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Pesach Guide 5784

Rabbi Beni Krohn

I. Maos Chitim and Mechiras Chametz

Maos Chittim - There is an ancient custom to give charity before *Pesach* so all Jews have their holiday needs met. As opposed to *Matanos L'Evyonim*, which is distributed the day of Purim, *Maos Chitim* are needed well in advance of *Pesach* to allow for proper distribution of funds. The easiest way to donate is online at <https://www.yiot.org/payment.php>. ***Please make sure to choose “Ma’os chitim” in the dropdown menu** so your donation can be directed appropriately. Alternatively, you may leave checks made out to YOUNG ISRAEL OF TEANECK with “Rabbi’s Discretionary Fund” in the memo in the shul office.

Mechiras Chametz (Sale of Chametz) - During the eight days of *Pesach*, our homes must be clear of all *Chametz* products. Any chametz items that one wishes to keep in one’s home must be placed in designated areas and sold for the eight-day period to a non-Jew. During the entire *Pesach*, the designated cabinets should not be opened, and no items in the designated areas should be used.

Attached to this document is the *Mechiras Chametz* form. I will be available to meet in my office in shul to arrange for the sale of your *Chametz* at the following times:

Sunday April 7 th	9:35-10:35am
Thursday April 11 th	8:30-9:15pm
Sunday April 14 th	9:35-10:35am & 7:50-9:00pm
Tuesday April 16 th	9:30-10:15pm
Sunday, April 21 st	8:40-10am

I encourage you to see me personally for the sale of your *Chametz*. If that is not possible, please contact me to make alternative arrangements.

II. Pesach 5784 Product Information

A partial *Pesach* product list follows. I have tried to identify some of the more frequent questions. This is not a complete list.

The OU, CRC (Chicago Rabbinical Council) and Star-K all have extensive Pesach resources available online, and I encourage you to make use of them:

Star – K: <https://www.star-k.org/passover>

CRC: <https://consumer.crckosher.org/pesach/2024-flipbook/>

OU: https://www.kashrut.com/Passover/pdf/OU_2024_PassoverGuide.pdf

Individuals with Diabetes face special challenges over *Pesach*. The Star K has prepared a very helpful guide of Halacha, advice, etc. Please see: <http://www.star-k.org/articles/articles/seasonal/349/passover-guide-for-diabetics/>

Air Freshener: Does not require Pesach certification

Alcohol: See: *Rubbing alcohol*

Alcoholic Beverages: Require Pesach certification

Aluminum Foil and Pans: Do not require Pesach certification

Ammonia: Does not require Pesach certification

Artificial Sweeteners: Requires Pesach certification
Splenda – contains kitniyot and may not be used
Agave, Maple Syrup, Stevia, Xylitol – Requires Pesach certification
Truvia – May not be used on Pesach

Baby Foods: Formula – Materna Brand infant formula from Israel is the only non-kitniyot kosher for Pesach formula (when stating Kosher L'Pesach on the label).

Kitniyot-based formulas may be used without Pesach certification under the following conditions:

1. They must be used in separate utensils and may not be washed in a kosher for Pesach sink.

2. It is preferable to buy all formula before Pesach as it contains traces of ascorbic acid (which may be chametz). This applies to both powder and liquid varieties.

Please note: All formulas must contain a proper year-round hashgacha.

Jars – All require Pesach certification

Cereals - Even rice cereals must be considered chametz without Pesach certification because they are produced near actual chametz.

Pedialite- Pedialite, Pediaflor and Pediasure contain kitniyot- see "*Formula*" for usage.

For a complete listing of acceptable, kitniyot-based formulas and other information about baby foods, see: <http://oukosher.org/passover/articles/baby-formula/>

Baby Oil, Lotions and Medicated Ointments: Do not require Pesach certification

Baby Wipes: All may be used

Baking Powder: Requires Pesach certification

Baking Soda: Does not require Pesach certification

Bleach: Does not require Pesach certification

Braces: Wax for braces may be used. See "*rubber bands*" below.

Candy: Requires Pesach certification

Chapstick: May be used (on Chol Hamoed only) if new and unflavored.

Charcoal Briquets: Do not require Pesach certification

Cosmetics: Do not require Pesach certification. However, some are strict about lipsticks (especially flavored ones).

Dates: Require Pesach certification, as their "glaze" may be problematic

Dental Floss: Unflavored (waxed / unwaxed) dental floss does not require Pesach certification.

