

PESACH

5775/2015



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 2015/5775

SHABBAT, MARCH 28TH SHABBAT HAGADOL

Shabbat Hagadol Derasha for Teens	5:30 pm
Rabbi Eli Zians	
Sephardic Mincha	5:40 pm
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	8:11 pm

THURSDAY, APRIL 2ND

Mincha / Ma'ariv	7:20 pm
Search for Chametz	no earlier than 8:13 pm

FRIDAY, APRIL 3RD EREV PESACH TA'ANIT BECHOROT FAST OF THE FIRSTBORN

Fast Begins	6:00 am
Sephardic Shacharit	6:50 & 8:00 am
Shacharit	6:15, 7:00, 7:45 & 8:30 am
Latest time for Eating Chametz	10:55 am
Latest time for Burning Chametz	12:09 pm
Candle Lighting	7:20 pm
Sephardic Kabbalat Shabbat/Kabbalat Yom Tov	7:20 pm
Kabbalat Shabbat/Kabbalat Yom Tov	7:20 pm
HaGadah Insights - Rabbi Efrem Goldberg	
Sephardic Ma'ariv	7:55 pm
Ma'ariv	8:05 pm
Seder Should not begin before	8:13 pm

SHABBAT, APRIL 4TH 1ST DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	6:25 & 9:00 am
Main Minyan	9:00 am
Rabbi Efrem Goldberg	
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Daf Yomi	5:10 pm
Rabbi's Class	6:10 pm
Rabbi Philip Moskowitz	
Sephardic Mincha	7:05 pm
Mincha	7:10 pm
Dvar Torah - Rabbi Dr. Judah Goldberg	
Sephardic Ma'ariv/Counting Omer	7:55 pm
Ma'ariv/Counting Omer	8:05 pm
Yom Tov Candle Lighting (Not Before)	8:14 pm
One cannot begin preparing for Yom Tov or the Seder prior to Candle lighting	

SUNDAY, APRIL 5TH 2ND DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	6:25 & 9:00 am
Main Minyan	9:00 am
Rabbi Philip Moskowitz	
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 am
Daf Yomi	5:25 pm
Rabbi's Class	6:25 pm
Mrs. Shayna Goldberg	
Sephardic Mincha	7:20 pm
Mincha	7:25 pm
Maariv/ Havdallah	8:15 pm

MONDAY, APRIL 6TH THROUGH WEDNESDAY, APRIL 8TH CHOL HAMOED PESACH

Shacharit	6:05, 7:00, 8:00 & 9:00 am
Sephardic Shacharit	6:40 & 8:00 am
Daf Yomi	7:00 am
Sephardic Mincha/Ma'ariv	7:20 pm
Mincha/Ma'ariv	7:25 pm
Late Ma'ariv (Senders Library)	9:30 pm

THURSDAY, APRIL 9TH CHOL HAMOED PESACH

Sephardic Shacharit	6:40 & 9:00 am
Shacharit	6:05, 7:00, 8:00 & 9:00 am
Daf Yomi	7:00 am
Candle Lighting	7:23 pm
For those accepting early Shabbat/Yom Tov, no earlier than	6:23 pm
For those accepting regular Shabbat/Yom Tov, no later than	7:23 pm
Sephardic Mincha / Kabbalat Yom Tov	6:00 & 7:20 pm
Mincha / Kabbalat Yom Tov	6:10 & 7:25 pm

FRIDAY, APRIL 10TH 7TH DAY OF PESACH

Hashkoma Minyan	7:25 am
Sephardic Minyan	6:20 & 9:00 am
Main Minyan	9:00 am
Shtiebel Minyan	9:30 am
Teen Minyan	9:45 pm
Rabbi's Class	5:10 pm
Rabbi Dr. David Shabtai	
Candle Lighting	7:23 pm
For those accepting early Yom Tov, no earlier than	6:23 pm
For those accepting regular Yom Tov, no later than	7:23 pm

Sephardic Mincha followed by Ma'ariv	6:00 pm & 7:20 pm
Mincha followed by Ma'ariv	6:10 pm & 7:25 pm

SHABBAT APRIL 11TH 8TH DAY OF PESACH - YIZKOR

Hashkoma Minyan	7:25 am
Sephardic Minyan	6:20 & 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	6:25 pm

Abraham Lincoln and the Jews: A Tribute on the 150th Anniversary of His Assassination Rabbi Efrem Goldberg

Sephardic Mincha	7:20 pm
Mincha	7:25 pm
Seudas Moshiah (Social Hall)	
Ma'ariv/Havdalah	8:18 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.

WHILE WE HAVE PROVIDED A CONDENSED SET OF THE LAWS OF PESACH,
WE ENCOURAGE YOU TO VISIT THE FOLLOWING SUGGESTED WEBSITES
FOR A MORE INCLUSIVE AND ALL ENCOMPASSING LIST OF THE LAWS.

www.oukosher.org/passover
<http://www.crcweb.org/Passover2015.php>
<http://www.star-k.org/cons-pesach.htm>



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, APRIL 3RD 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 simplest way to kasher a warming drawer is to thoroughly clean and not use it for 24 hours. Heat the warming drawer to the required temperature by lighting a sterno can in the warming drawer for about 2 hours. Make sure to leave the door of the warming drawer slightly ajar, so that there will be enough air to allow for combustion.



Keurig Machines

A Keurig machine may be kashered for Pesach. First, remove the K-cup holder, clean it very well and do not use it for 24 hours. Pour boiling water on the K-cup holder and then brew a kosher for Pesach K-cup.

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 Thursday night, April 2nd, as soon as night falls (after 8:13 PM), we search for the Chametz by the light of a candle. Before the search we recite the following blessing:

ברוך אתה ה' א-לקינו 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 Friday, April 3, 2015. 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 12:09 pm

KOL CHAMIRA IS RECITED.

Chametz may be eaten until 10:55 am. The following is recited by 12:09 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.



THE SELLING OF CHAMETZ

Rabbi Goldberg, Rabbi Moskowitz and Rabbi Dr. Shabtai 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 and Rabbi Dr. Shabtai will sell chametz in the main shul office.

Sunday through Thursday immediately following Mincha/Maariv for 10 minutes (Social Hall)

Monday, March 16

8:00 – 9:00 pm – Rabbi Efrem Goldberg

Wednesday, March 18

10:00 – 11:30 am – Rabbi Philip Moskowitz

Sunday, March 22

9:00 - 10:00 am – Rabbi David Shabtai, MD

Tuesday, March 24

8:00 – 9:30 pm – Rabbi Efrem Goldberg

Thursday, March 26

10:00 – 11:30 am – Rabbi Philip Moskowitz

Sunday, March 29

8:00 – 9:00 pm – Rabbi David Shabtai, MD

Tuesday, March 31

10:30 – 11:30 am – Rabbi Efrem Goldberg

Thursday, April 2

6:00 – 7:00 pm - Rabbi Philip 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 Rabbi's Discretionary 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 Theo Henry:

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/chametz or return this form to the Synagogue Office or fax to: 561-394-0180 before 5:00 pm EST on Thursday, April 2, 2015.

Please call the Synagogue Office to make sure we received your form.



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
 Dinner includes Shmura Matzah,
 Soda and Fine Wine

KIDS
 Chicken Tenders

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

SECOND NIGHT PESACH SEDER

SATURDAY NIGHT, APRIL 4TH AT 8:15 PM

A traditional seder led by Rabbi Efrem Goldberg and the entire Goldberg family. In order to keep it intimate, there will be a maximum of 100 people at the seder. The seder on the 2nd night cannot begin until 8:15 pm.

_____ - Number of Adults (BRS & BRJE members)	x \$75 =	_____
_____ - Number of Adults (non-members)	x \$90 =	_____
_____ - Number of Children (5-15)	x \$35 =	_____
_____ - Number of Young Children (5 & Under) FREE	TOTAL	_____
_____ - Ashkenazi Seder Plate	_____ - Sephardic Seder Plate	
_____ - #of Meat Entrees	_____ - # of Chicken Entrees	_____ - # of Vegetarian Entrees

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

Name _____ Visa • MasterCard • Discover • American Express

Card Number _____ Expiration Date ____ / ____ CVV _____



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Chicago Rabbinical Council 2015 Passover Guide



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2701 W. Howard • Chicago, IL 60645

773/465-3900 • Fax: 773/465-6632 • 773/465-6929

For Kosher consumer updates by email (free service) send your email address to alerts@crcweb.org

Updated Passover information is available online at www.crcweb.org and www.askcrc.org

Advertising in the cRc Passover Guide does not necessarily imply a Chicago Rabbinical Council endorsement of products or services.

Chicago Rabbinical Council

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Rabbi Sholem Y. Fishbane
Kashruth Administrator



HOME OF THE  YOUR GUARANTEE OF KOSHER!

Pesach 2015

MEDICINES, COSMETICS & TOILETRIES FOR PESACH

MEDICINES

FOR LAWS OF TAKING MEDICINE ON *SHABBOS* AND *YOM TOV*,
PLEASE CONSULT YOUR RABBI

- All pill medication – with or without *chametz* – that one swallows is permitted. Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a Doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your Doctor and Rabbi.**
- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

COSMETICS & TOILETRIES

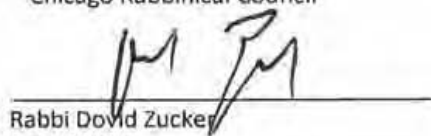
- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, face powder, foot powder, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many liquid deodorants, hair mousse, hairsprays, perfumes, colognes, and shaving lotions contain denatured alcohol, and therefore should not be used on *Pesach* unless they are listed as *chametz*-free on a reliable list of *Pesach* products.
- Lipstick, mouthwash and toothpaste which contain *chametz* should not be used.



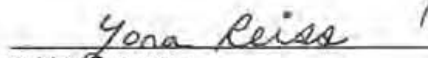
Rabbi Gedalia Dov Schwartz
Rosh Beis Din,
Chicago Rabbinical Council



Rabbi Shmuel Fuerst
Dayan,
Agudath Israel of Illinois



Rabbi David Zucker
Rosh Kollel,
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Rabbi Chaim T. Goldzweig
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Which Foods are Chametz?



Rabbi Dovid Cohen
Administrative Rabbinic Coordinator

One part of cleaning the house for *Pesach* is to get all *chametz* out of the kitchen. Of course, the first things to be removed are those that are obviously *chametz* – bread, pasta, cookies, crackers, pretzels, etc. Other foods can be identified by simply reading the ingredient panel, which shows that breakfast cereal, soy sauce, fish sticks, licorice, candy, and many other foods often have wheat or flour (*chametz*) listed prominently. Only the most astute readers realize that the vinegar in their ketchup, the vitamins in the rice or milk, and the flavor in their favorite snack may in fact contain *chametz*. The goal of this article is to educate the reader about the many foods which potentially contain *chametz*, beginning with the more obvious and progressing to the more obscure.

Flour, oats, and barley

If one of the five grains – wheat, barley, rye, oats, and spelt – sits in water for more than 18 minutes it becomes *chametz*, and one may not eat, derive benefit from, or own it on *Pesach*. In addition, *Ashkenazim* do not eat *kitniyot* – a group of foods which includes (among other things) rice, corn, soy, and their derivatives – but are allowed to own *kitniyot* foods on *Pesach*.

It is common practice that before wheat is ground into flour, the wheat kernels are tempered with

water for many hours; therefore flour should be treated as *chametz*.¹ [In fact, *matzah* which is not baked especially for *Pesach* is made from tempered wheat and should also be treated as *chametz*!] Similarly, all oats are heat-treated to prevent them from becoming rancid; if this heating is done with “wet” steam, the oats/oatmeal may be *chametz*. On the other hand, barley (a.k.a. pearled barley) is processed without water, and therefore a standard bag of barley is not *chametz*. Some barley is steeped in water until the barley begins to sprout; this creates a product known as barley malt (a.k.a. malted barley, malt) which is definitely *chametz*.

