



A HALACHIC GUIDE TO

Cleaning and Kashering For Pesach

RABBI ARIEL RACKOVSKY

CONGREGATION
Shaare Tefilla
engaging our MODERN world through
the prism of TORAH and TRADITION

Dear Shaare Family,

With great excitement, I present to you the 2021 Guide to Pesach Preparation. In addition to this guide, The Star-K, CRC ,OU and Rabbi Eliezer Eidlitz have produced helpful guides for Pesach including information on what products do and do not require Passover certification. These guides may be relied upon without hesitation. I thank Rabbi Barry Gelman of United Orthodox Synagogues of Houston, on whose guide this one is based.

Before a more detailed discussion of the kashering and preparation process for Pesach, a few basic points are in order.

First, the reason we clean for Pesach is to get rid of chametz we would want to keep if found on Pesach. Things like boxes of cookies, bottles of liquor and bottles of perfume fall into this category. These items can be referred to as “Important Chametz.” *Checking for “Important chametz” is easy to do.* Remember that there is no obligation to destroy chametz crumbs- only to eat them on Pesach. Therefore, we must be careful to put away any Chametz that is food, and clean away any chametz that may come into contact with Pesach food. Since the kitchen is the location where most of our food is prepared, we must be very careful when preparing this room for Pesach. However, crumbs that cannot get into food do not have to be cleaned away. We have to keep this in mind when cleaning for Pesach, so we avoid confusing Pesach cleaning with spring cleaning.

Second, *Pesach is supposed to be a joyous holiday-* both the holiday itself and the preparation for it. Cleaning the house for Pesach is an exercise in religious discipline, not spiritual masochism. This guide has been prepared so that one can do a halachically optimal job of cleaning for Pesach without going overboard and destroying the joy that Pesach should bring.

Jessica, Shaya, Avremi, Shevy and Tzivie join me in wishing all of you a Chag Kasher VeSameach!

Rabbi Ariel Rackovsky

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Kashering Your Kitchen

The stove must be kashered if it is to be used for Pesach. This includes the oven, the cooktop, and the broiler. No part of the stove can be considered kashered for Pesach unless it is completely clean, and free from any baked-on food or grease.

The Oven:

In a **conventional oven**, gas or electric, it may be necessary to clean it manually to remove baked-on grease. If a caustic type of oven cleaner (such as Easy-Off) is used to clean the oven and some stubborn spots remain after the caustic cleaner has been applied, the remaining spots may be disregarded. Note that caustic oven cleaners can be extraordinarily dangerous; be sure that a safe one is used. Once the oven has been cleaned, it may be kashered by turning the oven to the broil or highest setting for 40 minutes. In a gas oven the broil setting will allow the flame to burn continuously. In a conventional electric oven the highest setting, broil or 550°F, kashers the oven. This method is also acceptable for the oven racks, since it is usual to cook food in a pan, not directly on the racks themselves.

In a **continuous cleaning oven**, one cannot assume that such an oven is clean because the manufacturer claims it to be continuously clean. A visual inspection is required. Since caustic or abrasive oven cleaners (Easy-Off) cannot be used without destroying the continuous clean properties of the oven, a non-abrasive, and non-caustic, cleaner must be used to clean the oven. Grease spots will usually disappear if the top layer of grease is cleaned with Fantastic and a nylon brush. Then the oven should be turned on to 450°F for an hour so that the continuous cleaning mechanism can work. If the spots don't disappear, the oven should be left on for a few hours to allow the continuous cleaning mechanism to deep clean, or the spots should be removed with oven cleaner or steel wool. If the spots are dark spots that crumble when scratched, they can be disregarded. In all of the above cases, the oven should then be kashered by turning it to the broil setting for 40 minutes.

In a **self-cleaning oven**, the self-cleaning cycle will clean and kasher the oven simultaneously. **CAUTION:** Note that the use of the self-cleansing feature is fraught with danger and has been known to cause fires. Additionally, it may be injurious to the proper functioning of the oven.

