

FREEDOM OF A NATION

THE LAWS OF PESSAH (SEPHARDIC)

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The following explain observances and customs, followed by the list of foods / products that Sephardim can refer to which has been compiled by the West Coast Beit Din for 2024.

MATZA AND MATZA SHMURA -The Matzot we consume during Pessah, are made from the five grains. All Matza dough may not exceed 18 minutes from the second the flour is mixed with water till the Matza is completely baked. There is a special Mitzvah to eat Matza Shmura during the Seder night. Matza Shmura means that the wheat was supervised from the time of harvest from getting wet .

There are three levels of Matza: • 1-SHMURA The wheat was watched from the time of harvest. • 2-The wheat was watched from getting wet from the time of grinding and baked within 18 minutes of the

beginning. • 3-Watched only from the time the flour was initially mixed with water. This last one is usually the way the simple machine Kasher for Pessah Matza is made.

A person can find these same 3 levels in Machine Matza.

OAT MATZA - Not all poskim hold that oats matza is Hamotzi and they are not Mekayem mitzvat Matza on Pessach. Therefore it is misleading the tzibbur. It is advisable that the manufacturer writes that on the package. Some hold it is Shehakol or if in kernels, it is haodomo .It is maachal behema, animal food.

COOKING AND BAKING WITH MATZA KNOWN AS “GEBROCHT” -A Matza that has been wetted, cooked, fried, or made into baked items is called GEBROCHT. It is permitted for sefaradim.

Matsa mixtures are found in many foods. In that case, those that are strict to eat only Shmura Matza need to be strict and use foods that contain **ONLY** Shmura Matza meal flour only. This problem arises in Gefilte fish, cookies, cakes, and doughnuts as these products are often made with the simple Matza meal flour.

SEALED PRODUCTS- Anything that was used before is not to be used on Pessah. (i.e., **open jar of peanut butter or avocado oil**) – Everything must be opened new and fresh on Pessah.

MATZA ASHIRA AND EGG MATZOT -Matzot made with no water at all but only with real pure fruit juice (not concentrate mix) or eggs, are permitted. They may be eaten on Pessah, and surely by the sick and elderly. However, one cannot fulfill the mitzvah of Matza for the Seder night with it.

KITNIOT -Sephardim do eat kitniot.

Some have the custom to check Rice (three times) in order to ensure that there is no grain mixed with it. Due to the stringency of not eating Hamets on Pessah, for the Ashkenazim and some Sephardim a custom has been developed not to eat some Kitniot, legumes.

There are 3 reasons for this custom of not eating kitniot: • Since they were usually sold in bags next to each other, maybe some wheat or flour got mixed with the Kitniot. • Because when made as a cereal it looks like grain cereal. • It is possible to grind Kitniot and make a loaf similar looking to bread such as corn bread.

IN KITNIOT CUSTOMS, THERE ARE THREE LEVELS: • Those that permit all Kitniot. • Those that don't use rice, millet or any dried legumes but permit all fresh. • The Ashkenazim that don't consume any in any shape or form even in mixtures.

However the first two customs permit mixtures of Kitniot and surely its derivatives such as: corn syrup, oils, lecithin glucose and emulsifier, etc.. Legumes are permitted for most Sephardic Jews who, for various historical reasons, did not adopt this custom of refraining from Kitniot consumption on Pessah. Therefore Israeli or foreign Hechsherim for Pessah are found on candies, jams, mustard, and other products containing legumes. These products may be usable on Pessah by Sephardim.

However According to many opinions those that don't eat Kitniot, the mixtures are permitted even if the Kitniot are 51% of the mixture. That is why some supervising companies certify Kasher mixtures of corn syrup and legumes (including for Ashkenazim) they are correct for doing so to enhance the Pessah happiness and accommodate those that cannot afford the high-priced items for Pessah. “Hatorah hassa al mamonom shel yisrael” The Torah is careful not to waste the money of Bene Yisrael. During the years of wars, sicknesses and magefot ,the Poskim permitted eating kitniot for Ashkenazim.

According to all opinions (including Ashkenazim) it is permitted to benefit from Kitniot and own them on Pessah and when necessary, babies and young children may even eat Kitniot.

For the Sephardim any food that is free of Hamets may be considered kosher. However, the Ashkenazim insist that all foods must be supervised in order to be kosher for Pessah. According to Maran Rav Ovadia Yosef ZT” L, we should not buy any products intended for Pessah without the approval of a Rabbi.

In all items where there is real and edible Hamets, meaning if in the ingredients there is wheat or any of the five grains, these foods should not be eaten on Pessah, even if the amount is minute and it is annulled in the one sixtieth formula before Pessah. Even though as a rule we don't hold of Hozer veneor, but, since the Halacha of this Bitul is very complex, and they are beyond the scope of this booklet. All items containing Hamets that are not edible even by a dog, lose their status of Hamets. If the product is made before Pessah it is permitted, such as Play dough etc to use and keep.

LIST OF COMMONLY USED LEGUMES- KITNIOT

asparagus bean or snake bean asparagus pea baby lima bean black bean black turtle bean Boston bean Boston navy bean broad bean cannellini bean chili bean chick peas(garbanzo) cocoa bean corn cranberry bean Egyptian bean Egyptian white broad bean English bean fava bean fava-coceira field pea French green beans frijole bola roja frijole negro great Northern bean green beans green and yellow peas kidney beans lima bean Madagascar bean Mexican black bean Mexican red bean molasses face bean mung bean mung pea mungo bean mustard navy bean pea bean Peruvian bean pinto bean (peanuts) red bean red eye bean red kidney bean rice bean runner bean sesame scarlet runner bean small red bean small white bean soybean wax bean white kidney bean white pea bean lentils, tofu, , sunflower seeds, poppy seeds, kasha, kimmel, cumin, and lecithin rice, , millet.

The following are **NATURALLY-KASHER** -Meats, chicken, fish, fruits, fresh vegetables, etc. whether these products are bought specifically for Pessah or not, they can be washed/scrubbed before and used for Pessah.

RICE-SEE RICE BELOW

OILS: vegetable oil, corn oil peanut oil, almond oil , canola oil, olive oil, coconut oil, soy oil, soya oil, , tofu oil, Pure Rice Bran Oil

VEGETABLES (FROZEN & FRESH) -Many vegetables may be used on Pessah. However Broccoli, Cauliflower, and Spinach have a different problem. They are often full of tiny bugs and are therefore very hard to clean even if they have a kosher sticker or say bug free they must be re-checked at home.

FRUITS AND VEGETABLES-It is preferred to buy fresh over frozen. However if it is hard to find the same quality in fresh, frozen may be used for Pessah . I s

MEDICATIONS -If medication is needed for a dangerously sick person then all medication is permitted. If not dangerously sick, the medications that contain only Kitniot are permitted. If the medications contain wheat, it might be permitted in specific circumstances, (The condition “Ahsheveh” is only applicable to make non edible food into food, but not to make the food Assour for Pessah).An adult should refrain from consuming sweet tasting medicines.

VINEGAR -Apple cider vinegar, Apple vinegar, synthetic vinegar, distilled vinegar are all OK. However, wine vinegar and red vinegar are not kosher unless it says it is Kasher LePessah. White distilled vinegar is made from corn and is permitted for Pessah. Distilled Vinegar in products such as Heinz ketchup, Best Foods or Hellman's mayonnaise, French's mustard and Claussens pickles, is synthetic vinegar and not from grain. However, when in doubt, contact the manufacturer or buy it with the Kasher for Pessah symbol.

GELATIN-Gelatin made from non-Kasher animal sources is not readily found certified for year-round use. However, the OU Certificate was awarded to pharmaceutical companies and nutraceuticals for the growing number of health-conscious kasher consumers.

The D on KASHRUT labels. -The “D” in Kashrut certifications as in OU-D or an OK-D usually indicates dairy equipment. However, if it contains dairy ingredients the product may not be eaten with meat nor cooked in meat utensils. Nevertheless according to most Poskim, dairy equipment is not a problem for whether one keeps or doesn’t keep Chalav Yisrael.

PROCESSED PRODUCTS – all products including vitamins and medicines should be bought before Pessah.

PRODUCTS IN STORES -We have found that stores often mistakenly place the NON-PESSAH Kasher foods in the “Pessah” section of the freezer. So please be careful.

ALPHABETIZED LIST

IF YOUR RABBI OR YOUR CUSTOM DOES NOT AGREE WITH ANY OF THE ITEMS IN THIS LIST, FOLLOW YOUR RABBI.

WHENEVER AN ITEM IS DECLARED OK. OR KASHER, IT MEANS THAT, ONLY IF IT IS KASHER ALL YEAR ROUND, IT DOES NOT NEED SPECIAL SUPERVISION FOR PESSACH.

WHEN A DAIRY FOOD IS CONSIDERED KASHER, IT DOES NOT IMPLY THAT IT IS CHALAV YISRAEL

ACIDS: Ascorbic acid, ascorbate, sodium erythorbate malto dextrins, sodium citrate, vitamin C ,xanthan gum , and all food preservatives are ok.

AGAVE: organic pure agave is ok

AIRLINE MEALS: Check for Kasher for Pessah seal.

AIR FRESHENER: any ok

ALCOHOL: Any wood alcohol, synthetic, or isopropyl. ok

ALKA SELTZER: ok

ALMOND BUTTER: 100% almonds, ok

ALMOND FLOUR: KIRKLAND ok. Bob’s Red Mill Natural Almond Flour (gluten free) OK. Trader Joe’s Blanched Almond Flour

ALMOND MILK: Almond milk may be used on Pessah since it only contains kitniyot. Plain, fresh, organic, unsweetened Vanilla, Original, or Chocolate e.g. Almond Breeze, from Whole Foods. some may be dairy.

ALMOND PASTE: OK

ALMONDS, GROUND: only in original factory packages and not store repackaged.

ALUMINUM FOIL, DISPOSABLE PANS: All brands ok.

AMMONIA: Any brand.

