

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

A GF Pesach

When you think about it, Pesach is mostly gluten free (GF), if you don't count *matzah* or anything made with *matzah*. So let's explore this further – can you really make Pesach GF?



First things first. To understand what exactly *chametz* is, refer to this [Orthodox Union article](#). It gives the basics plus some things you may not have thought of before. You can find plenty of other Passover information on this web site, too; for example, an article about [using quinoa](#) for Pesach.

The second thing is finding GF *matzah*. According to [VeryWellFit](#), “to be kosher for the Passover ritual according to Jewish dietary laws *matzah* can only be made of either wheat, barley, spelt, rye, or oats.” This article from 2018 goes on to describe several brands of *matzah* that may be fit for Pesach but may not fulfill the mitzvah for the Seder. Watch the boxes for labels such as “Not for Sacramental Purposes” and be clear on the ingredients.

Another [2018 article at VeryWellFit](#) continues with “**Very important: Merely being labeled ‘Kosher for Passover’ does not make a product gluten-free.** It must also be labeled ‘Non-Gebrochts’ or ‘Gluten-Free.’ Non-Gebrochts



(sometimes spelled ‘Non-Gebrochts’ or ‘Non-Gebroks’) means the item does not have *matzah* as an ingredient.” The article continues with a list of food brands and some of their GF non-*matzah* Pesach foods. Also check out [oukosher.org](#) with its 2019 Kosher for Passover and GF information.

In 2015, the Conservative movement lifted the ban on *kitniyot*. According to [the Smithsonian](#), “The decision to lift the ban on *kitniyot* (rice, beans, legumes) in the Conservative movement has several factors behind it, including health and eating habits. As gluten-free and vegan diets have become more popular in recent years, people have had a harder time finding meals that fit into these regimens while still adhering to tradition.”

In a March 2019 article at [the Forward](#), it states that 40% of annual Kosher sales take place during Passover, and many Kosher food brands introduce new products at Passover. For example, Manischewitz is offering 20 GF products this year. This also is a boon for those with celiac disease and others who need to be GF. The article says, “A gluten-free diet could be healthier for people

who swap out processed foods with gluten for fruits and vegetables... But processed gluten-free foods are not necessarily an improvement over their gluten counterparts. Removing gluten from food affects the food's taste and texture, and manufacturers usually improve both by adding fat and sugar...” So be careful what you choose and ALWAYS read the label and ingredients.

For some GF recipes and ideas for Pesach, check out [the Spruce Eats](#), [Udi's](#)



[Gluten Free Blog](#), [GF Jules](#), [Elana's Pantry](#), and [Today Food](#).

Remember, if you have questions, check with Rabbi Jon. Also download the [OU Guide to Passover 2019](#). Wishing you a *zissen (sweet) Pesach!*