Some ovens come with a **convection feature**. This feature allows for more uniform heat distribution by using a fan to circulate the heat. If the convection oven has the self-cleaning feature, it will be sufficient to kasher the fan as well. If there is no self-cleaning feature, the entire oven, including the fan, must be sprayed with a cleaner and cleaned well. The oven should then be kashered by turning the convection feature on to its highest setting for 40 minutes.

The Cooktop: 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. The grates can then be kashered simultaneously with the oven. Another method to kasher the grates is to cover the grates completely with a flat double layer of thick aluminum foil and turn the burner on the highest setting for 10 minutes. The aluminum foil may then be removed. Please note: If the plastic controls (knobs) are on top of the cooktop, there is a possibility that the controls will melt from the heat of the flames. Therefore, the knobs should be removed before kashering, or each burner should be kashered separately. In an **electric cooktop**, one only needs to turn the burners on the high heat setting for a few minutes to kasher them, since the burners come to a glow in a few minutes.

The **drip pans** should be thoroughly cleaned and need not be kashered. The burners themselves do not require kashering or covering but should be cleaned.

Range Top: As long as the range top is not enamel, it can be kashered by cleaning it thoroughly and then pouring boiling water over it. If it is enamel then it should be covered with a double layer of heavy duty aluminum foil, which remains there during Pesach.

The drip pans should be thoroughly cleaned and need not be kashered. The remaining cooktop areas should be covered. The knobs with which the gas or electricity is turned on should be cleaned. No other process is necessary to kasher the knobs.

Glass: To kasher the burner area, clean the entire surface until there is no residue. Turn the burners on until they glow. Do not put anything anywhere other than the burners- you may now use the glass top for Pesach.

The Broiler and Grills: The broiler pan and grill cannot be kashered by just turning on the gas or electricity. Since food is broiled or roasted directly on the pan or grill, they must be heated to a glow in order to be used on Pesach. This can be done either by using a blowtorch, or, in the case of an outdoor grill, by sandwiching the grate between the charcoal briquets and setting them on fire. An alternate method is to replace the broiler pan or grates of the grill. The empty broiler or grill cavity must then be kashered by cleaning and setting it to broil for 40 minutes. If one does not intend to use the broiler on Pesach, one may still use the oven, even without kashering the broiler, provided that the broiler has been thoroughly cleaned.

Oven Hoods and Exhaust Fans – Hoods and exhaust fan filters should be cleaned and free of any food residue

Microwaves – To kasher a microwave oven, clean thoroughly until absolutely no debris is left. Special attention must be given to the internal vent of the microwave. After you are satisfied that there is no debris, the following steps need to be taken. The glass turntable tray should be removed and replaced. Alternatively, use the microwave without the turntable for Pesach.

For the oven itself, after 24 hours of non use, place a bowl or cup of water inside and turn the microwave on and allow the microwave to be filled with steam. Once half the water in the bowl or cup has been evaporated, the microwave is kashered.

Metal utensils that have been used for cooking, serving or eating hot chometz may be kashered by cleaning them thoroughly, waiting 24 hours and then immersing them, one by one, into a **kosher for Pesach** pot of water which has been heated and is at a rolling boil.

The effect of this process is immediate – a split second. Make sure that the item is completely immersed before its coming into contact with any other items that have been immersed beforehand. You must be careful that the water is always boiling; if the water cools down and stops bubbling, you must wait for the water to bubble again before putting in the next item. The process is finalized by immediately 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 tongs in a different position so that the boiling water will touch the initially gripped area. The entire utensil does not have to be kashered at once; it may be done in parts.

A non-kosher- for -Pesach pot may also be used for the purpose of kashering, provided that it is thoroughly clean and has not been used for 24 hours. However, it is the custom to make the pot kosher for Pesach before using it for kashering. This can be accomplished by cleaning the pot, leaving it dormant for twenty-four hours, filling the pot completely with water, waiting until the water comes to a rolling boil so that the water overflows. The pot is now kashered.

