

**The Aaron, Martha, Isidore N. and Blanche
Rosansky Contemporary Halacha Program**

Spring 2013

***Pesach Preparation:
A Rabbi's Guide***

Rabbi Kenneth Brander

1 שולחן ערוך אורח חיים הלכות פסח סימן תנג

סעיף א

אלו דברים (א) שיוצאים בהם ידי חובת מצה, בחטים ובשעורים ובכוסמין ובשבולת שועל ובשיפון, ((ב) והמנהג ליקח לכתחלה חטים), (מהרי"ל), (ג) אבל א לא באורז (ד) ושאר מיני [א] קטניות, וגם אינם באים (ה) לידי חימוץ ומותר לעשות מהם תבשיל. הגה: * (ו) <א> ויש אוסרים (טור והגהות מיימוני פ"ה ומרדכי פ' כל שעה). והמנהג באשכנז להחמיר, (ז) ואין לשנות. מיהו פשוט דאין אוסרים בדיעבד (ח) אם נפלו (ט) תוך התבשיל. (י) וכן ב מותר להדליק בשמנים הנעשים מהם, (יא) ואין אוסרים אם נפלו לתוך התבשיל. (יב) וכן ג מותר להשהות מיני קטניות בבית (ת"ה סי' קי"ג). וזרע אקליז"א (מהרי"ל) ואני"ס אליינד"ר אין מיני קטניות, (יג) [ד] ומותר לאכלן בפסח, כן נ"ל

2 משנה ברורה סימן תנג

(ה) לידי חימוץ - ואפילו לש [ב] אדם קמח אורז וכיוצא בו ברותחין וכסהו בבגדים עד שנפחה כמו בצק שהחמיץ אין זה חימוץ אלא סרחון ומותר באכילה:

(ו) ויש אוסרים - לא מעיקר הדין הוא [ג] אלא חומרא שהחמירו עליהם וכדמסיים לקמיה וטעם חומרא זו משום שלפעמים תבואה מעורב במיני קטניות וא"א לברר יפה ואתי לידי חמוץ כשיאפם או יבשלם ועוד שכמה פעמים טוחנים האורז ושאר מיני קטניות לקמח וכמה פעמים אופין ג"כ מהם לחם ואיכא הדיוטים ועמי הארץ טובא שלא יבחינו בין קמח זה לקמח של מיני דגן ובין פת לפת של מיני דגן ואתי לאקולי גם בפת וקמח של מיני דגן לפיכך החמירו עליהם לאסור כל פת וכל תבשיל ואפילו לבשל אורז וקטניות שלמות [ד] ג"כ אסור משום לא פלוג ועוד דדילמא נמצא בהם גרעינין של מיני דגן וכנ"ל ועיין עוד בבה"ל:

3 משנה ברורה סימן תלא

(ב) בודקין וכו' - וגם צריך לבטל אז את החמץ וכדלקמן בסימן תל"ד ס"ב [ב] ומן התורה באחד מהן סגי דכשמבטלו בלבו ומפקירו שוב אינו שלו ואינו עובר עליו וכ"ש כשבדקו ומחפש אחריו ומבערו מן העולם אלא שחז"ל החמירו דלא סגי באחד מהן אלא בשניהם דוקא לפי שחששו אחר שהבטול תלוי במחשבתן של בני אדם ובדעותיהן אולי ירע בעיני האדם שיש לו חמץ בעד כמה אלפים להפקיר ואף שבפיו יאמר שיהיה בטל והפקר וחשיב כעפרא מ"מ לבו לא כן יחשוב ולא יבטלנו בלב שלם והרי הוא עובר בבל יראה שהרי לא הוציא מביתו ועוד שמא מתוך שרגילין בו כל השנה אם יהיה בביתו ורשותו גזרינן שישכח ויבוא לאכול ולכן תקנו חז"ל שאע"פ שמבטל לא סגי אלא צריך לבדוק לבערו מן העולם ומ"מ צריך לבטל ג"כ שמא לא יבדוק יפה וימצא חמץ בפסח ויעבור עליו:

4 שולחן ערוך אורח חיים הלכות פסח סימן תלג

סעיף ג

בודק כל המקומות (יג) שיש לחוש שמא הכניסו בהם חמץ. ולכן (יד) כל חדרי הבית והעליות צריכים בדיקה; שפעמים אדם נכנס בהם ופתו בידו. אבל אוצרות יין (טו) ז שאין מסתפק (טז) מהם, וכן מתבן וכיוצא בו, (יז) אינם צריכים בדיקה.

סעיף ד

חורי הבית וזיזין הבולטים, מהכתלים, <ד> שאינם גבוהים הרבה ולא נמוכים הרבה, (יח) צריכים בדיקה; אבל הגבוהים שאין יד האדם מגעת שם, והנמוכים (יט) ח פחות משלשה טפחים, (כ) אינם צריכים בדיקה.

5 משנה ברורה סימן תלג ס"ק יט

(יט) פחות משלשה טפחים - שמן הסתם לא נשתמשו בו [כז] אבל אם ידוע לו שנשתמש בהן חמץ באותה שנה אפילו פ"א הרי הן צריכין בדיקה. ובבית שהתינוקות מצויין בו [כח] בכ"ג צריכין בדיקה שמא הניחו שם התינוקות מעט חמץ:

6 שולחן ערוך אורח חיים הלכות פסח סימן תמב

סעיף ב

הפת עצמה (ט) ג שעטיפשה ונפסלה (י) מלאכול הכלב, (יא) ומלוגמא (יב) שנסרחה, אינו חייב לבער.

משנה ברורה סימן תמב ס"ק לג

(לג) ואם לאו חייב לבער - ודוקא כשיש בין הכל כזית דאז הכלי מצרפו אבל כשלא נשאר בין הכל כזית א"צ לבערו ואפילו אין עשוי לחזק וכדמוכח בסי"א [נו] אכן באמת יש מחלוקת בין הפוסקים בזה דדעת הרבה פוסקים דאפילו פחות מכזית צריך ביעור ודוקא כשראו לאכילה קצת אבל אם היה מטונף קצת ופחות מכזית א"צ לבער לכו"ע:

בענין פינאט אם יש בו חשש איסור מנהג קטנית כ"ד אדר תשכ"ו. מע"כ ידידי מהר"ר יעקב גאלדמאן שליט"א.

הנה בדבר הפינאט שכתבתי שבהרבה מקומות אכלו אותם בפסח וכתר"ה תמה בטעם הדבר משום ששמע שעושין ממנו באיזה מקום גם קמח וגם שמע שנזרעין בשדות כשאר קטניות, אבל ידע כתר"ה שאין זה ענין כלל, שכל הדברים העושין מהם קמח נאסרו ממנהג זה, דאין לך דבר העושין ממנו קמח כתפוחי אדמה לא רק במדינה זו אלא גם ביוראפ במקומותינו וגם בדורות הקודמים ומעולם לא חשו לאסור זה. וכן הטעם שמיני חטים מתערבין בהם שכתב הטור נמי אינו כלל שכל המינים שיש לחוש למיני חטים ושעורים שיתערבו נהגו לאסור, דהא עניס וקימעל שמתערבין בהן מיני חטים ושעורים כמפורש בט"ז סק"א ובמג"א סק"ג וגם איתא שם דקשה לבודקם ובח"י סק"ט כתב שלא יסמוך על בדיקת נשים וקטנים מצד קושי הבדיקה, ומ"מ לא אסרום כמפורש ברמ"א, וחדל כתב הרמ"א בסימן תס"ד שנוהגין לאסור דהוי כמיני קטניות אף שאין בו הטעמים. ולכן אין לנו בדבר אלא מה שמפורש שנהגו לאסור וכן מה שידוע ומפורסם. וגם יש ליתן טעם דדין מה שנאסר במנהג הא אין זה דבר הנאסר בקבוץ חכמים, אלא שהנהיגו את העם להחמיר שלא לאכול מינים אלו שהיה מצוי לאוכלם מפני הטעמים דחשש מיני דגן שנתערבו שקשה לבדוק ומפני שעושין קמחים, אבל כיון שלא תיקנו בקבוץ חכמים לאכול דברים שיש חשש שיתערב בהן מיני דגן ודברים שעושין מהם קמח, אלא שהנהיגו שלא לאכול איזה מינים לא נאסרו אלא המינים שהנהיגו ולא שאר מינים שלא הנהיגו מפני שלא היו מצויין אז, שלכן תפוחי אדמה שלא היו מצויין אז כידוע ולא הנהיגו ממילא לאוסרם אינם בכלל האיסור דאלו מינים שנהגו לאסור אף שיש אותו הטעם ממש דאין למילף ממנהג לאסור גם דבר שלא נהגו לאסור, וכשנתרבו תפוחי אדמה במדינותינו לא רצו חכמי הדור להנהיג לאוסרן, אולי מפני הצורך, ואולי מפני שהטעמים קלושים, עיין בב"י ר"ס תנ"ג, שהר"י קרא לזה מנהג שטות, וגם משמע שהר"ר יחיאל ושאר גדולים היו נוהגין בהם היתר אף במקום שנהגו איסור דהרי ע"ז כתב וקשה הדבר להתיר כיון שאחרים נהגו בהם איסור, לכן חכמי הדורות האחרונים לא רצו להוסיף לאסור עוד המינים שניתוספו אח"כ רק שא"א להתיר מה שכבר נהגו לאיסור. וכן בעניס וקימעל אפשר לא היו מתחלה רגילים לזרעם במקום שזרעו מיני דגן ולא היה טעם להנהיג איסור ולכן אף אח"כ שהתחילו לזרעם במקום שזרעו מיני דגן שלכן צריכים בדיקה לא רצו לאוסרם שוב. ולכן גם הפינאט לא אסרו בהרבה מקומות עוד מכ"ש. ובמקום שליכא מנהג אין לאסור כי בדברים כאלו אין להחמיר כדאיתא בח"י. ולאלו שיש להם מנהג ביחוד שלא לאכול פינאט אסור גם בפינאט אבל מספק אין לאסור. ולכן שייך שיתן הכשר שלא נתערב שם חמץ ויאכלו אלו שלא נהגו בזה איסור. וכן ראיתי שנותנים הכשר על פינאט אויל מהאי טעמא. ידידו, משה פיינשטיין.

PESACH

5773/2013



There's a place for you at our Seder table!



Hahn Judaic Campus
7900 Montoya Circle N. • Boca Raton, Florida 33433-4912
(561) 394-0394 • www.brsonline.org

PESACH SCHEDULE 2013/5773

SHABBAT, MARCH 23RD SHABBAT HAGADOL

Shabbat Hagadol Derasha for Teens	5:45 pm
Rabbi Uri Pilichowski	
Dessert Reception	5:45 pm
Mincha	6:15 pm
Shabbat Hagadol Derasha	6:40 pm

Rabbi Efrem Goldberg

CHILD CARE WILL BE PROVIDED

Ma'ariv/Havdalah	8:08 pm
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SUNDAY, MARCH 24TH

Mincha / Ma'ariv	7:20 pm
Search for Chametz	no earlier than 8:08 pm

MONDAY, MARCH 25TH EREV PESACH TA'ANIT BECHOROT FAST OF THE FIRSTBORN

Fast Begins	6:10 am
Shacharit/Siyum	6:15, 7:00 & 8:00 am
Latest time for Eating Chametz	11:00 am
Latest time for Burning Chametz	12:13 pm
Candle Lighting	7:16 pm
Mincha/Kabbalat Yom Tov	7:20 pm

Dvar Torah – Rabbi Efrem Goldberg

Ma'ariv	8:00 pm
Seder Should not begin before	8:09 pm

TUESDAY, MARCH 26TH 1ST DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Daf Yomi	5:20 pm
Rabbi's Class - Rabbi Philip Moskowitz	6:20 pm
Mincha	7:15 pm

Dvar Torah

Ma'ariv/Counting Omer	8:00 pm
Yom Tov Candle Lighting (Not Before)	8:10 pm
One cannot begin preparing for Yom Tov or the Seder prior to Candle lighting	

WEDNESDAY, MARCH 27TH 2ND DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Daf Yomi	5:15 pm
Rabbi's Class	6:15 pm
Mincha	7:15 pm
Maariv/ Haydallah	8:10 pm

THURSDAY, MARCH 28TH CHOL HAMOED PESACH

Shacharit	6:05, 7:00, 8:00 & 9:00 am
Sephardic Shacharit	6:30 & 8:00 am
Daf Yomi	7:00 am
Mincha/Ma'ariv	7:20 pm
Late Ma'ariv (Senders Library)	9:30 pm

FRIDAY, MARCH 29TH

Shacharit	6:05, 7:00, 8:00 & 9:00 am
Daf Yomi	7:00 am
Plag Candle Lighting	no earlier than 6:19 pm
Candle Lighting	7:18 pm
Mincha / Kabbalat Yom Tov	6:05 & 7:20 pm

SHABBAT, MARCH 30TH CHOL HAMOED PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Rabbi's Class	6:19 pm
Mincha	7:05 pm
Ma'ariv/Havdalah	8:12 pm

SUNDAY, MARCH 31ST

Shacharit	6:05, 7:00, 8:00 & 9:00 am
Daf Yomi	7:00 am
Plag Candle Lighting	no earlier than 6:19 pm
Candle Lighting	7:19 pm
Mincha / Kabbalat Yom Tov	6:05 & 7:20 pm

MONDAY, APRIL 1ST 7TH DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 pm
Rabbi's Class	5:15 pm
Candle Lighting	8:13 pm

For those accepting early Yom Tov, candle lighting no earlier than 6:20 pm

For those accepting the second day of Yom Tov early, please make sure all foods prepared for the night meal are tasted before 7:37 pm
Mincha followed by Ma'ariv 6:05 pm & 7:25 pm

TUESDAY, APRIL 2ND 8TH DAY OF PESACH - YIZKOR

Hashkoma Minyan	7:25 am
Sephardic Minyan	9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Yizkor	(approximately) 10:15 pm
Rabbi's Class	6:20 pm
Mincha	7:20 pm
Seudas Moshiaich (Social Hall)	
Ma'ariv/Havdalah	8:13 pm
You may eat Chametz sold through the synagogue after	9:00 pm

Times are subject to change, please check the Weekly for the most up to date times.