ANALGESICS: All recommended, i.e. Tylenol etc. ok

ANIMAL FOOD: must be free of wheat gluten. **PET ANIMAL FOOD:** Most commercial pet foods contain actual Hamets (wheat, barley, starch, etc.) and may not be used on Pessah. Non-Hamets substitutes should be used. Mainly bird food needs to be certified that does not contain

grain products, but cat and dog food does not. If it is impossible to find Kasher for Pessah, one must sell these and all the animals to a non-Jew for the duration of Pessah unconditionally. Then the non-Jew may feed the animals, at his discretion, whatever he wants.

FISH FOOD is ok

ANTACIDS: Tums ok

ANTI-DIARRHEAS: ok

APPLE CIDER VINEGAR (KIRKLAND): ok

APPLE JUICE: Any pure, ok

APPLESAUCE: Plain, Cinnamon (if ground, not liquid), Plain Chunky, Natural Unsweetened, and Natural, ok

ARROWROOT FLOUR: ok

AVOCADO OIL: ok

AVOCADO OIL COOKING SPRAY: ok

BABY CEREAL: Beechnut Rice Cereal, Rice & Apples or Bananas - Gerber Rice Cereal, Rice Cereal with Bananas, Rice Cereal with Apples, Rice cereal with Applesauce and Bananas. Rice Cereal with Mixed Fruit, ok

BABY FOOD Packaged: if it contains only water and organic vegetable like pure carrots sweet potato, banana and rice. However, many of *Earth's Best* have oats and other grains that are Hamets

BABY FOOD: *Beechnut* Babies First Water, Golden delicious Applesauce, Chiquita Bananas, Yellow Cling Peaches, Bartlett Pears, Tender Sweet Peas, Butternut Squash, Sweet Potatoes, Green Beans, Apples & Apricots, Bananas, Cherries, California Peaches, Carrots& Peas, Mixed Vegetables, Plum with Apples and. Tropical Blend Nectar, Prunes with Pears and Plums with Apples & Rice. ok

Gerber Applesauce, Bananas, Peaches, Pears, Prunes, Carrots, Green beans, Peas, Potatoes, Squash, Sweet Potatoes, Apple Blueberry, Applesauce, Applesauce Apricot, Apricots with Tapioca, Banana with Pineapple with Tapioca, Bananas with Tapioca, Peaches, Pears, Pear Pineapple, Plums with Tapioca, Prunes with Tapioca, Beets, Carrots, Creamed Corn, Garden Vegetables, Green Beans, Peas, Squash, Sweet Potato.

Apple Banana, Apple Blueberry, Applesauce, Apricots with Tapioca, Banana Pineapple with Tapioca, Banana. Bananas with Tapioca, Fruit salad, Peaches, Plum with Tapioca, Carrots, squash and Sweet Potatoes. (*HAPPY BABY*) ok

BABY FORMULA: Enspire, *Similac* with iron, or low iron ready to feed, concentrate or powder *Enfamil* Next Step, Nutramigen, Lacto Free, with iron or low iron ready to feed, concentrate or powder-*Isomil* Soy Formula ready to feed, concentrate or powder. *Carnation*, Pedialyte Unflavored, Bubble Gum, Grape or fruit flavor.

BABY: OILS, CREAMS, OINTMENTS, BABY POWDER, and BABY WIPES: ok.

BAKING POWDER: ok.

BAKING SODA: any e.g. Arm & Hammer ok

BALLOONS: ok

BAND-AIDS: ok

BAGELS made from Matza meal, not allowed. Also not for Ashkenazim for the same reason as Kitniyot.

BARBERRIES (zereshk): a new package for Pessach for dried barberries

BBQ sauce if one of the ingredients is food starch it is not kosher for Pessah

BEER: is Hamets, not kosher.

BEYOND MEAT-BEYOND BURGER: Not for Pessah but if it has a hechsher it is ok for the rest of the year

BIRD FOOD: sunflower seeds and any food that does not contain grain products, o.k.

BLACK FLAG ROACH: ok

BLACK BEANS: Golchin ok. Trader Joe's canned Fat free refried beans (ingredients: cooked beans, water, salt) Trader Joe's canned organic beans (any variety); ingredients are the bean, water, sea salt. ok

BLEACH: ok

BICARBONATE OF SODA: ok

BORIC ACID: ok

BRANDY: Needs Kasher for Pessah.

BROWN RICE QUINOA FUSILLI PASTA TRADER JOE'S: ok.

BROWN RICE BY TRADER JOE'S: ok

BUCKWHEAT: Buckwheat (*Fagopyrum esculentum*) is a plant cultivated for its grain-like seeds. If no mixtures then ok

BUTTER: Those that are Kasher year round. Breakstone Co- Salted Whipped Butter, Unsalted Whipped Butter, Salted Quarters, Unsalted Quarters. Land O Lakes With & Without Salt, Honey & Garlic Butter & Light. ok

BUTTER, Earth Balance: ok

CACAO POWDER: FROM TERRASOUL OK FOR PESACH

CANDIES: Most hard candies are Kasher, since the problem is mainly corn syrup. Taffies and soft candies need to be Kasher for Pessah. Also, see "Chocolate" listings below.

CASHEW MILK. OK but maybe dairy

CANDY: Barton's Chocolate; Goldenberg's Peanut Chews; Fiddle Faddle- Poppy Cock, Inc.; Hershey's Krackel Milk Chocolate; Special Dark Kisses; Reese's Peanut Butter Cups; Symphony - Milk Chocolate with Almonds. ok

CANDY, RING-POPS: ok

CANDLES: Any.

CANNED FRUITS AND VEGETABLES: Any 100% pure, plain is Kasher. (Frozen, canned, and dried) if plain with no additives are ok. Buy them before Pessah.

CAKES, COOKIES AND BAKED GOODS: Must be Kasher for Pessah. They are made from potato starch, Matzo Meal or Cake Meal. Those that eat only Matza Shmura should make sure that the Matzo Meal or cake meal used are of Matza Shmura.

CANOLA OIL SPRAY: Is ok

CAROB POWDER: FROM TERRASOUL OK FOR PESACH

CAT FOOD: Make sure they don't contain wheat products. See "Pet Animal Food".

CEREAL: Needs Kasher for Pessah

CHARCOAL: ok CHARCOAL BRIQUETS: ok.

CHEESE: Kasher cheese used year-round is OK, UNLESS one uses Chalav Yisrael.

CREAM CHEESE, COTTAGE, FETA: Kasher all year round, OK unless one uses only chalav Yisrael

CREAM CHEESE, KROGER: ok CREAM CHEESE, PHILADELPHIA: ok (NOT Chalaav Yisrael)

CHICKEN AND MEAT: All kasher if you have in the freezer from before, wash and clean it.

CHICKEN COOKED in BARBECUE SAUCE, TURKEY IN BARBECUE SAUCE, needs "KP"

CHIA SEED: OK **Chia seeds** are tiny black seeds from the plant Salvia Hispanica, which is related to the mint. **Chia seeds** were an important food for the Aztecs and Mayans back in the olden days.

CHICKPEAS-Garbanzo Beans: Kitniot. Fresh or Canned, ok. Barilla chickpea Rotini (ingredients: chickpea flour; produced on a dedicated gluten free line) ok.

Some keep the custom of not eating chickpeas.

CHILI SAUCE: Heinz ok.

CHILDREN'S ANALGESICS: Any Tylenol, Aspirin, etc. ok

CHOCOLATE: Check if you need Chalav Yisrael . if it is Pareve it is ok

CHOCOLATE CANDY: Hershey's Plain Milk Chocolate, Chocolate with Almonds, Kisses plain and With Almonds, Hugs plain & with Almonds, Symphony with and Without Almonds. Reese's Peanut Butter Cups and Nutrageous M&M, Snickers Bars, M&M's plain or with peanuts, Goldenberg's -Peanut Chews, Nestle Chunky with Nuts & Raisins, Raisinettes, Babe Ruth, Butterfinger and Goobers Pearson Nips - Coffee, Chocolate, Parfait, Caramel & Butter. Cadbury Fruit & Nut, Dairy Milk, Roast Almond, Caramello. ok .Lecithin that is used has only a question of Kitniot only and is kasher for everyone.

CHOCOLATE CHIPS: Hershey Real Semi-Sweet and Raspberry Chocolate, Plain Milk Chocolate, Premier White ok, Trader Joe's – yes but **dairy**, Kroger Simple Truth Allergy Friendly Semi-Sweet Chocolate Chips, Trader Joe's 72% Cacao Dark Chocolate Chips, Trader

Joe's Semi-Sweet Chocolate Chips, Hadar Chocolate Chips, Enjoy Life Vegan Chocolate Mini Chips

CHOCOLATE LIQUOR: Needs to be kasher Lepessah

CHOCOLATE MIX (POWDER): Hershey 100% Coco Nestlé, Nestle Quick, Chocolate flavor. ok

CHOCOLATE SYRUP: Hershey's -Plain. Chocolate Flavor, Lite Strawberry. Yoo-hoo - Chocolate Flavor. Ok Nestle Nesquik OK

CLEANERS AND CLEANING CHEMICALS: any CLEANING AGENTS All including ammonia, Windex, Ajax, Bleach, Pine sol, Fantastic, oven cleaners, furniture polishes, waxes, Spic and Span, Grease Release, etc. All brands. ok

COCOA: Any plain Kasher. 100% Pure Cocoa, Hershey's Pure 100% Cocoa with Lecithin ok.

COCOA BUTTER: ok

COCA COLA: All are kasher, diet, COKE ZERO: Is ok, **see soda**

COCKTAIL SAUCE: Heinz-may contain corn syrup ok.

COCO AMINOS (organic, soy sauce substitute): ok

COCONUTS, ORGANIC UNSWEETENED: ORGANIC FLAKE COCONUT ok

COCONUT FLAKES SHREDDED: Bakers - Angel - flaked Coconut Sweetened Coconut any pure ok COCONUT GROUND: **only** in original factory packages and not store repackaged

COCONUT FLOUR: Bob's Red Mill Organic Coconut Flour (gluten free) OK

COCONUT MILK (TRADER JOE'S ORGANIC): ok COCONUT MILK, CANNED: ok Roland ok: COCONUT OIL: ok

COCONUT SUGAR: TRADER JOE'S ok. Simple Truth Organic ok

COFFEE: All pure coffees or naturally decaffeinated coffees are Kasher for Pessah. Mixtures of coffee such as Mellow Roast and others may be mixed with wheat and need supervision.