Added Bonus: After the Pesach kashering process has taken place, the status of these newly kashered utensils may be changed from milchig to fleishig, or vice versa.

Sinks are generally made from either china, corian, porcelain enamel steel, stainless steel or granite.

China or Porcelain sinks: *These items are not kasherable.* To use them on Pesach, you must keep a rack on the bottom of the sink. If your usual method of cleaning dishes is to fill the sink with water and letting the dishes soak, then a rack IS NOT ADEQUATE. In such a case a sink insert is required.

Stainless Steel, Corian and Granite sinks can be kashered using the following method: Clean the sink thoroughly and leave unused (with hot water) for 24 hours. Kashering is accomplished by pouring boiling hot water from a Pesach kettle/pot over every part of the stainless steel sink. You DO NOT have to kasher the faucets on your kitchen sinks, however since it is easy as pouring boiling water over them, you might as well do it. It is likely that the kashering kettle will need to be refilled a few times before the kashering can be completed.

Counter tops:

Wood, Formica, Plastic, Corian, Granite, Marble, or Stainless Steel must be koshered through pouring boiling water over them after they have been cleaned thoroughly. It is also acceptable to run a steaming device closely over the countertop

*While covering the countertop may be more "traditional," it is more within the spirit of Pesach to kasher your countertops instead of covering them. The covering is not as nice as the original and diminishes from the Yom Tov spirit that should exist in the home.

Plata (Electric Warming Tray): DO NOT COVER IN FOIL. IT IS A FIRE HAZARD!

- a) clean it well with soap or a cleaning agent. Pro tip: to clean these well, heat it up for several minutes, let it cool, and while it is still warm but touchable, clean it with your soapy rag. It will clean much more efficiently
- b) After you've cleaned it well, now heat it (again) for, say, 30-45 minutes (i.e., till it sits at its highest temperature for a bit). Afterward, it is totally fine to place a kosher lepesach pot on it. To be on the halakhic safe side, you should not place food (like matzah) directly on it, nor should you eat any food that has fallen on it from a pot or tin.

Dishwashers: Enamel Dishwashers cannot be koshered.

Plastic and Metal Dishwashers – Make sure there are no cracks in the plastic lining of the racks.

1. Clean the inside of the dishwasher and the racks to remove any crumbs or food that is adhering to any surface. Also, if your dishwasher has a removable filter it must be cleaned out.
2. Before koshering the dishwasher it must not be used for 24 hours.
3. Boil a pot of hot water and pour on the bottom of the dishwasher.
4. Run the dishwasher on the hottest setting using soap. Keep the racks in to kasher them along with the dishwasher.

How to Kasher a BBQ for Pesach:

Clean the inside of the BBQ as well as the inside of the hood thoroughly, making sure that there are no food particles adhering to the surface.

Turn on the BBQ to high and let it run for 1 hour. **MAKE SURE THE HOOD IS CLOSED.**

Kasher the racks by placing them in red hot coals, or in your oven on a self-cleaning or kashering cycle.

The briquettes must also be checked and cleaned of any pieces of food

New BBQ "tools" are required.

KASHERING WARMING DRAWERS FOR PESACH.

There are two types of warming drawers those that can be removed from the unit and those that cannot be removed.

Removable Warming Drawers

Do not use for 24 hours

Clean well

Remove drawer and pour boiling water over entire inside surface of the drawer

Replace and the warming drawers may be used for Pesach.

Cover food (no need to wrap) with tin foil while warming

Non Removable Drawers

Do not use for 24 hours.

Clean well

Line the entire drawer with tin foil

Replace foil if it rips

Cover food (no need to wrap) with tin foil while warming

or

Both Types of warming drawers

1. Do not use for 24 hours

2. Clean well

3. Light a canned fuel source used to heat chaffing dishes (i.e. Sterno cans) in the warming drawer. (One 7-8 ounce size can is sufficient to get the warming drawer hot enough)

Make sure to leave the door of the drawer slightly ajar so that there will be enough air to allow for combustion.