Yeast

The *Torah* says that one may not own *se’or* on *Pesach*. What exactly is *se’or*? Are *se’or* and yeast the same thing? A quick lesson in bread baking will surprisingly show that *se’or* is yeast but yeast is not necessarily *se’or*!

Although a grain which soaks in water for 18 minutes is *chametz*, in order to make good bread one needs yeast. Yeast is the living microorganism which converts some of the flour into the carbon dioxide which fluffs-up the batter and causes it to “rise”. The air we breathe contains yeast. Therefore if one makes a batter of flour and water it will eventually rise even if no yeast is added, because yeast from the atmosphere will find

its way into the batter. But most bakers do not have the patience to wait all day for their bread to rise, so they add their own yeast into the batter to speed things up a bit.

The traditional method of collecting/creating yeast is as follows: Every day the baker would take one handful of dough out of the batter and not bake it. As the day went on the yeast in that dough would multiply (and be joined by other yeast found in the air) to such an extent that that the batter would turn sour and inedible. This ball of concentrated yeast would be thrown into the next day’s batter to help that batter rise (and a handful of that batter would be taken out to be saved for the next day...). In English this concentrated yeast-ball is called “sourdough” due to its awfully-sour taste, and this is what the *Torah* calls *se’or* and forbids one from owning on *Pesach*.

However, one can also collect yeast from plant sources and produce it via fermentation. If yeast does not contain any ingredients from the five primary grains (as it often does not), it is not *chametz* even though it has the same characteristics as *se’or*,² and one may own it on *Pesach*. [The process of “fermentation” and the possible *chametz* concerns it raises will be discussed below.] Thus, *se’or* is concentrated yeast but the yeast which is commonly sold in stores is not *se’or*.

Brewer’s yeast is yeast recovered

from beer production (discussed below). It is similar to *se'or*, and one may not own it (derive benefit from it, or eat it) on *Pesach*.

Beer and whisky

If barley is soaked in water under proper conditions, it ferments into beer, and since the barley sat in water for more than 18 minutes, beer is *chametz*.³ Beer contains approximately 5% alcohol, and people who want a drink with a higher alcohol content do the following: The grain is allowed to ferment until it reaches about 12-13% alcohol, and then the alcohol is separated from (some of) the water using a process called “distillation” to produce whisky, which contains 30-95% alcohol. The consensus of the *Poskim* is that whisky produced from one of the five primary grains is considered *chametz*, even though it went through the process of distillation.⁴ Even if the whisky is made from corn or another *kitniyot* grain, there are a number of other reasons why it may be *chametz*:

The watery liquid that remains after distillation is called “backset” and is often used in creating another batch of whisky. Thus, even if the grain used in creating the whisky is *kitniyot*, the water may be from a *chametz* whisky.

Before the yeast ferments the grain, the grain's starch must be broken-down into individual glucose molecules, and this is traditionally done with barley malt (discussed above). Since the *chametz* barley malt plays such a crucial role in the creation of the whisky (and also dramatically changes the taste of the grain before it is fermented),

the barley malt is considered a *davar hama'amid* and one may not own such whisky on *Pesach*.⁵

As such, all types of whisky should be treated as *chametz* unless they are specifically certified as kosher for *Pesach*.

Vinegar

Vinegar is created when alcohol is (re)fermented, and the primary concern with vinegar is the source of the alcohol. As the name implies, malt vinegar is made from malt or beer which we have seen is *chametz*, and therefore malt vinegar is definitely *chametz*. In contrast, wine vinegar and apple cider vinegar are made from wine and apple cider which are not inherently *chametz*. However, due to the possibility that the equipment used and/or the processing aids are *chametz*, it is prudent to only consume wine or apple cider vinegar which is certified as kosher for *Pesach*.

The more difficult question is the *Pesach* status of white distilled vinegar, as follows: White distilled vinegar is made from distilled alcohol (described above), and the most serious concern is whether the grain used was *chametz* (e.g. wheat), *kitniyot* (e.g. corn), or something innocuous (e.g. potatoes). Additional concerns stem from questions about the equipment, enzymes, yeasts, and nutrients used in creating the alcohol and vinegar.⁶ In addition, the fermentation of vinegar always begins with a “starter” taken from a previous batch of vinegar (similar to the way *se'or* is used), and if that starter is *chametz*, the entire batch will be forbidden.

The question of whether grain-based/distilled vinegar is *chametz* has far-reaching implications. This

is because many foods are preserved with vinegar (e.g. pickles, olives) and vinegar is a prime ingredient in many condiments (e.g. ketchup, mustard, mayonnaise, salad dressing); in general it is distilled vinegar which is used in these applications. Certainly, any food containing vinegar should not be consumed on *Pesach* unless the food is specifically certified for *Pesach* use. But do the concerns with vinegar mean that we must destroy or sell all of the products in our pantries which contain vinegar?

As a result of the concerns outlined above, many *Rabbonim* recommend that people whose *minhag* is to not sell *chametz gamur*, should not sell (or retain possession of) vinegar-containing products on *Pesach*. However others with knowledge of the food industry argue that due to the abundance of corn in the United States, the overwhelming majority of the vinegar sold and used in the United States does not contain *chametz* (although it does contain *kitniyot*). Therefore, since there is no reasonable way for the average consumer to determine whether the vinegar in a specific ketchup (for example) is *chametz*, they may rely on the *rov* (majority) and assume that the vinegar is not *chametz*, at least to the extent that it may/should be sold to a non-Jew. As with all matters of *halacha*, one should consult with a local Rav. It is noteworthy that the aforementioned leniency does not necessarily apply to (a) vinegar or vinegar-containing products from other countries or (b) organic vinegar (even if it is produced in the United States, due to the difficulty in obtaining organic corn).

Pesach products are generally made with white distilled vinegar



which is specially-made without any *chametz* or *kitniyot* concerns. However some companies choose to substitute glacial acetic acid for the vinegar in their *Pesach* products. Glacial acetic acid is chemically identical to vinegar but is made from petroleum feedstock, as opposed to being fermented, and poses little *Pesach* concern.

Enzymes, vitamins, flavors, and other complex issues

Microbiology has played a great role in the advances in food technology in the past few decades. Food scientists have identified numerous microorganisms which can either serve as or help to create enzymes (see below), vitamins (e.g. Riboflavin, Vitamin B12), flavorful chemicals (e.g. MSG), and other items (e.g. xanthan gum, citric acid, yeast). In addition, scientists have learnt new ways to react chemicals with one another (and use other methods) to create emulsifiers, acidulants, sweeteners, flavors, and other chemicals (e.g. polysorbates, ascorbic acid, aspartame, esters, magnesium citrate). This technology has allowed food scientists both to create an array of foods which were inconceivable 50 years ago, and to improve on the way that they produce “older” foods.

Of all these items, enzymes have

arguably had the most far-reaching affect. Enzymes are chemicals which act as a catalyst for change in other items. A common example is rennet, which causes milk to coagulate into cheese, but the range of uses goes well beyond cheese. For example, one enzyme liquefies and sweetens corn into corn syrup, so that another enzyme can make it even sweeter and become the high fructose corn syrup used to sweeten soft drinks. Another enzyme is used to create the “right” kind of sugar molecule so that hard-candies will not stick to the wrapper, and yet another one ensures that beer does not get cloudy when it is refrigerated.

The *kasbrus* issues raised by all of this technology are beyond the scope of this article, but one issue is quite relevant to our discussion. One of the prime ingredients used in making just about all of the items discussed above is “glucose” (a.k.a. sugar). Glucose can be created from any starch, which means that these items may be wheat (*chametz*), corn or rice (*kitniyot*), sweet potatoes (kosher for *Pesach*), or something else, depending on what is available in the country where the glucose is being produced. This issue is further complicated by the emergence of the “global marketplace”, where it may be cheaper to buy xanthan gum from France or China than from the local producer. Addition-

ally, many of the ingredients listed above are used in tiny proportions, which would theoretically be *batel b’shishim*, and *Poskim* have taken different positions as to which of these serve as a *davar hama’amid* and/or a *milsah d’avidah lit’amah*, which cannot be *batel*.

In light of the seriousness of eating *chametz* on *Pesach*, it is obvious that no one would consider eating any food on *Pesach* which contains (or may contain) any of these ingredients, unless the food is certified as kosher for *Pesach*. [Many children and adults must consume baby formula, soy/rice beverages or nutritional supplements (which cannot be certified for *Pesach* since they contain *kitniyot*) and require information as to whether those items contain *chametz*. That issue is beyond the scope of this article but see listings elsewhere in this Guide for more information on specific items.] Some *Rabbonim* say that for the same reason one should not own any of these items on *Pesach*, but as noted above regarding vinegar, others argue that one may rely on the fact that the overwhelming majority of these items sold and used in the United States do not contain *chametz* (although they contain *kitniyot*). As with all matters of *halacha*, one should consult with a local Rav.

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(Endnotes)

- 1 *Mishnah Berurah* 453:24.
- 2 See *Mechiltah* 9:19 on *Sh’mos* 12:19.
- 3 *Shulchan Aruch* 442:5.
- 4 See *Shulchan Aruch* Y.D. 92:8 & 123:24, and *Mishnah Berurah* 442:4.
- 5 See *Shulchan Aruch* 442:5 and *Mishnah Berurah* 442:25.
- 6 The nutrients are generally *batel b’shishim*, but some *Poskim* hold that since they are intentionally added to the vinegar they are not *batel*. This issue, discussed in *Magen Avraham* 442:1, *Nodah B’yehudah* Y.D. II:56, *Mishnah Berurah* 447:14 and others, is beyond the scope of this article.



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In addition to the Torah's restrictions on owning, eating, and benefiting from *chametz*, an *Ashkenazic minhag* (custom) developed in the Middle Ages to not eat certain foods known collectively as "*kitnios*". *Mishnah Berurah*¹ cites three reasons for this *minhag*: (a) *kitnios* is harvested and processed in the same manner as *chametz*, (b) it is ground into flour and baked just like *chametz* [so people may mistakenly believe that if they can eat *kitnios*, they can also eat *chametz*], (c) it may have *chametz* grains mixed into it [so people who eat *kitnios* may inadvertently be eating *chametz*]. Although initially there were those who objected to the *minhag*, it has become an accepted part of *Pesach* in all *Ashkenazic* communities.

Which foods are *kitnios*

The earlier *Poskim* mention that rice, buckwheat/*kasha*, millet, beans, lentils, peas, sesame seeds, and mustard are included in the *minhag*,² and it is generally accepted that chickpeas, corn (see below), green beans, poppy seeds, snow peas, soybeans, sugar-snap peas, and sunflower seeds are also forbidden. On the other hand, coffee, garlic, nuts, olives, potatoes (see below), radishes, and tea are not treated as *kitnios*.³ *Iggeros Moshe*⁴ assumes that peanuts are not *kitnios* but notes that some have a custom to be *machmir*. Some other examples of foods which are or are not *kitnios* will be noted

below and in the "Derivatives of *kitnios*" section of this article.

Iggeros Moshe explains that the *minhag* to not eat *kitnios* developed differently than other *minhagim* and therefore rules that only foods which we know were specifically included in the *minhag* are forbidden. [See also *Chok Yaakov* 453:9 who makes a similar point.] With this he explains the generally accepted custom to not consider potatoes to be *kitnios*, even though the reasons upon which the custom is based applies to potatoes. The *minhag* of *kitnios* can be dated back at least until *Maharil*, who died in 1427. Potatoes did not come to Europe until the 16th century, so they were a "new" vegetable which was not included in the *minhag*.

This logic has also been suggested as a basis for permitting the consumption on *Pesach* of a grain called quinoa. The thinking is that since quinoa, which has only recently been introduced to the Northern Hemisphere from its native South America, was never considered *kitnios*, it remains permitted on *Pesach*, even though logically it should be included in the *minhag*. While this logic is sound, it is noteworthy that quinoa is often packaged in plants that also package wheat and barley, and it is possible that those grains (i.e. *chametz*) could get mixed into the quinoa. Therefore, it is recommended that quinoa only be used for *Pesach* when it is specifically certified as being Kosher for Passover.

