

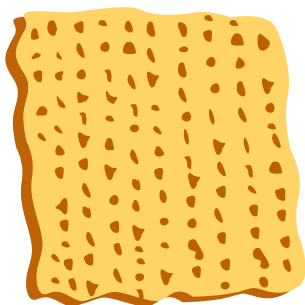
Photo by Stuart Laiker

# Congregation Adat Yeshurun

## A GUIDE FOR PASSOVER 5778 — 2018



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# THE LAWS AND CUSTOMS OF PESACH



Starting from the morning of **Erev Pesach, Friday, March 30<sup>th</sup>**, through the entire eight days of the festival, we abstain from eating any chometz or leaven, i.e. food which contains grains and has been subjected to even the slightest amount of moisture for a period of approximately 18 minutes before baking. One should abstain from all food in which there is even the most minute amount of chometz, which

may render an entire product unsuitable for use.

Wheat, rye, barley, oats, all grain and grain derivatives, food and drinks made from grain or containing grain are subject to the laws of chometz. Grain vinegar and products containing grain vinegar such as pickles are chometz. (Kosher-for-Pesach vinegar will be of the apple cider variety). All articles made with flour such as matzah (ironically even matzah can be chometz!) cakes, macaroons and cookies require reliable endorsement by a reputable Orthodox Rabbi. Only endorsed matzah meal or potato starch may be used for baking. Under no circumstance, may ordinary flour be used since it is likely to have been in contact with water, and hence, is chometz.

Among Jews of Ashkenazic descent, rice, corn, peas and other legumes are not eaten in either raw or cooked state. Fresh fruits and non-legume fresh vegetables, e.g. spinach, cauliflower, broccoli, lettuce, tomatoes, carrots and potatoes may be eaten without special supervision. Most other products, however, including candy, soft drinks, wines, liquors, canned food, dried fruits, coffee and cocoa should not be purchased without proper endorsement. Many soaps, cosmetics, medicines and vitamins contain alcohol and/or starch and hence, are chometz. Some brands, however, are not.

It is preferable to buy enough eggs and milk for the entire Passover festival before Pesach since chickens and cows are often fed grain mixtures containing chometz.

When buying packaged food products, do not purchase any products unless the Kosher L'Pesach sign is given by a reliable Orthodox Rabbi or certifying organization. Some examples of reliable certifications are: OU, OK, Star-K, Chof-K, MK (Montreal Kosher), COR (Toronto), Badatz (Israel), Chug Chatam Sofer (Israel), Heart-K. The Kosher for Passover certification should be printed on the label itself rather than a loose sticker which could be easily added to the product by an unscrupulous merchant. This year there are many new products available at Ralphs and our Kosher establishments in town. In the local kosher establishments everything sold is under the supervision of the Va'ad Harabonim of San Diego and therefore is approved. This, however, is not true in Ralphs. There are many products available there which have non-recommended certification (i.e. marshmallows). When in doubt—Ask the Rabbi.

## WHEN IS CHOMETZ PROHIBITED?

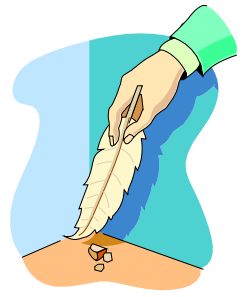
Besides being prohibited on Pesach, it is also prohibited to eat chometz on erev Pesach, from the fifth (Halachic) hour, **10:24 a.m. on Friday, March 30<sup>th</sup>**, one may no longer eat chometz and all chometz must be burned or sold by **11:38 a.m. on Friday, March 30<sup>th</sup>**.

After Pesach, any chometz that was owned by a Jew during Pesach may not be eaten. Therefore, after Pesach one may not purchase chometz or mixtures containing chometz from a store owned by a Jew who did not sell his or her chometz.

## HOW MUCH CHOMETZ IS CHOMETZ?

The prohibition of chometz is different from all other prohibitions dealing with food. In all other prohibitions one has to eat a minimum size in order to have transgressed the prohibition. Also, if one made a mistake and mixed some of the prohibited food with other foods, often the prohibited foods would be bottul, or nullified, in 60 times the amount of permissible food. Whereas, by the prohibition of chometz there is no bittul, nullification. There are two explanations that are given for the reason why this prohibition is stricter than all others. Rashi explains that the punishment for eating chometz is "kores", or spiritual excision, and therefore is an added precaution so that one does not transgress this prohibition. Chometz is prohibited in a mashehu, in any amount. This extra precaution makes sense seeing that the actual food stuff of chometz is permissible the rest of the year and therefore we are afraid that a person might forget on Pesach and out of habit eat that food in error. The Rambam considers chometz as a substance that is only prohibited for a certain amount of time.

We have a general rule in the Talmud that something that is prohibited only for a specific amount of time can never be nullified in any number of permissible items. Since after Pesach the chometz will once again technically be permissible, therefore on Pesach no matter how much chometz is found inside of a foodstuff, the entire foodstuff becomes chometz. As one can see, the prohibition of eating chometz on Pesach is so serious that we go to great pains to ensure that not only is there no chometz in our foodstuffs, but that there is no chometz at all in any of the things that we own. Therefore dishes, utensils, kitchenware—anything that was used with chometz where there is a potential that chometz can once again emerge into any of the food that we use on Pesach, we ensure that those items are chometz-free. In cases where the items cannot be made chometz-free, then we use separate items for the entire festival of Pesach.



בְּדִיקַת חֶמֶץ

# MORE LAWS AND CUSTOMS

## DISHES AND UTENSILS

We have learned that eating chometz on Pesach is prohibited by the Torah as is owning Chometz on Pesach. Not only is there a prohibition against eating actual chometz, even eating mixtures containing chometz is also prohibited. Not only is eating chometz or its mixtures prohibited, but even food prepared in a vessel that was used with chometz, may also be prohibited. This Halacha applies even if we are certain that the vessel or utensil was perfectly clean.

We keep very clean kitchens and we assume when we see a clean pot that there is no chometz in that pot. However, vessels absorb the taste of food and therefore when used with Pesach food the taste penetrates the food and one could end up eating chometz on Pesach. Thus it is essential to have separate pots, dishes, silverware and the like, which were not used for chometz for exclusive Pesach use. In a case where it is impossible or difficult to have separate utensils, etc., one can, under certain circumstances, kasher or prepare those vessels for use on Pesach.

## KASHERING UTENSILS

Kashering utensils for Pesach should preferably be completed before the fifth hour on Erev Pesach of a regular year, and on Friday in a year when erev Pesach falls on Shabbas.

Not all materials can be kashered. Vessels made of wood, stone, natural rubber and metal may be kashered. However, items made from plastic, melmac, nylon, china, earthenware, porcelain, glassware used for cooking and baking, Corningware, Corelle, Pyrex, Duralux, Formica, enamel, enamel covered pots, Teflon, and Silverstone cannot be kashered. Sieves, strainers, graters, grinders, rolling pins, kneading boards, utensils that have rust and dirt that cannot be removed or cracks, crevices and patches may not be kashered for Pesach.

The underlying principle for kashering is that the way that the prohibition was absorbed is the way that it will be removed. For example, if the vessel absorbed chometz by being cooked on a stove in a liquid, then that is the way that the vessel will expel chometz. Therefore, there are different methods of kashering vessels. The first method which is used for pots on the fire and stirring spoons and the like, is called "hagallah", or purging through boiling. The second method used for kashering of utensils is called "libun", which is done on utensils which were used with fire or heat without water, i.e. spits, baking pans, etc. Libun requires one of two methods. Either a thorough libun or simple libun. A thorough libun requires the heating of the vessel until it becomes red-hot, whereas simple libun requires that the heat penetrate sufficiently throughout the entire vessel. Another method of kashering utensils is for glass utensils that we use for cold items. This is done by a 72 hour immersion and refilling in regular water. For details of these methods of kashering the Rabbi should be consulted.

It is preferable, when possible, to use dishes, cutlery, glasses, pots and pans that are especially set aside for Pesach which have never come in contact with chometz. However, under certain conditions, some of the utensils used throughout the year may also be used on Pesach if they are properly kashered (made kosher).

## KASHERING APPLIANCES

### OVENS

**Self-cleaning:** The self-cleaning oven is relatively easy to kasher. First, clean the stove thoroughly. Second, turn the oven to self clean and set the times for a half hour longer than the oven has ever been used.

**Nonself cleaning:** The oven must be cleaned thoroughly (as if you were going to resell it) including the racks, with a caustic cleaner and left for 24 hours. Then you should turn the oven to the highest setting and leave it on for approximately 1 hour.

**Microwave:** Do not use oven for 24 hours. Thoroughly clean all the surfaces in the oven. The insert tray should be covered with cardboard or styrofoam. Place a utensil with water in the microwave bringing it to a boil, allowing steam to fill up the microwave.