Kashering Household Items For Pesach:

Bedrooms: The only chametz that you have to look for in a bedroom is "Important Chametz" (see page 1)- unless your children routinely bring chametz into their bedrooms.

Cars: A car is a place where food decays quickly. It is very unlikely that food found in your car will find its way back to your kitchen. The car should be checked for **IMPORTANT** chametz. Other chametz only has to be removed if you fear it will stick to your clothing and end up in your food.

Cabinets: Cabinets, closets etc. do not need to kasher, lined or covered.

Clothing: Pockets should be checked if you plan on wearing them on Pesach. Cuffs of pants need not be checked unless you eat with your feet.

Dining Room: Chametz dishes **DO NOT** have to be removed from a display.

Garbage Pails: Garbage pails do not have to be cleaned since there is no fear that you will want to eat that kind of chametz. Also, once chametz is put into your garbage pail, your nullification is fully effective.

Toys: The only chametz we are concerned about on toys is chametz that children may eat on Pesach. Caked on or embedded chametz need not be cleaned before Pesach. **Play-dough, glue and shellacked pasta do not have to be removed, since they are designated as non-food items.**

Vacuum Bags: Vacuum bags do not have to be emptied since there is no fear that you will want to eat that kind of chametz.

The following is a checklist reviewing items commonly found in the kitchen and how to prepare them for Pesach. Also included is a list of items that cannot be kashered.

Baby Bottle - Since they have come in contact with chometz (e.g. washed boiled in chometz pot), new ones should be purchased. Alternatively, Plastic bottles can be kashered by immersing them in boiling water. See instructions for kashring metal utensils on page 4.

Baby High Chair - Thoroughly clean. It is preferable to cover the tray with contact paper.

Blender/Food Processor/Smoothie Machine - New or Pesachdik receptacle (plus anything that food makes direct contact with) required. Thoroughly clean appliance. The blade should be treated like any knife kashered through dipping in boiling water.

Can Opener - Manual or Electric - Clean thoroughly.

Candlesticks/Tray - Clean thoroughly.

Coffeemakers - Coffeemakers that have brewed only unflavored pure coffee: Clean thoroughly. Replace with new or Pesachdik glass carafe and new filters.

Coffeemakers that have brewed flavored coffee should be cleaned thoroughly. Do not use for 24 hours. **Pour one cup of water into chamber. Water should be heated in unit and allowed to drip over exposed metal base. Kasher the glass carafe and plastic filter holder by pouring boiling water all over the inside and outside of them making sure to wet every spot. . You may want to consider tempering the carafe before pouring the boiling water on it.**

A Keurig used year-round for only coffee (reg., decaf., and/or flavored – even without a hechsher) can be kashered for Pesach in the following manner: Clean the Keurig machine well and then replace the cup holder (many but not all, Keurig machines have a replaceable K-cup holder). After the clean-out, do not use the machine for 24 hours. After this time has elapsed, run a cycle of hot water to kasher the upper metal pin. If the machine processed a non-kosher product (e.g. , chicken soup), it can not be kashered for year-round use. If it processed real chometz products (e.g. , oatmeal), it can not be kashered for Pesach.

Dentures, Bite Plates, Braces - Clean thoroughly after finishing eating chometz. *Note that this is more complicated this year, when one may be consuming Chametz on Erev Pesach that is Shabbat*

Electric Burner Drip Pans - Clean thoroughly.

Metal Wine Goblets – Pour boiling water in and out

Pump Pot/water urn - If only used for water and not brought to table, clean thoroughly.

Otherwise, kasher or purchase a new one.

Refrigerator, Freezer - Thoroughly clean *or* line shelves. **BOTH ARE NOT NECESSARY.**

Rings, Napkin – Clean.

Shabbat Blech – Cover or use one that is especially set aside for Passover use.

Tables – Clean by wiping them down or using your regular polish. They need not be covered with anything special for Pesach use.

Towels, Tablecloths, etc. - Those used during the year with chometz may be used on Pesach if they have been laundered.

Water Filters - Water filters that are connected to the faucet need not be removed. They should be thoroughly cleaned and may be used on Pesach without changing the filters.