An important "exception" to

the aforementioned rule that "new" vegetables are not included in the *minhag*, is corn/maize which *Mishnah Berurah* 453:4 and others rule is *kitnios*, even though it was introduced to Europe after the *minhag* had already been enacted.

As a rule, spices are not considered to be *kitnios*, and *Rema* 453:1 makes a point of noting that anise/dill and coriander are not *kitnios*. Nevertheless, *Taz* 462:3 notes that all spices should be checked before *Pesach* to establish that no *chametz* grains are mixed in, and elsewhere *Taz* (453:1) specifically notes that anise and coriander seeds should be thoroughly checked. In addition, *Taz* and *Magen Avraham* (453:3) discuss whether fennel, cumin, and caraway seeds (i.e. three variations of "*kimmel*") can possibly be checked (and used) for *Pesach*. Thus, as a rule, spices are not *kitnios* but require special care to guarantee that no *chametz* grains are mixed into them. Some *hashgochos* consider fenugreek to be *kitnios*, while others do not, and the surprising ramifications of this question will be noted towards the end of this article.

Derivatives of *kitnios*

The earlier *Poskim*, including *Rema*, clearly indicate that oil made from *kitnios* is forbidden on *Pesach*, but some of the later *Poskim* suggest that such oil may be permitted, because some of the original reasons for the *minhag* do not apply

to the oil extracted from *kitnios*. It is generally accepted to follow the stricter opinion in this matter, but the lenient opinion is sometimes considered as one factor in a larger decision. Therefore, on *Pesach* one may not use corn or soybean oil (a.k.a. “vegetable oil”), and some do not use peanut oil either (see above regarding peanuts). Oil from olives, palm, coconut, and walnuts are acceptable for *Pesach* use, because the fruits from which they are extracted are not *kitnios*. *Minchas Yitzchok*⁵ suggests that cottonseed oil is *kitnios*, but in a subsequent *teshuvah*⁶ he reconsiders this position;⁷ in the United States cottonseed oil is generally not considered to be *kitnios*, but in *Eretz Yisroel* there are those who refrain from using it.

Canola oil was first approved for food use in the United States in 1985, and there are those who therefore suggested that it is a “new” item which should not be included in the *minhag*, as per *Iggeros Moshe* cited above. However, the fault with this line of reasoning is that “canola oil” is actually rapeseed oil (a.k.a. colza oil), which has been used for centuries in Europe. [Canola oil is rapeseed oil specially bred to have less erucic acid (a suspected cause of heart disease); therefore only this better variation of rapeseed oil is approved for food use in the USA.] In fact, *Avnei Nezer* and *Maharsham*⁸ specifically mention rapeseed and its oil in their discussions of *kitnios*. It is also noteworthy that canola often grows near oats, and therefore even those who might argue that canola is not *kitnios* would agree that all of the oats must be removed before the oil is extracted from the canola.

In recent decades, scientists have learnt to manipulate microorganisms to create and convert all

types of enzymes and foods. This has had dramatic effects on the world of *kashrus*, including *kitnios*. What happens if one takes bland-tasting corn and uses enzymes to liquefy and sweeten it? Does the resulting corn syrup remain forbidden as *kitnios*? Is the *halacha* possibly more lenient if one takes the aforementioned corn syrup and uses enzymes to convert it to sour-tasting ascorbic acid?

These questions depend on a *machlokes Rishonim* cited in *Mishnah Berurah* 216:7 regarding the *kashrus* of musk – a fragrant byproduct of blood which is found in a gland of the male musk deer. Some *Rishonim* are of the opinion that since blood is non-kosher, musk is also forbidden, but others say that once the blood is *nishtaneh* (changed), it loses its original identity and becomes an innocuous kosher liquid. *Mishnah Berurah* rules that as relates to *issurim d’rabannan* one may be lenient.

Accordingly, some *hashgachos* take the position that since *kitnios* is merely a *minhag* (i.e. even less than an *issur d’rabannan*) one can be lenient and certify *kitnios* which was truly *nishtaneh*. In order to qualify as “*nishtaneh*” the *kitnios* must go through a significant change in taste; therefore in the cases noted above, they would certify the ascorbic acid due to the dramatic change in

taste from sweet to sour but would not permit the corn syrup, since it is not changed/*nishtaneh* “enough” from the corn from which it came. This rationale is the basis for some *hashgachos*’ certification and/or acceptance of certain productions of aspartame, citric acid, monosodium glutamate (MSG), and xanthan gum for *Pesach*. Some argue that *Mishnah Berurah*’s ruling is limited to cases of *b’dieved* and does not justify the *l’chatchilah* creation/certification of such an item, and others argue that *nishtaneh* may be limited to cases where the forbidden item becomes inedible in the middle of its conversion to the “new” item. We will see below that even those who take the strict position in this matter generally agree that foods created with these ingredients are *b’dieved* permitted on *Pesach*.



Halachos of kitnios

The *minhag* to not eat *kitnios* begins on *Erev Pesach* at the same time that one may not eat *chametz*.⁹ Although one may not eat *kitnios*, one may own and derive benefit from *kitnios*. Therefore, on *Pesach* one may keep cans of sweet corn in his possession or feed millet to his parrot. Additionally, children, people who are ill, and people whose diet is otherwise restricted and must eat *kitnios*, are excluded from the *minhag* and may eat these foods after consulting with a *Rav*.

This *halacha* is quite relevant to baby formulas and nutritional supplements (e.g. Ensure) which invariably contain *kitnios*, and are usually used by people who have few non-*kitnios* choices, if any. When such foods are used on *Pesach* they should be prepared in special non-*Pesach* and non-*chametz* utensils, which should not be washed with the *Pesach* dishes. It must be noted that although the *halacha* is quite lenient in permitting children and the infirm to consume *kitnios*, the *halacha* is quite strict regarding the consumption of *chametz*, and one must therefore be sure that

the product is truly *chametz*-free before consuming it. The subject of determining whether an item is merely *kitnios* or if it possibly contains *chametz* is beyond the scope of this article.

Kitnios is *batel b'rov*, which means that if someone accidentally put *kitnios* into their *Pesach* food, the food is *b'dieved* permitted, assuming the food contains more non-*kitnios* than *kitnios*.¹⁰ This means that although the food may have a pronounced taste of *kitnios*, the food is permitted (unless there are recognizable pieces of *kitnios* which have not been removed). Therefore, if a beverage is sweetened with aspartame made of *kitnios shenishtaneh*, even those people who are of the opinion that aspartame is forbidden (as explained above) may drink the beverage, because the aspartame is *batel b'rov* in the other ingredients. Similarly, we have seen that there is a disagreement as to whether fenugreek is *kitnios*. Nonetheless, even those who follow the strict approach may consume maple syrup which is flavored with fenugreek (as it often is) because it is *batel b'rov*. Thus, although we have seen a number of

disagreements as to whether certain foods are or are not *kitnios*, those disagreements are limited to one who wants to consume the actual item (or a *hashgachah* certifying a company that is intentionally putting the ingredient into a food), but these disagreements rarely affect consumers.

Other Minhagim

In addition to the well-known *minhag* of not eating *kitnios*, the *Rema* (467:8) cites customs to not eat honey, raisins, dried fruit, sugar, saffron, and cloves, and other *Poskim* cite numerous other customs from specific communities. Many of these *minhagim* are limited to cases where the person does not know for sure that the product does not contain *chametz*; therefore many of these *minhagim* are not practiced nowadays because the *hashgachah* on the food guarantees that it is *chametz*-free. As with all matters of *halacha*, one who is unsure as to whether a family or community custom remains in effect, should consult with their *Rav*.

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(Endnotes)

¹ *Mishnah Berurah* 453:6 & 464:5.

² See *Beis Yosef OC* 453, *Rema* 453:1 & 464:1 and *Mishnah Berurah* 453:4, 7 & 11.

³ See *Sha'arei Teshuvah* 453:1, *Chayei Adam* 127:7 and others.

⁴ *Iggeros Moshe OC* 3:63.

⁵ *Minchas Yitzchok* 3:138:b.

⁶ *Minchas Yitzchok* 4:114:c.

⁷ See also *Mikra'ai Kodesh, Pesach* 2:60:2.

⁸ *Avnei Nezer* 373 & 533 and *Maharsham* 1:183.

⁸ *Shevet HaLevi* 3:31, citing *Chok Yaakov* 471:2 and others.

¹⁰ *Rema* 453:1 as per *Mishnah Berurah* 453:9.

Kashering the Kitchen

Introduction

Dishes, utensils, kitchen appliances, countertops, and anything else used with food year-round, cannot be used for Passover unless it goes through a process known as “*kashering*” or “*hechsher keilim*”. For a few items *kashering* just involves thoroughly cleaning the item, but for most items *kashering* also requires submerging the item in boiling water or a similar hot process. The laws of *kashering* are quite complex, and this article will present the most practical points for the average consumer; readers are encouraged to discuss any questions not covered in this article with their local Orthodox Rabbi.

The following items **may not** be *kashered* for Passover:

- China, pottery, earthenware, cement/concrete, and enameled pots **cannot** be *kashered* for Passover. The Ashkenazic custom is to not *kasher* glass, with the exception of glass stovetops discussed below. There is a difference of opinion as to whether plastic and other synthetic materials are included in this rule, and the cRc position is that those materials **may** be *kashered*.
- Utensils and appliances which cannot be thoroughly cleaned, such as those having crevices in which *chametz* can accumulate **cannot** be *kashered* for Passover. Some examples of this are dishwashers, sieves, graters, utensils with loose-fitting handles, and bottles with narrow necks.
- Materials which might get ruined during the *kashering* process **cannot** be *kashered* for Passover, out of concern that the person would be afraid of breaking his utensil and would therefore not *kasher* properly.

We now turn to the parts of the kitchen which can be *kashered*.

Flatware

Silver, stainless steel, and plastic flatware may be *kashered*. The process begins with a thorough cleaning, after which the utensil should not be used for 24 hours. A pot of water is brought to a rolling boil, and the pieces of flatware are dropped into the water one at a time. If the water stops boiling at any point, one must wait until it returns to a boil before putting in any more flatware. The custom is to rinse the flatware with cold water after *kashering*.

Some have the custom to *kasher* in a dedicated “*kashering* pot” which is not used for anything else, but most *kasher* in any pot which is clean and has not been used for 24 hours.

Pots and Pans

Standard metal pots are *kashered* in the same manner as flatware; consult with your Rabbi if the pot which requires *kashering* is too large to fit into any other pot of boiling water. Enameled pots and glass pots (e.g. Pyrex) cannot be *kashered*.

In general, **baking, roasting, and frying pans** cannot be *kashered* for Passover, unless they are always used with generous amounts of oil or other grease when cooking. If that is the case, they can be *kashered* via

New Utensils

Many people choose to purchase extra dishes, flatware, and other utensils which are kept from year to year for Passover use, thereby avoiding the need to *kasher* those items.

- All new metal, aluminum, and glass utensils require *tevilat keilim* (ritual immersion) in a kosher *mikvah* (ritual bath).
- New disposable aluminum pans are acceptable for Passover without special certification. Ritual immersion and the appropriate *bracha* (blessing) are not required.
- New utensils made of plastic or Styrofoam are acceptable without special certification, and ritual immersion is not required.

libun kal which involves cleaning the pans well, not using them for 24 hours and then putting them on an open flame until both the inside and outside of the pan are hot enough to singe paper.



Drinking Vessels

The Ashkenazic custom is that drinking vessels made of **glass** cannot be *kashered* if they were ever used for hot beverages or washed with hot water, such as in a dishwasher. If they were never used or washed hot, 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. Drinking vessels made of **plastic** can be *kashered* in the same manner as flatware outlined above, and drinking vessels (or anything else) made of **ceramic or china** cannot be *kashered*.

