavery:

Over a third of the cocoa that makes the world's chocolate comes from the Ivory Coast, Africa. It's highly likely that the beans that make your favourite chocolate bar come from here.

Thousands of boys as young as 10 yrs old, from the Cote D'Ivoire and neighbouring countries, are trafficked to pick and harvest these beans. Their freedom is taken and they are forced to work long hours on the cocoa plantations without receiving any money for their work. They are beaten and work in dangerous conditions using machetes to open the cocoa beans. ([Stop the Traffik](#))

There is a movement to pressure the major manufacturers to buy their raw chocolate only from sources which produce it without child labor and slavery. The Congregation Netivot Shalom Board has decided that for kiddushes, snacks, etc., Netivot Shalom will not buy chocolate unless it is certified as both kosher and ethically sourced. ("ethically sourced", "fair trade", and "fairly traded" are used interchangeably). Also, we recommend that all kiddush sponsors and other people donating food buy only ethically sourced chocolate.

There is a trend towards more fair trade certification. For example, one company, Lake Champlain, sells Fair Trade USA certified cocoa powder, but its chocolate bars are not fair trade certified. In March 2013, Lake Champlain earned [Fair for Life certification](#) and is now applying for certification for its chocolate bars.

Kiddushes at Netivot Shalom

If you are sponsoring a kiddish at Netivot Shalom and are using a caterer, just tell the caterer. The caterers we have talked to say using ethically sourced chocolate is not a problem. If they have questions, refer them to this web page you are now reading, <http://netivotshalom.org/sites/default/files/FairTradeChocolate.pdf>.

If you are preparing a kiddush yourself, to use kosher and ethically sourced chocolate, examine the labels and follow the guidelines below. Most chocolate products and candies from the major chocolate producers, such as Hershey's, Nestlé, Mars, Godiva, Ghiradelli, Lindt, Toblerone, See's, and Costco's Kirkland, are not certified as ethically sourced. To bake cookies containing chocolate, brownies, chocolate cake, etc., please use products such as those listed below, which are both Kosher and ethically produced. If you want a replacement for M&Ms, see the Chips and Chunks listed below.

Certifications

Certifications that chocolate was made using ethical practices:



The hechshers (kosher certifications) in the products listed below are:









Click on any of the above certifications or hechshers for more information on that certification system.

What is the difference between Cacao and Cocoa?

Cocoa is a British slang term for Cacao. Today's present-day meaning of 'cacao' includes all the ingredients derived from the cacao bean. Cocoa as defined by the U.S. cacao standards refers only to cocoa powder, i.e., the powder made by grinding partially defatted cacao beans. Some products in the U.S. use the term "% Cocoa" interchangeably with "% Cacao". ([From NibMor FAQ](#))

Cocoa Powder







- Dagoba Cacao Powder (unsweetened), 8 oz., , , at Berkeley Bowl West, El Cerrito Natural Grocery Co.
- Equal Exchange Baking Cocoa, 8 oz., , , El Cerrito Natural Grocery Co.
- Lake Champlain Unsweetened Cocoa for Drinking and Baking, 10 oz., , , at Berkeley Bowl West, Monterey Market

Hot Chocolate Powder

- Dagoba Drinking Chocolate, 12 oz., , , at Berkeley Bowl West, El Cerrito Natural Grocery Co., Andronico's
- Equal Exchange, 12 oz., , , El Cerrito Natural Grocery Co., Andronico's
- Lake Champlain Hot Chocolate, 16 oz., , , at Berkeley Bowl West, Whole Foods, Monterey Market















Baking Bars

These are usually found in the Baking section of the store.

- Dagoba , :
Dagoba semisweet 59%, 6 oz., at Berkeley Bowl West
Dagoba unsweetened 100%, 6 oz. at Berkeley Bowl West, El Cerrito Natural Grocery Co.
- Divine 70% Bittersweet Chocolate Baking Bar, 5.3 oz., , , at Whole Foods
- Sunspire Organic Chocolate, , :
Sunspire Fair Trade Organic Baking Bar unsweetened 100%, 4 oz.
at Berkeley Bowl West, El Cerrito Natural Grocery Co.
Sunspire Fair Trade Organic Baking Bar semisweet 65%, 4 oz. at Berkeley Bowl West

Chips and Cubes

The most widely available of the chocolate chunks are the Dove Promises and Hershey Bliss, available in the candy section of many grocery stores, drug stores, etc. The most widely available of the chocolate chips are the Guittard Akoma Extra Semisweet Chocolate Chips available in the baking sections of many stores..