I. ABOUT CHAMETZ

The Prohibition

The prohibition against Chametz on Pesach is founded in the Torah. It commands every Jew: a.) not to eat or drink it, b.) not to own it, c.) not to possess it in their domain. The prohibition applies to even the slightest amount of Chametz because of the harshness of the penalty prescribed by the Torah - excision. Because Chametz is permissible after Pesach - there can be no nullification during Pesach.

The Rabbinic prohibition extends to the use even after Pesach of Chametz which belonged to a Jew during Pesach. **For this reason, Jewish owned food stores which do not sell their Chametz before Pesach should not be patronized for approximately a month after the holiday so that no Chametz product which belonged to them during Pesach would be consumed afterwards.** The Synagogue will have a list of approved food stores for after Pesach.



What Is Chametz?

Chametz is a general term for all leavened foods forbidden on Passover. Foods and drinks made from wheat, oats, rye, spelt, barley, and derivatives of same are subject to the laws of Chametz. (Rye, whiskey, beer and vinegar are just a few examples of derivative foods that are Chametz.) The prohibition includes, as well, the taste of Chametz absorbed in food, utensils, or dishes. The slightest trace of Chametz can convert the entire product into Chametz.

Kitniyot - Prohibition Against Beans

Rabbinically, the prohibition of Chametz has extended to all grains, such as rice, millet and corn and to all forms of lentils, beans and peas. The reason for this extension was that breads were being made from these products and confusion as to which breads were permissible were resulting in many cases in the eating of true Chametz. Only in certain geographic areas were these prohibitions not legislated (e.g. some Sephardim eat rice). Other than these, all fresh vegetables may be used on Pesach.

Medicine

Many drugs and medicines contain Chametz, (derivatives of the five prohibited on Pesach). If you use medicine or vitamins, please consult Rabbi Efrem Goldberg or Rabbi Philip Moskowitz to find out if they can be used on the Passover. Rabbi Efrem Goldberg and Rabbi Philip Moskowitz have an updated list of all these products. **If medicines are being taken due to serious health related conditions, one should continue to take them even if they are Chametz.** However, one should take care not to allow these medicines to come into contact with Pesach dishes or utensils.

Cosmetics And Toiletries

- All varieties of blush, body soap, creams and eye shadow, eyeliner, face powder, lotions, mascara, nail polish, ointments, paint, shampoo and stick deodorant are permitted for use on Pesach regardless of the ingredients contained within them.
- Many liquid deodorants, colognes, aftershaves, perfumes and hair sprays contain denatured alcohol, and therefore should not be used on Pesach unless they are listed as Chametz-free on a reliable list of approved Pesach products.

II. MECHIRAT CHAMETZ - SELLING THE CHAMETZ

As stated, it is prohibited to possess Chametz on Passover and from such Chametz one is not allowed to derive any benefit. Also, Chametz which was in the possession of a Jew on Passover may not be used even after the Holiday. Therefore, any Chametz which cannot be consumed or disposed of before Passover, must be sold to a non-Jew.

Pure Chametz, such as bread or cereal should preferably be disposed of before Pesach. All other products and Chametz utensils should be stored in a closet or other cabinet and locked or sealed off with tape. The Rabbi should be told the place where the Chametz is closeted and the approximate value of the goods so that a valid sale to the non-Jew may be affected.

The legal act of designation of the Rabbi as agent for the sale of Chametz, is best performed in a personal meeting engaging in the act of Kinyan Suddar - a contractual form in Jewish law in which the transfer of a garment (e.g. a handkerchief) from the Rabbi to yourself is a visible manifestation of contractual intent and in which the garment serves as consideration for the contract.

However, there may be members of the community who will not find it possible to meet personally with either Rabbi Efrem Goldberg or Rabbi Philip Moskowitz. It is for such persons that the attached form, a written contract designating the Rabbi as an agent for the sale of Chametz, is provided. If you make use of this form, please fill it in completely and mail/fax it to the synagogue office before the noted deadline. You may also use the on-line form found at www.brsonline.org

Call Linda in the office to assure that your form was received.

NO CHAMETZ WILL BE BOUGHT AFTER MONDAY, MARCH 25TH AT 10:00 AM

When selling the Chametz, one must inform the Rabbi if he/she will be celebrating any part of Passover in a different time zone than where it is being sold. Contract for the sale of Chametz is found at the end of the booklet. Schedule of times to sell Chametz can be found in the Weekly.

III. PREPARING THE HOME

A. Introduction

A thorough house cleaning is undertaken in preparation for the Passover holiday. Areas that will not be needed during Pesach may be sealed, taped up and closed and need not be cleaned.

In addition to the entire house, the following places should be free from Chametz: Office, cars, pockets of clothing (especially children's), pocket books, etc.

Baby formula is kitniyot and may be used; however, new bottles should be purchased. Bottles should be cleaned in an area in which it does not come in contact with Pesach utensils (i.e. in a separate sink or in one of the bathrooms).

Vacuum-cleaner bags should be discarded or cleaned and stored with Chametz.

Pet foods usually contain Chametz. The office has a list of cat and dog foods which do not contain Chametz.

IV. PREPARING THE KITCHEN FOR PESACH

Chametz dishes and kitchen utensils must be washed and cleaned and stored away in such a manner that they cannot accidentally be used on Passover. Tables, cupboards and closet shelves, cabinets, sink, walls, stove, etc. must be scoured and washed. All surfaces used for Chametz dishes and food throughout the year must be covered for Pesach. The Stove or Oven:

Range Tops

- Gas - Clean the whole top (spiders, cups, slide-out trays). Wait 24 hours. Then invert the spiders and leave them on the highest setting for one hour. After this is done, one should cover the range top with aluminum foil.
- Electric - Follow the above procedure except that the electric burners should be set on the highest setting. Wait until they are glowing red and leave on for an additional fifteen minutes. Cover the entire range top with aluminum foil. Care should be taken to only kasher one burner at a time. For many range tops, covering with aluminum foil is not possible. We will be discussing this in more detail at the Passover Workshop given by Rabbi Efreim Goldberg.
- Glass Top Range - Clean the glass thoroughly. Pour boiling water over the surface of the glass. Leave the burners on high for 20 minutes, two at a time. Be careful not to place pots, spoons, etc. on the glass top over Pesach.

Ovens

- Gas (even continuous cleaning) - Clean the oven, and its shelves thoroughly with oven cleaner. Do not use for 24 hours. Next, turn the oven up to broil for an hour and a half. If you want to use the broiler, purchase a disposable broiler tray. The regular broiler tray should be placed with the Chametz utensils.
- Self-Cleaning - Go through one full cleaning cycle. (At least three hours)
- Microwave - Remove the glass tray. Clean the microwave and let it sit for 24 hours. Put a vessel with water into the microwave and allow the water to vaporize into steam. The duration should be the longest time you have used your microwave. The glass tray should be placed with the Chametz utensils.
- Convection - Remove the metal plate in front of the fan - clean that area. Make sure the oven and racks are spotless and then turn oven on high for an hour and a half.



The Refrigerator

The refrigerator should be defrosted, the shelves, the walls and the entire freezer compartment washed and scrubbed. Some cover the shelves of the refrigerator and the floor of the freezer with material before Pesach foods are entered. Be sure that the material has holes in it that allows the free flow of air necessary for the efficient use of your refrigerator.

Counter Tops

Standard counter tops should be kashered by pouring boiling water all over the counters, beginning from the counter top closest to the wall and moving toward the edges of the counter. Formica counter tops that have cuts and abrasions on the formica should then be covered.

Dishes and Utensils

There is not to be even a trace of Chametz in our food during Passover, therefore painstaking attention must be given to the use of pots, pans, dishes, and all kitchen utensils. It is preferable to have special dishes and utensils set aside exclusively for Passover and stored carefully throughout the year. However, some Chametz utensils can be rendered fit for Passover use through procedures called "Kashering". The following types of dishes and utensils can NOT be "Kashered" for Passover use: **Utensils which cannot be kashered**

- Utensils made of porcelain, chinaware, pottery, all earthenware; those made of plastic; glass utensils which are ordinarily used for hot foods and pyrex. If one has chinaware that has not been used in several years contact the Rabbi.
- Utensils containing parts that are glued together (e.g., a knife with a glued-on handle).
- Utensils, even metal or glass, with patches, cracks, dents or narrow openings (a sieve, or a bottle with a narrow neck, which cannot be properly cleansed).



Glass Utensils

In which only cold Chametz was used can be kashered. However, it is strenuously suggested that glassware exclusively for Passover be bought. If one must kasher glasses, it can be accomplished by placing them in water for three consecutive days and changing the water every 24 hours.

Metal Utensils can be Kashered

If the metal utensil is one solid piece and not assembled or glued together - then one may remove (kasher) the forbidden substances, Chametz, with heat as intense as that which prevailed when the Chametz food was absorbed. Metal utensils used for boiling or lesser degrees of heat must be thoroughly cleaned and scraped thereafter and allowed to remain unused for 24 hours. Then each piece is to be immersed in a large pot containing boiling water, and left in the seething water for a few minutes. If the pot in which the kashering is done is very big, a few pieces of cutlery can be submerged at a time. The volume of water must be 60 times the amount the cutlery can possibly absorb. The utensils should then be rinsed in cold water.

In order to kasher a pot, which can not fit into another pot, one must fill it completely with water and heat it until the water boils quickly; while the water is boiling, a red-hot stone (heated to 212 degrees) is dropped into the pot so that the water overflows onto the sides.

Utensils which came in contact with Chametz over a fire or electric element and did not contain water - such as a broiler, a baking or a frying pan - can be kashered only by heating the object until it is red-hot and glowing. One of the ways this can be done is with a blowtorch.

V. PETS & PESACH

www.crcweb.org is a great source for pet questions

Cats & Dogs

On Pesach we are forbidden to receive any pleasure from Chametz. This includes feeding it to our pets. Most commercial pet food contains actual Chametz and therefore, may not be used on Pesach. Therefore, all ingredients must be read to insure that the product does not contain wheat, oats, grain, and "by products".

The following dog/cat foods have brands that do not have the above prohibited ingredients: Hills Science Diet, Friskies, Alpo, Mighty Dog and Iams. Check labels to insure the ingredients mentioned above are not listed. Pet food which consists of kitniyot (legumes) can be used on Pesach. The Star-K online is a good source to check for Passover cat and dog food. A more expansive list will be available through the synagogue office closer to Pesach. If one cannot sustain his pet - on the above mentioned suggestions, please speak to one of the Rabbis.