- Dill:* *Seeds* - Are considered kitniyot
Leaves - Are not considered kitniyot and do not require Pesach certification.
- Dishwashing Detergent:* Does not require Pesach certification.
- Eggs:* Do not require Pesach certification. They can be purchased on Pesach itself.
- Fish:* ***Frozen*** – Due to the frequent application of glazes to raw fish, all frozen raw fish (processed & unprocessed, including gefilte fish) requires Pesach certification.
Fresh - Does not require Pesach certification
Tuna cans – Require Pesach certification.
- Flour:* Considered chametz even if one doesn't know that it has come in contact with water.
- Food Coloring:* Requires Pesach certification.
- Fruit:* *Frozen:*
- Unsweetened, uncooked, additive-free (without syrup, citric acid, ascorbic acid or Vitamin C) whole or sliced fruit does not require Pesach certification.
 - Frozen fruit that contains sweeteners, besides sugar, requires Pesach certification.
- Canned* - Requires Pesach certification, even if packed in its own juice.
Fresh – Whole, unpeeled produce does not require Pesach certification. Cut-up or peeled produce requires Pesach certification- citric acid is used to prevent browning.
Dried - Requires Pesach certification, as kitniyot oils and chametz flour may be used to prevent sticking.
- Garlic:* *Fresh* – Does not require Pesach certification
Peeled – Requires Pesach certification
- Halvah:* While it may appear with a Kosher for Pesach seal, halvah contains corn syrup and is not acceptable for Ashkenazim

Honey: Requires Pesach certification, as it may contain corn syrup.

Horseradish: *Raw* – Does not require Pesach certification
Processed – Requires Pesach certification

Ice: Plain water bagged ice does not require Pesach certification

Ices: Require Pesach certification

Insect / Rodent Traps: May contain chametz bait- should be put away for Pesach
 All insecticide sprays *may* be used

Matzah: *Egg Matzah* - Matzah made with fruit juice or eggs, which includes “Kosher for Pesach” Egg Matzah, ***may NOT be eaten on Pesach***, according to Ashkenazic practice, except by the sick or elderly who cannot eat regular matzah. Please note: Even the sick and elderly cannot fulfill their obligation to eat matzah at the Seder with this matzah.

“Egg Matzah” includes *all* Matzah products which contain the words “Egg Matzah” - including Egg Matzah Crackers, Egg Matzah Tam Tams, Chocolate Covered Egg Matzah etc.

Spelt & Oat– Kosher for Pesach hand and machine shemurah matzah are available at <http://www.lakewoodmatzoh.com> and at many kosher supermarkets.

Margarine: Requires Pesach certification

Meat/Poultry: Unprocessed meat and chicken with a reliable hashgacha may be used even without a special hashgacha for Pesach, as long as one rinses it off before use. Ground or processed meat and poultry **MUST HAVE** a Kosher for Pesach Hashgacha.

Milk: *Fresh* - Does not require Pesach certification when purchased before Pesach.
 When purchased on Chol Hamoed, fresh milk should have Pesach certification. Flavored milks always require Pesach certification.

Lactaid– May be used (for those with lactose intolerance) if purchased **before** Pesach. Chewable Lactaid pills should be avoided. Non-chewable lactaid pills may be used.

Nutritional supplements:

While many supplements contain kitniyot, they may be consumed, as needed, by the elderly or ill.

For a list of OU-certified, nutritional and dietary supplements, please see: <https://oukosher.org/passover/guidelines/medicine-guidlines/nutritionals-and-dietary-supplements/>

Quinoa: *Grains:* Due to the possibility that quinoa was grown in proximity to chametz grains or processed in a facility with chametz grains, quinoa requires Pesach certification.

Pasta: Requires Pesach certification, as it is sometimes manufactured on the same machines as regular pasta

Toiletries: Inedible toiletries do not require Pesach certification. This includes deodorants, perfumes, shampoos, toothpastes, mouthwash, and most cosmetics (see “*cosmetics*”).

Some are stringent when it comes to toothpastes & mouthwash:

- The following toothpastes are chametz-free:
 - o Aim (All), Close Up (All), Colgate (All), Pepsodent (All).
 - Crest - Cavity Protection Gel & Paste (All), Kid's Crest (All), Crest + Scope (All), Crest 3D White (Radiant Mint), Sensodyne - Sensitivity & Gum Clean & Fresh
- The following mouthwashes are chametz-free:
 - Listerine - Cool Mint (Antiseptic, Zero Alcohol), Fresh Burst, Total Care Zero, Ultra Clean, Scope (All)

Vegetables: *Frozen* - Requires Pesach certification, as the same equipment may be used during the year to make pasta products.