Tablecloths

Fabric tablecloths may be used for Passover after being laundered. **Vinyl tablecloths** cannot be *kashered* and should be replaced for Passover.

Electric Mixers, Food Processors and Blenders

The motor area of small electric appliances (e.g. mixers, food processors, blenders) is often exposed to *chametz* and is very difficult to clean; it is therefore recommended that one purchase separate appliances which should be reserved for Passover use. Food processors and blenders whose motor area is truly sealed (i.e. they cannot be unscrewed or opened by consumers) are not affected by this issue and may be used for Passover, after separate bowls and blades are purchased for Passover use.

Sinks

Stainless steel or Corian sinks may be *kashered* by cleaning them thoroughly, leaving them unused for 24 hours, and then carefully pouring boiling water from a kettle over all surfaces of the sink and faucet. The strainer covering the sink's drain

should be replaced for Passover. **Porcelain sinks cannot be *kashered***. Dishes and other Passover utensils cannot be placed in a sink which was not *kashered*; rather, an insert or basin which was never used for *chametz* must be placed in the sink, and all dishes should be put into that insert.

Stovetops and Ovens

Stovetops (ranges) and ovens may be *kashered* for Passover use, and the process for doing so is as follows:

Stovetops

The most common type of stovetop is a metal grate over an open flame, which is situated on a porcelain enamel surface. Others have electric coils in the place of an open flame or have a **ceramic or glass** surface covering electric coils, and the most popular brands for this last type of stovetop are **Corning** and **Ceran**.

Stovetops which are covered with ceramic cannot be *kashered*. For all other types, the *kashering* is as follows: All parts of the stovetop should be thoroughly cleaned, including scraping residual food from the surface and catch-tray, and not used for 24 hours. Then the fire or coil should be turned to its maximum temperature for one hour. [For electric stovetops with exposed coils (i.e. not covered with glass), leave the coils on for just 15 minutes instead of a full hour.] Finally, the knobs, catch trays and all areas between the burners must be covered with aluminum foil.

Non self-cleaning oven

The interior and exterior surfaces of the oven must be thoroughly cleaned, the oven should not be used for a full 24 hours, and then

it should be turned on to its highest temperature for one hour. As an added precaution for Passover, once this process is complete, the racks and grates should be covered on both sides with aluminum foil (which should be perforated for air circulation). Additionally, no food should be permitted to touch the side, bottom, or top of the oven on Passover.

Self-cleaning oven

A complete high-temperature self-clean cycle should be run with the racks inside the oven, and then the oven may be used for Passover without covering the racks. This *kashering* may be done even if the oven was not left unused for 24 hours. If the racks are not inside the oven while the self-clean cycle is run, the racks should be *kashered* separately. Note: Low-temperature self-clean cycles (e.g. AquaLift, Steam Clean) do not qualify as *kashering*.

Microwave oven

Microwave ovens may be used on *Chol HaMoed*, but not on *Shabbat* and *Yom Tov*. The **glass plate cannot be *kashered* (or used)** and should be removed before *kashering* begins. To *kasher* the appliance itself, the microwave must be thoroughly cleaned and not used for 24 hours. Then, a cup of water should be boiled in the chamber for an extended amount of time, until the chamber fills with steam and the water overflows from the cup. For Passover, it is a commendable extra precaution to cover all foods in the microwave, even after performing the above *kashering*. If a microwave has a metal grate, it should be *kashered* in a pot of hot water as described in the Flatware section above.



For **convection microwave ovens**, the same *kashering* process as a conventional oven should be followed, paying particular attention to cleaning out the chamber and fan assembly.

Refrigerators and Freezers

All parts of refrigerators and freezers must be thoroughly cleaned and washed, including storage bins. The shelves should be lined with plastic or foil, which should be perforated with small holes to allow for air circulation.

Countertops

The procedure for *kashering* a countertop is to clean it thoroughly, not use it for 24 hours, and then carefully pour boiling water on all surfaces. Once the countertop is *kashered*, it may be used without being covered. However, many people have a custom to both *kasher* and cover their countertops. As noted at the beginning of this article, one cannot *kasher* utensils made of certain materials (namely ceramic, cement, glass), materials which are not robust enough to withstanding *kashering*, and any utensil that has cracks, nicks, or scratches where pieces of food might get stuck. These same restrictions apply to countertops.

In any situation where the countertop cannot or will not be *kashered*, it may only be used on Passover after being covered with a non-porous material which will not easily rip or tear.

There are many countertop materials available for home use today, with the old favorite being **plastic laminate**, manufactured by laminating a hard plastic material onto a thin piece of wood. Some popular brands of laminate are **Formica**, **Pionite**, **Wilsonart**, and **Nevamar**. In some cases, there are seams where two pieces of laminate meet, creating the potential for *chametz* collecting in that area during the year, and special attention should be paid to cleaning those seams.

Butcher block or **wood surfaces** are once again becoming popular. Wood may be *kashered* only if it contains no cracks that might trap *chametz*. Due to the likelihood of such cracks developing, it was the practice to sand down wooden surfaces in butcher shops before Passover. If sanding the countertops is practical in one's home or if the countertop contains no cracks, the countertop may be *kashered*; otherwise the wooden countertop should be covered for Passover. Some of the popular wood brands on the market are **John Boos**, **Craftart**, **Spekva**, and **Omega**.

Many kitchens use natural stone such as **granite**, **marble**, **limestone**, **quartzite**, **soapstone**, **slate**, and **onyx** for countertops. These may be *kashered* for Passover regardless of which sealant is used.

Another material used for countertops is **quartz resin**, a man-made material made to look like granite or

marble. It is different than natural stone in that it is not porous. Therefore the surface does not need to be sealed. Some common brands are **Cambria**, **Silestone**, **Zodiaq**, and **Caesar Stone**. These may be *kashered* for Passover.

Similarly, there is another countertop material which is made to look like stone but it is actually an **acrylic** or **polyester** and therefore is easy to maintain. Some popular brands are **Corian**, **Staron**, **Swanstone**, **Gibraltar**, **Surrell**, and **Avonite**. These materials may be *kashered* for Passover if they do not contain any scratches or stains; otherwise they must be covered.

There are also **glass**, **ceramic**, **cement**, and **porcelain** countertops available, with porous grout between each tile. **Buddy Rhodes** and **Cheng Design** are popular brands of cement countertop. These countertops **cannot be kashered** for Passover and must be covered.

While not used as often in a home, **stainless steel**, **copper**, and **zinc** countertops are also available, and they may be *kashered* for Passover.

There can always be unique situations that might arise in one's own home. When in doubt, contact your local Orthodox Rabbi. Special thanks to Rick Glickman of "Dream Kitchens" for his assistance with our countertop research.

A summary of the information about countertops is included in the chart on the following page.



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.
Dekton	No	Must be covered for Passover.
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.
Quartzite	Yes	
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>kashering</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>
Blech	No	No	Yes	For year-round, clean blech well and don't use for 24 hours, then place blech on stovetop burners and turn on all burners to their highest setting for 30 minutes. Exercise caution as the blech will become very hot.
Bone China	Yes, without a <i>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 a <i>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	
Corningware	See note	No	No	<ul style="list-style-type: none"> – If manufactured before 1995, requires <i>tevillab</i> with a <i>beracha</i> (as it is glass) – If manufactured after 1995, requires <i>tevillab</i> without a <i>beracha</i> (as it is glazed ceramic)
Crystal	Yes	No	No	

Item	Requires <i>tevillab</i> ?	CAN IT BE <i>KASHERED</i> ?		Method of <i>kashering</i> (where applicable) and other notes
		For <i>Pesach</i>	Year-round	
Dentures (false teeth)	No	Yes	Not required	For <i>Pesach</i> , <i>kasher</i> via <i>irui kli 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. 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>bag'alab</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
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 (metal)	No	Yes	Yes	To <i>kasher</i> , clean and do not use for 24 hours, then leave on highest setting for half an hour. Glass and ceramic hot plates cannot be <i>kashered</i> .

Item	Requires <i>tevillah</i> ?	CAN IT BE <i>KASHERED</i> ?		Method of <i>kashering</i> (where applicable) and other notes
		For <i>Pesach</i>	Year-round	
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'alah</i>
Plastic	No	Yes	Yes	<i>Hag'alah</i>
Pyrex	Yes	No	No	
Rubber	No	Yes	Yes	<i>Hag'alah</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. 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. frying pan, pot)
Wood	No	Yes	Yes	<i>Hag'alah</i> , assuming there are no cracks where food might get trapped. If there are cracks, it cannot be <i>kashered</i> (or used).

For an instructional cRc video on Kashering the Kitchen, please visit <https://www.youtube.com/watch?v=OA3P1shmhME>



Shopping Guide

PESACH 2015

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, cooked or frozen ▲
Baby food	▲	Includes jarred or canned
Baby formula		See Infant Formula pages 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	✓	
Beans	✘	Kitniyot

Product	Status	Notes
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; wash rubber bands before placing in mouth
Brewer's yeast	✘	Chametz
Brown sugar	▲	
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
Cloves		Some have a custom not to use cloves for Pesach

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Product	Status	Notes
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 K-cups require 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 seeds	✘	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 (including pasteurized) ✓
Ensure		See nutritional supplement page
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	

Product	Status	Notes
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 nutritional supplement page
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 sensitive additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
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	✓	
Insecticide		Sprays ✓ Some traps contain chametz

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

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Product	Status	Notes
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
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	✓	
Matzah	▲	
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 carbonation, flavors or vitamins
Monosodium glutamate	▲	
Mousse (for hair)		See cosmetic pages
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 supplement (e.g. Ensure)		See nutritional supplement page Peanuts are kitniyot ✘ Pecans (all shelled) ▲
Nuts		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched or roasted
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ Other types, including extra light ▲
Oil	▲	
Orange juice	▲	Pure frozen orange juice concentrate doesn't require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	▲	
Peanuts	✘	Kitniyot
Peas	✘	Kitniyot
Pecans (all shelled)	▲	
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 May be used for hot or cold
Play-doh	✘	May contain chametz
Polish (for furniture, shoes, silver)	✓	
Pop	▲	
Popcorn	✘	Kitniyot
Poppy seeds	✘	Kitniyot
Potato chips	▲	

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

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Product	Status	Notes
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 milk alternatives page
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; see milk alternatives page
Spices		Anise, caraway, coriander seeds, 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	▲	
Stick deodorant	✓	
String beans	✘	Kitniyot

Product	Status	Notes
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	▲	

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 2015. 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; 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; All Natural Beef Liver Chunks; Beef with Chicken; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Beef Dinner; Braised Beef Chunks with Gravy; Catch of the Day; Chicken Chunks Dinner in Gravy; Chicken Dinner; Cooked Chicken; wDuck 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.

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A**ALCOHOL**

Any isopropyl alcohol may be used for external use.

ALCOHOLIC BEVERAGES

De La Rosa Vineyards (☆P Required)

Brandy
Grappa
Ice Wines
Wines

Imperian (☆/No P Required)

Plum Brandy
Quince Brandy
Raspberry Brandy
Williams Pear Brandy

Markovic Estate (☆/No P Required)

Plum Brandy
Quince Brandy
Raspberry Brandy
Williams Pear Brandy

Millesimato Kosher Val D'Oca (☆P Required)

Prosecco

Vinprom-Troyan (☆/No P Required)

Apple Brandy
Apricot Brandy
Pear Brandy
Plum Brandy

ALMOND MILK

Liebers (P Required)

Almond Milk (Regular, Vanilla)

If the above product is not readily available, the almond milk brands listed on page 219 may be used under the following conditions: 1) Only "Original" version 2) Person is ill or has dietary restrictions 3) Ideally purchase before Pesach 4) Use separate utensils.

