



What do you set on your Seder table?

Traditional Ingredients

the classic items that we embrace each year and what they symbolize



matzah: the hasty transition towards freedom

bitter herbs: the bitterness of slavery



roasted egg: rebirth, growth, and new life



lamb shank: the Passover lamb



parsley: Passover's spring season

charoset: the products of slavery, and the sweetness of freedom



lettuce: bitterness of servitude and the possibility of renewal

Classic Alternatives

for those who are unable to use traditional ingredients for moral or practical reasons



beets: substituting a beet for the lamb shank is a vegan-friendly swap that dates back to the Talmud!

no greens? try some mustard!



avocado pit? yes! any egg-shaped fruits/veg can be used instead of an egg



potato: a surprisingly common alternative to fresh parsley



New Additions

the best part about traditions is that they can evolve and grow as we do

brick: honours trans liberation and tearing down walls that separate people



orange: for LGBTQ+ equality in Judaism



lock and key: symbolizes the need to change the conditions of incarcerated people and address racism in the carceral system



artichoke heart: for multifaith families

olive: the hope for peace and justice in the Middle East



mazoncanada.ca donation card: help feed the hungry and celebrate Passover at the same time!



tomato: solidarity with agriculture workers

fair trade chocolate: most chocolate production uses unpaid or slave labour