Canned - Requires Pesach certification

Fresh, uncut- Does not require Pesach certification.

Vitamins: See “*medicines*”

Water: All unflavored fresh, bottled, spring or distilled water does not require Pesach certification. Added fluoride or minerals do not present a problem. If there are added vitamins or flavors, Pesach certification is required. Unflavored seltzer also does NOT require certification.

Wine: Requires Pesach certification.
Please note: **Not all wines are Kosher for Pesach.**

What items are considered Kitniyot?

Due to the stringency of not eating chametz on Pesach, Ashkenazic Jews have developed a custom not to eat Kitniyot (legumes) on Pesach.

Kitniyot includes alfalfa, anise, ascorbic acid (may actually be chametz), aspartame (Nutrasweet), bean sprouts, beans, BHA, BHT, black-eyed peas, buckwheat, calcium ascorbate, canola oil, caraway, chickpeas, citric acid (may actually be chametz), coriander, corn, corn oil, corn syrup, cumin, dextrose, dill seeds, edamame, fennel, fenugreek (according to some), flax seeds (according to some), guar gum, hemp, hydrolyzed vegetable oil, HVP, kasha, kimmel, lecithin, lentils, licorice, lucerne, lupine, maltodextrins (chametz or kitniyot derived), millet, MSG, mustard, peanuts, peas, polysorbates (may actually be chametz), popcorn, poppy seeds, rice, sesame seeds, snow peas, sodium citrate (may actually be chametz), sodium erythorbate (may actually be chametz), sorbitol (could be chametz if outside the U.S.), sorghum, soy oil, soy, string beans, sunflower seeds, tofu (from soy), vetch, vetching, wild rice, xanthan gum (may actually be chametz).

Please Note: Many Kitniyot products on the market are certified as Kosher for Pesach, especially those from Israel, France and other European countries. For example, Joyva products may say “Kosher for Passover,” but are not acceptable for Ashkenazim, as they contain kitniyot. These Kitniyot products are often in the form of candy. Many of these products will say "LeOchlay Kitniyot," but some simply state “Kasher L’Pesach.” It is worthwhile to pay close attention to the labels.

Pet Food

All year-round pet foods may not contain mixtures of milk and meat. During Pesach, pet foods also must not contain chametz. Almost all dry pet foods list wheat or oats as their first ingredient. This is true for fish food and bird food as well.

Benefit from "*kitniyot*" (legumes) is permitted on *Pesach* even for an Ashkenazic Jew. Therefore, rice does NOT pose a problem in pet foods.

***Please use the links above to the Star-K guide and the CRC guide for some helpful guidelines regarding food for pets over Pesach.**

****If you have any questions about pet food, please reach out to me well in advance of Pesach, as it takes pets time to adjust to new foods.**

IV. Medications

****Before deciding to discontinue use of ANY medication, please consult with Rabbi Krohn**

ALL **non-chewable tablets, caplets, capsules or unflavored liquids** do NOT require *Pesach* supervision, regardless of their ingredients. This is true for non-chewable vitamins as well.

For **chewable pills** that contain *chametz* and no substitute is available, please contact Rabbi Krohn. Chewable pills that contain *kitniyos* ONLY are permitted and may be taken without any consultation.

All **liquid medications** that contain *chametz* should be avoided if at all possible. If they only contain *kitniyos*, they are permissible.

Vitamins: If one can find Kosher for Pesach vitamins, that is ideal. If it is not possible, and one feels they cannot skip their vitamins for the duration of Pesach, please contact Rabbi Krohn.

The following children's pain relievers are approved for Pesach use:

Motrin - Children's Liquid (All Flavors), Infants Liquid (All Flavors)

Tylenol - Children's Suspension (All Flavors), Infants Oral Suspension (All Flavors)

V. Kashering for Pesach Guidelines

***Please note: All kashering must take place BEFORE 11:53am on Monday, April 22nd. Therefore, if an item needs to be left unused for 24 hours before kashering (which many do), please make sure to leave enough time so it can be kashered in time.**