ALUMINUM FOIL PRODUCTS

All disposable foil products may be used.

AMMONIA – ALL

APPLE JUICE – SEE JUICES

APPLE SAUCE

Unger's (☆P Required)

Shneider's (☆P Required)

Original
Cinnamon
Strawberry

B**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 219).

BABY FOOD

First Choice (P Required)

Apple Sauce
Carrots
Sweet Potatoes

(For additional baby food, see page 218).

BABY FORMULA

Ross (P Required)

Similac LeMehadrin 1 (Cholov Yisroel)
Similac LeMehadrin 2 (Cholov Yisroel)
Similac LeMehadrin 3 (Cholov Yisroel)

(For additional baby formulas, see page 218).

BABY POWDER

Any not listing oat flour as an ingredient may be used.

BABY WIPES

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

BAKERY PRODUCTS

21st Century (☆P Required)

Irene's Bakery (☆P Required)

Nahum Bakery (☆P Required)

BAKING POWDER REQUIRES KFP CERTIFICATION

BAKING SODA – ALL

BALLOONS – ANY WITHOUT POWDER

BAND-AIDS – ALL

BATH TREATMENT

Aveeno, Rainbow Research, Relief MD, Dr. Teal's, and Wild Carrot Herbals 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 Required)

BUTCHERS – SEE MEAT

CANDY & CONFECTIONS - DAIRY PRODUCTS

C

CANDY & CONFECTIONS

See also Gift Baskets

The Candy Store (Balt., MD) – only in KFP area of store
21st Century (☆P Required)

CATERERS

Quality Kosher Southfield, MI (☆P Required)

CHARCOAL BRIQUETTES

Any (including flavored)

CHOCOLATE SYRUP

Unger's (☆P Required)

CLEANSERS – See Detergents, Cleansers

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

COCONUT MILK

The brand listed on page 219 may be used under the following conditions: 1) Only "Original" version 2) Person is ill or has dietary restrictions 3) Ideally purchase before Pesach 4) Use separate utensils.

COFFEE, PACKAGED

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

- 365 Everyday Value – Reg Unflav Ground
- Archer Farms – Reg Unflav Ground
- Better Valu – Reg Unflav Ground
- Brooklyn Coffee House- Reg Unflav Ground
- Chef's Quality- Reg Unflav Ground
- Chock Full O' Nuts – Reg Unflav Ground
- Corim (☆P required) – Reg & Decaf Unflav Ground
- Cosmopolitan – Reg Unflav Ground
- Ellis - Reg & Decaf Unflav Ground
- Folgers – Reg & Decaf Unflav Instant
- Gevalia (P required)
- Gillies (☆P required) – Reg & Decaf Unflav Ground
- Great Value - Reg Unflav Ground
- Hena – Reg & Decaf Unflav Ground
- Kobricks (☆P required) – Reg & Decaf Unflav Ground
- Maxwell House (P required)
- Mr. Coffee – Reg Unflav Ground
- Market Pantry – Reg Unflav Ground
- Nescafe Taster's Choice – Reg Unflav Instant
- Parker House/Pinnacle – Reg & Decaf Unflav Ground
- Price Chopper – Reg Unflav Ground
- Sanka (P required)- Decaf Unflav Instant
- Shoprite – Reg Unflav Ground
- Trader Joe's – Reg Unflav Ground
- Weis – Reg Unflav Ground
- White House/Pinnacle – Reg & Decaf Unflav Ground

COFFEE ALTERNATIVES

These products (e.g., varieties of Postum and Teecino brand) often contain *chometz* and should be sold with the *chometz*.

COFFEE WHITENER/CREAMER

Unger's (☆P Required)

COMMUNITY FOOD SERVICES

KIVO @ Franklin & Marshall College
(Lancaster, PA)

Limited to kosher dining area displaying ☆P sign

Johns Hopkins Hillel

Limited to Kosher dining area displaying KFP sign

Levindale

All patient services are Kosher for Passover

Sinai Hospital

Kosher patient services are Kosher for Passover only when bearing KFP symbol on label.

Noshery-South at Muhlenberg College
(Allentown, PA)

Meat only when bearing ☆P

Peregrine's Landing at Tudor Heights

Meat dining ☆P; Dairy dining P

CONTACT LENS SOLUTION – All

D

DAIRY PRODUCTS

HSDF Cheese (☆P Required)

Cheddar

Havarti

Mozzarella

Muenster

Parmesan

Ko-Sure (☆P Required)

Instant Hot Cocoa Mix (reg., sugar free)

Mozzarella Cheese (shredded)

Muenster Cheese

Pride of the Farm (☆P Required)

Chocolate Milk

Cream

Ice Cream (chocolate, vanilla)

Milk (low-fat, skim, whole)

Seven Mile Market (Baltimore, MD)

Dairy Dept. – ☆P sign/label

Susan Gourmet (☆P Required)

Curd Cheese

Mozzarella Cheese

Ricotta Cheese

String Cheese

String Marinated Cheese

Syrian Cheese

DENTAL FLOSS/PRE-THREADED - FRUIT, CANNED

DENTAL FLOSS/PRE-THREADED

Any unflavored (waxed or unwaxed) may be used.

DEODORANTS/ANTIPERSPIRANTS

All powder and solid stick powder may be used. (For cream, gel, roll-on, or spray forms, see page 152).

DESSERTS, JEL

Simply Delish (★P Required)

Orange Natural Jel

Peach Natural Jel

Raspberry Natural Jel

Strawberry Natural Jel

DETERGENTS, CLEANSERS

The following may be used without any additional Passover symbol:

Ajax

Amway (These products are certified by the STAR-K for Pesach. No kosher symbol is required on the label.)

Bus. to Bus. Solutions Heavy Duty Degreaser

Bus. to Bus. Solutions Multi-Surface Clnr

L.O.C. Glass Clnr

L.O.C. Kitchen Clnr

Pursue Disinfectant Clnr

Clorox

Lysol All-Purpose Cleaner

Lysol Multi-Surface Cleaner

Melaleuca (★/No P Required)

MelaMagic Heavy-Duty Multi-Purpose Cleaner

Tough & Tender Concentrate

Tub & Tile Bathroom Cleaner

Mr. Clean

Murphy Oil Soap

Pine-Sol Multi-Surface Cleaner

Shaklee (★/No P Required)

Basic G[®] Conc. Germicide

Basic H[®] Conc. Organic Clnr

Get Clean™ Basic-H2[®] Organic Super Cleaning Conc

Get Clean™ Basic-H2[®] Organic Super Cleaning Wipes

Get Clean™ Scour Off[®] Heavy Duty Paste

Windex

DETERGENTS, DISHWASHING

The following may be used without any additional Passover symbol:

Ajax

Amway (This product is certified by the STAR-K for Pesach. No kosher symbol is required on the label.)

Bus. to Bus. Solutions Auto. Dishwashing Pwdr

Cascade

Dawn

Ivory

Joy

Palmolive (reg, ultra)

DETERGENTS, LAUNDRY – Powder

Any with reliable kosher certification may be used on Passover.

DETERGENTS, LAUNDRY – Liquid

The following may be used without any additional Passover symbol:

Bold

Cheer

Dreft

Dynamo

Era

Gain

Tide

E

EGGS

Should be purchased before Passover. Since chicken feed contains *chometz*, it is customary not to eat eggs that were laid on Passover.

F

FACE POWDER – All

FINGER PAINTS – See Glue

FISH PRODUCTS

California Delight (★P Required)

Tuna, Canned

Benz's (★P Required)

Tuna, Canned

Levittown Fish

Raw Fresh Fish – sealed with ★ tape & signature of *meshgiach*. (No Passover symbol required)

FISH, FROZEN GEFILTE

Benz's (★P Required)

Classic Original (reg, low cholesterol, sugar-free, twin pack)

Salmon Gefilte Fish

FISH, FROZEN RAW

Frozen raw fish, with no added ingredients, bearing reliable kosher certification does not have *Pesach* concerns. [Exception- Individual vacuum-packed frozen salmon pieces should be used with KFP symbol or certifying agency approval only.]

FISH STORE/COUNTER

7 Seas Fish Dept at Seven Mile Market

Raw Fresh Fish (★P Required)

Shlomo's Meat Market (Baltimore, MD)

Raw Fresh Fish (★/No P Required)

FRUIT, CANNED

California Delight (★P Required)

Mandarin Oranges

Pineapple

Peaches

Pears

Tropical Fruit Cocktail

FRUIT, CANNED - JAMS/PRESERVES

Unger's (★P Required)
Cranberry Sauce (jelled, whole)
Pineapple
Sour Cherries

FRUIT, DRIED-See also Raisins

21st Century (★P Required)
Assorted Dried Fruit
 Aunt Patty's (★/No P Required)

Apricots
Figs

Great Lakes (★P Required)

Apricots
Figs

Gomez (★/No P Required)

Apricots

Happy Apricots (★/No P Required)

Apricots, whole

Sereno (★/No P Required)

Apricots, Whole
Figs, Whole

Smart Harvest (★/No P Required)

Apricots, whole
Figs, whole

Sunny Fruit (★/No P Required)

Apricots, Whole
Figs, Whole

FRUIT, FRESH PRE-CUT

The following companies make a variety of fresh fruit products, which may be used for Passover when bearing the ★P (unless otherwise indicated):

Chiquita (★P Required)
 Del Monte (★P Required)
 Indianapolis Fruit Co. (★P Required)
 Lancaster Foods (★/No P Required)
 Lucinda's (★P Required)
 Price Choppers (★P Required)
 Sheetz M.T. Go (★P Required)
 The Farmer's Market (★P Required)

FRUIT, FROZEN

Fairmont Frozen (★P Required)

Cranberries
Rhubarb

All other brands of frozen **unsweetened additive-free** (without syrup, citric acid, ascorbic acid, or vitamin C), whole, sliced or formed fruit may be used. The above applies to frozen fruits that do not have an issue with insect infestation, such as sliced peaches, melon balls, blueberries and cranberries. However, frozen fruit **that may be infested** (e.g., strawberries) may only be used year-round, including *Pesach*, when bearing an approved *Kashrus* symbol. No additional Passover symbol is required.

G

GIFT BASKETS/PLATTERS

21st Century- Ronkankoma, NY (★P Required)
 The Candy Store- Baltimore, MD (★P Required)

GLOVES, RUBBER (Latex)

All without inner powder coating may be used. If label is not marked, turn glove inside out and rub on dark clothing. Check for powder. If it contains powder, do not use near food.

GLUE – All Krazy Glue, Elmer's and Ross Glue products are made of synthetic ingredients and may be used on *Pesach*.

GRAINS

The following grains (**whole grains only**) may be used on Passover. Purchase from manufacturers that do not process *chometz* grains. Consumers are required to carefully check grains **BEFORE PESACH** for extraneous matter:

Flax
 Hemp

GRAPE JUICE – Requires Kosher for Passover Certification

De La Rosa Vineyards (★P Required)
Organic Grape Juice

H

HAND SANITIZER – Any without alcohol may be used.

HONEY – All honey requires KFP Certification.

HORSERADISH

Ben-Z's (★P Required)
 Noam Gourmet (★P Required)

HOTELS

Pearlstone Conference & Retreat Center
 Baltimore, MD (★P Required)

HYDROGEN PEROXIDE – All

I

ICE – All plain-water bagged ice may be used.

ICE CREAM

Pride of the Farm (★P Required)
Ice Cream (chocolate, vanilla)

INSECT/RODENT TRAPS

Baits may contain *chometz* and should be put away with the *chometz*. All insecticide sprays may be used.