### STOVES

**Electric:** The burners should be turned on to the highest heat and left for 10 minutes after they turn red.

**Gas:** The grates should be cleaned and either kashered in the oven or by keeping the grate over the fire, on each side, for 10 minutes.

**Corning cooking range:** Allow it to heat up until the entire range top is very hot.

**Stove Tops:**

**Enamel:** Can not be kashered. The top should be cleaned and covered with heavy aluminum foil, cutting out holes for the burners.

**Stainless Steel Top:** Do not use for 24 hours, clean with a caustic cleaner and then pour boiling water from a pot or kettle over the entire area, ensuring that every part of the stove top is reached by the water.

**Pans and rings made of metal:** May be kashered by leaving for 24 hours and then either purged in boiling water, or kashered with the self cleaning oven.

**Refrigerators and Freezers:** Wash out thoroughly.

**Dishwashers:** Unless it is stainless steel with new racks, it should not be used on Pesach.

**Broilers, Toaster Ovens, Food Processors, Mixers, Coffee Makers:** Are very hard to kasher for Pesach. In case of great need, contact the Rabbi.

**Sinks:**

**Stainless steel:** Don't use hot for 24 hours and then kasher by pouring boiling water from a pot or kettle over every area of the surface of the sink.

**Enamel:** Can not be kashered. Clean them thoroughly and line with tinfoil and a sink insert.

**Counter Tops:**

Unless stainless steel, can not be kashered and should be completely cleaned and covered (i.e. with contact paper or foil.) be completely cleaned and covered (i.e. with contact paper or foil.)

# MORE LAWS AND CUSTOMS

Tablecloths, Dish towels:

Tablecloths and dish towels that have come in contact with chometz may be used on Pesach provided they were thoroughly washed before the holiday. Starched tablecloths, however, may not be used on Pesach at all, because starch may contain flour.

The following is a partial list of those items that can be kashered for Pesach and the type of method that is used to kasher them.

Pots (which were used to cook chometz in liquid)—Hagallah\*

Spits and baking pans (which were used over the fire without liquid) Libun gamur\*

Frying Pans—Libun\*

Metal spoons and forks—Hagallah\*

Kiddush Cups—Hagallah\*

Metal Water Urn—Hagallah\*

Shabbat Blech—Libun gamur\*

\*(Hagallah is the boiling process

Libun gamur is heated until the metal glows

Libun kal is heated to a high heat)

## GETTING RID OF CHOMETZ MECHIRAS CHOMETZ SELLING THE CHOMETZ

The Prohibition against chometz on Pesach is unique in that, not only may chometz not be eaten on Pesach, but a Jew may not even own chometz. However, if a Jew violated this law and did have chometz in his possession during Pesach, that chometz is forbidden to be eaten by any Jew forever, even after Pesach. If one cannot dispose of all chometz before the approach of the holiday, he must arrange for a formal 'Mechiras Chometz' or sale of that chometz to a non-Jew. It is customary to authorize an Orthodox Rabbi to act as one's agent to sell chometz.

On the last page of this bulletin you will find a form for the sale of chometz. Fill it in and bring it to the Rabbi by **Friday, March 30<sup>th</sup>**, **HOWEVER, it is preferable to sell your Chametz by Thursday, March 29<sup>th</sup>**.

All chometz in your possession that is to be sold to the non-Jew should be collected and placed in one place or closed in a cabinet by **11:38 a.m. on Friday, March 30<sup>th</sup>**. Similarly, all dishes, cutlery and pots and pans which come in contact with chometz during the year should be placed in a special chest, closet, cabinet or room until after Pesach. If the closet or room has no lock, the door should be fastened with twine or tape, and in no case may it be opened until after the holiday. (Note: It is the chometz in the dishes or the pots that is being sold to the non-Jew, and not the dishes or pots themselves.)

The final search for chometz, after dark (after **7:49 p.m.**) on **Thursday, March 29<sup>th</sup>** is done to insure that not the smallest bit of chometz has been overlooked, is called Bedikas Chometz. The procedure is as follows:

It is customary to place 10 small pieces of bread (on napkins, so no crumbs may be lost) at the windows, on the dressers, etc., which are to be gathered together during the Bedika.

## CHECKING FOR CHOMETZ BEDIKAS CHOMETZ

The head of the family says the Brocha of 'al Biyur Chometz', "Blessed art Thou, Hashem, our G-d, Ruler of the universe, Who made us holy with His commandments, and commanded us to remove the leaven."

(S)He and other members of the family then proceed from room to room, searching for chometz by the light of a candle (and flashlight) and gather the crumbs in a container for burning the following morning.

(S)He goes on to inspect closets, cupboards, pockets of clothes, under furniture, etc. By no means does the mere gathering of the previously prepared crumbs constitute the Bedika. The Bedika calls for a comprehensive search of any spot where a bit of chometz may have fallen.

The statement, "Any leaven that may still be in the house, which I have not seen or have not removed, shall be as if it does not exist, and as the dust of the earth." (in the Haggadah), is then recited in a language one understands, thereby renouncing ownership of any chometz which was not found during the Bedika.

The chometz found during bedika, including the gathered crumbs, and any chometz left to be eaten the next morning should be put away to prevent the spreading of any crumbs.

## WHO PERFORMS THE BEDIKA?

The obligation to perform bedikas chometz rests on the owner of the house or on the tenant. The person who has the responsibility for the bedika can appoint a representative to assist him or to perform the bedika for him. If a person is not going to be home on the 14<sup>th</sup> of Nisan, (during a year when erev Pesach falls on Shabbas, the 13<sup>th</sup> of Nisan) then a representative may be appointed to do that bedika. If no representative is available, then the person is required to perform the bedika on the evening before he leaves. When the bedika is done early it should be done by candlelight and following the bedika one is required to nullify the chometz which he has not seen similar to the requirement on the night of the 14<sup>th</sup> (13<sup>th</sup>). If he forgot to perform the bedika at night he is required to perform the bedika during the day. Most Poskim hold that whenever the bedika is performed



before the 14<sup>th</sup> of Nisan (during a year when erev Pesach falls on Shabbas, the 13<sup>th</sup> of Nisan), no brocha is recited. This year the Bedika falls on **Thursday, March 29<sup>th</sup>** after dark (**after 7:49 p.m.**), on the 13<sup>th</sup> of Nisan, and the bracha is recited unless one performs bedika before the above date.

## LATEST CHOMETZ MEAL

Chometz may not be eaten after **10:24 a.m. on Friday, March 30<sup>th</sup>**. Note: In order to enhance the taste of the matzah that we will be eating at the seder, matzah may not be eaten the entire day.

# MORE LAWS AND CUSTOMS

## BIYUR CHOMETZ DESTRUCTION OF THE CHOMETZ

All remaining chometz that has not been eaten or sold to the non-Jew (usually the crumbs found during the bedika and the leftovers from breakfast) should be burned and destroyed. The chometz should be destroyed no later than **11:38 a.m. Friday, March 30<sup>th</sup>**. As a service to the community, the Rabbi sponsors a communal chometz burning at the Shul on **Friday, March 30<sup>th</sup> at 8:30 a.m.**

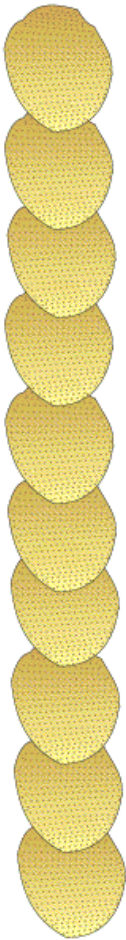
The Kol Chamira must be recited—"Any leaven that may still be in the house, which I have or have not seen, which I have or have not removed, shall be as if it does not exist, and as the dust of the earth", which is formal renunciation of ownership, is again recited in a language that one understands.



## SHMURAH MATZAH

All matzah eaten on Passover must be prepared in such a manner as to ensure against the fermentation of the flour. However, the matzahs eaten on the first two nights of Passover (i.e. the Seder nights) require additional stringencies in their preparation. It is not enough to know that these matzahs have not become "chometz" (or fermented). They must also be guarded from the earliest stages of their processing in fulfillment of the Biblical verse: "And you shall guard the matzahs." (Sh'moth (Exodus) 12:17), Matzahs that are "guarded" in this way are referred to as "shmurah matzah" or "guarded matzah." Although some people eat only shmurah matzah throughout the entire eight days of Passover, it is mandatory only on the two Seder nights.

What type of precautions are required for shmurah matzah? Care is taken to reap the wheat before the kernels are fully ripe. (If the wheat would be permitted to remain out in the field after becoming completely dry, then rain water might cause fermentation.) The grains are examined to make sure that they haven't split and are not sprouting. In the mill they are guarded from contact with any moisture and all the processes of grinding, packing, and transporting the flour are done with clean and dry utensils. In the bakery, the special care continues from the moment of sifting the flour until the completion of the baking. All utensils and machinery are scrubbed every eighteen minutes to ensure their cleanliness.