Fish: Fresh water fish can be sustained on small quantities of Matzoh meal, frozen shrimp, freeze dried worms, or Krill fish. (Please confer with your local pet store owner)

Birds: Canary, millet, hemp, poppy, and sunflower seeds in their pure form, or mixtures of the above seeds in their pure form are good for caged birds, and can be used all year round. **DO NOT FEED BIRDS MATZOH or MATZOH MEAL.**

VI. BEDIKAT CHAMETZ - SEARCH FOR THE CHAMETZ

On Sunday, March 24th, as soon as night falls (after 8:08 PM), we search for the Chametz by the light of a candle. Before the search we recite the following blessing:

ברוך אתה ה' א-להינו מלך העולם אשר קדשנו במצותיו וצונו על ביעור חמץ

Blessed are you, HASHEM, our God, King of the Universe, Who has sanctified us with His commandments and has commanded us concerning the removal of Chametz. With the candle lit, we carefully search every room and any area of the house that may have Chametz in it. When the search is completed we recite the following:



כל חמירא וחמיעא דאיכא ברשותי, דלא חמית
ודלא בערתה ודלא ידענא לה, לבטל ולהוי הפקר כעפרא דארעא.

Any Chametz or leaven that is in my possession which I have not seen, have not removed and do not know about, should be annulled and become owner less, like dust of the earth. We then take all that was found in the search and place it in a conspicuous spot to be burned the next morning. The search should also be conducted in places of business, to be certain no Chametz remains. Chametz intended to be eaten Wednesday morning and should be carefully put aside. People leaving their home before Tuesday night should search for Chametz the night before their departure without reciting the blessing.

VII. BIUR CHAMETZ - BURNING CHAMETZ

The burning of Chametz is done on Monday, March 25, 2013. There will be a location at BRS to burn your Chametz between 6:00 am and 12:00 pm. All Chametz must be burned by 12:13 pm

KOL CHAMIRA IS RECITED.

Chametz may be eaten until 11:00 am. The following is recited by 12:13 pm

כל חמירא וחמיעא דאיכא ברשותי, דחזיתיה ודלא חזיתיה, דחמיתיה ודלא חמיתיה,
דבערתה ודלא בערתה, לבטל ולהוי הפקר כעפרא דארעא.

Any Chametz or leaven that is in my possession, whether I have recognized it or not, whether I have seen it or not, whether I have removed it or not, should be annulled and become owner less, like dust of the earth.



VIII. TA'ANIT BECHOROT - FAST OF THE FIRST BORN

When the Almighty slew the first-born of Egypt, He spared the first born children of Israel. Therefore, all first-born sons of Israel fast on the day before Passover in gratitude to the Almighty.

It has, however, been a custom for many centuries that the fast day is broken by a Seudat Mitzvah, such as the meal at a Siyum, the conclusion of the study of a book of the Talmud or Tractate Mishnah.

If one is not a first-born, but has a first-born son under 13, one should fast or partake in a Siyum.

There will be a Siyum on Monday, March 25th, after each of the minyanim.



THE SELLING OF CHAMETZ

Rabbi Goldberg and Rabbi Moskowitz will be available to arrange the selling of chametz at the following times. Unless otherwise noted, Rabbi Goldberg will sell chametz in his office and Rabbi Moskowitz will sell chametz in the main shul office.

Sunday through Thursday immediately following Mincha/Maariv for 20 minutes (Social Hall)

Sunday, March 3rd 10:00 am – 11:00 am	Rabbi Goldberg	Wednesday, March 13th 8:30 am – 9:30 am	Rabbi Moskowitz
Wednesday, March 6th 8:00 pm – 9:00 pm	Rabbi Moskowitz	Tuesday, March 19th 10:00 pm – 12:00 pm	Rabbi Goldberg
Sunday, March 10th 9:00 am – 10:00 am	Rabbi Goldberg	Thursday, March 21st 8:00 pm – 9:00 pm	Rabbi Moskowitz
Monday, March 11th 8:00 pm – 9:00 pm	Rabbi Moskowitz	Sunday, March 24th 8:30 am – 10:00 am	Rabbi Moskowitz



FORM FOR THE SALE OF *CHAMETZ*

It is customary to give a donation to the Rabbi's Discretionary Fund to be disbursed to the poor for Pesach (Maot Chitim), as well as to provide scholarships for Yeshiva Day Schools. Please make checks payable to the Elie Berdugo Chesed Fund.

I _____, do hereby authorize Rabbi Efrem Goldberg, at Boca Raton Synagogue, 7900 Montoya Circle, Boca Raton, Florida to sell, transfer and assign all *CHAMETZ* of whatever kind and nature, which I own or possess, or in which I may have an interest, wheresoever situated, in the residence(s) stated below to Kerry Purcell:

Address _____

City _____ State _____ Zip _____

Phone # _____ Cell Phone # _____

or in my place of business,

Address _____

Or in any other place(s) _____
without reservation and limitation.

The location where the chametz can be found in: ☐ kitchen ☐ food pantry ☐ living room
☐ garage ☐ bathroom ☐ other places including _____, _____, _____.
The approximate value of such real *chametz* is \$ _____ Value of Liquor is \$ _____

If you are going to be away for Pesach:

I specifically authorize Rabbi Goldberg to sell all *Chametz* located anywhere in my home at the above address, and to lease my entire home (with the exception of the following rooms)

The keys to my home can be found with:

Name _____

Address _____

Phone# Day _____ Evening _____

If you are going to be in a different time zone, please specify:

If you are in a different time zone, and you have your chametz with you, consider your chametz sold effective when you wake up Erev Pesach and do not consider the chametz bought back or owned by you until the morning after the conclusion of Pesach.

In witness whereof I have set my hand this _____ day of _____

Signature _____

**This contract may be filled out on the BRS Website: www.brsonline.org or return this form to the Synagogue Office or fax to: 561-394-0180 before 10:00 am EST on Monday, March 25, 2013
Please call the Synagogue Office to make sure we received your form.**

PESACH SEDER

Each Seder will be hosted by the BRS Rabbinate and their families.

In order to keep it intimate, there will be a maximum of 100 people at each Seder.

Deadline for reservations is Monday, March 18



FIRST SEDER - MARCH 25TH AT 8:20 PM

AN INTERACTIVE BEGINNERS SEDER WITH RABBI JOSH & SIMONE BROIDE AND FAMILY
THE SEDER WILL BEGIN PROMPTLY AFTER THE CONCLUSION OF THE ASHKENAZI & SEPHARDI MA'ARIV

APPETIZER

Chopped Liver (Vegetarian available)
Chicken Matzo Ball Soup

ENTRÉE

Choice of one:
Stuffed Chicken Breast
OR
Beef Brisket
Herb Roasted Potatoes
Orange Ginger Carrot Tzimmes

DESSERT

Cake & Fresh Fruit



\$75 - per person
\$35 - Young Children sitting at the table (ages 5 - 15)

_____ - Number of Adults	x \$75 =	_____
_____ - Number of Children (5-15)	x \$35 =	_____
_____ - Number of Young Children (5 & Under)	FREE	_____
	TOTAL	_____
_____ - Ashkenazi Seder Plate		
_____ - Sephardic Seder Plate		
_____ - Number of Meat Entrees		
_____ - Number of Chicken Entrees		
_____ - Number of Vegetarian Entrees		

Dinner includes Shmura Matzah, Soda and Fine Wine

SECOND SEDER - MARCH 26TH AT 8:25 PM

A TRADITIONAL SEDER WITH RABBI EFREM & YOCHVED GOLDBERG AND FAMILY

THE SEDER ON THE 2ND NIGHT CAN'T BEGIN UNTIL 8:10 PM.

APPETIZER

Salmon over a bed of greens
Chicken Matzo Ball Soup

ENTRÉE

Choice of one:
Roasted Beef Brisket
OR
Roasted Turkey Breast with stuffing
Potato Kugel and Vegetable Medley

DESSERT

Tofutti Ice Cream & Cookies



\$75 (member) \$90 (non-members) - per person
\$35 - Young Children sitting at the table (ages 5 - 15)

_____ - Number of Adults	x \$75 =	_____
_____ - Number of Children (5-15)	x \$35 =	_____
_____ - Number of Young Children (5 & Under)	FREE	_____
	TOTAL	_____
_____ - Ashkenazi Seder Plate		
_____ - Sephardic Seder Plate		
_____ - Number of Meat Entrees		
_____ - Number of Chicken Entrees		
_____ - Number of Vegetarian Entrees		

Dinner includes Shmura Matzah, Soda and Fine Wine

The Seder on the second night will only take place if at least 50 BRS members attend.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

BRS Members _____ Non-member _____

Payment must be paid in full by check or credit card. Please make check payable to **Boca Raton Synagogue**

Visa, MasterCard or Discover

Name _____

Card Number _____

Expiration Date ____ / ____ CVV _____

Quinoa For Pesach 5773/2013

Rabbi Zvi Goldberg, Star-K Kashrus Administrator

WHAT IS QUINOA?

Quinoa (pronounced KEEN-wa) is a species of seeds of the Chenopodium or “goosefoot” family, and is botanically related to spinach. Although the seeds themselves do not resemble spinach, the leaves of the quinoa plant are quite similar to spinach leaves in both their makeup and taste. The term “goosefoot” is used because some of the plants in the species have leaves that look like the foot of a goose. Quinoa seeds are considered a food high in nutritional value, with a protein content of 14%.¹

WHEN WAS QUINOA BROUGHT TO THE U.S.?

It was brought to the U.S. almost 30 years ago. Before that, it was grown and consumed in many South American countries.

IS QUINOA CONSIDERED CHOMETZ?

Quinoa is not related to any of five grains which can become chometz. Star-K tested quinoa to see if it would rise - and it did not. The result was what Chazal call *sirchon*, decay.

IS QUINOA CONSIDERED KITNIYOS?

Star-K's Rabbinic Administrator, Rav Moshe Heinemann, *shli"ta*, has ruled that quinoa is not considered *kitniyos*, based on *Igros Moshe* O.C. 3:63. In that response, Rav Moshe Feinstein, *zt"l* writes that one of the reasons that *kitniyos* is not eaten is because it is used to create flour, similar to the *chometz* species (e.g wheat flour). If so, why do we not refrain from eating potatoes, since it is common to grind them into potato flour? He explains that potatoes are not considered *kitniyos* since they were not known to Jews at the time the custom was developed. Rav Heinemann applies the same logic to quinoa and permits it on *Pesach*, since it was only recently introduced to the general Jewish population. (For further explanation of the definition of *kitniyos*, see *Kitniyos* By Any Other Name, pg 59.)

IF IT'S NOT CHOMETZ, AND IT'S NOT KITNIYOS, WHY DOES QUINOA NEED PASSOVER CERTIFICATION?

We have found that quinoa can, at times, be either grown near barley, or rotated with a barley crop. Furthermore, barley on occasion is used to cover quinoa during drying, and the bags used to transport the quinoa may have previously contained flour of *chometz*

grains. Therefore, quinoa should only be used with reliable Kosher for Passover certification.

Last season, STAR-K sent one of its *mashgichim* to a set of quinoa fields in Bolivia where there was no concern of intermingling with barley. STAR-K ensured that the farmers do not rotate their crops and that they use new bags to pack their crops. A *mashgiach temidi* (on the premises at all times of operation) was employed during the days of production to ensure the Kosher for Passover status of the quinoa and equipment. As an additional precaution, lab samples were checked and showed that no *chometz* grains were mixed in.

Consequently, in 5773/2013, STAR-K is for the first time certifying quinoa that requires no further checking. See page 87 for details. Also, see www.star-k.org/quinoa for more information, including pictures and videos of the certification process.

Surprisingly, the U.N. has declared 2013 as the “International Year of Quinoa.”² While the relevance of that declaration has yet to be defined, the *Pesach* quinoa consumer will surely remember 2013 as the “Year of Star-K-P Quinoa!” ☆

1. For more information see the Purdue University Department of Horticulture website, <http://www.hort.purdue.edu/newcrop/afcm/quinoa.html>.

2. <http://www.un.org/en/events/observances/years.shtml>.