J

JAMS/PRESERVES

Unger's (★P Required)
Apricot Preserves
Raspberry Preserves
Strawberry Preserves

JUICES/FRUIT DRINKS - NAIL POLISH REMOVER

JUICES/FRUIT DRINKS

All fresh juices require Kosher for Passover Certification

Ceres (★P Required)

Apple Berry Cherry Juice

Apricot Juice

Cranberry Kiwi Juice

Granadilla/Passion Fruit Juice

Guava Juice

Litchi Juice

Mango Juice

Medley of Fruit Juice

Papaya Juice

Peach Juice

Pear Juice

Pineapple Juice

Pomegranate Lime Juice

Ruby Grapefruit Juice

Secrets of the Valley Juice

Whispers of Summer Juice

White Grape Juice

Youngberry Juice

Trader Joe's (★P Required)

Pomegranate Lime Flavored Juice Blend

Tropical Fruit Flavored Juice Blend

Unger's (★P Required)

Apple Juice

JUICES, FROZEN

Any 100% pure white grapefruit or orange **frozen** juices without sweeteners, additives, preservatives or enrichments (e.g., calcium) added may be used. All other frozen juice products require reliable KFP certification.

JUICES, LEMON

ReaLemon Juice, Reconstituted (No P Required)

Unger's (★P Required)

K

KETCHUP

Unger's (★P Required)

KISHKE, PAREVE

BenZ's (★P Required)

Quality/Unger's (★P Required)

KUGELS – See Prepared Foods

L

LACTAID

Clepets may contain *chometz* and may not be used on *Pesach*. Lactaid Milk may be used on *Pesach* if purchased **BEFORE** *Pesach*. This product is not *Cholov Yisroel*.

M

MATZA

All *Matza* requires reliable KFP certification.

Lakewood Matza Bakery (★P Required)

Hand Shmura Matza, Wheat

Hand Shmura Matza, Whole Wheat

7Mile Market (★P Required)

Hand Shmura Matza, Wheat

Hand Shmura Matza, Whole Wheat

Machine Shmura Matza, Wheat

MATZA, EGG

Matza made with fruit juice or eggs, which include "Kosher for Passover" Egg *Matzos*, Egg *Matza* Crackers & Passover Tam Tams, may not be eaten on *Pesach* according to Ashkenazic practice, except by the sick or elderly who cannot eat regular *Matza*, and have consulted with their *rav*. Please note: Even the sick and elderly cannot fulfill the obligation to eat *Matza* at the *Seder* with these types of *Matzos*.

MATZA, OAT – *Gluten Free, Yashon Shmura Matzos*

Kestenbaum (P Required)

Hand Matza

Machine Matza

Matza Meal

Contact Mrs. K. Beleck 410-358-9580

oatmatza@gmail.com

MAYONNAISE

BenZ's (★P Required)

Unger's (★P Required)

MEAT-DELICATESSEN STORE/ COUNTER

Glatt Mart (Brooklyn, NY – Ave. M)

Only packaged products with ★P

Seven Mile Market ★P sign/label (Balt., MD)

Shlomo's Meat Market ★P sign (Balt., MD)

Wasserman & Lemberger ★P sign (Balt., MD)

MEAT & POULTRY, Packaged

Fresh raw meat and poultry bearing reliable kosher certification may be used on Passover. However, all ground meat and ground poultry require KFP certification.

MILK

Pride of the Farm (★P Required)

In areas where Kosher for Passover milk is not available, milk should be purchased before Passover. However, be sure to ascertain that the dairy does not pasteurize *chometz* items e.g., malt flavored chocolate drink, on its equipment.

MINERAL OIL – All

N

NAIL POLISH – All

NAIL POLISH REMOVER – All

NUTS - OLIVE OIL

NUTS

Raw, Whole or Chopped Nuts (e.g., almonds, pine nuts, walnuts, etc.) without preservatives or other additives, such as BHT or BHA in corn oil, are approved for Passover. If label states that it is processed in a plant that processes *kitniyos* or *chometz*, then it requires a reliable KFP certification. Note: Many consider peanuts as *kitniyos*, which are not permissible on *Pesach*. Also, dry roasted nuts and ground nuts require reliable KFP certification. Whole pecans do not require KFP certification; however, pecan pieces and midget pecans must bear a KFP symbol.

The following are certified for Passover by the STAR-K:

21st Century (★P Required)

Assorted Nuts

Allmac (★/No P Required)

Hazelnuts

Atlas Walnut (★/No P Required)

Walnuts

Blain Farms (★/No P Required)

Walnuts

Cascade (★/No P Required)

Hazelnuts

Great Lakes (★P Required)

Pine Nuts

Poindexter Nut (★/No P Required)

Walnuts



OLIVE OIL

Aicha (★P Required)

Extra Virgin

Al Ouedi (★P Required)

Extra Virgin

Organic Extra Virgin

Amphora (★P Required)

Extra Virgin

Organic Extra Virgin

Aulio (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

Aunt Patty's (★/No P Required)

Extra Virgin

Organic Extra Virgin

Baci d'Oliva (★/No P Required)

Organic Extra Virgin

Barka (★P Required)

Extra Virgin

Organic Extra Virgin

Bella Vina (★/No P Required)

Extra Virgin

Bellissimo (★/No P Required)

Extra Virgin

Organic Extra Virgin

Bivona (★/No P Required)

Extra Virgin

Organic Extra Virgin

Botticelli (★/No P Required)

Extra Virgin

Organic Extra Virgin

Bridgewell Resources (★/No P Required)

Extra Virgin

Ciento Uno (★P Required)

Extra Virgin

Organic Extra Virgin

Casa Di Oliva (★/No P Required)

Extra Virgin

Organic Extra Virgin

Casa Diva (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

Casale (★/No P Required)

Extra Virgin

Organic Extra Virgin

Cora (★/No P Required)

Extra Virgin

Organic Extra Virgin

C.H.O (★/No P Required)

Extra Virgin

Organic Extra Virgin

Deprofundis (★/No P Required)

Extra Virgin

Derekoy (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

Dishful (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

Dorato (★P Required)

Extra Virgin

Durra (★P Required)

Extra Virgin

Egregio (★/No P Required)

Extra Virgin

Enrique (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

Essential Everyday (★/No P Required)

Extra Virgin

Estepa Virgen (★/No P Required)

Extra Virgin

Ex-Kobe (★P Required)

Extra Virgin

Organic Extra Virgin

Virgin

OLIVE OIL - OIL, GRAPESEED

- Forelli (☆P Required)
Extra Virgin
- Giannoulis (☆/No P Required)
Extra Virgin
- Gold River (☆P Required)
Extra Virgin
Organic Extra Virgin
- Graziano (☆P Required)
Extra Virgin
- Kochav Habait (☆P Required)
Extra Virgin
- Korkut (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Liohori (☆/No P Required)
Extra Virgin
- Lucini (☆P Required)
Extra Virgin
- Maestro Oleario (☆/No P Required)
Extra Virgin
- Meijer (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Milas Olio (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Napoleon (☆/No P Required)
Extra Virgin
- Nobel (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Oleiva (☆P Required)
Extra Virgin
Organic Extra Virgin
- Oleostepa (☆/No P Required)
Extra Virgin
- Oliovita (☆P Required)
Extra Virgin
- Olivos (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Olivos Solare (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Original Gourmet (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Palermo (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Piano del Principe (☆P Required)
Extra Virgin
Organic Extra Virgin
- Pirolio (☆/No P Required)
Extra Virgin
- Pompeian-Marca Roja (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Primanova (☆P Required)
Extra Virgin
- Riviere D'or (☆P Required)
Extra Virgin
Organic Extra Virgin
- Romanza (☆P Required)
Extra Virgin
- Santo Stefano (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Sevil (☆P Required)
Extra Virgin
Organic Extra Virgin
- Solfrut (☆P Required)
Extra Virgin
- Spectrum Organics (☆/No P Required)
Tunisian Extra Virgin
Tunisian Organic Extra Virgin
- SunFresh (☆P Required)
Extra Virgin
- Tarla (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Tomer (☆P Required)
Extra Virgin
- Toscani (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Volubilis (☆P Required)
Extra Virgin
- Winn Dixie (☆/No P Required)
Extra Virgin
Organic Extra Virgin
- Zayit (☆P Required)
Extra Virgin
Organic Extra Virgin
- Zaytun (☆P Required)
Extra Virgin
- Zeyteen (☆P Required)
Extra Virgin
Organic Extra Virgin
Virgin
- Zoe (☆/No P Required)
Extra Virgin
- OIL, GRAPESEED**
 Delarosa (☆P Required)
 Grapeseed Oil

ORANGE JUICE - PREPARED FOODS

ORANGE JUICE- Requires KFP Certification.

Frozen Orange Juice- see Juices, Frozen

ORTHODONTIC RUBBER BANDS

Rinse well with cold water before *Pesach*.

OVEN CLEANER

The following may be used without any Passover symbol:

Cook Top Cleaning Creme

D-Grease Oven Cleaner

Easy Off

Shaklee (☆/No P Required)

Get Clean Scour off Heavy Duty Paste

P

PAPER/PLASTIC DISPOSABLES

Aluminum Foil Products –

All disposable foil products may be used.

Bags, Paper – For cold use only.

Bags, Plastic – All

Coffee Filters, Paper – All

Crockpot Liners – All

Cupcake Holders, Foil – All

Cupcake Holders/Baking Cups, Paper – Requires KFP certification. The following are certified by the STAR-K:

Paperchef (☆/No P Required)

If You Care (☆P Required)

Cups, Waxed Paper – For cold use only.

Cups, Plastic Coated Paper – For cold use only.

Cutlery, Plastic – All

Paper Napkins – All

Paper Towel Rolls –

Any brand may be used in the following manner: The first three sheets and the last sheet attached to the cardboard should not come into direct contact with food, since a corn starch based glue may be used. (If using rolls of half-sized sheets, this rule applies to the first four and the last two sheets.) The rest of the roll may be used with hot or cold.

Plastic Wraps – All

Plates, Paper – Requires KFP Certification.

Plates, Plastic – All

Plates, Plastic Coated Paper – For cold use only.

Styrofoam Plates & Cups –

The problems associated with styrofoam are not a *Pesach* issue. They may contain ingredients that are non-kosher; however, they are free of *chometz*. Those who use styrofoam year-round may use it on *Pesach*.

Tablecloths –

All clear plastic, non-powdered, may be used. (Even for those that are pre-cut) Ensure that the plastics are not attached to avoid *Shabbos* & *Yom Tov* problems.

PARCHMENT PAPER/PANLINERS

365 Everyday Value (☆/No P Required)

Beyond Gourmet (☆/No P Required)

Bak-o-matic (☆/No P Required)

Brown Paper Goods (☆/No P Required)

Chef LeBon (☆/No P Required)

Companions (☆/No P Required)

D&W Finepack (☆/No P Required)

Economic Choice (☆/No P Required)

First Mark (☆/No P Required)

First Value (☆/No P Required)

Georgia Pacific/Dixie (☆/No P Required)

Handy Wacks (☆/No P Required)

If You Care (☆P Required)

Master Baker (☆/No P Required)

McNairn (☆/No P Required)

Norpak (☆/No P Required)

Palisades Packaging (☆/No P Required)

Papercon (☆/No P Required)

Paper Chef (☆/No P Required)

The Pampered Chef (☆/No P Required)

Safeway Home (☆/No P Required)

Saga Bake & Cook (☆/No P Required)

Saga Pack (☆/No P Required)

Wilton (☆/No P Required)

PICKLED PRODUCTS

Blanchard & Blanchard (☆P Required)

Capers

DFS Foods (☆P Required)

Capers

Unger's (☆P Required)

Garlic Pickles

PLASTIC – See Paper/Plastic Disposable

PLAY-DOH

Contains *chometz* and should be sold before *Pesach*.