## CHOL HA-MOED INTERMEDIATE DAYS OF THE FESTIVAL

Of the eight days of Passover, the first two and the last two are full holidays. The middle four days are holidays but of a somewhat "lesser" sanctity. The laws of chometz (as discussed above) are, of course, fully applicable; the special prayers of Hallel and Musaf are recited, and in general, one should conduct oneself in a festive manner. It is also proper to refrain from doing any work unless such activity is necessary to prevent financial loss or to enhance the enjoyment of the holiday. (For an excellent discussion, in English, on these little known laws, see Chol Ha-moed by Rabbis Dovid Zucker and Moshe Francis). There are divergent customs whether one should wear tefillin on Chol Ha-moed in view of its semi-Yom Tov status. (Tefillin are not worn on either Shabbos or Yom Tov.) Consult the Rabbi for the proper procedure to be followed.

## CHOMETZ AFTER PESACH

Any chometz that was owned by a Jew during Pesach may not be eaten by any Jew at any time, even after Pesach.

## COUNTING THE OMER

The second night of Pesach begins a period of counting forty-nine days which culminates in the holiday of Shavuot (which commemorates the receiving of the Torah). In anticipation of our receiving the Torah, as each day passes and a new day begins (in Jewish law, each day begins at nightfall), we eagerly recite a blessing and count the days. (See Siddur for the complete text—essentially for the first six days one simply says, "This is \_\_\_ days in the Omer". On the seventh day, "This is seven days which is one week in the Omer." On the eighth day, "This is eight days which is one week and one day in the Omer.") The reference to the "Omer" lies in the fact that on the second day of Pesach, an Omer (or measure) of barley was brought in the Temple as an offering of thanks to G-d. The Torah commands us to commence our counting from the date of this sacrifice. (See Vayikra 23:15).



If one forgets to count during the night, one may count the proper date in the daytime without a blessing and then continue to count the remaining days (at night) with a blessing. If one failed to count even in the day, then the remaining days must be counted without a blessing.

# DO IT RIGHT ON SEDER NIGHT A GUIDE TO THE SEDER

## PREPARING YOUR TABLE

The following items are necessary to be at the table at the start of the Seder:

3 Shmurah Matzos.

Wine available for every participant to drink four cups during the Seder. (It is preferable to use red wine).

Salt Water.

Seder Plate consisting of the following:

- Karpas:** Either celery, parsley or boiled potato.
- Beitza:** Roasted hard boiled egg in commemoration of the Chagiga or festival offering eaten at the Seder meal in the times of the Temple.
- Z'roa:** Roasted bone (chicken or meat) with some meat on it, in commemoration of the Paschal lamb.
- Charoset:** Mixture of grated apples, nuts, cinnamon and other spices and red wine. The Charoset symbolizes the mortar which the Jews had to prepare in Egypt.
- Marror:** Romaine lettuce (Romaine lettuce requires thorough cleaning and inspection for insects) or pure grated (or whole) horseradish (Note: Horseradish from a jar is not acceptable).
- Chazeres:** Since Marror is eaten twice at the Seder, a second Marror is placed on the Seder plate. Most people put Romaine lettuce on the spot for Chazeres and Horseradish on the spot for Marror.

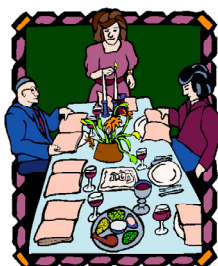
(Note: You do not have to place enough of each of the above items on the Seder plate for each person. You can have a bit of each on the Seder plate and place other dishes, each with the particular food around the table for everyone to take from.)

Optional Kittel - for married men.

Pillows for each man to aid them when they lean to the left at different points in the Seder (leaning is not optional).

A special bag or holder for Afikomen.

Special Matzoh cover (round) with 3 compartments for the three Matzohs.



## NOW LET'S BEGIN

First we recite the order of the Seder.

Everyone pours someone else's cup of wine (a symbol of freedom) and we begin the Seder.

## KADAISH

The head of the household recites Kiddush over a cup of red wine.

Every member, even children, must have their own cup of wine in front of them during Kiddush, since we are all obligated to drink 4 cups on Pesach night. However, all we need do is answer Amen to Kiddush and drink - no Brocha should be recited by the individual unless the whole kiddush is being recited. The cup of wine should hold at least 3.3 ounces and at least most of the cup should be drunk in two sips. Men should drink the wine while reclining. Both men and women are obligated to drink 4 cups of wine.

## U'RCHATZ

After Kiddush the hands are washed. No Bracha is recited for this washing.

## KARPAS

After everyone has washed, the Karpas is taken by everyone. The Karpas is dipped into salt water. The Brocha of Borei Pri Ha'adamah is recited.

Care should be taken to eat only a very small amount of Karpas (less than a kezayis).

When making the Brocha one should have in mind that the Brocha will also apply as well to the Marror which will be eaten later. Most authorities hold that we do not lean for Karpas.

## YACHATZ

We now break the middle matzoh. The larger piece is placed inside a cloth or holder to be used later for the Afikomen.

It has become common practice to let the children hide or find the Afikomen in order to keep them awake and alert.

Ha Lachma Anya is recited.

The second cup of wine is filled in order to recite the Haggadah over it.

## MAGID

We now begin to tell the story of Pesach as is found in our Haggadah. The youngest asks the Mah Nishtanah (even if they are older persons) Both men and women have an obligation to recite the Haggadah. At "Vehi Sheamdah" the Kiddush cups are raised.

When we say "Dam, Va'eish, V'simros Ashan", and then the ten plagues, we either spill wine directly from the cup or remove it with our index finger.

When we reach "Rabban Shimon ben Gamliel says", we refill the cups of wine.

# MORE ABOUT THE SEDER...

When we say the paragraph of Rabban Gamliel, and we speak of the Matzoh and Marror, we lift them up. We do not lift the shank bone as it is only a remembrance of the Korban Pesach. At Lifeekoch we lift our cups for the Hallel. We now recite the Brocha Borei Pri Hagofen on the second cup of wine. Men should recline while drinking the second cup of wine.

## RACHTZAH

We now wash our hands for the Motzi. A Brocha is recited.

## MOTZI MATZAH

After all present have washed the leader lifts all 3 Matzahs and recites "Hamotzi Lechem min Ha'aretz".

The bottom Matzah is put down and the Brocha "Al Achilas Matzah" is recited over the broken middle Matzah and the top Matzah.

One may not make an interruption until after the eating of the korech sandwich.

For motzi matzah one should eat approximately 1/2 of a hand shmurah matzah, or 2/3 of a machine shmurah matzah. To fulfill the mitzvah of eating matzah, men must lean while eating the matzah.

Since there won't be enough matzah from the leader's matzahs for everyone present to eat the required amount, everyone should receive a little piece from the leader, and add on other matzah to make up the required amount.

## MARROR

Now everyone takes either grated horseradish (not from a bottle) or romaine lettuce (which has been cleaned well) to fulfill the mitzvah of eating marror. If Romaine lettuce is being used, one should eat the amount of leaves that will cover an area of 8 x 10". If only the stalks will be eaten, they should cover an area of 3 x 5". If horseradish is being used, it should measure 1.1 fluid ounces.

The Brocha of "al achilas marror" is recited. Marror is eaten, without leaning. The marror is dipped LIGHTLY into the charoses.

## KORECH

We now make a sandwich of matzah and marror. One should take approximately 1/4 of a hand matzah, or 1/3 of a machine matzah from the bottom matzah. The amount of marror is the same as it was for marror. The sandwich is dipped lightly in charoses. Korech is eaten while reclining.

## SHULCHAN ORECH

We now eat the seder meal. Many have the custom of beginning the meal with an egg and salt water.

Contrary to common practice, the meal is not the most significant part of the seder. Its purpose is to fulfill the obligation of a Yom Tov meal. We still need to leave room for the afikomen and the last two cups of wine.

## TZAFUN

Eating the Afikomen

The afikomen sits in place of the paschal lamb which is considered one of the main features of Pesach. Many families have the custom that the children look for the afikomen during the seder, steal it, then bargain for its safe return at this time. After the afikomen is eaten reclining, nothing else is eaten so that we go to sleep with the taste of the afikomen. The third cup is then poured.

## BARECH

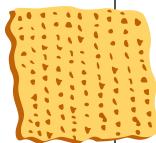
Birchat Hamazon, Grace After Meals, is recited. At the end of grace, everyone drinks the third cup, after reciting its blessing.

## HALLEL

Recitation of songs of praise.

## NIRTZAH

Pray to G-d that he accepts our observance and speedily sends the Messiah.