KITNIYOS AND OTHER PRODUCTS CUSTOMARILY NOT EATEN ON PESACH

NOTE: Products bearing a Star-K P on the label
do not contain kitniyos shenishtanu
(kitniyos that have been manufactured and transformed into a new product)

Anise ²	Cumin ³	Nutra Sweet ¹
Ascorbic Acid ¹	Dextrose	Peanuts ²
Aspartame ¹	Emulsifiers	Peas
Beans	Fennel ²	Poppy Seeds
Bean Sprouts	Fenugreek ²	Rice
BHA (in corn oil)	Flavors (may be <i>chometz</i>)	Sesame Seeds
BHT (in corn oil)	Glucose	Sodium Erythorbate ¹
Buckwheat	Green Beans	Sorbitan ¹
Calcium Ascorbate ¹	Guar Gum	Sorbitol ¹
Canola Oil (Rapeseed)	H.V.P. (possibly <i>chometz</i>)	Soy Beans
Caraway Seeds ²	Isolated Soy Protein	Stabilizers
Chickpeas	Isomerized Syrup	Starch (possibly <i>chometz</i>)
Citric Acid ¹ (possibly <i>chometz</i>)	Kasha (Buckwheat)	String Beans
Confectioners Sugar (possibly <i>chometz</i> , possibly KFP - look for KFP symbol)	Lecithin	Sunflower Seeds
	Maltodextrin ¹ (possibly <i>chometz</i>)	Tofu
	Millet	Vitamin C ¹
Coriander ²	MSG (possibly <i>chometz</i>) ¹	
Corn	Mustard Flour	

¹ Kitniyos shenishtanu.

² Should be avoided on Pesach.

³ Cumin is only acceptable when the certifying agency has documented that all *chometz* issues have been resolved.
(Please contact Star-K for approved brands.)

PESACH MEDICATION & COSMETICS: THE HALACHOS & LISTS

Rabbi Dovid Heber, Star-K Kashrus Administrator

For over 25 years, Rabbi Gershon Bess has prepared a Guide for *Pesach* Medications and Cosmetics. This list has been published and distributed by *Kollel* Los Angeles. Over the past ten years, STAR-K Kosher Certification in conjunction with *Kollel* Los Angeles has made this list more widely available to the general public. This guide, available in Jewish bookstores nationwide, has served as an important resource to kosher consumers.

There are four issues that must be addressed to fully understand the list:

- The *Halachos* of Taking Medication on *Pesach*
- The Importance of the List
- How the List is Prepared
- Cosmetics and Toiletries

I. THE HALACHOS OF TAKING MEDICATION ON PESACH

The following *halachos* are based on the *psak* of Rabbi Moshe Heinemann and Rabbi Gershon Bess:

Important: No one should refrain from taking any required medication even if it contains *chometz*, without first consulting his physician and Rav.

Note: All medications for a heart condition, diabetes, abnormal blood pressure, stroke, kidney disease, lung disease, depression, epilepsy, the immune system (transplant anti-rejection), and cancer treatment (including precautionary) may be taken on *Pesach*. Furthermore, all prescription medication taken on a regular basis for chronic conditions should only be changed with the consultation of your physician (if you can not reach your physician you should continue to take your regular prescription and without change). Some examples of such chronic conditions include the following: Any psychiatric condition, prostate condition, Crohn's Disease, celiac, colitis, high cholesterol, Parkinson's Disease, anemia, Multiple Sclerosis, thyroid condition, and asthma.

Choleh Sh'yaish Bo Sakana – If someone's life is in danger or may be in danger, he must take any *chometz* medication unless an equally effective non-*chometz* medication is available. One may also take *chometz* medication to prevent a possible *sakana*. This is true regardless of the form of the medication (i.e. swallow tablets & caplets, capsules, liquid & chewable tablets). Swallow tablets or caplets are preferred, if readily available.

Individuals in a *sakana* situation should not switch medications and should continue with their regular prescriptions, whether or not they contain *chometz* (unless a doctor advises otherwise). Examples include the following:

- Someone with an infection (except for those skin infections known to be non-life threatening, e.g. acne) should take prescribed antibiotics. One should finish the course that is prescribed.

- An elderly person with the flu.
- A pregnant woman whose life is at risk (e.g. blood clotting disorder, toxemia) or who is in active labor or in danger of having a miscarriage.
- A woman who has given birth within the past seven days or who has postpartum complications that are or may become life threatening. This may apply for an extended period of time greater than seven days, depending upon her condition.

Choleh Sh'ein Bo Sakana – Someone whose life is not in danger. This includes anyone who is bedridden, noticeably not functioning up to par due to pain or illness, or has a fever which is not potentially life threatening. This category also includes the following:

- One who suffers from chronic debilitating arthritis pain.
- One who suffers from migraine headaches or mild depression.
- A pregnant woman suffering from non-life threatening complications (e.g. lower back pain).
- A woman who has given birth between 7 and 30 days prior to Yom Tov without any known problems or sakana or who is experiencing non-life threatening postpartum complications. This may apply for an extended period of time after 30 days.
- A child under age six with any illness or discomfort.

l'Halacha, such a person may swallow any tablet, caplet or capsule regardless of whether or not it contains chometz (unless an equally effective non-chometz medicine is available). However, where possible one should use only medications that do not contain chometz. It should be noted that a choleh she'ain bo sakana may consume kitniyos (Mishna Brura 453:7).

All chewable pills and liquid medication may be used only if they appear on the approved Pesach list or if one can determine that they are chometz-free. This is true even if the product contains kitniyos. Non-chometz formula & nutritional products (e.g. Ensure) which contain kitniyos are permissible for use by infants and the elderly.

Mechush (slight discomfort) or Boh'ree (healthy) – One who is experiencing a slight discomfort (e.g. slight joint pain or runny nose) or who is in good health may take only products that are chometz-free and are not considered kitniyos.

If one must chew a tablet or take a liquid medication for a minor discomfort, he may do so if it appears on the approved medication list; it should preferably be kitniyos free. Halachically, it may be permissible to ingest a medication even if it contains kitniyos when the kitniyos are botel b'rov, since shishim is not required— see Mishna Brura 453:9.

It should be noted that the medication list primarily addresses the “chometz-free” status, and for certain medications it does not address the issue of kitniyos (since kitniyos is permissible for a choleh and/or is batel b'rov).

Since one who has a mechush or is a boh'ree may not consume kitniyos in a normal fashion (i.e. chew a pleasant tasting kitniyos tablet or kitniyos liquid), one should ascertain that the medication is not only chometz-free, but also kitniyos-free (or at least confirm that the kitniyos is batel b'rov).

Furthermore, in most cases information gathered for the list is not based on a mashgiach inspection of the facility, but rather on information provided by the manufacturer. **Although l'halacha this information is reliable (see Section III), nonetheless it is praiseworthy for one who has a mechush or is healthy to refrain from taking medicinal products k'derech achila (eaten in a normal manner – e.g. pleasant tasting chewable tablets or liquid) unless these items are certified for Pesach. This halacha generally applies to vitamins taken to maintain good health.**

II. THE IMPORTANCE OF THE LIST

The following list is important for all types of cholim on Pesach:

Choleh Sh'yesh Bo Sakana – As indicated, l'halacha such a choleh may take anything if a substitute is not available. Unfortunately, there are individuals who inappropriately discontinue medication for life threatening conditions during Pesach without consulting a physician, unless the medicine appears on an approved list. The list provides necessary information for consumers, ensuring that such mistakes are not made.

Furthermore, as previously indicated, even one who is in sakana should l'chatchila use a medication that is chometz-free, if possible. This list provides this information.

Choleh She'ain Bo Sakana – Such an individual may not consume chometz in a normal manner but may eat kitniyos. Medicine taken by such individuals often lists ingredients that may be derived from chometz. For example, sorbitol, a sweet calorie-free sugar alcohol derived from glucose found in medication, mouthwash, and toothpaste, is often derived from corn but could also come from wheat. There is no way to know its source by reading the label. Rabbi Bess' research confirms which products are chometz-free, something often impossible for a Rav or choleh to ascertain on his own.

Mechush or Boh'ree – As indicated, such a person may take only chometz-free and preferably kitniyos-free products. This list provides chometz-free information (e.g. which aspirin or ibuprofen may be taken) and often indicates when there is no kitniyos, as well.

Note: Except where indicated, the list does not address the kosher status of the product, only the chometz-free status. This means that if a product appears on the list it does not necessarily mean that the product is kosher. It may be non-kosher and chometz-free. Furthermore, this article does not address the halachos of taking medication on Shabbos and Yom Tov.¹

¹For a full discussion regarding the laws of taking non-kosher medication during the year, as well as on Shabbos and Yom Tov, see Kashrus Kurrents article 'A Kashrus Guide to Medications, Vitamins, and Nutritional Supplements' at www.star-k.org or by calling our office.

III. HOW INFORMATION IS OBTAINED AND ON WHAT HALACHIC BASIS

Rabbi Bess contacts the company and asks numerous questions. Information is updated every year and is accepted only when submitted in writing. *Rav Moshe Feinstein* ז"ל was of the opinion that one may rely on written information provided by a company (*Igros Moshe* YD I:55). A medicine can also be added to the list if it only contains ingredients that are definitively *chometz* free.

This system of review is implemented for this project only, and would not be relied upon for products certified by STAR-K Kosher Certification and other reliable *hechsherim*. When a company is certified by STAR-K, a careful review of the formulations and factory is conducted and these *halachic* leniencies are not relied upon. Furthermore, the information submitted by the company is not as detail oriented as a formulation and factory review, and approval of a STAR-K certified product (e.g. with flavors or various other ingredients). However, with regard to approved medication, *L'Halacha* one may rely upon this information.

The reason is as follows: As indicated in *Igros Moshe*, we consider the information on the list to be accurate. Even if one suspects that a company provided inaccurate information (e.g. they could not adequately determine the type of alcohol in use), *halachically* there are other additional leniencies and he can rely upon the information that is provided. These issues are beyond the scope of this article but include: 1) Dealing with a *choleh*, 2) According to some opinions, the taste of a medicine makes its consumption *shelo k'derech achila*, 3) Swallowing a tablet is certainly *shelo k'derech achila*, 4) A *halachic* rov (majority) of *chometz*-free sources may also apply.

One can assume there are no *bal yeraeh* or *bal yematze* (owning *chometz*) issues regarding owning any medicine on the *chometz*-free list. The reason is because we rely upon information provided by the company, and even in the event that inaccurate information was provided there is unlikely a *k'zayis* of *chometz* in the product.

IV. COSMETICS

L'Halacha, all non-food items not fit for canine consumption (*nifsal mayachilas kelev*, i.e. something that one would not feed his dog) may be used on *Pesach*. This includes all cosmetics, soaps, ointments, and creams.² Nonetheless, people have acted stringently with regard to these items.

Below are several reasons why people are strict:

1. **Many products**, including shaving lotion and perfume, contain denatured alcohol which can be restored to regular alcohol. According to most opinions, one should not use such products on *Pesach*. The list notes products which do not use *chometz*-based alcohols.

2. **The Biur Halacha** (326:10 *B'shaar*) writes in the name of the *Gra*, that one should be strict and not use non-kosher soap all year (*sicha kishtiya*). Although we are not accustomed to this stringency, many individuals have adopted this *chumra* during *Pesach* and do not permit the use of *chometz* items even if they are used externally.

3. **Some are of the opinion** that we do not say "*nifsal*" (food is unfit for canine consumption) applies to an item that is initially produced as a non-food item.

4. **Lipstick** is often inadvertently ingested when eating food. If it contains *chometz*, it is *halachically* permissible to apply to the lips since the lipstick is unfit for canine consumption. Nevertheless, most women prefer not to consume even a trace of anything prohibited. The *Pesach* list provides *chometz*-free lipsticks.

5. **Mouthwash and Toothpaste** contain sorbitol and other ingredients which may be derived from *chometz*. Although, *l'halacha* these items are permissible to use since they are *nifsal mayachilas kelev*, many prefer not to use them as they are taken orally. The *Pesach* list provides information regarding such products.

6. **Historically**, it has been the custom to follow stringent opinions regarding *Hilchos Pesach*. In addition, it seems to have been a prevalent custom to restrict the use of items which may contain *chometz*, even when they are clearly *nifsal mayachilas kelev*. The *Pesach* list provides accurate information for those who wish to continue to follow the more strict opinion and prevailing custom when using such products.

STAR-K Kosher Certification is grateful to Rabbi Gershon Bess for all of his research, as well as Rabbi Chaim Fasman and *Kollel* of Los Angeles for providing this list to a diverse group of kosher consumers who refer to this guide for reliable *Pesach* information. This *Pesach* Guide has benefited many ill and conscientious consumers who wish to fulfill the "*chumros d'Pesach*". It has also assisted many *rabbonim* and *kashrus* professionals who must answer numerous *shailos* regarding *Pesach*, thus facilitating a *Chag Kasher V'Sameach* for countless individuals. ☆

For the 2013 Medicines and Cosmetics Guide
and the list of *chometz*-free products prepared
by Rabbi Gershon Bess
see page 96.

² There are numerous *halachos* beyond the scope of this article regarding which personal care items and cosmetics may or may not be used on *Shabbos* and *Yom Tov*. For a full discussion, see, *The Kashrus, Shabbos, and Pesach Guide to Cosmetics* at www.star-k.org or by calling our office.