POLISH, FURNITURE

All may be used. The following product is certified for Passover by the STAR-K without any additional Passover symbol:

Melaleuca (☆/No P Required)

Rustic Touch

POLISH, SHOE – All

POLISH, SILVER/METAL

The following brands may be used without any additional Passover symbol:

Goddard's

Hagerty

Weiman

Wright's

POULTRY – See Meat & Poultry

PREPARED FOODS

Classic Cooking (☆P Required)

Matza Balls

Sweet Tzimmes

Assorted Kugels, Souffles & Soups

PREPARED FOODS - SELTZER

Glatt Mart (Brooklyn, NY-Ave. M)

Only packaged products with ☆P

Seven Mile Market ☆P sign/label (Balt., MD)

PREPARED FOODS, FROZEN

Noam Gourmet (☆P Required)

Passover Bagels (Non-Gebrochts)

Passover Pizza Bagels (Non-Gebrochts)

Passover Pizza Squares (Non-Gebrochts)

Q

QUINOA

Quinoa is Kosher *L'Pesach* and is not related to the five types of *chometz* grains, millet or rice. However, because there is a possibility that quinoa grows in proximity to *chometz* grains and may be processed in facilities that compromise its Kosher for Passover status, quinoa should only be accepted with a reliable Kosher for Passover supervision. The following are STAR-K certified:

Natural Earth Products (☆P Required)

Quinoa

Ancient Harvest (☆/No P Required)

White Quinoa Grains Traditional

Andean Naturals Brand

55lb bag of Golden Royal Quinoa- bearing ☆P and lot number: SCI-JI-107397-1/1

Contact: Michelle Casias, Specialty Commodities

701-282-8222, mcasias@sci-fargo.com

See www.star-k.org/quinoa for more information.

R

RAISINS

The following raisins are approved for use on *Pesach* provided that "oil" does not appear in the ingredient panel:

Berkley & Jensen (No P Required)

Dole (No P Required)

Great Value (No P Required)

Market Pantry (No P Required)

Nature's Promise (No P Required)

Shoprite (No P Required)

Trader Joe's (No P Required)

Wegmans (No P Required)

Weis (No P Required)

RESTAURANTS

Café Shalom Baltimore (P Required)

Levindale's Kosher Cafe Baltimore (P Required)

Pearlstone Conference & Retreat Center

Baltimore – advanced reservation req. (☆P Required)

RICE MILK– Rice milk is *kitniyos* and may possibly contain *chometz*. Under normal circumstances one may not consume it on *Pesach*. The brands listed on page 219 may be consumed by someone who is ill (see page 103).

Note the following additional conditions: 1) Only "Original" version 2) Ideally purchase before *Pesach* 3) Use separate utensils.

S

SALADS – See Veg./Salads, Fresh Pkgd.

SALAD DRESSING

Gourmet by Dina (☆P Required)

Balsamic Vinaigrette Dressing

Basil Dressing

Caesar Dressing

Unger's (☆P Required)

Caesar Dressing

Creamy Italian Dressing

Thousand Island Dressing

SALT

All brands of non-iodized salt that do not contain dextrose or polysorbates may be used. If it contains sodium silicate it is not a problem. The following are certified by the STAR-K:

Natural Nectar (☆/No P Required)

Sea Salt (Coarse, Fine)

Natural Tides (☆/No P Required)

Sea Salt (Coarse, Fine)

Trader Joe's (☆P Required)

Sea Salt

Whole Foods (☆/No P Required)

Sea Salt

SAUCES/DIPS

Unger's (☆P Required)

Barbeque Sauce

Bone Chillin BBQ Sauce

Brisket Sauce

Chicken Sauce

Duck Sauce

Honey Dijon Marinade

Hot Sauce

Lemon & Herb Marinade

Orange Ginger Sauce

Rib Sauce

Salsa

Soy Style Sauce

Steakhouse Marinade

Stir Fry

Sweet & Smokey BBQ Sauce

Sweet & Smokey Marinade

Teriyaki Glaze

Tomato Sauce

SCOURING PADS/SPONGES

Any without soap may be used.

SELTZER

Any unflavored seltzer may be used. All flavored seltzer require KFP certification.

SUSHI NORI SHEETS - VEG./OTHER, FRESH PEELED

SUSHI NORI SHEETS

Mizrach U'Maariv (★P Required)

Roasted Nori Sheets

SILVER/METAL POLISH – See Polish

SODA

Note: The following information applies to the Baltimore/Washington area only. Consumers in other cities should obtain soda information from their local *vaad hakashrus*.

Coca Cola P Required ("OUP" on bottle cap)

Classic Coke

Diet Coke

Pepsi P Required ("KP" on bottle cap)

Pepsi Cola (regular) – 2 Liter

Diet Pepsi – 2 Liter

SOY MILK

Soy Milk is kitniyos and may possibly contain chometz. Under normal circumstances one may not consume it on Pesach. The brands listed on page 218 may be consumed by someone who is ill (see page 103). Note the following additional conditions: 1) Only "Original" version 2) Ideally purchase before Pesach 3) Use separate utensils.

SPICES & SEASONINGS

Pure spices require reliable KFP certification.

SUGAR, GRANULATED

All pure cane or beet sugar with no dextrose added may be used.

SUGAR, BROWN/OTHER

Brown sugar, confectioners sugar, and vanilla sugar require KFP certification.

SUGAR, SUBSTITUTE

California Delight Sucralis (★P Required)

Gefen Sweet 'N Low (P Required)

Health Garden Xylitol- Reg. & Vanilla (P Required)

Lieber's Sweetees (P Required)

Paskesz Sweetie (P Required)

T

TEA, INSTANT

Nestea – Regular Unflavored (No P Required)

NOTE: Decaffeinated is NOT approved for Pesach.

TEA BAGS

Note: The following tea bags may be used without any additional Passover symbol:

Acme – Reg Unflav

America's Choice – Reg Unflav

Giant – Reg Unflav

Jewel – Reg Unflav

Key Food – Reg Unflav

Lipton – Reg Unflav, Decaf Unflav

Market Pantry – Reg Unflav

Safeway – Reg Unflav

Shop Rite – Reg Unflav

Stop & Shop – Reg Unflav

Tetley – Reg Unflav

TOMATOES, SUNDRIED

Blanchard & Blanchard (★P Required)

Sundried Tomatoes

DFS Foods (★P Required)

Sundried Tomatoes

Great Lakes (★P Required)

Sundried Tomatoes

TUNA

BenZ's (★P Required)

California Delight (★P Required)

V

VEGETABLES, CANNED/JARRED

Benz's (★P Required)

Mushrooms

California Delight (★P Required)

Artichoke Bottoms

Carrots

Hearts of Palm

Mushrooms

White Potatoes

Yams

Unger's (★P Required)

Beets

Carrots

Mushrooms

White Potatoes

VEG./CARROTS, FRESH PEELED

Fresh peeled carrots: whole, cut or shredded require KFP certification. The following are certified for Passover by the STAR-K:

Coosemans (★P Required)

Del Monte (★P Required)

Dole (★P Required)

Indianapolis Fruit Company (★P Required)

Lancaster Foods (★/No P Required)

Sheetz M. T. Go (★P Required)

Wegman's (★P Required)

VEG./OTHER, FRESH PEELED

Coosemans (★P Required)

Squash

Zucchini

Del Monte (★P Required)

Butternut Squash

Yams

Yellow Squash

Zucchini

Indianapolis Fruit Company (★P Required)

Eggplant

Parsnip

Squash

Sweet Potatoes

Zucchini

VEG./OTHER, FRESH PEELLED - WINE

Lancaster Foods (☆/No P Required)

Acorn Squash
Butternut Squash

The Farmer's Market (☆P Required)

Butternut Squash
Yams

VEG./POTATOES, FRESH PEELLED

Fresh peeled potatoes require KFP certification.

VEG./SALADS, FRESH PKGD.

All fresh packaged salads certified by the STAR-K are Kosher for Passover only when bearing the ☆P symbol.

VEGETABLES, FROZEN

All frozen vegetables require reliable KFP certification.

The following products are certified by the STAR-K as Kosher for Passover and *Bishul Yisrael*.

Shneider's (☆P Required)

Eggplant
Mixed Vegetables
Peppers
Potatoes with Rosemary

VINEGAR

Requires reliable KFP certification.

Unger's (☆P Required)

White Vinegar

W

WATER

Any fresh, bottled, spring or distilled water that is unflavored may be used (including those with fluoride or minerals).

WAX PAPER

Note: The following wax paper may be used without any additional Passover symbol:

Cut Rite
Essential Everyday
HomeLife
Life Brand
Master Wrap
Meijer
Natural Value
Publix
Reynolds
Shoprite
Shurfine
Stop & Shop
Waxtex
Weis

WHIPPED TOPPING

Unger's (☆P Required)

WINE – see Alcoholic Beverages

STAR-S P NON-KITNIYOT PRODUCTS

KOSHER L'PESACH FOR BOTH SEPHARDIM AND ASHKENAZIM

STAR-S is a division of STAR-K dedicated to providing for the *kashrus* needs of Sephardic communities nationwide.

Rav Emanuel Goldfeiz *shlit"a* is the Rav *Hamachshir* of STAR-S.

ALCOHOLIC BEVERAGES

Millesimato Kosher Val D'Oca (STAR-S P Required)

Prosecco

De La Rosa Vineyards (STAR-S P Required)

Brandy
Grappa
IceWine
Wines
Organic Grape Juice

MEAT- All Chalak Beit Yosef L'Sephardim

M&D Glatt (No STAR-S P Req./☆ Req.)

Boxed Lamb
Boxed Veal

(Distributed by M&D Glatt- 646-765-4510)

GLATT RANCH (when bearing STAR-S)

Boxed Beef
(Distributed by AD Rosenblatt)

CANNED GOODS

California Delight (STAR-S P Required)

Hearts of Palm-Whole
Hearts of Palm Cuts & Pieces
Pears in Light Syrup

(Available in your local Kosher supermarkets distributed nationally by DS International Traders – 323-725-1045; Quality Frozen Foods – 718-256-9100)

TUNA- Bishul Beit Yosef, Mashgiach Temidi

California Delight (STAR-S P required)

Chunk "TONGOL" Tuna in Water
Chunk Light Tuna in Water
Chunk White Albacore Tuna in Water
Chunk Yellowfin Tuna in Water
Solid White Albacore Tuna in Water
Skipjack Chunk Tuna in Water

(Available in your local Kosher supermarkets distributed nationally by DS International Traders- 323-725-1045; Quality Frozen Foods- 718-256-9100)

STAR-S P KITNIYOT PRODUCTS FOR SEPHARDIM ONLY

STAR-S is a Division of STAR-K dedicated to providing for the Kashrus needs of Sephardic Communities nationwide.