## VISITORS FROM ISRAEL

A Jew from Eretz Yisroel who is visiting the diaspora during Pesach is bound by the laws and customs of both the place from which he comes (Eretz Yisroel) and the place he is visiting for Pesach. On The Second Day of Pesach It is prohibited to do any melacha (any of the Yom Tov prohibitions) the entire day even in private.

Many people make the mistake of thinking that since they consider themselves as Jews of Eretz Yisroel, they only need to keep one day Yom Tov, as if they would be considered a ben Eretz Yisroel. This is a VERY SERIOUS MISTAKE!

First, even those who are keeping one day Yom Tov legitimately may not do any melacha in public. Second, once one is earning a living in America and is here for an unspecified, or prolonged time, he is responsible to conduct himself like a ben chutz la'aretz.

May it be Hashem's will that together we all return to Eretz Yisroel so that it will no longer be a question as to how many days of Yom Tov we are meant to keep. May we be zocheh to see the rebuilding of Jerusalem speedily in our days, so that we may be oleh.

# DELEGATION OF POWER OF ATTORNEY FOR THE SALE OF CHOMETZ



KNOW YE that I, \_\_\_\_\_ fully empower and permit Rabbi Jeffrey Wohlgelernter to act in my place and stead, and in my behalf to sell all Chometz possessed by me (knowingly or unknowingly) as defined by The Torah and Rabbinic Law (e.g. Chometz, doubt of Chometz, and all kinds of Chometz mixtures). Also Chometz that tends to harden and to adhere to the inside surface of pans, pots or cooking and usable utensils, and all kinds of live animals that have been eating Chometz or mixtures thereof. And to lease all places wherein the Chometz owned by me may be found, especially in the premises located at address) \_\_\_\_\_ and/or elsewhere \_\_\_\_\_

Rabbi Wohlgelernter has the full right to sell and to lease by transactions, as he deems fit and proper and for such time which he believes necessary in accordance with all detailed terms and detailed forms as explained in the general authorization contracts which have been given this year to Rabbi Wohlgelernter to sell the Chometz.

This general authorization is made a part of this agreement. Also do I hereby give the said Rabbi Wohlgelernter full power and authority to appoint a substitute in his stead with full power to sell and to lease as provided herein. The above given power is in conformity with all Torah, Rabbinical regulations and laws, and also in accordance with the laws of the State of California and of the United States. And to this I hereby affix my signature on this \_\_\_\_ day of Nisan in the year 5778.

SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

The legal intricacies concerning this transfer of property are many and only a competent Rabbi should be entrusted with its execution.

Please indicate whether you will traveling out of the West Coast for Pesach by completing the following information: Yes, I will be in \_\_\_\_\_ (city/state/country) by Date Time \_\_\_\_\_ .

**In the past, I have received forms on Yom Tov. This is obviously too late. Please make sure I have your form no later than Thursday, March 29<sup>th</sup>.**

It is customary to make a gift directly to the Rabbi  
for performing this service

This form should be returned in person after any class or minyon up  
until **Thursday, March 29, 2018.**

# PESACH SCHEDULE

## THURSDAY, MARCH 29<sup>th</sup>

Talmud I.....	6:00 a.m.
Shacharit.....	6:30 a.m.
Talmud in Depth.....	7:30 a.m.
Daf Yomi.....	6:00 p.m.
Mincha/Ma'ariv.....	6:50 p.m.
Search for Chometz.....	after 7:49 p.m.

## FRIDAY, MARCH 30<sup>th</sup> FAST OF FIRST BORN EREV YOM TOV

Shacharit.....	6:45 a.m.
Siyum of the First Born (approx.).....	7:25 a.m.
Talmud in Depth.....	7:30 a.m.
Last Time to Eat Chametz.....	10:24 a.m.
Last Time to Burn & Sell Chametz.....	11:38 a.m.
Daf Yomi.....	6:00 p.m.
Candles.....	6:50 p.m.
Mincha/Ma'ariv.....	6:55 p.m.
Chatzos (Saturday Morning).....	12:53 a.m.

## SATURDAY, MARCH 31<sup>st</sup> FIRST DAY PESACH

Talmud in Depth.....	8:00 a.m.
Shacharit.....	9:00 a.m.
Sh'ma: Latest Time.....	9:46 a.m.
Daf Yomi.....	5:55 p.m.
Mincha.....	6:40 p.m.
Candle Lighting.....	after 7:50 p.m.

## SUNDAY, APRIL 1<sup>st</sup> SECOND DAY PESACH

Shacharit .....	9:00 a.m.
Daf Yomi .....	6:15 p.m.
Mincha/Ma'ariv .....	7:00 p.m.
Yom Tov Ends.....	7:59 p.m.

## SUNDAY, APRIL 16<sup>th</sup> EREV YOM TOV

Talmud in Depth.....	8:00 a.m.
Shacharit.....	9:00 a.m.
Daf Yomi.....	6:00 p.m.
Mincha/Ma'ariv.....	6:55 p.m.
Yom Tov Ends.....	7:51 p.m.

## FRIDAY, APRIL 6<sup>th</sup> SEVENTH DAY PESACH

Talmud in Depth.....	8:00 a.m.
Shacharit.....	9:00 a.m.
Daf Yomi.....	6:00 p.m.
Candles Before.....	7:00 p.m.
Mincha/Kabbalat Shabbat.....	8:03 p.m.

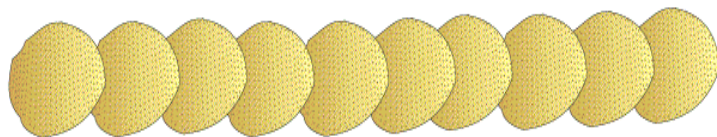
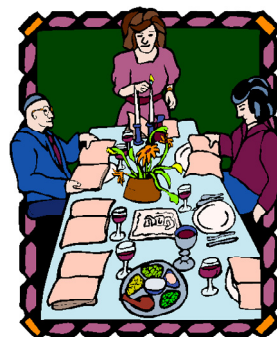
## SATURDAY, APRIL 7<sup>th</sup> EIGHTH DAY PESACH

Talmud in Depth.....	8:00 a.m.
Shacharit.....	9:00 a.m.
Sh'ma: Latest Time.....	9:40 a.m.
Yizkor (approx).....	11:00 a.m.
Daf Yomi.....	6:00 p.m.
Mincha.....	6:45 p.m.
Yom Tov ends.....	7:55 p.m.

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## PESACH SHAYLOHS

Have Questions About Pesach Preparations? Leave a message for the Rabbi at (858) 535-1196. He will return your call as soon as he can or send an email shayloh to [rjfromlj@aol.com](mailto:rjfromlj@aol.com) anytime.



**The Rabbi will be doing Hagolas Keilim at the shul on Sunday, March, 25<sup>th</sup> from 9:15 a.m. - 12:00 p.m.**

# Pesach Consumer Alerts 2018

## Kosher without Symbol

The O/U certifies Costco's Kirkland Select Farmed Atlantic Salmon with 4% Salt and Water Solution (Raw and Frozen a.k.a. "Costco Salmon"), made in Norway. Some of this product is being sold in packaging that does not have the O/U symbol. This product is manufactured under the supervision of the O/U and kosher for year-round and Passover use. Corrective actions have been implemented.

## Ground Coffee Beans (not instant coffee)

Packed at the coffee bean company that are plain, unflavored and not decaffeinated, do not require Passover certification, BUT coffee grounded at a retail store is NOT acceptable.

## Honey

1. Honey imported from Turkey, even when bearing a kosher symbol, should be suspected all year round for adulteration. For Passover, it should not be used without proper "Kosher for Passover" certification. One brand of "honey" produced in Turkey was found to contain 100% corn or cane syrup – no honey whatsoever was in the product. The kosher certification displayed was unauthorized.
2. All honey from China should be avoided.
3. All honey must have Kosher for Passover certification.

## Kitniyos Eaters

1. Those who eat kitniyos are now an identifiable market and there are many products with hashgocha for those who eat kitniyos. Though a product has the OU or Star K or other reliable hashgocha if it has any other designation it might not be suitable for Ashkenazi Jews. Please check carefully on the items you do not recognize that it is not Kosher for Passover EXCLUSIVELY for kitniyos eaters. Check with the Rabbi if you have any questions.

## Gluten Free

1. Please check Rabbi Eidlitz's, "Kashrus Conscience" booklet page 35 for a list of Gluten-free products for Pesach.

## Fresh Vegetables from Israel (especially carrots, peppers and tomatoes)

Due to Halachic issues they should NOT be purchased.