The Oven: In a conventional oven, gas or electric, the oven must be completely clean before *kashering* can begin. A **non-self-cleaning oven** should be cleaned and not used for 24 hours. Oven cleaners should be used to remove baked-on grease. If some stubborn spots remain after the cleaner has been applied a second time, the remaining spots may be disregarded. Once the oven and racks have been cleaned and not used for 24 hours, they may be *kashered* by *Libbun Kal*. This is accomplished by **turning the oven to its highest setting for one hour.**

In a **continuous cleaning** oven, a non-abrasive, and non-caustic, cleaner must be used to clean the oven. **Then the oven should be turned on to 450°F for 2 hours** so that the continuous clean mechanism can work. If the spots don't disappear, the oven should be left on for a few hours to allow the continuous clean mechanism to deep clean. If the spots do not disappear, the spots should be removed with oven cleaner or steel wool. If the spots are dark spots that crumble, they can be disregarded. In all of the above cases, **the oven should then be *kashered* by turning the oven to the broil setting for 2 hours.**

In a **self-cleaning** oven, simply run the self-cleaning cycle. This is true for **convection** ovens with a self-cleaning feature as well. The oven need not be cleaned before the process begins. The oven door and rubber around the door should, however, be completely clean before beginning the self-clean cycle. ***There is NO requirement to let the oven sit for 24 hours before a self-clean cycle.***

Oven Racks are very difficult to thoroughly clean. It is, therefore, recommended that they either be placed into a self-cleaning oven or covered with foil (punching holes through to allow the air to circulate.)

Cooktops: All cooktops should not be used for 24 hours before koshering. **Knobs** on all cooktops should be cleaned thoroughly.

- On a **gas range**, the cast iron or metal grates upon which the pots on the range sit may be inserted into the oven after they have been thoroughly cleaned. (If one has a self-cleaning oven one need not clean the grates first.) The grates can be *kashered* simultaneously with the oven. Another method of *kashering* the burners is to place a *blech* (a year-round blech may be used) or heavy foil over each burner and turn on

highest temperature for 15 minutes. **(For safety concerns, it is highly recommended to do only one burner at a time.)** The rest of the range should be cleaned and covered with a double layer of heavy-duty aluminum foil.

- **Glass, Corning, Halogen or Ceran cooktops:** The elements of the stove should be turned on until they come to a glow. The **burner areas** are now considered Kosher for *Pesach*. However, the rest of the cooktop presents a serious kashering problem. The unheated area of glass top ranges cannot be covered with foil like conventional or porcelain tops. Since glass tops are made of tempered glass, and are not meant to be covered, there is a risk that the glass cooktop will shatter if it is covered. Therefore, one should check with the company before attempting to *kasher* a Corning stove top.

- **Electric cooktop:** Turn the burners on the high heat setting until they glow red. The remaining cooktop areas should be covered.

Microwave Ovens: Clean the microwave and do not use it for 24 hours. Then, boil a cup/bowl of water on the highest setting for 20 minutes. The glass plate (if you have one) must be replaced or covered with saran wrap.

Convection Microwave: Should be kashered like a non-self-cleaning oven.

Instant Pots CANNOT be kashered for Pesach.

Refrigerator and Freezers: Each shelf should be cleaned thoroughly. Covering shelves is not necessary. (If you do cover any shelves, make sure to perforate any covers to allow for air circulation.)

Highchairs: Cleaned thoroughly and the entire top of the tray should be covered with a thick cover, such as contact paper.

Pots: Regular metal pots can be kashered as follows: Clean them well and leave them unused for 24 hours. Then fill close to the top with water and boil until it reaches a rolling boil. Please note that depending on the size of the pot, this could take some time. Once the water is rolling, cover the pot with the lid, allowing the steam to be caught by the lid. Your pot and lid are now kosher for Pesach.

Metal Utensils that have been used for **cooking, serving or eating hot Chametz** may be *kashered* by cleaning them thoroughly, waiting twenty-four (24) hours and then immersing them, one by one, into a Kosher for *Pesach* pot of water which has been heated **and is maintaining a rolling boil when the vessel is immersed**. **Teflon coated pots cannot be kashered.**

The utensils undergoing the *kashering* process may not touch each other on the way into the pot. In other words, if a set of flatware is being *kashered* for *Pesach*, one cannot take all the knives, forks and spoons and put them in the boiling water together. They should be placed into the boiling water one by one. The process is finalized by rinsing the *kashered* items in cold water. If tongs are used to grip the utensil, the utensil will have to be immersed a second time with the tong in a different position so that the boiling water will touch the initially gripped area. Unlike *tevilah* in a *mikvah*, the entire utensil does not have to be immersed at once; it may be done in parts. **Avoid *kashering* utensils that are rusty or difficult to clean properly. Silverware made of two parts (a handle and a blade, for instance) should most often not be *kashered*.** While one may technically use even a chametz pot which has not been used for 24 hours for *kashering*, the custom is to use a Kosher for *Pesach* pot.