COFFEE K-cups Coffee Green Mountain brand unflavored regular or decaf, ok

COFFEE MATE: Plain and Vanilla Coffee-mate and all other flavors are OK.

Coffee mate is a nondairy edible oil product. The main ingredients are Glucose syrup, Hydrogenated vegetable oil and a milk derivative called sodium caseinate. The product is also fine for people who are lactose intolerant.

COFFEE, ELITE TURKISH (green bag, with cardamom): ok COFFEE, INSTANT (Simple Truth Organic): ok COFFEE, INSTANT ICE (STARBUCKS, under OU): ok

COFFEE WHITENER: Rich's - Coffee Rich CREAMER ok

COLD CUTS: Bet-Yosef / Glatt Kasher.

COLD MEDICINE: any

COFFEE FILTERS: any.

CONTACT LENS SOLUTIONS: Any.

COOKIES: Must be Kasher for Pessah. Those that eat Matza Shmura the entire Yom Tov should find some Matza Shmura cookies.

COOKING SPRAY: Pam - Original & Butter flavor & all Natural Olive Oil. ok

COPPER CLEANER: any

CORN: IS KASHER FOR PESSAH. Used in cooking as a starch. The Olmec and Mayans cultivated it. After European contact with the Americas in the late 15th and early 16th centuries, explorers and traders carried maize back to Europe and introduced it to other countries. תירס כיון שדומה הרבה במראה כשהוא קטן לחיטה וגם עושים מאפה תנור כחיטה. אחרי שנה 300 אחרי תקנת קטניות בשנת 1500 כללוהו באיסור תקנת קטניות. הקטניות נאסרו בין שנות 900 - 1200 בערך לכן באמת לא היה תירס באורופה שנודע והיה אפשר להתירו גם לאשכנזים אבל מה לעשות אוסרים אותו ואוסרים גם התערובות ורוב הדברים שאסורים לפסח הוא משום קורן סירופ וקורן עצמו ומייקר השערים עד השמים. ועוד שתערובתו בטח בטלה לפני פסח ועל זה לא שייך חוזר ונעור ולא איסור מה שהוא. וסתם גורם הוצאות אדירות לעם ישראל.

CORN CHIPS: Wise Corn Chips, Planters-Plain. ok Fritos, Costco (There may be other brands, check with your Rabbi)

CORN STARCH: All 100% pure, ok

CORN MEAL (for those that do eat corn): 100% Corn Meal OK

CORN SYRUP: IS KASHER FOR PESSAH. High fructose corn syrup is made from corn, a natural grain product and it is a natural sweetener. High fructose corn syrup contains no artificial or synthetic ingredients or color additives. It meets the U.S. Food and Drug Administration's long-standing policy regarding the use of the term "natural."

There are kashrut organizations that say corn syrup **might have** Hamets enzymes thereby eliminating all products that contain corn syrup. According to halacha "**Might have**" on a ספק is not a problem when purchased before Pessah especially when this is meabed mamonam shel yisrael בהפסד מרובה.

CORN TORTILLAS: NOT OK

COSMETICS: Eye shadow, Mascara, Lipstick, Eyeliner, and Blush, Cleansers, Moisturizers, Lip liners, etc. Nail Polish, Contact lens solutions. A woman is not allowed to use makeup on Shabbat or YomTov. It is called painting (even the ones made for Shabbat)

COTTON SEED: OIL IS OK EVEN FOR ASHKENAZIM מאחר שבשום זמן לא אכלו הגרעינים של 5 צמר גפן ולא היו ראויים לאכילה עד לפני שנים שהוציאו חומרים מהם כדי שיהיו ראויים באכילה א"כ אף פעם לא היו כלולים באיסור קטניות וכל שכן שמנם ותערובתם ויותר קל מתשובת הגר"ם פיינשטיין בבוטנים ומי שהחמיר יכול להתיר נדרו כיון באיסור קטניות.

COUGH MEDICINE: any

CROCKPOT LINER: any

CRANBERRY SAUCE: any pure ok

CHOCOLATE MILK: Nesquik is OU-d, ok . purchase before Pessah

CREAM OF RICE GLUTEN FREE – AT WALMART: ok

CRYSTAL LIGHT DRINKS: peach or lemon drink ok

CUMIN: New, unsealed container only ok

DATES: Calavo; Dole; SunGlow; Sun World; Pitted and Whole ok

DENTURE ADHESIVE & CLEANER: Fasteeth, Polident powder & tablets, Poli-Grip cream, Wernet's cream & powder. ok

DENTAL FLOSS: any

DEODORANTS: All brands ok.

DIJONNAISE: Hellman's Creamy Mustard Blend ok.

DISH DETERGENTS: All brands are ok. DISH SOAP: Dish soap and all cleaning agents ok

DISHWASHER DETERGENT: Any.

DISPOSABLE PRODUCTS: Any.

DRIED FRUIT: All dried in a closed package, no additives and no white coating ok. Dates & FIGS must be carefully checked for Hamets and bug problems.

DRIED FRUIT MIX: Newton's Co: American Mix, Hawaiian Mix, Cranberry Supreme, and Nutri Mix, California Fruit, Youth Mix, Banana Chips. ok

DRIED PEAS, EGGPLANT & BEANS: Sun-dried eggplant. All dried vegetables that have only vegetables in the package are good for Pessah.

DRINKS: All carbonated drinks that don't have any mixture of malt including any sodas. ok

DRY MILK (plain): Alba & Carnation Nonfat dry milk- ok. (not Chalav Yisrael)

EARTH BALANCE: (margarine substitute) ok

EGGS: ok

EGG SUBSTITUTES: Egg Beaters ok. JUST Egg - KASHER

ELECTRONIC CIGARETTES: needs Kp

ELYON: Regular and Toasted Coconut varieties: only with O-U-P.

ENSURE: Ingredients . Water, Milk Protein Concentrate, Corn Maltodextrin. Less than 2% of the Following: Calcium Caseinate, Soy Protein Isolate, Sugar (Sucrose), ... is mainly sugar and water, spiked

ERYTHRITOL: Sweetener is ok

ERYTHRITOL & MONK FRUIT: Whole Earth OK

EXTRACTS: All commercial foods, with alcohol in them use synthetic alcohol. Except in drinks where hamets alcohol is used

EYESHADOW/EYELINER : any

FABRIC SOFTENER: any

FACE POWDER: any

FACE WASH (with hydrolyzed wheat in it): ok

FETA CHEESE: see CHEESE

FISH: Fresh and frozen any Kasher year-round. FISH, FROZEN SALMON: One may purchase frozen salmon without Pessah certification but it should be thoroughly rinsed prior to use. OK

FISH FOOD: מאחר ובדרך כלל המזון הנמכר עבור דגי נוי הוא פגום מאד בטעמו, ואינו ראוי למאכל אדם כלל ועיקר, וגם אינו עשוי כולו מחמץ, רק מעורב בו חמץ, והחמץ אינו ניכר בעין, לפיכך, אף שאסור בהחלט לאכול ממזון זה בפסח, מכל מקום הוא אינו אסור בהנאה, ומותר לתת אותו לפני דגי הנוי שיאכלו ממנו

FLAVORS: McCormick Vanillin only ok

FLAX SEEDS: In a fresh pack are kasher for Pessah

FLOUR: usually the wheat is soaked in water before it is milled making even regular wheat flour safek Hamets. It needs to be sold with the Hamets. Barley is not treated with water and does not need to be sold. but of course, it is hamets to eat.

FLOUR, ALMOND: See Almond Flour

FLOUR, CASSAVA: Otto's Multi- purpose Cassava Flour

FLOUR, OKARA: Renewal Mill Upcycled Okara Flour OK

FOOD RELEASE FOOD COLORING: All Kasher for all year round. Some are dairy.

FOOD STARCH- The most common types of **modified food starch** are made from **ingredients** like corn, wheat, potato, and **tapioca**. Typically, labels will list the source from which the **starch** was **modified** as **Modified Corn Starch**, however unless it is derived from one of the top eight allergens (in this case wheat),...Most modified starches are gluten free, except for those that use wheat starch as a base.

FREEZER paper ok

FOIL saran wraps All brands. ok

FRENCH-FRIES Any plain with oil and salt only,ok

FRESCA: kasher-also see soda

FROZEN FISH FILLETS: Pure and clean fish are Kasher.

FROZEN FRUIT: Frozen fruit for Pessah is acceptable for Pessah. NOTE: strawberries need to be checked and approved KP.

FROZEN VEGETABLES: Birdseye, with no sauces or packets (may contain salt or corn starch. All major supermarket brands. NOTE: all leafy foods (e.g., cauliflower) must be carefully checked and approved KP.

FRUITS (canned): All 100% fruit that only have salt or Citric Acid are Kasher.

FRUIT JUICE: All 100% Juices are Kasher for Pessah. (Juices that contain grape are never kasher without supervision.)

FRUIT ROLL-UPS: General Mills; Betty Crocker-apricot only

GEFILTE FISH: Must be Kasher for Pessah. Note: For Shmura Matza observant, fish that contains Shmura Matza meal only.

FURNITURE POLISH: any

GARBAGE BAGS: any

GARBANZOS, CHICK PEAS: plain ok. Any plain garbanzos and salt and water are OK.

GARLIC CHILI SAUCE (Huy Fong): ok

GARLIC CUBES (Dorot Garden, from Israel): yes

GATORADE: ok GATORADE IN POWDER: ok

GINGER CUBES (Dorot Garden, from Israel): yes

LEAFY VEGETABLES: Buy fresh greens and check them at home. packaged vegetables greens tend to accumulate bacteria. All prechecked packaged leafy vegetables must be checked again then check by sunlight. A nonprofit group tested many containers of salad greens and found that 39 percent of the samples exceeded acceptable levels for coliforms and 23 percent had unsafe levels of enterococcus. It means that untreated waste has gotten into them somehow.

GLASS CLEANER: any

GLUE: Any, e.g. Elmer's.