## **Quinoa:**

1. The following product are Kosher for Passover when bearing Star K symbol (no P Required):
  - a. Ancient Harvest Red Quinoa 50lb bulk bag.
2. The following products are approved for Passover when bearing the Star-K symbol and produced by Andean Valley, Bolivia. No additional Passover symbol is needed:
  - a. White Grains Royal Quinoa.
  - b. Red Grain Royal Quinoa.
  - c. Tricolor Grain Royal Quinoa.
3. Baron's Quinoa – The package will say it's kitniyos, but it is not. It's available on Amazon.
4. See [www.star-k.org/quinoa](http://www.star-k.org/quinoa) for more information.
5. The following brands must have the O/UP symbol
  - a. Goldbaum White and Tricolor
  - b. Goldbaum White Chia Seeds
  - c. Pereg White, Red and Tricolor
  - d. Setton Farms
  - e. Labonne
  - f. Pereg Quinoa Flour

# Pesach Consumer Alerts 2018

6. It is necessary before Passover that you check through the grains for extraneous matter (e.g. barley) by placing the quinoa on a plate and looking through the grains.

## **Milk Alternatives:**

**Rice Milk and Soy Milk: These products are kitniyos and possibly contain chometz.**

Under normal circumstances one may not consume them on Pesach. The following rice/soy milk products are chometz free but contain kitniyos and may be consumed by someone who is allowed to eat kitniyos (e.g. one who is ill). The following additional conditions must be met: 1) Only the "Original" versions are acceptable, 2) It is recommended that those who require these products ideally purchase them before Pesach, and 3) Use separate utensils. Liquid versions of these products are preferable to their powdered counterparts.

- a. Soymilk Original Only–365 Everyday Value (original, light, unsweetened), Best Choice Clearly Organic, Harvest Farms, Nature's Promise Organic, Silk (Original), Soy Dream
- b. Rice Milk Original Only– Rice Dream Enriched (Unsweetened Original), Nature's Place, Wild Harvest Enriched

**Coconut Milk:** All coconut milk products require Kosher for Pesach certification. If not available the following brand may be used under the following conditions: 1) Only "Original" version, 2) Person is ill or has dietary restrictions, 3) Ideally purchased before Pesach and 4) Use separate utensils.

- a. Coconut Dream

## **Almond Milk:**

- a. There is a Kosher for Passover Almond Milk produced by Lieber's in either Regular or Vanilla flavor. (P is required).
- b. If the Lieber's product is not available the following almond milk brands may be used under the following conditions: 1) Original Only; 2) Person is ill or has dietary restrictions; 3) Ideally purchased before Pesach; 4) Use separate utensils (No P required):
  - i. 365 Everyday Value
  - ii. Almond Breeze Original
  - iii. Almond Breeze Unsweetened
  - iv. Fresh and Easy
  - v. Nature's Place
  - vi. Trader Joe's

## Non-food Items

1. Orthodontic Elastics/Rubber Bands used with orthodontic braces are coated with corn starch (even though no mention may appear on the packaging) and should be rinsed well under cold water before use on Pesach. Please note that the wax used for braces is acceptable.

## Products for Pesach which do not require Special Certification

The following is a list of products which can be used on Pesach without special Pesach certification, unless otherwise noted. Please note, where regular items may be used a new container must, in certain cases, be purchased for Pesach.

**Abdominal Discomfort:** Bicarbonate of Soda, Di-Gel (Kitniyos), Gelusil tablets, Imodium, Metamucil (original texture regular flavor – powder only, not wafers or Fibar), Phillips Milk of Magnesia (unflavored), Pepcid, Pepto Bismol, Roloids, Zantac (not liquid).

**Air Freshener:** All ok.

**Alcohol:** any isopropyl or synthetic (acetyl, lanolin, benzyl and methyl) alcohol.

**Aluminum Disposable Pans:** All uncoated without a release agent. Disposable cardboard covers present issues and should not be used for Passover. Adwe's aluminum kosher cover and Handi-Foil's all plastic lids which have an OU are good for Pesach.

**Aluminum foil products:** all disposable foil products.

**Ammonia:** all.

**Baby Formula:** Carnation Alsoy, CVS, Earth's Best, EnfaCare, Enfamil, Gerber Good Start, Giant, Heinz Nurture, Isomil, Kirkland Signature, Prosobee, Similac, Target and Walgreens. (Bottles and nipples should be filled and cleaned separately from Pesach dishes since formula is kitniyos).

**Baby oils:** any pure

**Baby ointments:** A&D (regular only), Desitin, Petroleum Jelly.

**Baby powder:** Johnson's, or any pure talcum powder. Beware of any containing oat flour.

**Baby wipes:** All without alcohol (such as Johnson's Baby Washcloth).

**Baking Powder:** Must have Passover certification.

**Baking Soda:** Any pure Bicarbonate of Soda (new box). Arm & Hammer.

**Balloons:** Balloons are coated inside with a starch, which may be either kitniyos or may even contain chometz. Therefore, not only should one not blow up balloons by mouth, preferably they should be sold with chometz. Helium balloons are okay.

**Band-Aids:** Any (including medicated)

**Bleach:** Any

**Boric Acid:** Any (new container)

**Candles:** Any pure unscented

**Candy:** Must bear Kosher for Passover certification. Many Kosher for Passover chocolates contain kitniyos so you must

make sure the hashgocha is not Kosher for Passover EXCLUSIVELY for kitniyos eaters.

**Chapstick:** The following are free of chometz and animal derivatives; Chapstick – All, Natural Ice All, Nivea Lip Care – All, Soft Lips - All, Superlan (Superlan is a superior all natural, ultra-pure lip balm with no chemicals or flavor and available at grocery stores). Note: Blistex – All flavors are ok for Pesach EXCEPT for Five-Star lip protectant and Ultra Rich Hydration. Please note that all of these products are For Chol Hamoed ONLY and NOT to be used on Shabbos or Yom Tov and you must purchase a new tube prior to Pesach.

**Charcoal Briquettes:** (for a barbeque) any kind.

**Cleansers:** All (i.e. Ajax, Fantastic, Bab-O).

**Cocoa:** All 100% pure unsweetened cocoa and only domestically produced, except for Hershey's Special Dark Cocoa.

**Cold Sore Medication:** Abreva, Blistex DCT, Herpecin-L, Orajel, Softlips.

**Coffee:** One must be extra careful to purchase only those coffees that have been approved for Pesach and has a reliable Kosher L'Pesach supervision unless it is listed below: The following is a list of coffees that are approved for Pesach. Be sure to purchase a new jar or can for Pesach.

**Regular, unflavored and not decaffeinated ground Coffee:** are acceptable for Pesach use when bearing an OU. (Does not require an OU-P).

**Decaffeinated Instant Coffee:** Sanka with Kosher for Passover certification and Taster's Choice with Chug Chasam Sofer Bnei Brak for Pesach, on the jar, Folgers with a plain OU, and Gefen with OU-P. Coffee is often decaffeinated by means of ethel acetate, which is derived from either kitniyos or chometz. Therefore, most decaffeinated coffees require special Pesach certification.

**Caffeinated Instant Coffee:** often contain maltodextrin, which is derived from either corn (kitniyos) or wheat (chometz). Therefore, most instant coffees require special Passover certification. The following regular unflavored and not-decaffeinated instant coffees are Kosher for Pesach all year even without special Pesach

## Products for Pesach which do not require Special Certification

certification: Folgers; Taster's Choice (House Blend, French Roast and 100% Colombian), VIA. The following instant coffees may be consumed on Passover, but only when bearing an OU-P: Elite Instant Coffees; Turkish Ground Roasted and Platinum Coffees; Gefen Instant Regular Coffee; Kirkland Regular and Signature, Starbucks.

**K-Cup Coffee & Teas:** The following K-cups, Vue cups, Bolt packs and single serve coffee that are unflavored and not decaffeinated bearing and OU are permissible even without special Pesach certification: Donut House Collection; Dunkin Donuts; Emeril's Gourmet Coffee; Folgers; Green Mountain Coffee, Kirkland Signature, Peet's Coffee, Starbucks Regular, Timothy's World Coffee, Tully's Coffee. NOTE: A dedicated-for-Pesach coffee brewing machine is necessary.

**Coffee filters:** Any unflavored

**Contact lens solution:** Fluid – any brand

**Cooking Sprays:** Must have Pesach Supervision. Pompeian Avocado and Pompeian Grapeseed Oil Cooking sprays only need the Star K (no P required).

