

## Preparing for Passover Considering Covid-19

1. **Hold Passover Seder only with those who reside in your home. Do not invite additional guests.**
2. Call or video chat with family and friends who are isolated or alone. If you are using Zoom for your Seder, try to include family and friends who cannot attend.
3. When preparing for the Seder, make substitutions whenever possible rather than go out to get supplies. For the Seder table:
  - a. Matzah- Don't make a special trip to buy Matzah. Each home needs only enough matzah for each person to fulfill the obligation of eating matzah for the seder. One piece of matzah per person, per seder.<sup>3</sup>
  - b. Karpas- Can be any vegetable.
  - c. Maror- If horseradish is not available, find other vegetables or fruits that can bring a tear to the eye if consumed raw: hot peppers, fresh ginger, mustard greens, raw lemon.
  - d. Shankbone and Egg- A roasted beet and rice can take the place of the shankbone and egg.
4. Getting rid of Hametz.
  - a. Cleaning as usual, but keep in mind that spaces should be searched for Hametz and cleaned only if hametz is normally consumed and cooked there.
  - b. The prohibition of owning and seeing hametz applies specifically to amounts of pure hametz that are at least the size of an olive (*k'zayit*). Dirt is not hametz!
  - c. Elderly or infirmed people who need to be on their own due to measures to avoid community spread of the virus should not be burdened with cleaning beyond their ability to do so on their own.
5. Purchasing of Food.
  - a. Make as few trips to the store as possible.
  - b. No Kosher for Passover Label needed. Remember that some foods need no Kosher for Passover certification at all. See the Passover Guidelines for a list.
  - c. Certain foods which normally can be purchased before Passover but not during the holiday can now be purchased during Passover given the circumstances. These include:
    - i. pure fruit juices
    - ii. filleted fish
    - iii. frozen fruit with no additives
    - iv. plain cheeses without added flavor
    - v. non-iodized salt
    - vi. pure white sugar
    - vii. Quinoa with no additives

- viii. white milk
  - ix. frozen Vegetables
  - x. chopped meat
  - xi. non-flavored almond milk, rice milk, soy milk, cashew milk
  - xii. non-flavored Cream Cheese
  - xiii. non-flavored Yogurt
  - xiv. canned tuna
  - xv. pure maple syrup
  - xvi. pure Agave
  - xvii. salt and pepper
  - xviii. non-flavored decaf coffee
  - xix. margarine
  - xx. pure Honey
  - xxi. dried fruit
- d. Kosher for Passover at any time. The following foods still require a Kosher-for-Passover label whenever they are purchased.
- i. All baked goods
  - ii. Farfel
  - iii. Matzah or any product containing matzah
  - iv. Matzah flour
  - v. Matzah meal
  - vi. Pesach cakes
  - vii. frozen processed foods
  - viii. candy
  - ix. flavored milk
  - x. herbal tea
  - xi. ice cream
  - xii. liquor
  - xiii. soda
  - xiv. vinegar
- e. Gluten-free. Another way to potentially find acceptable foods without a specific Kosher for Passover label during pre-Passover shopping, when the situation demands, is to purchase certified Gluten Free products.
- f. Use of open items. Opened products in our homes that are Hametz-free, but may have been used in the course of normal year-round cooking. If you can assume that no Hametz entered the opened product, or at best a negligible amount, such products may be used during Passover this year.