GLUTEN FREE FLOUR: QUESTION: My child is allergic eggs, wheat, nuts, peanuts... I'm trying to know if gluten free flour such as Bob's mill is kosher for Pesach? It is made in a dedicated gluten free facility and has these ingredients: sweet rice flour, brown rice flour, potato starch, sorghum flour, tapioca flour and xantam gum. ANSWER: **for people who are allergic to gluten**, just like potato starch it could be used but do not make a bread shape or bagels with it. **For everyone else** please use Matza meal only

GLUTEN FREE ARROWROOT FLOUR: ok

GRAPE LEAVES: All 100% grape leaves with no vinegar are Kasher for Pessah; Yergat and Orlando in brine (salt and water)

CHEWING GUM: Any that is Kasher all year.

GRAPE JUICE: Any Kasher all year only.

GRAPSEED OIL: with O-U is enough

HALF-AND-HALF CREAM: ok for Pessah, not chalaav yisrael

HAIR SPRAY: All.

HAMETS: even THE SMALLEST, MINUTE AMOUNT even when mixed with other kosher ingredients in a proportion of one to a thousand times, it does not become null. It is still prohibited That is how severe the prohibition of Hamets is. Therefore, a person must verify all products purchased and make sure no foods are mixed with the smallest amount of Hamets. There are serious concerns in food products that involve a lot of ingredients from different materials, as is well known

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HASH BROWN POTATO BUDS: Betty Crocker

HEMP SEEDS: ok

HOUSEHOLD CLEANSERS: any.

HYDROGEN PEROXIDE: any.

HONEY: All 100% pure honey. ok

HONEY BEE POLLEN: Remsburg's Honey Bee Pollen ok

HOT SAUCE: Crystal OK. Other kosher year round hot sauce (with OU) are OK as well (examples: tobacco, chalula, sirracha, red hot wing sauce)

HUMMUS AND TEHINA: better make at home

ICE: any

ICE CREAM: Plain Vanilla, chocolate, strawberry, Haagen Daas, Bryers. Trader Joe's vanilla ice cream pareve is ok(They are not Chalav Yisrael, but may be kosher. Note: Dreyers vanilla ice cream is a problem. The same facility makes Hamets. Trader Joe's brand Coffee Ice Cream and Chocolate Ice Cream

ICES: Marino Italian- All flavors; FrozFruit Ice. All flavors; Greens All American Pops.

ICED COFFEE: Califia Cold Brew Coffee (100% Arabica Coffee, Black)

INVITATIONS-GUESTS-HOTELS. Just as a person is careful in his house to eat only kosher products and Pessah utensils, he must also be careful where he is invited to eat, it should be entirely strictly kosher. It is the same if a person goes to a hotel Pessah program -- he must choose a place where the owner of the program fears Hashem. Otherwise he could be eating real HametsJACKFRUIT: ok

JAMS, JELLY & PRESERVES: The following 100% pure jams Fresh jar only are kosher. Polaner Apricot, Cherry, Orange Marmalade, Red Raspberry, Seedless Red Raspberry, Strawberry, Grape Jams. Season Apricot, Cherry, Grape, Orange Marmalade, Red Raspberry. Farm Flavor, Strawberry. Polaner Strawberry, Sweet Orange, Alpine Mint, Spicy Cinna mon and Wild Cherry. Trader Joe's jams raspberry and strawberry ok. Smuckers is OK.

INSECTICIDES, BUG SPRAY: Any.

INSTANT COCOA: Nestle's Quik-regular ok

JAM, BONNE MAMAN: OK

JELLO: Only with "Kasher for Pessah". See Gelatin.

JUICES, REGULAR AND FROZEN: All 100% pure juices. Juices with grape juice are not allowed all year around.

KETCHUP: Hunts, Heinz. Costc trader joe is ok

KETO BREAD: not allowed during Pessach

KINERET "LIGHT 'n TASTY EGGS" Real Egg Product: cholesterol free - is now available with OU-P certification.

KITNIYOT DERIVATIVES: ok even for the Sephardim that are strict about certain Kitniot.

KINOA QUINOA : ok

LACTAID milk [is not Chalav Yisrael]: buy before PESSAH.

LAXATIVES: Any.

LEMONADE: Any, Minute Maid

LEMON JUICE, LIMEJUICE: Any pure.

LENTILS: depends on your family custom

LIQUOR, WHISKEY, and LIQUEUR: Must be Kasher for Pessah.

LIPO 6 BLACK FOR DIET is kasher for Pessah

LIPSTICKS: are all kasher for Pessah.

LOTION: any

LOX: Coastal Harbor - by the Santa Barbara Smokehouse

MAPLE SYRUP: Aunt Jemima Rich Maple Taste Original ButterLite and Lite. Ok, Trader Joe's 100% Organic Maple Syrup, Kirkland 100% organic maple syrup

MARINARA SAUCE (Paisana): OK

MARINARA SAUCES (TRADER JOE'S): OK

MARGARINE: Plain Kasher Parve. Nucoa is kasher for Pessah and is dairy free from milk and whey.

MARGARINE (Smart Balance): OK

MARSHMALLOW FLUFF: Durkee

MARSHMALLOWS: Dandies (all natural, vanilla), Paskesz .It needs kashrut supervision. Marshmallow is a type of confectionery that is typically made from sugar, water and gelatin whipped to a squishy consistency.

MASCARA: any

MASECA. IF 100% CORN. IT IS OK

MAYONNAISE: Hellman's Regular, Low Fat & Light. Best Food, Best Foods Organic

MEAT: (should be bought before Pessah): or needs to be washed before Pessah.

MEATS AND CHICKEN: cooked turkey breasts, chicken franks, turkey franks, prepackaged deli slices & pastrami slab: should be labeled "KASHER for Pessah" Bet-Yosef Glatt Kasher.

MEDICINES: All tablets and capsules, and all non-sweet liquids (see Medicines above). ok ALL MEDICINES are permitted for Pessah even if you know it has Hamets. However sweet Syrups if you know for sure they contain Hamets, it would better to refrain from using. But if the doctor insists you should continue with משום אהשבייה למתיקות that same syrup, then it could be used.

MINUTE MADE LEMONADE: ok. See [soda](#)

MILLET FLOUR: Arrowhead Mills Organic, gluten free millet flour (certified gluten free)

MILK: Chocolate milk, dry milk, carnation Fairlife brand: Any Kosher year-round OK. Not Chalav Yisrael

MILK SUBSTITUTES: Dairy Ease & Lactaid-milk & drops

MILK, CASHEW+ALMOND: Silk brand unsweetened cashew + almond milk ok

MILK, OAT: ABSOLUTELY NOT KASHER

MINERAL OIL: Any.

MOUThWASH: All brands, and flavors. MOUThWASH AND SPRAY: Any.

MOCHA-MIX-OK

MUSTARD: French Classic Yellow. Dijon Hearty Deli Brown Guldens Spicy Brown Mustard. Trader Joe's brand Deli Style Spicy Brown mustard- 365 brand (whole food's store brand) Yellow mustard ok

NAIL POLISH AND REMOVER: Any.

NECTARS: Heart's Delight, Apricot, Peach and Pear nectars.

NESCAFE CLASSICO (DARK ROAST): ok

NESQUIK CHOCOLATE POWDER: ok

NESSPRESSO COFFEE PODS (just the espresso or regular coffee pods): ok

NOODLES: Must be Kasher for Pessah. There are some with no grain flour and may be used for Pessah. E.g. Ancient Harvest Quinoa-Elbows, Garden Pagodas, Rice Spaghetti Style Corn Spaghetti Style.

NUT BUTTER: WEGMAN cashew or walnut butter - OK FOR PESACH

NUTELLA: Nutella is a form of a chocolate spread. Nutella is made from sugar, modified palm oil, hazelnuts, cocoa, skimmed milk powder, whey powder, lecithin, and vanillin. It is kasher for Pessah but dairy.

NUTS: roasted or baked need to be kasher certified

NUTS-All RAW nuts in shells, as well as all nuts that are pure nuts with NO additives are Kasher for Pessah (Caution: the roasted ones with salt may have flour mixed with the salt).

NUTS SHELLED: Shelled walnuts, shelled pecans (all varieties), or peanuts ok

OATS: ARE HAMETS. Note according to many opinions is not a grain and therefore cannot be used to make matza for the seder, and the proper beracha for it should be shehakol..

OAT MILK: ABSOLUTELY NOT KASHER

OIL: All 100% vegetable or Olive oil is Kasher for Pessah. Crisco - Plain, Butter Flavor, Corn Canola Oil and Coconut oil; Wesson Corn Oil, orVegetable Oil; Mazola all O U Corn Oil or Vegetable Oil. Bertoli Olive Oil; Red and White Peanut Oil; Hollywood Safflower Oil; Eden or Any O U Sesame oil. 100% toasted sesame oil Borage oil and women's formula Vitamin B. The vitamin B says the product contains no wheat, etc

OIL SPREAD: OLEO: Mazola Premium OILS (cooking): All brands which are Kasher for year-round use are ok. Do not worry about the enzymes.

OMEGA TREX MIXED BY TRADER JOER'S: NO, needs hechsher

OLIVE OIL: Any.

ORANGE AND GRAPEFRUIT JUICE LIQUID: any Tropicana or 100% Pure

ORANGINA: kasher

ORGA SNACKS: the ones made from nuts only is ok

OVEN CLEANERS: All brands.

OVEN MITTENS: New ones should be used

PAPER GOODS, PAPER PLATES, PLASTIC WRAP & BAGS, PLASTIC CUTLERY, FORKS, SPOONS KNIVES, PLATES, CUPS, TABLECLOTHS, NAPKINS, PAPER TOWELS: Any. PARCHMENT PAPER: Any.

PASTA: Any is problematic and needs to be kasher for Pessach

PASTA, CHICKPEA: (e.g., Barilla Chickpea Penne, 100% chickpeas flour) BETTER NOT

PASTA, CORN & RICE: Heartland Corn ok .

PASTA, RED LENTIL: (e.g., Barilla Red Lentil Rotini, 100% red lentil flour) BETTER NOT

PEANUT BUTTER: If the ingredient is dry roasted peanuts A fresh jar only. Skippy-Roasted Honey Nut, Creamy & Super Chunk. Jif Creamy, Extra Crunchy. Crazy Richards. There may also be emulsifiers present made from glucose made mostly from corn, and that is Kitniyot.

PEANUT CHEWS: Goldenberg's.