**Cosmetics, Creams, Lotions:** There is a Halachic controversy as to whether or not inedibles such as medicines and cosmetics need to be kosher for Passover. L'halacha, all non-food items not fit for canine consumption may be used on Pesach. This includes all cosmetics, soaps, ointments and creams. Nonetheless, people have acted stringently in regard to these items. I suggest, where possible, to at least check ingredients, or better, to check with the office on specific cosmetic & medicinal products as the lists are too long to print. What you must look for is as follows: **Any eye or powdered face make up without wheat, oat or steropro (sterilized oat flour) listed in the ingredients is permissible. Liquid cosmetics, toiletries or sprays** that contain denatured wheat alcohol (i.e. ethyl alcohol mixed with a toxin) should NOT be used on Pesach and should be sold together with Chometz. In addition, some toiletries and perfumes may have ethyl (grain) alcohol and may be actual Chometz. Therefore, perfumes, colognes, hair tonics, mouthwash, liquid and roll-on deodorants, hair sprays and similar products are to be considered Chometz, unless they do not contain alcohol

or contain synthetically derived alcohol or kitniyos-derived alcohol.

**Cosmetic Lotions, Creams,** bars of non-wheat hand soaps, ointments, nail polish, rouge, foot powder, acne aids, cold cream, medicated cleanser, shampoo, mascara, stick or powdered deodorant, eyeliner, toothpaste and lipstick whose ingredients do not include any of the Chometz Ingredients listed below may be used on Pesach. **Flavored lipstick may not be used and organic toiletries are prohibited.** It is preferable to purchase Pesach approved lipsticks and toothpaste. **The Chometz ingredients most commonly used by cosmetic companies are: Alcohol, Alcohol denate or Denatured alcohol, Ethyl alcohol, Avena Sativa (oat) Kernel flour, Barley extract, Beta glucan, Dextrin, Dextrin palmitate, Hordeum vulgar extract, Hydrolyzed wheat protein, Hydrolyzed wheat starch, Malt extract, Maltodextrin, Oat beta glucan, Oat extract, Oat flour, Prolamine, Oat Amino acids, Secale Cereale (rye) seed flour, Sodium Lauroyl, Sorbitol, Triticum Vulgare, Wheat amino acids, wheat bran extract, Wheat germ glycerides, Wheat protein, Wheat germ extract, Wheat germ oil, Yeast extract, or Ethyl Alcohol derived from wheat and/or Oats. Any product that does not list these ingredients is permissible.** If you have any questions as to the acceptability of any of your cosmetics you can call the Synagogue office. Your questions can be answered during office hours.

**Crock Pot Liners:** All

**Dairy Products:** Cream cheese, yogurt, butter and the like must always have Passover certification.

**Deli:** Empire, Solomon's Company Buffalo (OU).

**Dental Floss:** any unflavored brand, waxed or unwaxed.

**Denture cleaner:** Fixodent, Polident, Super Poli-grip.

**Deodorant:** All powder and solid stick powder types may be used. For cream, gel, roll-on, or spray forms, please contact the office. The following is a list of recommended deodorants; Arid Extra Dry, Secret, Sure, Tom's, Rightguard Aerosol (NOT Sport Original), Old Spice body spray, Jean Nate.

**Detergents:**

## Products for Pesach which do not require Special Certification

**Dishwashing Detergents:** The following may be used without any additional Passover certification: Ajax, Cascade (with an O/U), Dawn (with an O/U), Ivory (with an O/U), Joy (with an O/U), Palmolive (regular, ultra), Finish Powder (with an O/U), Seventh Generation (with an O/U), Sunlight (Soft Water with an O/U), Trader Joe's (with an O/U).

**Laundry (Powder):** Any with reliable kosher certification may be used on Pesach.

**Laundry (Liquid):** Arm & Hammer, Cheer, Dreft, Dynamo, Era, Fab, Gain, Tide.

**Diapers, Disposable:** All.

**Eggs:** The custom is to purchase eggs before Pesach.

**Fabric Softener:** Any brand.

**Face Powder:** All

**Fish, fresh:** at Ralph's with Rabbi's Certification or RCC.

**Fish, frozen:** Due to the frequent application of glazes to raw fish, it should be purchased only with reliable kosher certification. However, Kirkland Frozen Wild Salmon bearing the standard OU symbol is acceptable after rinsing, while the Kirkland Atlantic (Farm Raised) Salmon bearing the standard OU symbol is acceptable as is for Passover. Kirkland's Frozen Tilapia when bearing the standard OU symbol is also acceptable for Passover after rinsing. Note: the washing CANNOT be done over a Pesach sink.

**Fruits:** Any canned, cooked, dried or sweetened fruits should have Kosher for Pesach certification.

**Fruit, Dried:**

**(Apricots, Dates, Figs, Peaches, Plums, Assorted Dry Fruits, Prunes, Sundried Tomatoes –**

Please call the office for the list as some brands are acceptable with Star-K only and others require a Kosher for Passover symbol, and the list is too extensive for this guide.

**(Raisins) –** (check to make sure "oil" does not appear in the ingredient panel) – American Raisin Packers, California Fruit (Star-K), California Raisins, Del Monte, Dole (Star-K), Newman's Own Organic

(O/U), Sun Maid, Trader Joe's (Star-K).

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

**Fruit, Fresh Pre-Cut:** Fresh pre-cut fruit must bear the Kosher for Pesach symbol, with the exception of the following which require Star-K only; Foodhold, Lancaster Foods, Nature's Promise.

**Furniture Polish:** any.

**Garlic:** Fresh garlic is fine for Passover, but peeled garlic (i.e. in jars or cans) must bear a reliable Kosher for Pesach certification.

**Glass cleaner:** All

**Glue:** All Krazy Glue, Elmer's and Ross Glue products are made of synthetic ingredients and may be used on Pesach. Note: Elmer's and Ross Finger Paints may contain Chometz and should be sold before Pesach. Paste type glues are Chometz and should be sold before Pesach.

**Hair Spray:** All

**Honey:** Only with reliable hechsher for Pesach.

**Hydrogen Peroxide:** All

**Ice (in bags) from plain, unflavored water:** Any

**Juices, fresh:** All fresh juices require Kosher for Passover certification as juice can be filtered through bran. Ceres brand is Star-K (P).

**Juices, frozen:** Any 100% pure White Grapefruit or Orange frozen concentrate juices without added Vitamin C (Ascorbic Acid) or Citric Acid and without sweeteners, additives, preservatives or enrichments (e.g. calcium). All other frozen juice products require reliable Kosher for Passover certification.

**Lactaid Drops (NOT Tablets):** If needed, it must be added to milk or other dairy products before Pesach. NOTE: Caplets may contain Chometz and may not be used on Pesach. Chewable pills are NOT acceptable for Pesach.

## Products for Pesach which do not require Special Certification

**Lactaid Milk:** Lactaid milk may be used on Pesach if purchased BEFORE Pesach.

**Lemon, Lime Juice:** RealLemon, RealLime (liquid only, not frozen).

**Manishevit Wines:** Only those bearing an OU AND Kosher for Pesach, or bearing OU-P, should be used. The same varieties come on both Pesach and non-Pesach types, so make sure to check each label. **Note that some state “shehakol” in Hebrew on the label, and should not be used for the four cups at the seder, or for kiddush on Shabbos or Yom Tov.**

**Margarine** (with Passover certification only): Mother’s (O/U-P), Ralph’s (O/U-P).

**Matza, wheat-free:** Lakewood Matzoh Bakery for Gluten Free or Spelt Matzoh. [www.lakewoodmatzoh.com](http://www.lakewoodmatzoh.com) or 732-364-8757 and order directly from them.

**Meat & Poultry, Packaged:** All packaged raw meat and poultry without additives for flavors can be used without special Passover certification. However, all ground meat and ground poultry require Kosher for Pesach certification.

**Medicines:** No one should refrain from taking any required medication even if it contains Chometz, without first consulting his physician and Rav. Note: All medications for a heart condition, diabetes, abnormal blood pressure, stroke, kidney disease, lung disease, depression, epilepsy, the immune system (transplant anti-rejection), and cancer treatment (including precautionary) may be taken on Pesach. Furthermore, all prescription medication taken on a regular basis for chronic conditions should only be changed with the consultation of your physician (if you cannot reach your physician you should continue to take your regular prescription and not change). Some examples of such chronic conditions include the following: Any psychiatric condition, prostate condition, Crohn’s Disease, Celiac, Colitis, high cholesterol, Parkinson’s Disease, anemia, Multiple Sclerosis, thyroid condition, and asthma. For specific questions regarding medications for Pesach please email the Rabbi at either [rjfromlj@adatyeshurun.org](mailto:rjfromlj@adatyeshurun.org) or [info@adatyeshurun.org](mailto:info@adatyeshurun.org) and put “Kosher Question” in the Subject Line.

**Milk:** It is preferable to buy Kosher for Passover milk; otherwise any brand purchased BEFORE Pesach from a company that does not process chocolate

milk on the same machinery may be used on Pesach as long as it does NOT contain monodiglycerides or dextrose. Brands to purchase before Pesach: Alta Dena, Formost, Jerseymaid, Knudson, Ralph’s, Stater Bros., Vons Pavilions.