The common practice among most *Ashkenazim* is not to *kasher* **Glass Utensils** for *Pesach*. **Arcolac, Pyrex, Duralex & Corelle** should be treated as glass for *kashering* purposes. **Plastic** utensils may not be *kashered*. Glassware used with cold *Chametz* may be *kashered* in case of great need. Each utensil should be soaked in room temperature water for 72 hours. The water should be changed every 24 hours.

Sinks:

China sinks cannot be *kashered* at all. **Porcelain or Corian sinks** should also be considered like a china sink. These sinks should be cleaned, and completely lined with contact paper or foil. The dishes that are to be washed should not be placed directly into the sink. They must be washed in a *Pesach* dishpan that is placed on a *Pesach* rack. Alternatively, a sink insert can be purchased, allowing for the placement of either dairy or meat dishes directly into the sink.

- **Stainless steel** sinks can be *kashered* by the following method. Clean the sink thoroughly. Hot water should not be used or poured in the sink for twenty-four (24) hours prior to *kashering*. *Kashering* is accomplished by pouring boiling hot water from a *Pesach* kettle/pot over **every part** of the sink. The poured water must touch every part of the sink including the drain and the spout of the water faucet. It is likely that the *kashering* kettle(s) will need to be refilled a few times before the *kashering* can be completed.

- **Granite sinks** can be *kashered* like a stainless steel sink.

Countertops made of granite, marble, limestone, quartzite, soapstone, slate, onyx, quartz resin, Cambria, Caesar Stone, Silestone, QStone, and Zodiaq may also be *kashered* with boiling water like a stainless steel sink (see above). Countertops made of Avonite, Corian, Gibraltar, Hi-Macs, Meganite, Staron, Surrell, and Swanstone *may be kashered for Pesach if*

they do not contain any scratches or stains; otherwise, they must be covered. Formica countertops should be cleaned and covered with a waterproof material. If they have no cracks or dirt in the seams some allow even Formica to be kashered in the method described above. Tables with synthetic tops and wood tables should be cleaned and covered.

Procedure for steaming countertops: One may also *kasher* granite counters with a steamer. The mouth of the steamer wand must be held within $\frac{3}{4}$ of an inch of the counter surface. Every area must be steamed twice. The second time must be done momentarily after the first while the counter is still very wet from the first application. Whereas steaming is neater, it is very laborious and requires care and patience. The Wagner Power Steamer 905 can be used for this purpose.

Hot water urns which have been used for WATER ONLY throughout the year should be washed and then may be used for Pesach as well. If it has been washed with vinegar and hot water during the year, please contact me to discuss.

Souz Vides CANNOT be kashered for Pesach.

Blech: A blech which has been used on top of the stovetop during the year may be kashered for Pesach. One should clean it well and then allow it heat up on top of the stovetop turned to high for 30 minutes.

Hot plates which have been used during the year MAY be used for Pesach. They should be cleaned thoroughly and turned on for one hour. They should also be covered with tin foil.

Dishwashers which are made of stainless steel can be kashered using the following procedure: Allow dishwasher to sit for 24 hours without being used and then run one clean cycle with detergent. Please Note: Although the dishwasher can be kashered the racks cannot. One must use a different set of racks specifically for Pesach.

Warming Drawers: The only methods for kashering are complex and, at times, dangerous. It is recommended not to use one's warming drawer on Pesach.

Water coolers: The cold spout should be washed. If the hot spout has been in contact with chametz (oatmeal, hot chocolate, etc.) then it should not be used. If it is used solely for water, it should be washed and can be used on Pesach.

Grill: The only way to kasher a grill is through libun chamur, which involves heating the racks themselves until they glow red hot. The grill also must be cleaned thoroughly.

This is typically a very labor-intensive and possibly dangerous option for kashering in a home setting. You may prefer to purchase a disposable grill for Pesach.

(Note: This section was prepared using sections from an article by Rabbi Moshe Heineman of the Star-K. Not all of the rulings, however, are that of the Rabbi Heineman or the Star-K. Many additions, omissions and changes were made.)

חג כשר שמח!