PEANUTS: Eagle Honey Roast

PEDIALYTE: KASHER FOR PESSAH

PEELED VEGETABLES & FRUIT: It is permitted for hotels, restaurants, caterers and individuals to buy peeled potatoes, peeled apples, shredded lettuce or cabbage, etc...

PERFUME, COLOGNE: Any. Rose water is kasher for Pessah.

PEPPER AND SPICES: any kasher. a new jar.

PEPPERS, ROASTED: Juliano

PETEL (syrup for drinks): kasher

PICKLES: The following are Kasher, Heinz Hamburger Dill Chips, Sweet Cucumber Slices Sweet Mixed Pickles & Sweet Gherkins. Claussen etc.

PINEAPPLE: fresh or Pure juice. ok

PLASTIC: Plates, cups, cutlery, tablecloths, any.

POMEGRANATE WINE: NOT kasher for Pessah

POPCORN (microwave): (those with the custom to eat corn) Pop Secret Butter Light, Orville Redenbacher - Natural Light, Butter Artificial Flavoring. Jiffy Pop Popcorn Butter Light. Herrs. Bachroan - Plain or Lite.

POTATO CHIPS: Any plain kasher for year around made from sliced potatoes Salted, or no salt added, regular or ridged, are ok. This includes Wise, Lays, Herr's Shoprite, Pathmark, Walmart ETC... but not BBQ chips or any other flavors. NOT Pringles, and any MADE FROM POTATO FLAKES,(like these contain wheat starch).

POTATOES, MASHED: Idahoan Original Mashed Potatoes

POTATO STARCH: any Kasher.

POTATO STICKS: French's – Original. Ok

POWDERED MILK: any kosher all year round

PRENATAL VITAMINS: see VITAMINS, PRENATAL

PRUNE BUTTER: Any Kasher.

PRUNE JUICE: Sunsweet-Plain and With Pulp, any ok.

PSYLLIUM WHOLE HUSK ORGANIC INDIA FOOD SUPPLEMENT: Is OK to use

QUINOA: Does not need checking. IS KASHER. even for Ashkenazim. It was declared Kasher for Pessah in 1985 when some people, allergic to so much wheat and starches, needed an alternative and found this quinoa. and no one should be Machmir (סימן תנ"ג/ ע"ד מיני קטניות לבטל . ותמיהני על כל גאוני הדור אשר היו לפנינו שלא שמו אל לבם לדבר הזה לבטל מנהג ממש שאין רוב הצבור יכולין לעמוד בו . ולא עוד שהיו מוסיפין . ואסרו כמה מינים מפני שדומין לקטניות כמו חרדל . וכמון שנקרא קימל וגם עניס . ואפילו השמנים שנעשו מדברים ההם כמו) ריב איל (החמירו . ודכירנא כד הוינא טליא והי 'אב"ד ור"מ פה הגאון מוה 'צבי הירש זצ"ל שהחמיר מאד אפילו בפול המצרי ירוקים שנכבשו במלח בעודן לחין . והזרע ר"ל פול הלבן עדיין לא נראה בהם . ואסרן לאכלן בפסח . כך שמעתי אז ולא זכיתי לשאלו בעת ההיא . כי הייתי צעיר לימים .

ובהיותי במנהיים רצו לאסור ה . / פרי הארץ שקורין ערד עפפל או קארטופלין/ תפוחי אדמה מפני שעושין מהם קמח ואני עמדתי כנגדם . ביודעי שאין הצבור יכולין לעמוד בזולתם . והוא מאכל עניים וראיתי המעשה כמה פעמים שבני הכפרים האכילו אותם לבני ביתם מאין להם לחם ומזון די . ונצחתי אותם ע"י אנשי הקהל שם שצוו על המורה שלא יאסור דבר חדש מה שלא אסרו הרבנים שישבו שם על כסא הוראה כי לא הי 'בעת ההיא אב"ד שם . כי הר"מ מקלויו הרב מוה 'מענדל יאנקוי ז"ל הי 'שם למורה ומה טוב אם יסכימו כל חכמי הדור לדעת אחת . ומסופקני אם יבוא הדבר . פעם אחת על מכוננו בדור הזה שגברה הקנאה . ו תורה יראים יותר מן המנהגים כמפני גופי .

RAISINS: Sunmaid, Waldbaum's, Shoprite, Pathmark, Dole; All O U brands ok

RED BULL: ok , also see soda

RICE

RICE: Any raw Rice without additives does not need to be Kasher LePessah if it is checked 3 times well. Rice must be raw and checked (not preboiled)

All Mixes of plain Brown Rice. Arborio rice is Italian rice, kasher without a hechsher. Southern Long Grain Rice California Medium Grain Rice Southern Medium Grain Rice California Mochi Rice Thai Jasmine Rice Indian Basmati Rice Ground Rice Kalijira Rice Para Rice Rissotto Louisiana Rice Red Rice Black Rice Carolina Rice Jasmine Rice Della Rice Texamati Wehani Rice Varieties Brown Rice White Rice Short Grain Rice Medium Grain Rice Enriched Rice Louisiana Pecan/Wild Pecan long-grain rice (It's similar in flavor to Basmati, but the flavor suggests pecans.) Basmati Rice (is a non-glutinous Plain boiled white rice) .Black Rice (Indonesia and Phillipines) Carolina (Long-grain white rice) Della (it is a mimic of the Basmati grain.) Jasmine (is a white rice similar to white Basmati rice) Wild Rice China Black Rice Small Basmati

The following were found to be clean: Goya Plain White Rice, Uncle Ben's Plain and Instant Brown and White, Carolina Plain White & Brown, River- Plain White or Brown Rice, Lundberg-

INSTANT RICE Converted Rice Other Wild Rice Are actually a grain and NOT a rice and are NOT kasher for Pessah

RICE CAKES: Must make sure that there is no flour. Shefa Co Sesame and Lightly salted. KoyHijiki No Salt, Dulce No Salt, Plain Lightly Salted, Millet Lightly Salted, Nori No Salt (Forrelli): ok . (Puff Plain): Chico San the Salted rice cakes is not kasher.

RICE CRISPIES IS NOT KASHER FOR PESSAH IT HAS Malt flavoring WHICH is an extract, most commonly from the grain barley, also may be made from other grains.

RICE DREAM: Carob, Vanilla, & Original from Brown Rice, Organic Enriched, Original, Vanilla & Chocolate. RICE SYRUP: Sweet Dream Brown Rice Maple Syrup (premium or regular brown rice syrup) RICE FLOUR: OK-RICE PAPER: OK-RICE VINEGAR: Kikkoman

RICOLA DROPS: ARE KASHER FOR PESSAH

ROSEWATER: OK

RUBBER GLOVES: Any.

RXBAR Protein bar, peanut butter chocolate: OK

SAHLAV: Knorr sahlav is kasher for Pessah.

SALAD DRESSING - Hellman's One Step, Rush Hour Mom's Maple Shallot

SALMON: Fresh salmon from all year Kasher is ok. Kirkland brand canned salmon ok

SALT AND COARSE SALT: All Plain or Iodized salts.: any SALT ok to use for Pessah. Ingredients: salt, potassium iodide, sodium thiosulfate, Yellow Prusiate of Soda (anticaking), Precipitated Silica (Free Flowing)

SALT SUBSTITUTE: Any.

SANDWICH BAGS: any.

SARDINES: Any that say sardines and salt. Seasons, Bumblebee, etc.

SEAWEEDS. Pure only.

SELTZERS, CLUB SODAS: Any.

SHAMPOO & CONDITIONERS: Any.

SHOE POLISH: Any.

SHORTENING, CRISCO VEGETABLE: OK

SILVER POLISH: Hagerty, Starco, any.

SKINCARE: any

SLEEPING ENHANCEMENT, MELATONIN: Kasher

SNAPPLE KIWI STRAWBERRY: and ALL OU are ok

SNAPPLE DIET ICE TEAS (raspberry, peach): ARE ALL GOOD AND KASHER FOR PESSAH

SOAP:SOAP PAD, STEELWOOL, SOAPS, DISHWASHING DETERGENTS, CLEANSERS, POWDERS,DISHWASHING LIQUIDS, AUTOMATIC LIQUID,LIQUID CLEANSERS, BAR SOAP, LIQUID SOAP. Any

SODA

SODAS: All new and old brands are Kasher .Major brands and store brands include all Sprite, All Pepsi, Diet Pepsi, Caffeine Free Pepsi, and Caffeine Free Diet Pepsi. . Pepsi, Diet Pepsi, Caffeine Free Pepsi, Caffeine Free Diet Pepsi. Cokes, Coca Cola Classic, Diet Coca Cola, Caffeine Free Coke, Caffeine Free

Diet Coke, coke zero Cherry Coke, Diet Cherry Coke, Royal Crown, Shasta, Cactus Cooler, Squirt, Cream soda, and All Mayim Chaim. Sevenup, Diet Seven-up, Cherry Seven up, Diet Cherry Seven-up, Dr. Pepper, Diet Dr. Pepper, Sprite, Diet Sprite, Mountain Dew, Diet Mountain Dew, Canada Dry Ginger Ale, Diet Canada Dry Ginger Ale, Regular and Diet Minute Maid Orange, Slice Orange, Diet Slice Orange. Slice Lemon, Diet Slice Lemon - Orange, Root Beer, Black Cherry, Creme, Ginger Ale, Birch Beer. Vintage Plain and Flavored Seltzer Water. Black Raspberry, Cranberry Ginger Ale, Lemon Treat, Diet Lemon Treat, Fruit Punch. Carbonated drinks that don't have any mixture of malt. SOUPS: Kasher for Pessah only.

SORGHUM: IT HAS TO BE VERIFIED BY YOUR RABBI

SOUP MIX: MOST OF THEM ARE NOT KASHER for Pesach

SOUR CREAM: Any Kasher for year-round.

SOUR CREAM, TOFUTTI (with Chaf-K): ok

SOY MILK: any

SOY CHEESE: ok

SOY LECITHIN: ok

SOY LIQUID PROTEIN CONCENTRATE: Bragg Liquid Amino. fresh container bought before Pessah.