**Milk Dry:** nonfat without additives and purchased before Pesach.

### Milk Alternatives:

**Rice Milk and Soy Milk: These products are kitniyos and possibly contain chometz.** Under normal circumstances one may not consume them on Pesach. The following rice/soy milk products are chometz free but contain kitniyos and may be consumed by someone who is allowed to eat kitniyos (e.g. one who is ill). The following additional conditions must be met: 1) Only the “Original” versions are acceptable, 2) It is recommended that those who require these products ideally purchase them before Pesach, and 3) Use separate utensils. Liquid versions of these products are preferable to their powdered counterparts.

- c. Soymilk Original Only—365 Everyday Value (original, light, unsweetened), Best Choice Clearly Organic, Harvest Farms, Nature’s Promise Organic, Silk (Original), Soy Dream
- d. Rice Milk Original Only—Rice Dream Enriched (Unsweetened Original), Nature’s Place, Wild Harvest Enriched

**Coconut Milk:** All coconut milk products require Kosher for Pesach certification. If not available the following brand may be used under the following conditions: 1) Only “Original” version, 2) Person is ill or has dietary restrictions, 3) Ideally purchased before Pesach and 4) Use separate utensils.

- c. Coconut Dream

### Almond Milk:

- b. There is a Kosher for Passover Almond Milk produced by Lieber’s in either Regular or Vanilla flavor. (P is required).

## Products for Pesach which do not require Special Certification

- d. If the Lieber's product is not available the following almond milk brands may be used under the following conditions: 1) Original Only; 2) Person is ill or has dietary restrictions; 3) Ideally purchased before Pesach; 4) Use separate utensils (No P required):
- i. 365 Everyday Value
  - ii. Almond Breeze Original
  - iii. Almond Breeze Unsweetened
  - iv. Fresh and Easy
  - v. Nature's Place
  - vi. Trader Joe's

**Mineral Oil:** Any

**Mouthwash:** Biotene Mouthwash & Gel, Colgate – All, Crest Rinse – All, Listerine – All, Scope, Tom's of Maine Mouthwash. Contact the office for the full list.

**Nail Polish and Remover:** All, however need to check ingredients for wheat germ oil or wheat derivatives

**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 the label states that it is processed in a plant that processes kitniyos or chometz, then it requires a reliable Kosher for Passover certification. Many consider peanuts kitniyos, which are not permissible on Pesach. Also, dry roasted nuts and ground nuts require Kosher for Passover certification. Whole pecans and half pecans do not require Kosher for Passover certification; however pecan pieces and midget pecans must bear a Kosher for Passover certification.

**Oil:** Check all oils for Passover certification.

**Olive Oil:** Kosher certified extra virgin olive oil can be used without special Passover certification.

**Coconut Oil:** Spectrum Organic Virgin Crude Coconut Oil (OU).

**Grape Seed & Avocado Oils:** Pompeian (Star K), Chosen Foods Virgin Avocado Oil (O/U no P required).

**Oil Spray:** Pompeian (Star K)

**Onions, packaged:** Fresh chopped Ready Pac onions, any frozen chopped pure onions.

**Oven Bags:** Reynolds with an OU.

**Oven Cleaners:** All

**Paper and Plastic Goods:** Any brand of plastic coated paper ware (to be used with cold foods only), any plastic ware and any Styrofoam. Uncoated paper plates and cups should not be used on Pesach. Paper plates should NOT be used with hot foods unless specifically certified for Pesach.

**Paper Cups:** any Styrofoam, plastic or cardboard.

**Paper Napkins:** All.

**Paper Plates:** All Coated brands are acceptable

**Paper (Parchment):** Union Paper Bak-O-Matic, Castaway, Reynold's (O/U), 365 Everyday Value, any Star K certified.

**Paper Towels:** Any brand - first 3 towels may contain kitniyos glue and should not be used with hot foods. If using half sheets, this rule also applies to the first 4, and the last 2, sheets.

**Plastic Bag & Wrap (non-powdered):** any brand

**Pepper:** Morton's black pepper, Durkee, Spice Island, It's Delish.

**Pet Foods:** The following is a list of pet foods approved for Passover 2018 **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. It is advisable to mix together regular and Pesach food one to two weeks prior to Pesach before switching completely to Pesach food. Food should be purchased BEFORE Pesach. Pet Stores where Chometz Pet food may be bought *after* Pesach: Petco & PetSmart.

**Cat Food:** Blue Wilderness Grain

Free (dry): Adult (Duck, Indoor Chicken, Rabbit, Red Meat, Salmon, Trout, Weight Control), Kitten (Chicken).

Evangers: When bearing cRc Passover approval. Friskies (canned): Pate Chicken & Tuna Dinner, Pate Classic Seafood Entrée, Pate Country Style Dinner, Pate Mariners Catch, Pate Salmon Dinner.

Kirkland (Costco) (dry): Healthy Weight Indoor Adult, Maintenance Chicken & Rice, Natures

## Products for Pesach which do not require Special Certification

Domain Salmon Meal & Sweet Potato. Meow Mix; Tuna & Whole Shrimp in Sauce. Merrick Grain Free Limited Ingredient Diet (canned); Real Chicken, Real Duck, Real Salmon, Real Turkey. Merrick Purrfect Bistro Grain Free (dry); Adult (Healthy Weight, Real Chicken), Healthy Senior. Merrick Purrfect Bistro Grain Free (canned); Chicken Casserole, Chicken Divan, Salmon Pate, Tuna Pate. Prescription Diet, a/d, d/d (except duck), m/d (canned only), r/d, s/d, t/d, zd. Purina; Fancy Feast Classic in Silky broth only, Fancy Feast Classic w/Mackerel & Vegetables in Silky broth, Fancy Feast Classic w/Tuna & Vegetables in Silky broth. Wellness Core Grain Free (dry); Adult, Indoor, Kitten, Original. Wellness Core Grain Free (canned); Indoor, Kitten, Whitefish & Salmon & Herring.

**Dog Food:** Alpo Chop House Originals (canned); Prime Rib Flavor cooked in Savory Juices, T-Bone Steak and Ribeye Flavor cooked in Savory Juices, Roasted Chicken and Top Sirloin Flavors cooked in Savory Juices, Filet Mignon and Bacon Flavor cooked in Savory Juices. Blue Freedom Grain Free (dry); Adult (Lamb, Chicken), Small Breed Puppy, Chicken. Blue Freedom Grain Free (canned); Chicken Recipe (Small Breed, Puppy), Grillers (Hearty Beef, Hearty Lamb, Hearty Chicken, Hearty Turkey). Blue Wilderness Grain Free (dry); Adult Chicken Recipe, Adult Duck Recipe, Adult Salmon Recipe, Puppy Chicken Recipe, Senior Chicken Recipe, Small Breed Adult Chicken Recipe. Blue Wilderness Grain Free (canned); Salmon & Chicken Grill, Turkey & Chicken Grill, Duck & Chicken Grill. Evangers; When bearing cRc approval. Hills Ideal Balance Grain Free (dry); Adult Natural Chicken & 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, h/d, n/d, r/d, s/d, u/d. Science Diet Grain Free (dry); Adult (Chicken & Potato). Wellness Core Grain Free (dry); Original, Reduced Fat, Ocean, Small Breed. Wellness Core Grain Free (canned); Beef & Venison & Lamb, Puppy, Turkey

& Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring. Wellness Grain Free Ninety Five Percent (canned); Beef with Carrots, Chicken with Broccoli, Turkey with Spinach.

**Fish:** Fish food and Vacation blocks often contain chometz. The following are acceptable: Zoo Med Laboratories Giant Plankton Banquet Block Feeder, and Tetra Tropical Slow Release Gel Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days). Goldfish and Tropical fish can have tubular worms, frozen brine shrimp, and freeze dried worms (if they do not contain fillers).

**Birds** (Parrots, Parakeets, Cockatiels, Macaws); Millet and sorghum as main diet. Peanuts, sunflower seeds, & 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. You may supplement with cottage cheese, rice cakes (birds like these), small pieces of lean meat, matzoh, berries, eggs, canned baby fruits. For minerals, birds can have oyster shells (calcium) or mineral block.

**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. You may supplement with mixture of cut-up fruit and vegetables – carrots, broccoli, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, and cabbage. Can also give some matzoh.

**Geckos:** Repashy Crested Gecko Meal Replacement Powder.

**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. Whole insects (live or dead) with no additives or other ingredients are permissible.