PESACH GUIDE FOR DIABETICS

Adapted from Jewish Diabetes Association article by Nechama Cohen

The challenge of diabetes seems ten-fold when it comes to *Pesach*. There are a whole new set of considerations — four cups of wine at each *Seder*; a many-hour wait until *Shulchan Aruch*; knowing the carb content of a single hand *matza*.

These are real concerns for people with diabetes and related health issues, who wish to fulfill the requirements of *Pesach al pi halacha* without compromising their health. After being inundated each year with questions of this type, the Star-K turned to the Jewish Diabetes Association (JDA) for answers. The JDA has kindly provided the following guidelines to help you prepare your *matza* and wine.

I. MATZA

The stipulations for minimum *shiurim* for *matza*, which follow, are based on the *psak* of Rav Moshe Heinemann *shlit"a*.

NOTE: These calculations from the Star-K are based on the use of a *Tzelem Pupa* hand *matza*.

In the case of a medical condition, one may fulfill the *mitzva* of *achilas matza*, including *korech* and *afikoman* with the following:

Type	Minimum Shiur	Dimensions	Carbs
Hand <i>matza</i> (round)	one-sixth (1/6) of a <i>matza</i>	14.5 sq. in. in size. ¹	6 g
Machine <i>matza</i>	one-quarter (1/4) of a <i>matza</i>	12.25 sq. in. in size. ²	8 g

One who is in good health should eat the following for *achilas matza*, *korech* and *afikoman*:

Type	Minimum Shiur	Dimensions	Carbs
Hand <i>matza</i> (round)	one-third (1/3) of a <i>matza</i>	29 sq. in. ³	12 g
Machine <i>matza</i>	one-half (1/2) of a <i>matza</i>	24.5 sq. in. ⁴	15 g

Footnotes 1, 2, 3 and 4 see page 69.

HOW TO CALCULATE THE AMOUNT OF CARBS IN MATZA:

MACHINE MATZA: Most machine *matza* is uniform in size and shape. The portion size and carbs are listed on the box. It might be a good idea to keep the amount that you intend to eat near your plate.

HAND MATZA: Hand *matza* varies according to size and thickness. Our calculations use a *Tzelem Pupa* hand *matza*. In order to simplify the calculations, we recommend that you weigh the *matza* before *Yom Tov* in order to become accustomed to the weights and sizes.

FOR THOSE WHO PREFER TO DO THEIR OWN CALCULATION: *Matza* has an average carb factor of 0.75 (75% of its weight is carbohydrates). Whole wheat *matza* has almost 12 grams of dietary fiber per 100 grams, allowing one to deduct 4 grams per slice.

Hand Matza: There are about 10 pieces of *matza* per lb. (22 pieces per kilo). Each piece weighs approximately 46g and has approximately 35 g of carbs per *matza*.

Machine Matza: One whole machine *matza* (rectangular) weighs about 30-35g, which is between 23 and 27g of carbs per *matza* (depending upon the brand).

II. THE ARBA KOSOS (FOUR CUPS)

A. WINE

CUP REQUIREMENTS:

The cup must hold at least a *reviis* of wine (3.8 fl. oz., or 112 ml).

MINIMUM SHIUR TO DRINK TO FULFILL ARBA KOSOS:

One Must drink at least 1.9 fl.oz. (56 ml) for each of the four cups.

1. This assumes the whole *matza* (before it is broken) has a diameter of at least 10.5 inches, which means the entire *matza* has an area of 86.6 sq. in. Hence, 1/6 of the *matza* equals 14.5 sq. in. This is the minimum *shiur* for someone with a medical condition.

2. This assumes a full rectangular *matza* is 7" x 7", which means the entire *matza* has an area of 49 sq. in. Hence, 1/4 of the *matza* equals 12.25 sq. in. (This also means that one could eat a piece of *matza* that is square, each side with a length and width of 3.5 in.). This is the minimum *shiur* for someone with a medical condition.

3. This assumes the whole *matza* (before it was broken) had a diameter of 10.5 in., which means the entire *matza* has an area of 86.6 sq. in. Hence, 1/3 of the *matza* is 29 sq. in.

4. This assumes a full rectangular *matza* is 7" x 7", which means the entire *matza* has an area of 49 sq. in. Hence, 1/2 of the *matza* is 24.5 sq. in. (This means one could eat a piece of square *matza* that is 5 in. on each side.)

ADDITIONAL REQUIREMENTS:

- The lowest percentage of alcohol that may be used for the four cups is 4%.
- One should drink each of the four cups of wine within half a minute.

B. DILUTING WINE WITH GRAPE JUICE AND WATER

Wine may be diluted in the following maximum ratios; these ratios allow the wine to retain enough of its properties to qualify it being used for the four cups:

Wine	Grape Juice	Water
1/3	2/3	—
1/3	1/3	1/3
1/3	—	2/3 (see NOTE below)

NOTE: The diluted beverage should contain at least 4% alcohol to fulfill the obligation of drinking wine on at the *Seder*.⁵ If necessary, one may make a mixture of 2/3 water and 1/3 wine (66% water and 34% wine) as long as the diluted amount still contains 4% alcohol. Otherwise, there is a chance that it may no longer be considered wine for the *Seder*.

The following chart illustrates how much wine to drink:

Kos	Amount you drink	Amount of wine after dilution
First cup	1.9 oz.	0.7 oz.
Second cup	1.9 oz.	0.7 oz.
Third cup	1.9 oz.	0.7 oz.
Fourth cup	1.9 oz.	0.7 oz.
TOTAL	7.6 oz.	2.8 oz.

If these guidelines are followed correctly, as seen in the above chart, one's total consumption of wine at the *Seder* will be less than 3 fl. oz. One who wishes to estimate the actual amount that he should drink at the *Seder* should measure the exact amount that he will need before *Yom Tov*. He should choose the *becher* (*Kiddush* cup) that he will be using at the *Seder*, and pour the measured amount into it so that he can recognize how much he will be drinking.

5. This is to fulfill the obligation of wine. If one cannot drink wine, he can fulfill his obligation with grape juice. This will be discussed later.

The following is an example of how to mix wine and water. Assume one has a wine with 10% alcohol content. If he makes a mixture of 40% wine and 60% water, he will have wine with 4% alcohol content, which is enough for the *arba kosos*. This can be done by mixing two cups of wine with three cups of water. He could fill a *becher* that holds at least 3.8 fl. oz. of this wine and water mixture, and drink at least 1.9 fl. oz. (the amount one may drink to fulfill the *mitzva*, when medically necessary). For the fourth cup, he could ask someone else to be *motzee* him in the *bracha achrona*.

To prepare in advance, simply pour 2 cups of wine into an empty bottle and add 3 cups of water. (The size of the measuring cup does not matter. Just make sure that you use the same cup for the water and the wine). It is always advisable to prepare this bottle in advance and label it as your own "SPECIAL RESERVE."

C. TYPES OF WINE:

The best option for the *Seder* would be a dry wine, which has very few carbs. [Most dry wines contain approximately 4 grams of carbs per 8 oz. cup.] If the sour taste bothers you, try adding an artificial sweetener such as Kosher for Passover saccharin tablets, which can be dissolved in water.

Since manufacturers do not have a legal requirement to print nutrition facts on wine bottles, it is often hard to know exactly how many carbs a glass of wine contains. If you are trying to find a wine that is very low in sugar, you can use a glucose meter before *Yom Tov* to test a sample. (We tested it with a Glucometer Ascentia XL; not all meters will give accurate results). Test a sample of the wine just as you would test a drop of blood on your meter. If the wine you are testing is a sweet wine, your meter will give a HI reading. If it is a dry, low-carb wine, the meter will read it as LO. Many of the dry wines will not give a LO reading, but the numbers are a very good reference. For those who are not accustomed to drinking high quality dry wine, it may take some time to acquire a taste for it.

Here are some of the wines we tested for sugar content using a glucose meter:

Wine	Carbs (g per cup)
Chardonnay	25 g. 0.2% residual sugar
Cabernet Sauvignon	25 g. 0.2% residual sugar
Sauvignon Blanc from Gamla	27 g. 1.9% residual sugar

The above wines are only examples. As you can see, sugar content from wine to wine and bottle to bottle can range widely. Remember to test the specific wines you are planning to use. Less expensive wines are rarely sugar-

free. Checking with the meter confirms this statement, as some inexpensive, supposedly dry, wines actually tested HI on the meter.

IMPORTANT: Since alcohol may cause a drop in your blood sugar, discuss with your doctor whether or not to cover the carbs in the wine with insulin. There is more of a chance that wine will cause a low BG on an empty stomach. If you use pure (unmixed) wine for the first cup, make sure to follow the above guidelines and not overdo your alcohol intake.

Those with Type 2 diabetes should discuss with their health care team and *Rav* whether it is better to drink wine or grape juice. According to *halacha*, wine is preferable. Furthermore, grape juice with its high sugar content, is not ideal for those with diabetes. However, many of the oral medications used for treating Type 2 diabetes (non-insulin dependent diabetes) are not compatible with alcohol.

Therefore, we suggest showing the wine combination options to your health care team. As previously noted, after the dilution, the remaining alcohol content of all four cups is not significant. Many health care professionals have been very pleased with these dilution options and allow this small total amount of alcohol even with medication.

In addition, those with gestational diabetes (diabetes in pregnancy) or T1, or who are pregnant, should check with their health care team and *Rav* to determine which way to go. Again, show them the charts in order to guide them in their decision.

D. GRAPE JUICE

As noted above, one should use wine or, if necessary, a wine/grape juice combination for the *arba kosos*. If you are unable to drink wine, you may use grape juice instead. If due to medical reasons you are unable to drink pure grape juice for the *arba kosos* (and cannot drink any percentage of wine), you may dilute the grape juice. When mixing grape juice with water, at least 50% of the mixture should be grape juice (i.e., the cup is half grape juice and half water).

As suggested earlier, you may wish to prepare a “special reserve” mixture before *Yom Tov* and fill a bottle with two full *bechers* of grape juice and two full *bechers* of water. This will suffice for the *arba kosos*. Add more using the same ratio as necessary. Keep in mind that as far as diabetes and carb counting are concerned, dry wine is certainly preferable. If you drink grape juice, note that the carbohydrate content of the various grape juices differs. The juices that we tested ranged from 32 to 60g of carbs per cup. Always check the label to ensure you are consuming the least amount of carbs when combining grape juice with wine and/or water.

NOTE: Kedem’s Concord dark grape juice scored 16 grams of carbs in a 4 oz. serving, while the labels on Kedem’s Sparkling Chardonnay and Catawba list 13 and 12 grams of carbs, respectively, in the same 4 oz. serving.

SUMMARY PREPARATION LIST

Remember that failing to prepare is preparing to fail. If you have everything ready ahead of time, you are less likely to run into problems.

- Discuss with your *Rav* the *shiurim* of *rov reviis* and mixing wine with water.
- Select the wine of your choice and check the carb content (remember the meter test).
- Prepare the right size *becher*.
- Train your eye to recognize the amount that you will be drinking during the *Seder*.
- Mix wine with water following the instructions of your *Rav* and doctor, and prepare a separate labeled bottle (“Special Reserve”) for this mixture.
- Weigh *matzos* to better determine insulin doses.
- Prepare your choice of glucose for treating hypoglycemia.
- Review chart and details with your health care team.
- Prepare *all* medical supplies, medications, and equipment for *Yom Tov* and *Shabbos l’kovod Yom Tov*.

Finally, remember that *Pesach* does not have to mean *matza*, potatoes, and eggs throughout *Yom Tov*. Instead of high-fat soups and potato *kugel*, you can substitute other vegetables and vegetable combinations.

JDA has published a cookbook, **EnLITened Kosher Cooking**, with more than 140 recipes for *Pesach*, along with year-round recipes that are easily adaptable. A Hebrew version, **BishuLITE**, is now also available.

To order either cookbook, get more information about diabetes, or a list of *Pesach* recipes from the book, visit www.jewishdiabetes.org.

III. OTHER PRODUCTS COMMONLY USED ON PASSOVER

Today we are lucky to have a much larger variety of *Kosher for Pesach* products. Below we list some products with their nutrition facts.