SOY MEAT: Beyond Meat is NEVER KASHER, NOT PESSACH AND NOT THE WHOLE YEAR

SOY SAUCE: Only gluten-free soy sauce e.g., tamari is kasher for Pessah

SOY SPREAD: Soya Kaas - Cream Cheese Style.

SOYA: any plain soya is permitted

SPICES: All natural pure plain spices. A fresh jar only. e.g. Durkee McCormick

SPARKLING CIDER: ok

SPRING WATER: All brands of Water are Kasher for Pessah.

STEVIA ok

CONFECTIONERS Powdered Sugar. ok

SUGAR: Any WHITE or BROWN

SUGAR SUBSTITUTE: LIQUIDS: Any "EQUAL" and "nutrasweet spoonful": Stevia, Truvia Kasher

SWEETENERS (DIETETIC): Nutri Sweet – Aspartame ok SWEETENERS (for baking) Sugar Twin, Equal, Splenda–

SYRUPS: Any Kasher ones. SYRUP: 100% pure organic maple syrup

SPONGES. Any

STEEL WOOL: any

STERNO: any

STRAWS: any.

STEVIA: KASHER

SUGAR, CANE: ok for Pessah

SUNFLOWER SEEDS: same as all nuts

TARTAR SAUCE: Hellman's Plain & Low Fat.

TAQUILA is made from cactus plants. However the Rabbis in Mexico say it needs supervision
TEHINA-ANY 100% -Trader Joe's Organic Tahini (no hechsher) (ingredients: ground hulled organic sesame seeds)ok

TEA

TEA: any pure Regular and Decaf. (IMPORTANT: See Herbal teas).NEWMAN'S OWN ORGANIC: ok
TEA-INSTANT: Nestea 100%.: Herbal laxative tea from Triple Leaf-TEA, SADAF (green one with cardamom and the red with Earl grey): ok ICED TEA NESTEA IN POWDER: ok

ICED TEA MIX: Lipton's Sugar Sweetened, Natural Lemon, Decaffeinated and Plain. Lipton's Natural Brew Tea and Lemonade, Natural Lemon, Natural Peach-

TEA HERBAL: *Bigalow* Constant Comment, Cozy Chamomile, Red Raspberry, Plantation Mint, Lemon Lift, Earl Grey, I Love Lemon, Orange & Spice, Sweet Dreams, Perfect Peach; Mint Medley, Fruit & Almond, and Cinnamon stick. *Celestial Seasonings* Sleepy Time, Orange Mango Zinger, Wildberry Zinger Lemon Zinger, Red. Zinger, Mandarin Orange, Peppermint, Cranberry Cove, Chamomile, Raspberry Zinger, Strawberry Kiwi and Cinnamon Apple.: Rooibos Herbal Tea Madagascar Vanilla Red Tea Caffeine Free Rooibos, Natural French Vanilla Flavor and Vanilla Bean. Naturally Caffeine Free. Kasher. Gluten Free. Herbal Tea Country Peach Passion Caffeine Free Orange Peel, Rosehips, Hawthorn, Chamomile, Natural Peach Flavor with other Natural Flavors (Contains Soy Lecithin), Blackberry Leaves, Hibiscus, Peaches, Citric Acid and Paprika (Color). True Blueberry Caffeine Free, Orange Peel, Natural Blueberry Flavor with other Natural Flavors (Contains Soy Lecithin), Wild Blueberries and Blueberry Leaves. Black Cherry Berry Caffeine Free, Hawthorn, Natural Black Cherry Flavor with other Natural Flavors (Contains Soy Lecithin), Chamomile and Sweet Cherries. Naturally Caffeine Free. Kasher. Gluten Free. *Celestial Seasonings* Green Tea Decaf Mint Decaffeinated Green Tea, Decaffeinated White Tea, Spearmint, Peppermint and Peppermint Essence (Soy Lecithin) and Ascorbic Acid (Vitamin C). Naturally Decaffeinated. Kasher. Gluten Free. Fiber tea bags have no string, tag, staple or wrapper. Herbal Tea Bengal Spice Caffeine Free

Cinnamon, Roasted Carob, Natural Spice and Vanilla Flavors with Other Natural Flavors, Ginger, Cardamom, Black Pepper, Cloves and Nutmeg. Naturally Caffeine Free. Kasher. Gluten Free. *Celestial Seasonings* Black Tea India Spice Chai Decaffeinated - Mandarin Orange Spice

Gluten Free Pillow-style tea bag *Celestial Seasonings* Herbal Tea Tangerine Orange Zinger Caffeine Free

TEAS THAT ARE NOT KASHER FOR PESSAH: Roastaroma (The Hamets one) by Celestial Seasonings: Roasted Barley, Roasted Chicory, Roasted Carob, Cinnamon, Allspice and Chinese Star Anise. Contains Gluten. TEAVANA TEAS: Not kasher Some Are mixed with real flour.

TEA, ROOIBOS: OK FOR PESACH

TISSUES: Any.

TEMPEH: Needs Pessah supervision

TEQUILA: plain tequila is ok. In Mexico they require a hechsher. Patron: no for now

TOOTHBRUSH: Any

TOFU: Nasoya - Plain, Firm, Extra Firm; Silken Spice. Note: milk and plain tofu products with OU are Kasher for Pessah TOFFUTINON-DAIRY CREAM CHEESE: OK

TOMATOES CRUSHED - Redpack - Plain Contadina In Tomato Puree, With Roasted Garlic with Italian Herbs, any pure and plain are ok.

TOMATO PASTE: Even though some manufacturers produce cheese and other, it does not affect the clean production of tomatoes. Hunt's Contadina & all kasher brands.

TOMATO PUREE: Muir- Glen -all kasher brands. TOMATO SAUCE: Del Monte, Hunt's, Redpack & All Kasher brands TOMATOS (stewed): All Kasher brands. TOMATOS (JARRED SUNDRIED IN OIL): OK TOMATOS WHOLE PEELED: Red pack-all kasher brands. TOMATOS, CRUSHED: Hunt is OK or Smart and Final brand Heinz

TORTILLA CHIPS.TOSTITO CHIPS. Not kasher

TOOTHPASTE: Any commonly used brands. Aim, Aqua-Fresh, Colgate, Crest, Gleem, Pearl Drops, Ultra Brite, Adwe, Florimint and Kasher-dent in any flavor.

TOOTHPICKS: any

TUNA FISH: Star-Kist, BumbleBee, Chicken of the Sea any are Kasher. The D on the can does not apply to Sefardim ever and most opinions permit it even for Ashkenazim. TUNA: there are a hundred kinds of Tuna and only five kinds are used for canning

VANILLA EXTRACT: any

VANILLA MERINGUES (from Trader Joe's): OK must be bought before Pessah

VEGETABLES: Better to buy fresh non-checked in order to do a real thorough checking yourself. Any fresh or frozen (dry ones see Dried veg.) pure, plain, kasher vegetables.

VEGETABLES (canned): All 100% vegetables that only have pure, plain vegetables in them are Kasher for Pessah. VEGETABLES (frozen): All packages containing pure vegetables in it. ok

VEGETABLES (leafy): All prechecked packaged leafy vegetables have to be checked again and are not reliable due to the amount of checking that needs to be done and therefore it is better to buy fresh and check it yourself

VEGAN EGGS- ok but check health side effects.

VEGETARIAN BEANS: Heinz. ok

VINEGAR: Apple cider vinegar, Apple vinegar, synthetic vinegar, distilled vinegar are all OK. However, wine vinegar is not kasher unless it says it is kasher LePessah.

VITAMINS: Most vitamins are Kasher. If the vitamins are taken for medical reasons. However, when taken as food supplements they must be Kasher. Vitamin D3 and calcium magnesium by solgar, OK. UP 4 probiotics. Kala Acidophilus by Freeda, OK. VITAMINS, PRENATAL: Early Promise Prenatal Gentle Multiple, Bluebonnet – Natural Healthy Concepts Pure Encapsulations OK Supplements for Sensitive People ** these products do not contain wheat, gluten, nuts, egg, or hydrogenated oils. ** Comprehensive Allergen SOP in place to prevent cross-contamination. ** the producer does not add coatings, shellacs, binders, fillers, excipients, artificial flavors, artificial sweeteners or colors. ** and does not use magnesium stearate in any of their products. ** All two-piece capsules are hypo-allergenic and vegetarian.

VITAMIN WATER: OU, made for Glaceau, Whitestone, NY. IS KASHER

VODKA must be KASHER LEPESSAH. Note that most vodka today is produced from grains such as sorghum, corn, rye or wheat (problematic). Some vodkas are made from potatoes, molasses, soybeans,

grapes, rice, sugar beets and sometimes even byproducts of oil refining or wood pulp processing. In any case it requires kashrut supervision.

VODKA, POTATO (made in Poland): Kasher for PESSAH

WATER, CARBONATED (Zevia): ok

WATER, CANADA DRY TONIC: ok

WATER, ORANGE BLOSSOM: ok

WATER, ROSE WATER: From faucet or Bottled, Any.

WATER IN BOTTLES: any are ok for those that are Machmir should buy it before Pessah

WATER FILTERS: Any

WAX PAPER: Any.

WHIPPED, CREAM TOPPING -Rich's. Non-Dairy Topping and Pre Whipped Topping. Plain, ok

WHIPPING CREAM, ULTRA-PASTEURIZED: kasher dairy OK

WINE: preferred Non Mevushal but if there are maids around, the wine must be hidden and locked. If using Mevushal no problem at all. Mevushal is when the wine was pasteurized at 170 degrees fahrenheit

WINES and grape juices: Any Kasher all year round.

XANTHAN GUM: OK

YEAST: Production of dry yeast uses starch or molasses as raw material. At the same time, add ammonium sulfate, urea, and other nitrogen-containing chemicals. After sterilization and sterilization, it is passed through sterile air, cultured at a constant temperature, expanded step by step, and collected yeast sludge.. THEREFORE IT COULD BE USED

YOGURT: It needs a properly recognized Kashrut certification. Should be kasher-for-Pessah certification. any yogurt that has gelatin is NOT to be used (e.g. Yoplait) ever. FROZEN YOGURT in prepackaged containers only): Sealtest vanilla; Columbo-vanilla; Haagen Dasz-vanilla & strawberry FRUITS (fresh).

