

Dear Friend,

I look forward to our Zoom Webinar on Pesach Kashering tonight. I know many people will be doing this for the first time, so please do not be concerned. It can be easy, safe, and even fun.

**The Zoom ID is 484 416 0645, and the call number is 1-646-876-9923**

Please see the following documents for an excellent introduction to the laws of kashering.

<https://oukosher.org/passover/articles/kashering-for-passover/> (Ashkenazim)

<http://cbiotp.org/ewExternalFiles/sephardic%20kashering%20guide.pdf> (Sephardim)

I'm sending out both of these documents because there are certain differences amongst Ashkenazic and Sephardic tradition, especially when it comes to glass, pyrex, and Corelle, regarding which Sephardic tradition is lenient, on the basis of the opinion that these items do not absorb, while Ashkenazic tradition maintains that these items, if used with heat, cannot be kashered for Pesach.

For Ashkenazim, the standard minhag is not to kasher glassware for Pesach. However, if absolutely necessary, glassware that is only used for cold objects, *milui v'irui*, that is, cleaning the glass thoroughly, and then soaking the glass items in water for three days, changing the water every twenty four hours, is a method which can be used.

### **Coffee Makers**

The most common question I get regarding Pesach kashering always brings a smile to my face. Can I kasher my keurig? The answer, and for some it's a matter of pikuach nefesh (!), is yes, you can. After cleaning the k-cup holder thoroughly and not using it for twenty four hours, boiling hot water (be careful, as we'll discuss tonight) should be poured over the entire k-cup holder. Remember, of course, only to use brands which are kosher l'pesach.

### **Pesach Medicine**

As goes without saying, no one who is dealing with a serious, potentially life threatening illness should change their medical regiment without first consulting their medical and halakhic authorities. While this is true every year, it's especially true this year when safeguarding our health is a critical communal priority. From the perspective of chametz, standard non chewable pills, injections, and creams present no problem. Liquid medicines, gelcaps, and flavored pills may contain chametz and a specific question should be presented. **Once again, no one should be making changes to their medication if they are facing a life threatening condition.**

Please see this excellent article: <https://oukosher.org/passover/medicine-guidelines/>.

Here is a list of some common medications which are acceptable for Pesach<sup>1</sup>.

### **ANALGESICS**

Advil Caplets and Tablets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax

Advil- Children's Suspension [All Flavors], Infants' Drops Advil- Junior Strength Swallow Tablets (NOT Chewables)

Aleve- Caplets (Blue Pill) Bayer Aspirin- Genuine Tabs, PM Caplets, Low-Dose Chewable 81mg (Cherry, Orange)

Motrin- IB Coated Caplets, Infant Drops (Dye-Free Berry), Children's Suspension (Berry, Dye-Free Berry, Bubble Gum)

Tylenol Tablets- Extra Strength Caplets or Regular Tablets Tylenol Children's Suspension (Cherry) Tylenol Infants Oral Suspension (Grape)

### **ANTACIDS**

Alka-Seltzer- Original Tablets, Extra Strength Bicarbonate of Soda (not baking powder)

Tums—Regular, E-X, Ultra (Assorted Fruit, Berry Fusion, Peppermint, Tropical Fruit), Sugar Free

### **Gastrointestinal**

Pepto-Bismol- Original liquid, original chewables, original caplets

### **COLD & ALLERGY MEDICATION**

Allegra- 180mg Allegra-D- 12 hr. Tablets and 24 hr. Benadryl—Allergy, Ultra Tablets Children's Allergy- Dye Free Liquid (Bubble Gum), Liquid (Cherry), Plus Congestion (Grape) Claritin D- 12

hr. Tablets (Dairy), 24 hr. Tablets Zyrtec— Children's Allergy Syrup (Bubblegum, Grape)

LAXATIVES: Metamucil- Original Coarse Powder (no kitniyot) Metamucil- Orange Smooth

Powder (Regular & SugarFree) MiraLax Powder Phillips' Milk of Magnesia Liquid- Original, Mint

Senokot- Tablets, Senokot-S Tablets

### **Cosmetics**

Items such as body wash, deodorant, shampoo, conditioners, hair products, are considered completely inedible and do not need specific approval. For those who wish to be more stringent, and check the listed ingredients, if one notices a wheat, oat, rye, barley, or spelt product, one can simply choose an alternative brand. Some common ingredients in this category are Avena Sativa [Oats], Beta Glucan [Oats], Prolamine [Oats], Sodium Lauroyl Oat Amino Acids [Oats], Secale [Rye], Triticum Vulgare [Wheat], Stero Pro or any wheat, oat, or rye ingredients.

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<sup>1</sup> I would like to thank my colleague Rabbi Gershon Segal of Newton, Massachusetts for his outstanding information regarding these products.

Items that come into direct contact with one's mouth (lipstick, toothpaste, etc) must be chametz free. Please see the following list.

**Chapstick:** Classic Original, Classic Strawberry, Medicated, Moisturizer

**Denture products:** Fixodent and Polident

**Lipstick:** Cover Girl— Continuous Color Lipstick, Outlast All-Day Lipcolor 549, 550, 570, Outlast Moisturizing Top Coat.

**Mouth Wash:** Scope, Listerine Cool Mint Antiseptic, Listerine Total Care Zero, Listerine Zero

**Toothpaste:** Aim, Close Up, Colgate, Pepsodent, Ultrabright

### **Pet Food**

The standards for Chametz are different than for any other food substance. Generally, when it comes to food, we follow the principle that something which is no longer fit for human consumption, eino ra'ui l'achilat adam, is no longer considered food, but, when it comes to chametz, we use a different standard, ra'ui l'achilat kelev, something which is fit for a dog.

As many dog owners can attest, dogs do very poorly with changes in diet, and your veterinarian should be consulted regarding safely transitioning your dog away from his or her chametz based diet.

One brand that has been recommended to me on good authority is Blue Ribbon <https://www.amazon.com/Blue-Buffalo-Freedom-Natural-Chicken/dp/B008EXEMOU>. Please consult with your veterinarian regarding the best recommendation for your dog.