Common Cooking Ingredients

Food	Amount	Carb. (g)	Calories	Fat
Chocolate, roughly chopped, 72% cocoa	2 tsp	3.5	57	4.5
Bittersweet chocolate, small squares, 72% cocoa	10	13	226	18
Baking chocolate, large squares	2	10	79	4
Chocolate chips, packaged	1 tbsp	10	75	4
Chocolate chips, packaged	1 cup	80	600	32
Cocoa	1 tbsp	3	20	1
Cocoa	1 cup	50	350	15
Eggs	1 large	0.7	101	7
Honey	1 tbsp	12	48	0
Honey	½ cup	112	448	0
Matza meal (machine matza)	1 tbsp	8.6	5	0
Matza meal	1 cup	137.5	96	0
Oil	1 tbsp	0	9	10
Oil	1 cup	0	1440	160
Potato starch	1 tbsp	8	36	0
Potato starch	1 cup	128	576	0
Sugar	1 tbsp	15	60	0
Sugar	¼ cup	60	240	0

Sugar Substitutes

Star-K certified California Delight Brand **Sucralis**, Gefen brand **Sweet’N Low**, Paskez brand **Sweetie** and Liebers brand **Sweetees** are available (when label states *Kosher for Pesach*). There may be others, but they must have specific *Pesach* supervision.

Powdered **Equal**, **Splenda** and **Nutrasweet** are NOT *Kosher for Pesach* and may not be used.

Pesach Cookies and Cakes

Below is a partial list of the cookies and cakes that are available for *Pesach*. It is probably safe to assume that similar products will have more or less the same amount of carbohydrates, as their manufacturing processes are nearly identical.

Since *Pesach* products for the most part consist of potato starch, sugar and/or *matza* meal, they are basically almost pure sugar. To ensure a healthier alternative, one should opt to make “homemade” snacks with fewer carbs.⁶

Product/Company	Serving Size	Carbohydrates
Brownie Cake (Hagadda)	38g	20g
Chocolate Cake (Oberlander’s)	42g	23g
Rainbow Cake (Hagadda)	28g	11g
Sponge Cake (Oberlander’s)	42g	24g
Apricot Sandwich Cookies (Hagadda)	28g	16g
Leaf Cookies (Hagadda)	33g	14g
Nut Cookies (Hagadda)	28g	11g
Raspberry Sandwich Cookies (Hagadda)	28g	15g
Chocolate Macaroons (Hagadda)	33g	18g

6. When baking, our recommendation is to use a combination of both ground walnuts and almonds, since walnuts are lower in carbs. Ground almond flour is available for *Pesach* use from DigestiveWellness.com (845-356-4557).

PESACH FAQ'S REGARDING PETS

Rabbi Zvi Goldberg, Star-K Kashrus Administrator

Q. Has anything changed over the past year regarding pet foods for Pesach?

A. Yes. Many of the Science Diet dog foods which had been on the Star-K recommended list for years are reformulated and now contain *chometz*. On the other hand, there has been a proliferation of "grain-free" dog and cat foods on the market. While we still recommend checking the ingredient panel on those foods, they are a good place to start your search for an appropriate food.

Q. Is it necessary to buy a new food bowl for your pet for Pesach?

A. No. However, the bowl used year-round should be thoroughly cleaned before *Pesach*.

Q. If I am going away for Pesach, what should I do with my fish?

A. Vacation blocks often have *chometz*. One can purchase a block without *chometz* or use an automatic fish feeder and fill it with *non-chometz* food.

Q. During a Pesach visit to the zoo, may one purchase the feed for the animals?

A. No. This feed is often *chometz* and should not be purchased or fed to the animals during *Pesach*.

Q. Must pet food with chometz be put away and sold before Pesach?

A. Yes.

Q. Can kitniyos, legumes such as rice and beans, be fed to animals on Pesach?

A. Yes.

Q. What are some common chometz ingredients in pet food?

A. Wheat (cracked, flour, germ, gluten, ground, grouts, middlings, starch), barley (cracked, flour), oats (flour, grouts, hulled), pasta, rye, and brewer's dried yeast. Any questionable ingredient should be reviewed by a competent rabbinic authority.

Q. What are some common ingredients which may be kitniyos but are permitted in pet food?

A. Beans, buckwheat, brewer's rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, safflower, sesame, soybeans, soy flour, and sunflower.

Q. Is pet food "with gravy" permitted?

A. Most often gravy contains *chometz*. Read the ingredient panel carefully.

Q. Are the vitamins or minerals in pet food chometz?

A. They may be *chometz*, but are *batel* (nullified) due to the small amount added.

PET FOOD

The following is a list of pet foods approved for Passover 2013 when produced in the U.S. Products with identical names from foreign countries may have different formulations, thus compromising their Passover status. Make sure to check all labels. There should be no *chometz* listed. A product listing both meat and dairy ingredients may not be used any time during the year. (See "Feeding Your Pet: Barking Up the Right Tree" at www.star-k.org for more information)

CATS

Before Grain (dry): Chicken, Salmon, Tuna.

Before Grain (canned): 96% Quail & Chicken, 96% Salmon, 96% Tuna, 96% Turkey.

Blue Wilderness Grain Free (dry): Chicken, Kitten, Duck, Mature, Salmon, Indoor, Weight Control.

Evangers: When bearing cRc Passover approval.

Friskies (canned): Special Diet Classic Paté Ocean Whitefish Dinner, Special Diet Classic Special Diet Classic Paté Ocean Whitefish Dinner, Special Diet Classic Paté Beef & Chicken Entrée, Special Diet Classic Paté Turkey & GIBLETS Dinner, Special Diet Classic Paté with Salmon, Senior Diet Classic Paté Pacific Salmon Dinner in Sauce, Classic Paté Turkey & GIBLETS Dinner.

Prescription Diet: a/d, c/d (dry only), d/d (except duck), g/d (dry only), k/d (dry only), m/d, r/d, s/d, t/d, w/d (dry only), zd.

Science Diet (dry): Adult Optimal Care Ocean Fish & Rice Recipe, Adult Optimal Care Original, Adult Indoor, Mature Adult Indoor, Adult Hairball Control, Mature Adult Hairball Control, Adult Oral Care, Adult Sensitive Skin, Mature Adult Active Longevity Original, Kitten Indoor, Kitten Healthy Development Original, Kitten Healthy Development Ocean Fish & Rice.

Wellness Core Grain Free (dry): Original, Kitten, Turkey & Turkey Meal & Duck, Indoor

Wellness Core Grain Free (canned): Original, Kitten Formula

PET FOOD

FISH

Fish food and vacation blocks often contain chometz. Tetra Tropical Slow Release Gel Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days) are chometz free. Goldfish and Tropical fish can be given tubular worms, frozen brine shrimp, and freeze dried worms (if they do not contain fillers).

DOGS

Blue Freedom Grain Free (dry): Adult Natural Chicken

Blue Freedom Grain Free (canned): Natural Chicken Recipe (Dogs, Puppies, Small Breed Dogs)

Blue Wilderness Grain Free (dry): Chicken Recipe, Small Breed, Salmon, Duck, Puppy, Senior, Healthy Weight

Blue Wilderness Grain Free (canned): Salmon & Chicken Grill, Turkey & Chicken Grill, Duck & Chicken Grill

Evangers: When bearing cRc Passover approval.

Mighty Dog: (canned no gravy): Chicken Egg & Bacon Country Platter, Chicken & Smoked Bacon Combo, Hearty Beef Dinner with Lamb and Rice.

Prescription Diet: a/d, c/d, d/d g/d, h/d, i/d (dry only), k/d, n/d, r/d, s/d, t/d, u/d. w/d (dry only).

Science Diet (dry): Adult Oral Care, Ideal Balance Grain Free Adult Chicken & Potato .

Science Diet (canned): Adult Light with Liver, Small & Toy Adult Light with Liver

Wellness Core Grain Free (dry): Original, Reduced Fat, Ocean, Puppy.

Wellness Core Grain Free (canned): Puppy, Turkey & Chicken Liver & Turkey Liver, Salmon, Whitefish & Herring

PET STORES WHERE CHOMETZ PET FOOD MAY BE BOUGHT AFTER PESACH

Petco

Petsmart

PET FOOD ...continued

Star-K expresses appreciation to Dr. Aaron Weissberg for his help in preparing the following guidelines.

BIRDS (PARROTS, PARAKEETS, COCKATIELS, MACAWS)

- Millet and sorghum as main diet.
- Peanuts, sunflower seeds, and safflower seeds can be given.
- Larger birds such as parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
- Smaller birds can also have pure alfalfa pellets, crush before feeding.
- Can supplement with sliced grapes, cottage cheese, rice cakes (birds like these), small pieces of lean meat, *matza*, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster shells (calcium) or mineral block.
- The greater the variety the better.

HAMSTERS, GUINEA PIGS, GERBILS & RABBITS

- Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given.
- Can supplement with mixture of cut-up fruits and vegetables – carrots, broccoli, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, cabbage. Can also give some *matza*. If not accustomed to these items, give sparingly.
- Guinea pigs especially will benefit from kale, parsley and oranges.
- Hamsters especially will benefit from apples.
- Guinea pigs need vitamin C added to diet.

Mixes sold in stores often contain chometz. It is advisable to mix together regular and Pesach food between one to two weeks prior Pesach before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.

GUIDELINES PLEASE READ CAREFULLY

- Products are Kosher for Passover only when the indicated conditions are met. Use the following key:

☆P Product is certified for Passover **only when bearing** the ☆P symbol or ☆ Kosher for Passover symbol/sign/label.

☆(NPSR) Product is certified for Passover when bearing the ☆ symbol. No additional Kosher for Passover statement or "P" is necessary.

☆(NSR) Product is certified for Passover by the Star-K. No Star-K symbol is required.

KFP Kosher for Passover or "P" required next to kosher certification symbol.

NPSR Product is certified for Passover when bearing kosher symbol of the certifying agency. No additional Kosher for Passover statement or "P" is necessary.

- Packaged dairy products certified by Star-K are *Cholov Yisroel* (CY).
- Products bearing a Star-K P on the label do not use any ingredients derived from kitniyos (including kitniyos shenishtanu).
- Agricultural products listed as being acceptable without certification do not require a *hechsher* when grown in *chutz l'aretz* (outside the land of Israel). However, these products must have a reliable certification when coming from Israel.
- Various products that are not fit for canine consumption may *halachically* be used on *Pesach* even if they contain *chometz*, although some are stringent in this regard. As indicated below, all brands of such products are approved for use on *Pesach*. For a further discussion regarding this issue, see page 66 section IV.
- Note: Amway homecare products listed in this guide are approved for Passover only when distributed in North America.

ALCOHOL

Any isopropyl alcohol may be used for external use.

ALCOHOLIC BEVERAGES

Imperian ☆(NPSR)

Plum Brandy

Quince Brandy

Raspberry Brandy

Williams Pear Brandy

Markovic Estate ☆(NPSR)

Plum Brandy

Quince Brandy

Raspberry Brandy

Williams Pear Brandy

Vinprom-Troyan ☆(NPSR)

Apple Brandy

Apricot Brandy

Pear Brandy

Plum Brandy

ALMOND MILK

Liebers KFP

Almond Milk

If the above product is not readily available, the following almond milk brands may be used under the following conditions: 1) Original only; 2) Person is ill or has dietary restrictions and 3) Ideally purchased before Pesach: *Shop Rite, 365 Everyday Value, Kroger, Meijer, Ralphs, Trader Joe's, Winn-Dixie, Price Chopper.* (NPSR)

ALUMINUM FOIL PRODUCTS

All disposable foil products may be used.

AMMONIA – All

APPLE JUICE – See Juices

APPLE SAUCE

Unger's ☆P

Shneider's ☆P

Original

Cinnamon

Strawberry

BABY BOTTLE

Since it comes into contact with *chometz* (e.g. washed with dishes, boiled in *chometz* pot), new ones should be purchased.

BABY CEREAL

All baby food and cereals require reliable KFP certification. Year-round baby rice cereal is not acceptable because it is made on *Chometz* equipment. (For alternative baby cereal options, see page 185)

BABY FOOD

First Choice KFP

Apple Sauce

Carrots

Sweet Potato

NOTE: All brands of baby food require reliable KFP certification.

BABY FORMULA See Baby/Children's Products section pg. 101

BABY POWDER

All may be used for external use.

BABY WIPES

Any without alcohol may be used (except on Shabbos and Yom Tov).

BAKERY PRODUCTS

Nahum Bakery ☆P

Zelda's Sweet Shoppe ☆P

BAKING POWDER Requires KFP certification

BAKING SODA – All

BALLOONS – Any without powder.

BAND-AIDS – All

BATH TREATMENT

Aveeno, Rainbow Light, Dr. Teal's, and Wild Carrot Herbs Oatmeal Bath Treatment are made of oatmeal which is real edible *chometz*. They must be sold or disposed of before Pesach.