YOGURT, COCONUT SOY (SO Delicious): OK YOGURT, COCONUT MILK (SO Delicious): OK YOGURT, OUI: OK

Yogurt CHOBANI- not kasher- needs hechsher for Pessah.

FROG IN CHECKED LETTUCE WITH FOUR HASHGACHOT



THIS EXPLAINS WHY I ADVISE PEOPLE SHOULD BUY FRESH LETTUCE AND CHECK AT HOME

THE EVE OF PESSAH

- All Hamets must be eliminated, (around 10:30 a.m.). All Hamets dishes must be cleaned and put away. The house must be swept, one's pockets searched for crumbs, and all remaining Hamets (including the ten pieces of bread found during Bedikat Hamets) must be burned. • Preparations for Yom Tov start, with all delicacies in honor of the arrival of Yom Tov, just as for Shabbat. • One must examine carefully each leaf of lettuce used for Maror in the Seder (as well as all year round), to ensure that there are no bugs in it.
- From midday of Erev Pessah onwards, we refrain from any kind of work forbidden during Hol Hamoed. • Hair and fingernails should be cut before noon. If one forgot, it may still be done after noon.
- In order to have an appetite for the Mitzvah of Matza, it is forbidden on Erev Pessah to eat Matza which will be used at the seder. Only Matza Ashira is permitted. Two hours before sunset one should refrain from eating any type of Matza.
- The Seder table should be set before the men go to the Arvit prayer. • When buying meat, one should not express himself by saying that this is for Pessah, but say for the festival (Moed). • People who are very stringent about keeping Mitzvot bake the Matzot for the Seder on Erev Pessah afternoon, as the Matza eaten in the evening is in memory of the Pessah offering brought in the Bet Hamikdash at this time. For this reason, festive clothes are worn and Hallel sung while the Matzot are being baked. Since at this time the eating of Hamets is already forbidden, great care must be taken that the dough does not ferment. A person should say he is annulling any dough that might become Hamets.

KASHERING UTENSILS

The laws of kashering are many and varied, and very controversial. It is of course best to use dishes and utensils especially set aside for Pessah use. Pots used during the year with Hamets cannot be used for Pessah .if you need those pots... you may kasher them before Pessah.

under certain conditions, some of the utensils used throughout the year may also be used on Pessah if they are Kashered and prepared in a special manner for Pessah use. New and old utensils purchased from a gentile, need Tevila after all Kashering. Kashering can be very complex at times. It is recommended that when Kashering you consult a Rabbinic authority.

A vessel becomes unfit for Pessah use because of the Hamets absorbed in it in one of four ways: • If Hamets was roasted, Barbequed or baked on it without any liquid. • If Hamets was cooked with liquid in the vessel. • If Hamets sat in a vessel for a longer period than 24 hours. • If sharp Hamets sat in a vessel (for twenty minutes or more), or a knife that was used with sharp Hamets. for Ashkenazim, glass becomes unfit for Pessah only if it was used for hot Hamets during the year.

PRINCIPLES OF KASHERING

- Hamets is extracted from a vessel in the same manner that it was absorbed by it; therefore the method of kashering is determined by the way it is mostly used.

The Kashering should be done no later than the specified time usually by 10:30 AM on the morning before Pessah. • If a person needs to kasher dishes after that time, it can only be done through the strict methods of Kashering • Once Pessah begins, it can be done only through Libbun, torching.

THE TWO MAIN WAYS TO KASHER

Hagalah (purging): Done on any utensil used with hot liquids. We insert the vessel into a large pot that has boiling water. A good idea is to put some sand or ashes in the boiling water to defile the taste of any food residues. If after Hagalah the water became very dirty, the water would be changed. When doing Hagalah the water must be constantly bubbling on the fire, while immersing every item.

Leebun, torching: Done on items that were used directly with fire without any liquid involved. In Leebun you actually blowtorch or burn any particles of foods. Some vessels need to get very hot and some need to get to a glowing hot fire stage.

BASIC RULES FOR PREPARING AND KASHERING FOR PESSAH

• All utensils and vessels that will be used for Pessah must be thoroughly washed and scrubbed with soap. NOTE: EVERYTIME WE SAY WASHING, WE MEAN SCRUBBING WITH SOAP AND NOT PLAIN RINSING. • When there are bends, cracks, deep cuts and spaces in these utensils, care must be taken to reach inside these areas. • Kashering: All items with which only cold Hamets came in contact during the year, such as refrigerators and pantry shelves, should be thoroughly washed and rinsed to ready them for Pessah use. All items with which hot Hamets came into contact during the year, must, in addition, be kashered in the different required manners of kashering as explained by each item. • The way to kasher an item is by first cleaning, removing any dirt, rust, or any surface material, then wait 24 hours prior to the Hagalah. Note: Even if the vessel is prepared through only washing one should wait twenty four hours prior to using it on Pessah. • There is no Beracha (blessing) on Hagalah. • Boil water in a pot, which had not been used for twenty-four hours. This large pot used for Kashering may be from year round use for meat or dairy to kasher meat or dairy. Vessels that cannot be washed thoroughly cannot be kashered through Hagalah, only through Leebun. A vessel that can be kashered through Hagalah can surely be kashered through Leebun. • Any vessel that might get ruined when immersed in boiling water, such as vessels that are made from glued pieces or plastic or extra fine china cannot be kashered.

Question: “In regards to kashering blenders and food processors, you mentioned that if they were used for hot foods that include Hamets, they should be kashered by Hagalah. Is this the same procedure for foods that had only cold Hamets (i.e.: bread crumbs)?”

Answer: It needs hagalah

BRACES, DENTURES, BITE PLATES AND RETAINERS They should be brushed thoroughly before Pessah before the Hamets becomes Assur.

CHINA AND BONEWARE

• Fine “China” can be kashered by Hagalah. • It can also be kashered by pouring boiling water up on it, taking care to cover all areas with the boiling water. Then, rinse with cold water.

COUNTERS AND TABLES

Counters and tables are first thoroughly scrubbed, including the surfaces and the cracks between the different sections. We then pour boiling water upon them. However if the table is used only with a tablecloth throughout Pessah, it only needs to be cleaned thoroughly. High chairs are thoroughly scrubbed. You can kasher granite countertops, even with a synthetic finish. The proper method to kasher the counter is irui kli rishon (pouring boiling water over the surface of the counter). A steamer can be used to kasher counters provided that the counter is being kashered with actual water, not vapor, and the water is at or near the boiling point of 212F. Q: Is it OK to pour boiling water over GLAZED counter to kasher for Pessah? A: Yes

Tables that are covered with table cloths or place mats . dont need any aluminum covers under the table cloth.

CUTTING BOARDS

A wooden cutting board need only be washed since hot foods are not normally placed upon the cutting board. But if hot foods are placed upon it, then it requires Hagalah. If the board is too large for Hagalah, then clean it, pour boiling water upon it, and rinse with cold water.

EARTHENWARE

All utensils and vessels made from earthenware cannot be kashered. A stone oven may be kashered by torching it or burning it extra hot.

ELECTRICAL APPLIANCES

Refrigerators, freezers, coffee makers, water coolers, percolators, Fruit juicers and thermoses may be kashered for Pessah by only thoroughly cleaning them. A dishwasher needs kashering by thoroughly cleaning it as well as its racks and all intricate parts. Then run the hottest cycle on empty.

GLASS AND PYREX

• Glass items, colored or clear, such as pots, glasses, dishes and cups can be washed thoroughly and used on Pessah. Since glass does not absorb Hamets, no Hagalah is necessary. • Glass with painted designs not on the inside of the item (i.e. the area which touches the food) can be prepared for Pessah. • Items made of special glass, such as Pyrex or Corning ware, which are normally used directly upon the fire, can be prepared for Pessah. As with ordinary glass, there is no need to Kasher Pyrex and Corning ware. If they are clean, they may be used on Pessah. • Some Pyrex items have a metal base, which is separate from the Pyrex. This base holds no food. Since the metal base normally does not touch the food, it need not be kashered, just cleaned. • Corelle can be prepared for Pessah. The laws, which apply to glass, also apply to Corelle. NOTE: For Ashkenazim who hold that glass absorbs is considered unfit for hot Hamets the food, only glass that was used for Pessah use by Kashering. There are Poskim that are of the opinion that while glass used for cold must be kashered by immersing them in cold water for 72 hours-with fresh water every 24 hours. If it is used with hot it may not be kashered.

OVENS

• Gas and electric ovens can be kashered for Pessah. Clean the oven and all racks thoroughly, as well as the broiler, with oven cleaner, then, turn it to the highest setting, and allow to burn for one hour. • A “self-cleaning” oven can be kashered for Pessah. Set it on the “self-cleaning” setting and allow it to complete its self-cleaning cycle. • A toaster-oven can be kashered for Pessah. Clean it very thoroughly from any crumbs and other matter. Then, set it on the highest setting for one hour. • A Microwave Oven can be kashered by cleaning it thoroughly, then placing a cup of water inside it, and turning it on till some evaporation happens, • Electric Plates, Hot plates: They should be washed thoroughly and turned on for one hour.

KASHERING OF POTS

All pots including Pressure cookers are kashered by the process known as Hagalah (purging). • Take the pot to be kashered, and clean it thoroughly. • Boil water in a second pot, which is large enough to contain the pot to be kashered. Like the first pot, the second pot must not have been used within twenty-four hours. • Once the water boils, immerse the first pot into it, until first pot is completely covered by the boiling water. Note: the handle must also be immersed. If this cannot be accomplished in one step because it is too large then immerse one portion of the pot, remove it from the water, and immerse the other side. Leave it in the water for a few seconds • Rinse the Kashered pot in cold water immediately following Hagalah.

Covers of pots must be kashered for Pessah after they are clean including the areas under and around the cover handle and under and around any screws, bolts, etc. If necessary, detach these parts from the cover, clean. Replace before Hagalah. By Pressure cookers the rubber must be cleaned thoroughly. If it is hard to clean certain areas, then pour bleach or a similar cleaning agent upon the area that cannot be cleaned. Then, any food lodged there is rendered inedible, and is thus no longer prohibited as Hamets. Then, proceed with the Hagalah. Note: If tongs are used to hold the article being Kashered, then the article should be released while it is being immersed.