**Quinoa:**

## Products for Pesach which do not require Special Certification

1. The following products are Kosher for Passover when bearing Star K symbol (no P Required):
  - a. Ancient Harvest Red Quinoa 50lb bulk bag.
2. The following products are approved for Passover when bearing the Star-K symbol and produced by Andean Valley, Bolivia. No additional Passover symbol is needed:
  - a. White Grains Royal Quinoa.
  - b. Red Grain Royal Quinoa.
  - c. Tricolor Grain Royal Quinoa.
3. Baron's Quinoa – The package will say it's kitniyos, but it is not. It's available on Amazon.
4. See [www.star-k.org/quinoa](http://www.star-k.org/quinoa) for more information.
5. The following brands must have the O/UP symbol
  - a. Goldbaum White and Tricolor
  - b. Goldbaum White Chia Seeds
  - c. Pereg White, Red and Tricolor
  - d. Setton Farms
  - e. Labonne
  - f. Pereg Quinoa Flour
6. It is necessary before Passover that you check through the grains for extraneous matter (e.g. barley) by placing the quinoa on a plate and looking through the grains.

**Rubber gloves:** All without inner powder coating may be used.

**Salt:** Any non-iodized salt and sea salt.

**Salt Substitutes:** Freeda Free Salt (with O/U-P).

**Scouring pads:** Dobie, Brillo Nylon, Scrubber, Scotch brite, Supreme, Airwick Nylon, Golden Fleece, Choreboy, O-Cel-O, Scrunge. Any steel wool without soap.

**Seeds: (Whole Seeds ONLY)** – Check seeds thoroughly before Pesach for any possible mixed-in grains.

Chia Seeds – Any raw without additives.

Flax Seeds – Permissible on Pesach, whole grains only, check thoroughly before Pesach for any possible mixed-in grains.

Hemp Seeds – Permissible on Pesach, whole grains only, check

thoroughly before Pesach for any possible mixed-in grains.

**Shampoo and conditioner:** Shampoos or conditioners which do not contain wheat, oats, rye, barley, spelt, sorbitol, ethyl alcohol, or unspecified 'alcohol' or 'vegetable'. The list is extensive and there are some exceptions. Please call the office for information on your favorite.

**Shoe Polish:** Any

**Silver Polish:** All Kosher brands.

**Soaps and Body Washes:** Please call the office as the list is extensive and there are some exceptions. All other non-organic soaps which do not contain wheat, oats, rye, barley, spelt, sorbitol, ethyl alcohol, or unspecified 'alcohol' or 'vegetable'. Call the office for information on your favorite.

**Spices:** Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds and mustard are kitniyos and not acceptable for Passover. Other spices are acceptable in whole form, but ground spices require Passover certification.

**Sponge:** any without soap.

**Sterno:** any

**Straws:** any plastic

**Styrofoam Products:** any

**Sugar, brown:** C&H Gold Brown (Star K), C&H Dark Brown (Star K), Dixie Crystals Lite Brown, Imperial (O/U).

**Sugar, white:** Any granulated pure cane sugar or beet sugar without dextrose, such as C&H, Vons/Pavilions, Albertsons, Kroger (with O/U symbol only) and Smart & Final - it must be listed as pure cane sugar or beet sugar on the label. A new package must be purchased for Pesach.

**Sugar substitute:** Sugar Substitutes required a Kosher for Pesach certification.

**Tea Bags (regular-unflavored):** Albertsons, America's Choice (Star K), Bromley Estate, Chock Full O'Nuts, Kroger, Lipton (Star K), Nestea, Newman's Own Organics Green Tea Bags (with an O/U), Salada, Sweet Touch Nee (Star K), Tetly (Star K), The Republic of Tea, Safeway (Star K). Regular Tea bags that are unflavored and not decaffeinated and have no fillers such as chicory may be used for Pesach without special certification.

**Tea Bags (Decaf):** Sweet Touch Nee 97% Decaf, Lipton Unflavored with O/U only.

**Tea Instant:** Nestea unflavored 100% Tea (regular and decaf).

**Toothbrush:** any

## Products for Pesach which do not require Special Certification

**Toothpaste:** Colgate, Tom's of Maine, Crest (Cool Mint, Extra Whitening, Multicare, Kids Sparkle), Aim, Aquafresh, Mentadent. Many other toothpastes not listed, even though they have no *chometz*, contain glycerin derived from animals. *Halachically* one is permitted to use them since they are not food; they are not made to be swallowed, and people do not swallow toothpaste. The office has an extensive list of acceptable toothpastes, please call to check your brand.

**Toothpicks:** Any uncolored, unflavored wood or plastic toothpick. Umbrella toothpicks or frilly toothpicks should not be used during Pesach.

**Vegetables:**

**Bagged Salads:** Must bear Kosher for Passover Certification.

**Canned, Cooked or Frozen:** Must bear Kosher for Passover Certification.

**Fresh Raw:** Acceptable if they are not kitniyos and do not contain additives.

**Vegetable Washes:** Must bear Kosher for Passover Certification. The Sereli brand is acceptable.

**Water:** Any is acceptable if it doesn't contain carbonation, flavors or vitamins.

**Water Filters:** Any

**Wax Paper:** Cut-rite, Marcal Kitchen Charm, Reynolds.

**Yogurt:** Breyers (OU-Pd), Slim (OU-P), Dannon (OU-Pd (Vanilla or Coffee)).

## Additional Comments and Resources Information

This list was prepared with the help of “Kashrus Magazine” by Rabbi Yosef Wikler, “Kashrus Conscience” by Rabbi E. Eidlitz of Emek Hebrew Academy, 2018 Passover Directory by Star K, The “Jewish Action” Passover issue, “Chicago Rabbinical Council Passover Alerts & News” and Rabbi Avrohom Blumenkrantz, “The Laws of Pesach: A Digest”.

**If it's not on this list, it doesn't necessarily mean it isn't acceptable. It may mean either:** I know nothing about it; it slipped my attention; or, it may not be here because this is only a partial list.

### **EXCELLENT SOURCES OF CURRENT PRODUCT INFORMATION FOR PASSOVER:**

<http://kosherquest.org/>

<http://www.star-k.com/cons-pesach.htm>

<http://oukoshher.org/index.php/passover>

<http://crcweb.org>

The following is a partial list of common items, which contain chometz or are made on chometz equipment, or have other serious kashrut concerns, and therefore *should not be used unless one is sure the product has Passover supervision:*

**Airline Meals**  
**Apple Juice**  
**Applesauce**  
**Baby food, Baby cereals**

**Baby Powder**

**Bird Food**

**Brown Sugar**

**Butter**

**Candied fruit**

**Canned & frozen fruit & vegetables w/syrup**

**Cat food**

**Cheese and Cottage Cheese**

**Chewing gum** (gum with hashgocha from the Chief Rabbinate of Israel is not recommended as the source of the base is not acceptable to all, and they permit kitniyos, legumes.)

**Chocolate and Chocolate milk**

**Chocolate spreads from Israel** (can contain kitniyos or real chometz)

**Cider Vinegar**

**Cigars & Cigarettes**

**Coffee**

**Cold medication**

**Condensed Milk**

**Confectioners' Sugar**

**Creamer (non-dairy)**

**Dairy foods**

**Dextrose**

**Dishwashing Detergent**

**Dog food**

**Dried Fruit & Raisins**

**Emulsifiers**

**Finger paints**

**Fish food**

**Flour**

**Fish – Frozen & Raw**

**Frozen Fruit Drinks**

**Gelatin**

**Glucose**

**Honey**

**Horseradish**

**Hydrolyzed Vegetable Protein (HVP)**

**Ice Cream**

**Insect/Rodent Traps**

**Ketchup**

**Lactaid (tablets may contain Chometz)**

**Liquors**

**Maple syrup**

**MSG**

**Margarine**

**Mayonnaise**

**Milk**

**Mustard**

**Nuts**

**Oil**

**Paper plates** paper plates often starch coated

**Peanuts** Many consider them kitniyos.

**Peeled Vegetables**

**Pet Food**

**Pickles**

**Play-Doh** (Chometz)

**Powdered Cocoa (sweetened)**

**Quinoa** – requires Kosher for Pesach label – see warning on Alert's Page at the front of this guide

**Rubber Gloves (Powdered)**

**Salads** (in bags) - may contain citric acid

**Salt**

**Soda**

**Splenda (contains Kitniyos)**

**Sugar**

**Sunflower seeds**

**Tea (Instant, Herbal)**

**Tofu**

**Tomato products**

**Tonic Water**

**Tuna**

**Vanilla Extract** – can contain corn syrup or alcohol

**Vegetables**

**Vegetable Wash**

**Wine**

**Yogurt**

## **Additional Comments and Resources Information**

***PLEASE NOTE:***

\*Most marshmallows sold in grocery stores as kosher for Passover are not even kosher during the year, and should not be used.

\*Some kashrut supervising agencies follow standards that are not universally (or locally) accepted. Call the synagogue for a list of recommended agencies, or visit:

<http://www.kosherquest.org/index.asp?theaction=symbols>

\*Many Pesach items with certification from Israel are only for Sephardim, not for Ashkenazim. Usually that information is contained only in small letters in Hebrew. If you have any questions, call the Rabbi.