BLEACH – All

BLUSH/ROUGE, Powdered - All

BORSCHT

Unger's ☆P

BUTCHERS – See Meat sections

CANDY & CONFECTIONS

See also Gift Baskets section

The Candy Store (Balt., MD) – only in KFP area of store

21st Century ☆P

CATERERS

Quality Kosher ☆P (Southfield, MI)

CHARCOAL BRIQUETS

Any (including flavored)

CLEANSERS – See Detergents, Cleansers

COCOA – Any domestically produced 100% pure cocoa may be used.

COFFEE, PACKAGED

The following packaged coffees are Kosher for Passover even without additional Passover symbol (unless otherwise indicated):

Better Value – Reg Unflav Ground

Chock Full O' Nuts – Reg Unflav Ground

Corim ☆P required – Reg & Decaf Unflav Ground

Ellis - Reg & Decaf Unflav Ground

Folgers – Reg Unflav Instant

Gevalia KFP symbol required

Gillies ☆P required – Reg & Decaf Unflav Ground

Agreement made on _____, _____, corresponding to _____ Nissan 57____, before _____ Time, between Rabbi _____ of _____, hereinafter referred to as "AGENT" and _____, hereinafter referred to as "BUYER",

WHEREAS, certain persons, whose names are set forth upon certain inventory sheets delivered herewith to the Buyer, herein referred to as "SELLERS", are desirous of selling all "chometz" (as hereinafter defined) owned by them and in which they have any interest whatsoever; and

WHEREAS, each of the said Sellers has designated, appointed, and empowered Rabbi _____ as their lawfully designated agent, to sell, transfer and dispose of all such "chometz" in such manner, and upon such terms as said Agent, in his sole discretion, shall deem appropriate; and

WHEREAS, the Buyer, hereinabove identified, is desirous of purchasing all of the said "chometz" of the Sellers, in accordance with the terms of this Agreement.

NOW, THEREFORE, it is agreed by and between the Agent, as agent for the Sellers and each of them, and the Buyer, that the Agent hereby sells and the buyer hereby purchases all "chometz" belonging to each and everyone of the persons herein referred to as Sellers, whose names are set forth upon the individual inventory sheets of each Seller.

The term "chometz:" is intended to include all leavened products of the 5 types of grain (wheat, rye, spelt, barley, oats), alcohol fermentations of any of these grains or any admixture containing any of the above-mentioned products, including but not limited to, all items specifically enumerated upon the individual inventory sheets of each Seller:

In order to effect this sale, the Buyer agrees to pay the Agent the sum of the estimated fair market value of all of the "chometz" as determined by three recognized experts, according to the accepted market value prevailing today in _____ and which shall be paid by the Buyer as follows:

1. Dollar per person right now
2. The rest on or before _____.

The understanding is that the sale is absolute and effective immediately and the balance due is considered a debt from Buyer to Seller, the non-payment of which shall in no way effect the validity of the Buyer's title to the "chometz" sold. Risk of loss and loss of value are borne by the Buyer.

In addition, the Buyer gives an item of personal property to the Agent ("Chalipin") and they shake hands in accordance with the common custom of sales ("Situmta"). These additional methods of acquisition are employed because of questions about the effectiveness of each method. It is emphasized that each sale and method of sale is independent and, therefore, unaffected by any invalid sale or method of sale performed in this Agreement.

It is further agreed that the Agent, in behalf of each of the Sellers, hereby leases to the Buyer the closes, cabinets, storage rooms, garages, basements and other areas in the premises of each of the Sellers where the aforescribed "chometz" may be located, including the locations specifically enumerated upon the aforementioned inventory sheets, and including further, any other locations within the premises of the Sellers where such "chometz" may be found. (In the event that any of the Sellers may be tenants of the premises they presently occupy, with respect to such Sellers this provision shall be intended to convey a sublease of the areas where such "chometz" may be located.. The duration of this lease agreement shall be from _____, before _____ Time, to _____ Time, on _____, _____.

In consideration for the foregoing rental provision, the Buyer agrees and hereby does pay to the Agent the additional sum of 1 Dollar for each of the enumerated Sellers. In addition the aforementioned methods of exchange and handshake are used to effect the rental.

By dint of the execution of this rental agreement, the Buyer also acquired ownership of all aforescribed "chometz" which is hereby transferred to him in the best legal form ("Agav"). Further, by virtue of Buyer's rights in these rented storage areas, all "chometz" contained therein is acquired by the Buyer ("Chotzer").

It is further agreed that the Buyer shall have the right to access through the premises of the Sellers and each of them, in order to gain access to the respective storage areas hereinabove described. In the event the Buyer shall require keys to gain access to any of the premises described herein, they shall be made available to him upon reasonable demand to the Agent.

It is expressly intended by the parties hereto that this Agreement shall be binding in accordance with the laws of the State of _____ an in accordance with the Laws of the Torah.

Rabbi _____ Buyer _____

Countertops

The following is a summary of the countertop information presented in the preceding article.

Brand Name or Material	Can it be <i>kashered</i> ?	Comment
Acrylic	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Avonite	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Buddy Rhodes	No	Must be covered for Passover
Butcher Block	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Caesar Stone	Yes	
Cambria	Yes	
Cement	No	Must be covered for Passover
Ceramic tile	No	Must be covered for Passover
Cheng Design	No	Must be covered for Passover
Concrete	No	Must be covered for Passover
Copper	Yes	
Corian	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Craftart	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Formica	Yes	Carefully clean seams before <i>kashering</i> .
Gibraltar	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Glass tile	No	Must be covered for Passover
Granite	Yes	
John Boos	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Laminate (plastic)	Yes	Carefully clean seams before <i>kashering</i> .
Limestone	Yes	
Marble	Yes	
Nevamar	Yes	Carefully clean seams before <i>kashering</i> .
Omega	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Pionite	Yes	Carefully clean seams before <i>kashering</i> .
Plastic Laminate	Yes	Carefully clean seams before <i>kashering</i> .
Porcelain	No	Must be covered for Passover
Quartz Resin	Yes	
Silestone	Yes	
Slate	Yes	
Soapstone	Yes	
Spekva	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Stainless Steel	Yes	
Staron	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Surrell	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Swanstone	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Wilsonart	Yes	Carefully clean seams before <i>kashering</i> .
Wood	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Zinc	Yes	
Zodiaq	Yes	

Item	Requires <i>tevillab</i> ?	CAN IT BE <i>KASHERED</i> ?		Method of <i>kasbering</i> (where applicable) and other notes
		For <i>Pesach</i>	Year- round	
Aluminum (disposable)	No	See note	See note	<ul style="list-style-type: none"> – If used with liquid, <i>kasher</i> via <i>bag'alab</i> – If used without liquids, requires <i>libun gamur</i>
Aluminum (not disposable)	Yes	See note	See note	<ul style="list-style-type: none"> – If used with liquid, <i>kasher</i> via <i>bag'alab</i> – If used without liquids, requires <i>libun gamur</i>
Baking sheet	Yes	Yes	Yes	<i>Libun gamur</i>
Bleach	No	No	Yes	For year-round, clean bleach well and don't use for 24 hours, then place bleach on stovetop burners and turn on all burners to their highest setting for 30 minutes. Exercise caution as the bleach will become very hot.
Bone China	Yes, without <i>a beracha</i>	No	No	
Cast Iron	Yes	Yes	Yes	<ul style="list-style-type: none"> – If used with liquid, <i>kasher</i> via <i>bag'alab</i> – If used without liquids, requires <i>libun gamur</i>
Ceramic (e.g. coffee mug)	No	No	No	
China	Yes, without <i>a beracha</i>	No	No	
Coffee maker	Yes, for the glass portions	No	Yes	For year-round, clean well, do not use for 24 hours, and then run through one cycle
Colander	Yes	No	Yes	For year-round, <i>kasher</i> via <i>bag'alab</i>
Corelle	Yes	No	No	
Cork	No	No	No	

Item	Requires <i>tevillah</i> ?	CAN IT BE KASHERED?		Method of <i>kashering</i> (where applicable) and other notes
		For <i>Pesach</i>	Year-round	
Corningware	See note	No	No	<ul style="list-style-type: none"> – If manufactured before 1995, requires <i>tevillah</i> with a <i>beracha</i> (as it is glass) – If manufactured after 1995, requires <i>tevillah</i> without a <i>beracha</i> (as it is glazed ceramic)
Crystal	Yes	No	No	
Dentures (false teeth)	No	Yes	Not required	For <i>Pesach</i> , <i>kasher</i> via <i>irui keli rishon</i>
Dishwasher made of... Porcelain	No	No	No	
Dishwasher made of... Stainless steel or plastic	No	No	See note	For year round, replace racks, do not use for 24 hours, and then run through one cycle
Duralex	Yes	No	No	
Farberware	Yes	Yes	Yes	For <i>kashering</i> , see individual utensils (e.g. baking sheet, frying pan, pot)
Food Processor	Yes, for the metal portions	No	Yes	For year-round, <i>kasher</i> all parts including those made of hard plastic via <i>hag'alah</i>
Frying pan, with Teflon coating	Yes	No	No	
Frying pan, without Teflon coating	Yes	See note	See note	<ul style="list-style-type: none"> – If used with generous amounts of oil or other grease, <i>kasher</i> via <i>libun kal</i> (clean well and do not use for 24 hours, then put on open flame until both inside and outside are hot enough to singe paper). – If used with insignificant amounts of oil (e.g. cooking spray) <i>kasher</i> via <i>libun gamur</i>
Glass-topped range	No	Yes	Yes	<ul style="list-style-type: none"> – For year-round, <i>kasher</i> via leaving all burners on highest setting for half an hour – For <i>Pesach</i>, <i>kasher</i> as above but do not use the range on <i>Pesach</i> unless the space between the burners is covered

Item	Requires <i>tevillab</i> ?	CAN IT BE KASHERED?		Method of <i>kashering</i> (where applicable) and other notes
		For <i>Pesach</i>	Year-round	
Glasses used for drinking	Yes	See note	No	If used with hot beverages or washed in a dishwasher, they cannot be <i>kashered</i> for <i>Pesach</i> . Otherwise, fill the glasses with water and leave the water in the glasses for at least 24 hours. Repeat this procedure two additional times with fresh water.
Hot Plate	No	Yes	Yes	To <i>kasher</i> , clean and do not use for 24 hours, then leave on highest setting for half an hour
Microwave oven	Yes, only for the glass plate	Yes, except for glass plate	Yes, except for glass plate	To <i>kasher</i> , clean microwave thoroughly and do not use for 24 hours. Boil a cup of water in the chamber for an extended amount of time, until the chamber fills with steam and the water overflows from the cup. The glass plate cannot be <i>kashered</i> (or used) and should be removed before <i>kashering</i> begins. For <i>Pesach</i> , it is a commendable extra precaution to cover all foods in the microwave, even after performing the above <i>kashering</i> .
Pot made of... Metal (uncoated) or Teflon-coated metal	Yes	Yes	Yes	<i>Hag'alab</i>
Plastic	No	Yes	Yes	<i>Hag'alab</i>
Pyrex	Yes	No	No	
Rubber	No	Yes	Yes	<i>Hag'alab</i> , assuming there are no cracks where food might get trapped. If there are cracks, it cannot be <i>kashered</i> (or used).
Stainless steel	Yes	Yes	Yes	For <i>kashering</i> , see individual utensils (e.g. baking sheet, frying pan, pot)
Stoneware	Yes, without a <i>beracha</i>	No	No	
Teflon-coated cookware	Yes	See note	See note	For <i>kashering</i> , see individual utensil (e.g. Baking Sheet, Frying Pan, Pot)
Wood	No	Yes	Yes	<i>Hag'alab</i> , assuming there are no cracks where food might get trapped. If there are cracks, it cannot be <i>kashered</i> (or used).