For a very large pot, which is too large to be placed within a second pot, proceed as follows: • Boil water in this large pot to be Kasherred, filling it as close to the top as possible. Once the water boils, cover the pot completely with a flat cover (it need not be the cover of this particular pot). Allow the water to boil for thirty seconds while the pot is covered. (Caution: in gas range, overflowing water may extinguish fire). After pouring out the boiling water, immerse the pot handle in a second pot of boiling water. • the entire pot in cold water immediately following the Hagalah. Rinse • There is an alternate method for kasherred metal pots for Pessah which is, clean them thoroughly. Then place them (empty) in the oven at a high setting for half an-hour. Wine goblets, napkin rings, candlesticks, jewelry such as rings worn during kneading doughs, can be kasherred by just washing them thoroughly.

Sieves and strainers must be kasherred if they were used with hot foods. Extreme care must be taken to clean them thoroughly prior to the Hagalah. Note: Sifters should not be kasherred, since they cannot be cleaned thoroughly.

ROASTERS, PARTS AND RACKS

Roasters, metal or enamel, oven racks and metal baking pans are normally used inside the oven. They cannot be kasherred by Hagalah. Rather, they should be cleaned thoroughly, and then placed (empty) in the oven at the highest temperature for one hour. For convenience, this may be done at the same time the oven is being kasherred. Frying pans, including Teflon coated, may be kasherred the same way as oven racks. Clean them thoroughly, and then leave them in the oven for one hour at the highest setting.

SILVERWARE (OR GOLDWARE)

Hagalah can kasher silverware. Place a net inside the pot and immerse each piece of silverware in the boiling water taking care that the water covers each piece completely. Then the whole net is removed and placed in cold water. Or individually tie the pieces to a string one after the other. Drop into the boiling water and remove the whole string shortly after. Rinse the silverware in cold water immediately following the Hagalah.

Two or more pieces of silverware may be left in the pot together as long as they are dropped into the boiling water separately. “Meat” silverware can be Kasherred in a “dairy” pot, and vice versa. But remember that both the silverware and the pot must not have been used for twenty-four hours prior to the Hagalah. Meat and dairy silverware may be left in the pot at the same time, but remember to drop them separately into the pot with boiling water. If on the silverware there are hard to clean areas, like deep designs, cracks around the handle, etc. Then, pour bleach or a similar agent upon the area, which cannot be cleaned. Then, any food lodged there is rendered inedible, and is thus no longer prohibited as Hamets. Then, proceed with the Hagalah. The pot used for Kasherred (i.e. the pot in which the items to be Kasherred will be immersed) may be either a Pessah pot or a pot which had been used for Hamets.

SINKS

A sink requires Kasherred for Pessah. After cleaning it, pour boiling water over the entire sink (this applies to enamel, porcelain or metal sinks). If any area cannot be cleaned thoroughly (such as the area near the rim), pour bleach upon it, to render any food lodged there inedible first, then pour boiling water over it. It does not need covering with contact paper. Faucets should be cleaned thoroughly.

STOVES, RANGES, AND GRATES

The burner of a stove and metal grates upon which pots are placed for cooking, may be kasherred simply by cleaning them. Since any food, which may have fallen on them, is immediately burned. If the section between the burners is enamel or metal, it must be covered with aluminum foil. However Corning ware tops, such as on electric ranges, are treated like ordinary glass and only need to be thoroughly scrubbed. Knobs should be only washed.

TABLECLOTHS, NAPKINS

Cloth tablecloths (not plastic) and towels used year round should be washed thoroughly and may then be used for Pessah.

TUPPERWARE

Tupperware and similar plastic storage containers cannot be used nor koshered if they were used with hot hametz. However, such containers that have been used with other hot foods can be koshered with Hagalah. Containers which were used only with cold solids may be used by just cleaning them. If, however, they were used with liquids which may have been Hamets (such as vinegar), then they should be Kasherred by Hagalah, even if all liquids used had been cold.

A blender must be kasherred by Hagalah if it was used for hot foods that include Hamets. Before Hagalah, extreme care must be taken to clean blades and all parts thoroughly.

A food processor must be kasherred by Hagalah if it was used for hot foods that include Hamets. It should be noted, however, that most food processors have intricate parts, and are very difficult to clean. If dismantling is necessary for thorough cleaning, then this should be done. A Kitchenaid mixer or similar must be kasherred by hagalah, if it was used with hot foods that include Hamets. Then all parts, which touch the food, should be Kasherred by hagalah. But extreme care must be taken to clean all areas of the mixer thoroughly, especially areas above the bowl. If dismantling is necessary for thorough cleaning, it should be done.

FAUCET AND AERATORS Don't need any special kashering

WOOD, PLASTIC AND RUBBER

- Wooden, plastic, rubber, or silicone items, such as spatulas, mixing spoons, rubber gloves, bowls, corian and granorex, can generally be kasherred for Pessah by hagalah (follow the steps listed for silverware). However, if these items were generally used only for cold foods, then they need only be cleaned thoroughly.
- Melmac dishes can be kasherred by hagalah.
- Plastic or metal graters can be prepared for Pessah if they were not generally used with hot, spicy or sharp foods. Then they need only be cleaned thoroughly. But extreme care must be taken in cleaning them. If they were used with hot hamets, they cannot be used nor koshered. See Tupperware section.

TEVILA

- Tevila of dishes is a means of purifying them by dipping them completely in a Mikva (ritual bath), which contains a minimum of 360 liters of natural water not retrieved into a vessel. They may also be dipped in a sea or river. Tevila of vessels may not take place on Shabbat or Yom Tov.
- If the dishes are not new, they first require haga lah or Leebun as required, and then Tevila.
- When dipping the vessels in the water, one says th e Beracha: "Baruch... Asher Kideshanu... Al Tevilat Kelim":
- Plastic, wooden or disposable vessels do not require Tevila.
- Renovated vessels by a non-Jew with a new metal coating do not require Hagalah, rather they must be cleaned well and then Tevila is done without a Beracha.
- All Vessels and utensils that are used directly to prepare to eat from or to store, and come in contact with food, requires Tevila. A new mincer or grater requires Tevila.

THE WHEAT AND THE BAKING OF THE MATZOT

- The flour for baking Matzot may be from any of the five grains: wheat, barley, spelt, rye or oats. However, usually wheat flour is used, as this is the best.
- The grain for the Matzot must be watched from the time it is harvested. The wheat must be cut before the kernels of grain lose their green color.
- Wormy grains should not be used.
- The bags of cut wheat may not be left in a damp place or lying on top of fresh grass.

GRINDING THE WHEAT

- The mill must be thoroughly cleaned before grinding the flour for Matzot.
- G-d fearing people must supervise the cleaning of the mill. The mill is cleaned and burned with hot coals. The first batch of wheat

milled after the cleaning is not used for Pessah. • In very difficult situations, the mill may be used without prior cleaning. • The flour must be ground at least 24 hours before Pessah because, if not, the flour would still be hot and this could cause the dough to ferment. If, however, they were baked with freshly ground wheat, they are permitted for use.

THE WATER USED FOR MATZOT

The Matza dough must be kneaded with water, which was prepared at least 12 hours beforehand, and had been kept in covered earthenware containers in room temperature. The water may be taken from a well, fountain or river. It should be poured into containers at sunset, and remain there overnight to become cool. When pouring the water, one should say: "We are preparing this water for the Mitzvah of baking Matzot".

THE MATZA DOUGH

• First the flour is poured loosely into a receptacle which holds at least the minimum amount required to separate Challah from it, i.e. almost 2 kg. Care should be taken not to add more flour than the prescribed amount, since it becomes much more difficult to knead the dough, and thereby, the risk of it becoming Hamets increases. • No salt whatsoever may be added to the dough. The dough is distributed among the various workers, who work on the dough uninterruptedly (to avoid fermentation) until the Matza is shaped. Matzot are spread out thin and perforated to prevent them from rising in the oven. Finally they are placed in the oven to bake. • If the dough is too dry, water may be added. If the dough is too soft, flour may not be added in order to harden it. • If one's hands become warm during the kneading process, one should cool them off before continuing the work. • The kneading should not take place in a room where sunshine penetrates, nor near a window, even if there is no sunshine. It should neither take place near the oven nor other fire, to avoid contact with heat. • All the utensils used for the preparation of the Matzot (bowls, knives, tables, rolling pins, etc.) must be in perfect condition, without dents or holes, to avoid dough becoming stuck in them and fermenting. Every 18 minutes, all utensils are thoroughly cleaned, and fresh dough is kneaded.

THE OVEN

• If one wishes to use a HAMETS oven for the baking of Matzot, a large flame, whose heat must reach all parts of the oven, must be applied first for one hour. Then one waits until all the flames are extinguished and the oven has cooled down, before lighting it again for the baking of the Matzot. •

BAKING THE MATZOT

The Matzot must be examined to ascertain that they are baked thoroughly. When breaking up a Matza, no "threads" of dough may be noticed. A Matza may not be returned to the oven for more baking. If a Matza became folded while baking, the double part may not be baked properly, therefore all the double dough must be disposed of.

PRODUCTION OF MACHINE-MATZOT

As the production of machine Matzot is done mechanically, great quantities of Matzot are produced within a limited time. The machines should be cleaned and washed adequately every 18 minutes.

Complicated equipment is employed and there are numerous Halachic problems which most bakers ignore. Without thorough supervision there is a considerable risk of Hamets in machine Matzot.

MATZA ASHIRA

• Matza Ashira is the term given for Matza that is kneaded with fruit juice, wine or eggs. When such Matzot are baked, care must be taken that no water whatsoever is added. • Matza Ashira does not fulfill the Mitzvah of Matza at the Seder. On the other days of Pessah, Matza Ashira may be used. •

LAWS CONCERNING THE SEDER NIGHT

On leaving the Synagogue after the Arvit prayer on the first Pessah night, we return home to begin the Seder, without delay and in an atmosphere of great joy. Everyone must keep the Mitzvot of the night - to eat matza 3 times throughout the Seder EACH within a prescribed length of time and to drink 4 cups of wine or grape juice within a prescribed length of time. The Matza, wine, and grape juice must be kosher.