Rav Emanuel Goldfeiz *shlit"a* is the *Rav Hamachshir* of STAR-S

We are happy to announce that the following products, including **Kitniyot for Sephardim only**, are certified reliably for *Pesach 5775, Le'Mehadrin*

CANNED GOODS

California Delight (STAR-S P Kitniyot required)

Baby Corn –Whole Spears

Cut Baby Corn

Whole Kernel Corn

(Available in your local Kosher supermarkets, distributed nationally by DS International Traders- 323-725-1045; Quality Frozen Foods- 718-256-9100)

FROZEN BEANS

Yerek Brand (STAR-S P Kitniyot required)

Green Beans

Cut Green Beans

French Cut Green Beans

Green Peas

Peas & Carrots

Cut Corn

Mixed Vegetables

Baby Lima Beans

(Available in your local Kosher supermarket, distributed nationally by Quality Frozen Foods- 718-256-9100)

RICE

Carolina Mehadrin – Long Grain White Rice (STAR-S P Kitniyot required)

(The above brand is available in your local Kosher supermarkets, distributed nationally by Quality Frozen Foods- 718-256-9100)

Conrad Rice Mill (STAR-S P Kitniyot required)

Wild Pecan Rice

Hasadeh (STAR-S P Kitniyot required)

Organic Black Rice Noodles

Organic Thai Rice Noodles

Himalayan Pride Basmati Rice (Brown & White) (No STAR-S P Req./★ Required- Product is Kitniyot)

Konriko (STAR-S P Kitniyot required)

Hol Grain Gravy Thickener (Rice Starch)

Hol Grain Brown Rice Bread Crumbs

Hol Grain Brown Rice Crackers- Light Salt

Hol Grain Brown Rice Crackers- No Salt

Super Lucky Elephant Jasmine Rice

(No STAR-S P Req./★ Required- Product is

Kitniyot)

(The above 2 brands are available nationwide in Costco, Walmart, Sam's Club and other fine stores/distributed on the East Coast by EMD sales (301) 520-3856)

SALADS

Pikante Salad (When bearing Star-S and *Kosher L'Pesach L'ochlei Kitniyot* INKJETTED in Hebrew on the Label)

Babaganoush

Caponata Italian Eggplant Cuisine

Chinese Eggplant

Grilled Eggplant

Hummus & Turkish Salad

Hummus Abu-Gosh

Hummus Classic

Hummus Galilee

Hummus Jalapeno & Herbs

Hummus Jerusalem

Hummus Marrakech

Hummus Masabacha Jalapeno & Herbs

Hummus Moroccan Salsa (Matbucha)

Hummus Old Jerusalem Traditional

Hummus Pine Nuts

Hummus Premium

Hummus Roasted Pine Nuts

Hummus Roasted Red Pepper

Hummus Sun-dried Tomato

Hummus with Tehina

Hummus with Roasted Hot Pepper

Hummus Za'atar

Hummus Garlic & Lemon

Indian Eggplant

Matbucha Moroccan

Moroccan Long Hot Pepper

Red Cabbage

Red Cabbage Salad

Romanian Eggplant

Sliced Spanish Eggplant

Spanish Eggplant

Tahini Baladi (original) with Soft Chick Peas

Tahini Dip & Spread

Tehina

Thai Salad Spicy

Turkish Salad

Vegetarian Liver

(Distributed by: Pikante USA Corp, 5334 SW 38th Way, Hollywood, FL 33312)

PESACH KITCHEN CHECKLIST

The following is a checklist reviewing items commonly found in the kitchen and how to prepare them for use during *Pesach*.

UTENSIL	PREPARATION
Baby Bottle	Since it comes into contact with <i>chometz</i> (e.g., washed with dishes, boiled in <i>chometz</i> pot), new ones should be purchased.
Baby High Chair	Clean thoroughly. Preferable to cover the tray with contact paper.
<i>Blech</i>	<i>Libbun gamur</i> . Should preferably be replaced
Blender/Food Processor	New or <i>Pesachdik</i> receptacle required (plus any part of unit that makes direct contact with food). Thoroughly clean appliance. The blade should be treated like any knife and should be <i>kashered</i> through <i>hagola</i> .
Smoothie Machine	New or <i>Pesachdik</i> receptacle required (plus any part of unit that makes direct contact with food). Thoroughly clean appliance. The blade should be treated like any knife and should be <i>kashered</i> through <i>hagola</i> .
Can Opener	Manual or Electric – Clean thoroughly.
Candlesticks/Tray	Clean thoroughly. Should not be put under hot water in a kosher for <i>Pesach</i> sink.
Coffeemakers	Metal coffeemakers that have brewed only unflavored pure coffee. Clean thoroughly. Replace with new or <i>Pesachdik</i> glass carafe and new filters. Metal coffeemakers that have brewed flavored coffee should be cleaned thoroughly. Do not use for 24 hours. Pour one cup of water into chamber. Water should be heated in unit and allowed to drip over the exposed metal base. Replace with new plastic filter holder, new filters, and a new or <i>Pesachdik</i> glass carafe. Plastic coffeemakers should not be <i>kashered</i> .
Colanders	Metal – <i>Libbun kal</i> . Plastic – Do not use.
Dentures, Bite Plates, Braces	Clean thoroughly after one has finished eating <i>chometz</i> .
Dishwashers	Cannot be <i>kashered</i> .
Electric Burner	Clean thoroughly.
Drip Pans	
Grater	Metal – <i>Libbun kal</i> . Plastic – Do not use.
Ice Cream Scooper	<i>Hagola</i>

UTENSIL	PREPARATION
Ice Cube Trays	See Refrigerator, Freezer.
Instant Hot Devices	See Water Filters.
Light Box	Clean thoroughly.
Metal Wine Goblets	<i>Hagola</i>
Metal Wine Trays	<i>Hagola</i>
Mixer	Do not use, even with new blades and bowls.
Pump Pot	If in contact with <i>chometz</i> (e.g., sponge) do not use. Otherwise, does not need <i>kashering</i> .
Refrigerator, Freezer	Thoroughly clean. Lining shelves is not necessary. Ice cube trays (that are filled with water in the sink) should be put away with <i>chometz</i> dishes. Ice cube bins which catch the ice made in the freezer should be thoroughly cleaned and used as usual.
Rings, (Finger)	<i>Eruy roschim</i>
Rings, Napkin	<i>Hagola</i>
Tables	A table upon which <i>chometz</i> is eaten during the year may be used on <i>Pesach</i> if it is covered with a waterproof covering (e.g., sheet of plastic). It is preferable to put either cardboard or a few layers of paper on the table under the plastic covering. Tablepads may be overturned and used.
Towels, Tablecloths, etc.	Those used during the year with <i>chometz</i> may be used during <i>Pesach</i> if they have been laundered with soap and hot water, even if the stains do not come out. The same applies to potholders, bibs, and aprons. Synthetic material, such as Rayon and Terylene, that can only withstand a warm water cycle, may be used during <i>Pesach</i> after they have gone through a washing with detergent, and only if there are no visible stains after they have been cleaned. Transparent tablecloths may be coated with a powder and should be rinsed off before use. Regarding other tablecloths, see <i>Pesach</i> Product Directory.
Vases	Those used on the table during the year may be used during <i>Pesach</i> if they are washed, both inside and out.
Washing cup (used in kitchen)	Metal – <i>Hagola</i> Plastic – Put away with <i>chometz</i> dishes.
Water Pitchers	Should be put away with <i>chometz</i> dishes.

UTENSIL	PREPARATION
Water Filters	Plastic water filters that are connected to the faucet should be thoroughly cleaned, including the outside and the coupling, and may be used during <i>Pesach</i> without changing the filters. If they are metal and have been on consistently since the previous <i>Pesach</i> , they should be left on during <i>kashering</i> of the spigot. If they were first attached some time after <i>Pesach</i> , they should be removed before <i>kashering</i> the spigot and should be <i>kashered</i> separately. Instant hot devices and individual hot/cold water filters that are connected to the sink with a separate spigot should be <i>kashered</i> , along with the sink. Instant hot devices should be turned on during <i>kashering</i> of instant hot spigot.
Water Coolers	Cold water coolers should be cleaned thoroughly. The hot spigot on a water cooler should not be used if it came into contact with <i>chometz</i> during the year.
Water Urn	Metal (uncoated)– <i>Hagola</i> ; both inside and outside should be <i>kashered</i> . Porcelain Enameled or Plastic – Do not use.

KITCHEN ITEMS THAT CANNOT BE *KASHERED*

Bread Machine	Melmac	Sandwich Maker
China	Mixer	Silverstone
Corningware	Panini Maker	Stoneware
Crockpot	Pasta Maker	Synthetic Rubber
Dishwasher	Plastic Utensils	Teflon
George Foreman Grill	Plastic Vegetable Steamer	Toaster/Toaster Oven
Immersion Blenders	Porcelain (Enamel) Utensils	Waffle Iron
Knives w/ Plastic Handles	Pyrex	

HAGOLAS KEILIM

Date: Sunday, March 29, 2015

Agudas Yisroel of Baltimore

6200 Park Heights Avenue

9:30 a.m. – 10:30 a.m.

Ten items or less

10:30 a.m. – Noon

Regular Hagolas Keilim



PESACH GUIDE FOR INDIVIDUALS WITH DIABETES

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*³ and *afikoman*:

Type	Minimum Shiur	Dimensions	Carbs
Hand <i>matza</i> (round)	one-third (1/3) of a <i>matza</i>	29 sq. in. ⁴	12 g
Machine <i>matza</i>	one-half (1/2) of a <i>matza</i>	24.5 sq. in. ⁵	15 g

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. For *korech* see the *Kashrus Kurrents* article, "The *Pesach Seder*"
4. 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.
5. 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.)

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*. Try to arrive at an accurate gram content for the *matza* in advance, including possibly weighing it.

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 piece.

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).

A very thin *matza* is approximately 30 grams; a “regular” *matza* is approximately 40 grams; a thick *matza* is approximately 50 grams.

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.

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

Higher carbohydrate wine may be diluted in the maximum ratios listed below. 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 at the *Seder*.⁶ 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.

The following is an example of how to mix wine and water. Assume one has 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 *brocha achrona*.

6. 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.

To prepare in advance, simply pour two cups of wine into an empty bottle and add three 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 that is Kosher for Passover (see list page 14).

There are also lower carbohydrate sweet wine products which might serve as suitable options.

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 regular grape juice. When mixing grape juice with water, at least 50% of the mixture should be regular grape juice (i.e., the cup is half grape juice and half water). Ratios must be adjusted if you are using light grape juice.

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.
- Try to arrive at an accurate gram content for the *matza* in advance, including possibly weighing it.
- 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	1/2 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

California Delight brand Sucralis (STAR-K Certified), Gefen brand Sweet'N Low, Paskesz brand Sweetie, Lieber's brand Sweetees, and Health Garden brand Xylitol (Regular and Vanilla) are available (when label states Kosher for *Pesach*). Any other brand available requires a Kosher for Passover Certification.

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

PESACH FAQS REGARDING PETS

Rabbi Zvi Goldberg, STAR-K Kashrus Administrator

Q. Are “grain-free” pet foods acceptable?

A. 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 animal feed?

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*, 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, groats, middlings, starch), barley (cracked, flour), oats (flour, groats, 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, 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 LIST

The following is a list of pet foods approved for Passover 2015 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.

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

Blue Wilderness Grain-Free (dry): Adult (Chicken, Duck, Salmon, Trout), Kitten (Chicken)

Evangers: When bearing cRc Passover approval.

Friskies (canned): Classic Paté Classic Seafood Entree, Classic Paté Salmon Dinner, Classic Paté Turkey & Giblets Dinner, Classic Paté Ocean Whitefish & Tuna Dinner, 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

Merrick Purrfect Bistro Grain-Free (dry): Adult (Healthy Weight, Real Salmon, Real Chicken), Healthy Senior

Merrick Purrfect Bistro Grain-Free (canned): Salmon Paté, Tuna Paté

Prescription Diet: a/d, d/d except duck, g/d dry only, m/d canned only, r/d, s/d, t/d, w/d dry only, zd.

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

Wellness Core Grain-Free (canned): Kitten Formula, Beef & Venison & Lamb, Salmon & Whitefish & Herring

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

Alpo Chop House Originals (canned): Filet Mignon Flavor, Ribeye Flavor, Top Sirloin Flavor

Blue Freedom Grain Free (dry): Adult (Lamb, Chicken)

Blue Freedom Grain Free (canned): Chicken Recipe (Small Breed, Puppies), Grillers (Beef, Lamb)

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

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

Evangers: When bearing cRc Passover approval.

Hills Ideal Balance Grain Free (dry): Adult Natural Chicken & Potato, Adult Natural Salmon & Potato

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, d/d, g/d, h/d, j/d dry only, n/d, r/d, s/d, t/d, u/d, w/d dry only.

Science Diet Grain Free (canned): Adult (Beef, Chicken)

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

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

Wellness Grain Free Ninety Five Percent (canned): Beef, Chicken, Lamb, Turkey

BIRDS

(Parrots, Parakeets, Cockatiels, Macaws)

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

- 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 cottage cheese, rice cakes (birds like to eat 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, 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 to *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.

PET STORES IN BALTIMORE METROPOLITAN AREA WHERE CHOMETZ PET FOOD MAY BE PURCHASED AFTER PESACH

Petco	Petsmart
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