Shopping Guide

PESACH 2013

This list of products is marked as follows:

✓ **Acceptable without Passover Certification**
Food items in this section should preferably be purchased before Passover

▲ **Must bear reliable Passover Certification**

* **Not acceptable for Passover**
Sephardim should contact their local Sephardic rabbi regarding issues of kitniyot

Product	Status	Notes
Adhesive bandages	✓	
Air freshener		Liquid ▲ Solid ✓
Alcohol		For drinking ▲ Isopropyl alcohol ✓
Alfalfa	*	Kitniyot
Aluminum products	✓	Includes aluminum foil and pans
Amaranth		Amaranth is not kitniyot but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	*	Kitniyot
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also requires Pesach certification
Apple sauce	▲	
Aspartame	▲	
Baby carrots		Raw are acceptable if they contain no additives Canned or cooked ▲
Baby food	▲	Includes jarred or canned
Baby formula		See www.crcweb.org for updated information When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is kitniyot
Baby oil	✓	
Baby ointment	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes		Acceptable if they do not contain ethyl alcohol (ethanol)
Bags	✓	
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	

Product	Status	Notes
Beans	*	Kitniyot
Bean sprouts	*	Kitniyot
Benefiber	*	Chametz
Beverages	▲	
Bicarbonate of soda	✓	
Bird food		See pet food pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable
Brewer's yeast	*	Chametz
Brown sugar	▲	
Brussels sprouts	▲	
Buckwheat	*	Kitniyot
Buckwheat pillow	✓	One may own and derive benefit from kitniyot
Butter	▲	
Candles	✓	Scented is also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	*	Kitniyot
Caraway	*	Kitniyot
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See pet food pages
Charcoal	✓	
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See medicine letter (page 3)
Chewing tobacco	▲	Contains flavors
Chickpeas	*	Kitniyot

Chicago Rabbinical Council • 2701 W. Howard St., Chicago, Illinois 60645 • 773-465-3900 • www.crcweb.org

SHOPPING GUIDE – PESACH 2013

Product	Status	Notes
Cloves	▲	Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe All Hershey's are acceptable
Coconut (shredded)	▲	
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See cosmetics pages
Colonoscopy drink		See medicine pages
Confectionary sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander	✖	Kitniyot
Corn & corn products (e.g. corn oil, corn syrup)	✖	Kitniyot
Corn remover	✓	
Cosmetics		See cosmetics pages
Creams (e.g. cosmetics)	✓	
Crock pot liner	✓	
Cumin	✖	Kitniyot
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant		See cosmetic pages
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✖ (Kitniyot) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	▲	
Edamame	✖	Kitniyot
Eggs		Cooked or liquid ▲ Whole and raw ✓
Ensure		See www.crcweb.org for updated information
Eye drops	✓	
Eye liner	✓	

Product	Status	Notes
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds ✖ (Kitniyot) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not kitniyot See spices
Flour	✖	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See www.crcweb.org for updated information
Foot powder	✓	
Formula for infants		See baby formula
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it isn't sweetened or cooked, and contains no additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲ Powder free ✓ Powderless or with powder ▲
Gloves (disposable)		
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✖	Kitniyot
Gum (chewing)	▲	
Hair gel	✓	
Hairspray		See cosmetic pages
Hemp	✖	Kitniyot
Herbal tea	▲	
Honey	▲	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	
Ice cream	▲	
Ices	▲	
Infant formula		See baby formula
Ink	✓	

✓ = Acceptable without Passover Certification ▲ = Must bear Passover Certification ✖ = Not acceptable for Passover

SHOPPING GUIDE – PESACH 2013

Product	Status	Notes
Insecticide		Sprays ✓ Some traps contain chametz
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Kasha	✖	Kitniyot
Ketchup	▲	
Kimmel	✖	Kitniyot
Lactaid		Lactaid milk may be used if purchased before Pesach. Chewable pills ✖ Non-chewable pills ✓
Latex gloves		Powder free ✓ Powderless or with powder ▲
Laundry detergent	✓	
Laxatives		See medicine pages
Lemon juice	▲	Concentrate also requires Pesach certification
Lentils	✖	Kitniyot
Lip products		See cosmetic pages
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See medicine letter (page 3)
Liquor	▲	
Listerine PocketPaks	✖	Requires Passover certification, and this brand isn't certified
Lotions	✓	
Makeup		See cosmetic pages
Margarine	▲	
Mascara	✓	
Matza	▲	
Mayonnaise	▲	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Medicine		See medicine letter (page 3)
Milk	▲	See separate list of certified milk producers in the Midwest If certified is unavailable, buy before Pesach
Millet	✖	Kitniyot
Mineral oil	✓	
Mineral water		Acceptable if it doesn't contain flavors or vitamins
Monosodium glutamate	▲	
Mousse (for hair)	✓	
Mouthwash		See cosmetic pages
MSG	▲	

Product	Status	Notes
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✖	Kitniyot
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements (e.g. Ensure)		See www.crcweb.org for updated information Peanuts are kitniyot ✖ Pecan halves or wholes ✓ Pecan pieces ▲ Other nuts are acceptable without certification if free of BHA/BHT, and not blanched or roasted
Nuts		
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ All other types, including extra light ▲
Oil	▲	
Orange juice	▲	Pure frozen orange juice concentrate doesn't require Pesach certification
Orthodontics	✓	
Oven cleaner	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, wax paper Paper plates shouldn't be used with hot foods unless specially certified for Pesach
Paraffin	✓	
Parchment paper	▲	
Peanuts	✖	Kitniyot
Peas	✖	Kitniyot
Pecans (raw)		Halves or whole ✓ Pieces ▲
Perfume		See cosmetic pages
Pet food		See pet food pages
Petroleum jelly	✓	
Pickles	▲	
Pills		See medicine letter (page 3)
Pineapple (canned)	▲	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam Paper plates shouldn't be used with hot foods unless specially certified for Pesach
Play doh	✖	May contain chametz
Polish (for furniture, shoes, silver)	✓	

✓ = Acceptable without Passover Certification ▲ = Must bear Passover Certification ✖ = Not acceptable for Passover

SHOPPING GUIDE – PESACH 2013

Product	Status	Notes
Pop	▲	
Popcorn	✖	Kitniyot
Poppy seeds	✖	Kitniyot
Potato chips	▲	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Pumpkin seeds		Not kitniyot; acceptable if raw and without additives
Quinoa	▲	Quinoa is not kitniyot but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	✖	Kitniyot Rice milk may contain chametz; see www.crcweb.org for updated information
Saffron	▲	Some have a custom not to use saffron for Pesach
Salads (bagged)	▲	
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	✖	Kitniyot
Shampoo	✓	
Shaving lotion		See cosmetic pages
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	✖	Kitniyot
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorghum	✖	Kitniyot
Soup mix	▲	
Sour tomatoes	▲	
Soy products	✖	Kitniyot Soy sauce and soy milk may contain chametz
Spices		Anise, caraway, coriander, cumin, dill seeds, fennel seeds, and mustard are kitniyot ✖ Other spices are acceptable in whole form but ground spices require certification
Splenda	▲	
Stain remover	✓	
Stevia	▲	

Product	Status	Notes
Stick deodorant	✓	
String beans	✖	Kitniyot
Styrofoam	✓	
Sugar		Brown sugar and confectionary sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✖	Kitniyot
Suppositories	✓	
Syrups	▲	
Tea		Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	✖	Kitniyot
Tomato-based products	▲	
Toothpaste		See www.crcweb.org for updated information
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	✖	Chewable antacids require Pesach certification, and this brand isn't certified for Pesach
Tuna fish (canned)	▲	
Turmeric		Turmeric is not kitniyot See spices
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads ▲ Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they aren't kitniyot (see listing for individual vegetables) and don't contain additives other than sugar
Vegetable wash	▲	
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it doesn't contain carbonation, flavors or vitamins
Wax for braces	✓	
Wax paper	✓	
White sugar		Pure sugar without additives is acceptable
Whitener (for coffee)	▲	
Wild rice	✖	Kitniyot
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	

✓ = Acceptable without Passover Certification ▲ = Must bear Passover Certification ✖ = Not acceptable for Passover

Passover Foods for Your Pets

On Pesach, a Jewish person may not eat, own, or derive benefit from *chametz* which is fit for human or canine consumption, and owning *chametz* pet food to feed to an animal (even if the animal belongs to someone else or is ownerless) is a violation of the latter two of those restrictions. While *Ashkenazic* Jews have a custom to not eat *kitnios*, they may own and derive benefit from them. To benefit pet owners, the cRc “certifies” certain varieties of pet food for *Pesach*, which means that we visit the factory to determine which formulas are *chametz*-free, relieving the consumer of that responsibility. However, if no certified (or recommended) pet food is available, the consumer would have to carefully read the ingredient panel to determine whether a specific product contains any *chametz* (and many, in fact, do). A complete list of possible pet food ingredients is beyond the scope of this guide; however the following are a few pointers when reading the ingredient panel. If an ingredient does not appear in the following, it may still be *chametz* or *chametz*-sensitive.

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer’s yeast (a common flavoring agent, which is *chametz*), malt (a barley-based sweetener), pasta, xanthan gum (a thickener which may be fermented from *chametz*), and other generic terms which may refer to a *chametz* ingredient (e.g. flour, gluten, middlings, starch, et al).
2. Many varieties of animal feed contain a multitude of vitamins, minerals, and amino acids, some of which may well be *chametz*, and there is no realistic way for a consumer to determine which of them are problematic. However, the good news is that vitamins comprise such a small percentage of the animal food that they are *batel*. Therefore, it is generally accepted that if the animal food was created before *Pesach*, it may be used on *Pesach*.
3. Some common ingredients used in pet food which do not pose a *Pesach* concern are:
 - a. Animal, poultry and fish products.
 - b. Vegetables, such as alfalfa, asparagus, beets, and carrots.
 - c. Assorted *kitnios* foods, such as buckwheat, corn products, lentils, millet, peas, rice, peanuts, sunflower seeds, and soy products.
 - d. Other items, such as barley grass, BHA, BHT, carrageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey.

By no means do these pointers cover all of the ingredients used in pet food, and you might want to be in touch with a *kashrus* professional if you are unsure about any of the other ingredients in a given pet food.

The following is a list of pet foods approved for Passover 2013. Make sure to check all labels. A product listing both meat and dairy ingredients may not be used any time during the year. Feed available at zoos is often *chametz* and should not be purchased or fed to the animals on Pesach. After Pesach, pet food with *chametz* may be purchased only from stores which are non-Jewish owned (e.g. PetSmart, Petco) or Jewish owned but have sold their *chametz*.

NOTE: Mixes sold in stores often contain *chametz*. It is advisable to mix regular and Pesach food together one to two weeks before Pesach before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.

One may feed his pet any of the following items:

CATS: **Evanger’s:** 100% Sweet Potato; Beef Tips with Gravy; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Whole Chicken Thighs; Whole Mackerel with Gravy; Wild Salmon;



There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.

DOGS: Evanger's: 100% Beef (6 oz, 13 oz); 100% Buffalo; 100% Chicken; 100% Duck; 100% Organic Chicken; 100% Organic Turkey with Potatoes and Carrots; 100% Pheasant; 100% Sweet Potato; 100% Venison; All Natural Beef Liver Chunks; Beef with Chicken; Beef with Chunks; Beef with Liver; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Braised Beef Chunks with Gravy; Chicken and Rice Dinner; Chicken Chunks Dinner in Gravy; Cooked Chicken; Cooked Chicken Dinner with Chunks; Duck and Sweet Potato Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; A Hunk of Beef; Lamb and Rice Dinner; Lamb Chunks Dinner in Gravy; Senior Dinner; Turkey Chunks Dinner in Gravy; Whole Chicken Thighs; Whole Mackerel with Gravy; Wild Salmon;

There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.

FISH: Fish food, including pyramid feeders, and vacation blocks often have *chametz*. Goldfish and tropical fish can be given tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers).

BIRDS (PARROTS, PARAKEETS, COCKATIELS, MACAWS):

- Millet, sorghum, wild bird food (check for *chametz* ingredients) as main diet.
- Peanuts, sunflower seeds, and safflower seeds can be given.
- Larger birds, such as parrots, can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
- Smaller birds can also eat pure alfalfa pellets – crush before feeding.
- Can supplement with sliced grapes, cottage cheese, rice cakes (birds like these), small pieces of lean meat, *matza*, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster shells (calcium) or mineral block such as Kaytee Tropical Fruit Mineral Block Treat.
- The greater the variety, the better.

HAMSTERS, GUINEA PIGS, GERBILS & RABBITS:

- Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given.
- Can supplement with mixture of cut-up fruits and vegetables - carrots, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, or cabbage. Can also give some *matza*. If not accustomed to these items, give sparingly.
- Guinea pigs will especially benefit from kale, parsley, and oranges.
- Hamsters will especially benefit from apples.
- Guinea pigs need vitamin C added to diet.

LIZARDS:

Be aware that mealworms, which as living creatures are not *chametz*, are commonly sold in a bed of wheat flakes or oatmeal, which is *chametz* and, therefore, may not be owned or used on Passover. Live crickets are permissible. Whole insects (live or dead) with no additives or other ingredients are permissible.