- Dagoba Chocodrops - 74%, , , El Cerrito Natural Grocery Co.
- Dove Promises, 35 pieces, 9.5 oz., , , at Berkeley Bowl West, El Cerrito Natural Grocery Co., Safeway, CVS, Walgreen's, etc.:
 - Dove Promises Dark Chocolate
 - Dove Promises Silky Smooth Almond Dark Chocolate
- Guittard Akoma Extra Semisweet Chocolate Chips, 12 oz., about 2 cups or 700 chips, , , at Berkeley Bowl West, Whole Foods, Monterey Market, Andronico's
- Hershey's Bliss, 9.6 oz., 36 pieces, , , at Safeway, CVS, Walgreens, ...
- Sunspire Chocolate, , , at Berkeley Bowl West, El Cerrito Natural Grocery Co.:
 - Sunspire Organic Fair Trade 65% Cacao Bittersweet Baking Chips, 9 oz.
 - Sunspire Organic Fair Trade 42% Cacao Semi-Sweet Baking Chips, 9 oz.
- Tcho Chocolate, , , at Whole Foods:
 - Tcho 99% Dark Chocolate Critters unsweetened for baking, cooking, snacking, 8 oz.,
 - Tcho 66% Dark Chocolate Discs for baking, cooking, snacking, 8 oz.,
- Whole Foods 365 Chocolate, , , at Whole Foods:
 - 365 Dark Chocolate Baking Chunks 67%, 12 oz.,
 - 365 Semisweet Chocolate Baking Chips 42%, 24 oz.,
 - 365 Milk Chocolate Baking Chips 27%, 12 oz.,

Ice Cream and Chocolate Syrup

Most chocolate in ice cream is not certified fair trade. One exception is Ben and Jerry's; some of their flavor's are certified as fair trade, but others are not. You must read the label.




























Another option is to serve non-chocolate ice-cream with chocolate syrup, but commercially available chocolate syrups are not fair trade. However it is easy to make chocolate syrup from cocoa powder, e.g. the recipe at <http://allrecipes.com/recipe/chocolate-syrup/> involves only 5 ingredients and takes only 10 minutes to prepare. Another recipe from [Epicurious.com](http://epicurious.com) uses less sugar.

Chocolate Bars

These are typically 2-4 oz. and cost about \$3-\$6. They are much bigger than the typical candy bar. Some of these may be melted and used in a chocolate drink or in baking. Or they may be bought for personal use.

Below are some bars found in local stores that are both kosher and fair trade. However, it is necessary to check the label as not all of the bars of a specific brand will have the same fair trade or kosher certification. E.g.: Chocolove makes 23 varieties of chocolate bars, but only 3 are fair trade. Companies may change certification for a product at any time.

Trader Joe's, Safeway, and Costco did not have fair trade kosher chocolate bars.

Brand of Chocolate	Fair Trade Certificate	Kosher Hechsher	Berkeley Bowl West	El Cerrito Natural Grocery Company	Monterey Market	Whole Foods	Andronico's on Shattuck Ave.
Chocolove			✓	✓		✓	
Coconut Secret			✓	✓		✓	
Dagoba			✓	✓			
Divine			✓			✓	
Endangered Species			✓	✓		✓	✓
Equal Exchange	 or 		✓	✓		✓	
Lily's sugar-free, stevia-sweetened						✓	✓
Newman's Own Organic			✓	✓		✓	
NiBMor			✓				
Pascha			✓				
Salazon						✓	
Sweet Riot			✓	✓			
Taza			✓	✓	✓		✓
Tcho					✓	✓	
Theo			✓	✓		✓	✓
Whole Food Market	 ,  or 					✓	

For More Info.:

- [CNN Report](#)
- [The Justice in Fair Trade Chocolate](#) by Leslie Gordon, Feb. 2013 Netivot Shalom Newsletter.
- [Nestle advances child labor battle plan](#)
- [Dagoba Chocolate & the Rainforest Alliance](#) describes how Dagoba and 20,000 Tanzanian farmers earned Rain Forest Alliance Certification.