The following may be used on Passover without certification.

Aluminum foil

Aluminum foil baking pans

Baby ointments

Bags (paper or plastic)

Body wash

Bowl and tub cleaners

Candles

Cardboard

Carpet cleaners

Charcoal

Conditioners

Copper and metal cleaners

Cork

Cosmetics (except possibly lipsticks, see below)

Cupcake holders

Cups (paper, plastic or styrofoam)

Deodorants

Detergents

Dish washing Detergents

Drain openers

Fabric protectors

Furniture polish

Glass cleaners

Hair gels, sprays and mousse

Hair removers and treatments

Insecticides

Isopropyl alcohol

Jewelry polish

Laundry detergents

Lotions

Napkins (paper)

Oven cleaners

Paper towels

Perfumes

Plastic containers

Plates (paper, plastic or styrofoam)

Scouring pads and powders

Shampoos

Shaving cream and gel

Shaving lotion

Silver polish

Skin cream

Soaps

Suntan lotion

Talcum powder (100% talc)

Toilet bowl cleaner

Water filtersl

Kitchen Items that cannot be kashered:

Items that you are putting away for Pesach such as toaster ovens, breadbaskets, mixers, etc. **DO NOT HAVE TO BE CLEANED.** Even if they are full of crumbs, the mental declaration (bittul) is sufficient to alleviate any concern.

Bread Machine, Crockpot, China, George Foreman Grill, Melmac, Pasta Maker, Porcelain (Enamel) Utensils, Sandwich Maker, Silverstone, Stoneware, Teflon, Toaster oven, Waffle Iron

Kashering on Chol HaMoed Pesach: Kashering via Libbun (kashering an oven for example) can be done on Pesach. Kashering via Hagalah (immersing in boiling water, kashering a microwave) cannot be done on Pesach.

A Microwave that is not kosher for Passover can be used if the food is double wrapped.

Meat:

Fresh packaged meat / chicken purchased at our local kosher supermarkets is Kosher for Passover even without specific KFP labeling. Ground beef *does* require special Kosher for Passover certification.

Fish (Raw, Frozen) - All raw fish (not coated or ground) is best purchased with a Kosher for Pesach Hechsher (due to possible glazing). However, in the absence of Certified for Pesach fish that is easily available, all fresh or frozen fish, except for ground, are acceptable after washing before Pesach. Some examples are: Kirkland Signature Frozen Skinless Boneless Farmed Atlantic Salmon Portions (O/U), Kirkland Frozen Skinless Boneless Wild Sockeye Salmon Portions (O/U), Levittown (Star-K)

All Frozen Tilapia with reliable Kosher supervision is also Kosher For Passover without special KFP Hashgacha.

Note: raw fish filets always require good kosher certification, or at least the presence of scales attached to the filet.

CANOLA OIL

Many prefer to cook with Canola Oil as it is a healthier oil relative to other KFP alternatives. While it is true that the national kashrut organizations consider Canola oil Kitniyot (not used by Ashkenazim on Pesach), a number of poskim (Halachik authorities) are of the opinion that it should not be so labeled and is permitted for use by Ashkenazim on Pesach. For those who wish to use Canola Oil any %100 Canola Oil is acceptable.

Quinoa:

PEREG (when bearing OUP or OU Kosher For Passover)

QUINOA: Black, Flakes, Red, Tri Color, Tri-Clor, White, White Flakes,
Whole Grain

GOLDBAUM'S

Chia Seeds, Quinoa Flour, Tri Color Quinoa, Red Quinoa, White Quinoa

The following is certified by the **STAR-K:**

Natural Earth (KfP Required) See www.star-k.org/quinoa for more information.

La Bonne: White Quinoa Pareve (OU-P)

In addition to quinoa, the O/U says that Canihua, Kiwicha and Maca seeds are NOT Kitniyos and therefore are acceptable with Pesach supervision.

MEDICINES – COSMETICS and TOILETRIES FOR PESACH (CRC)

All pill medication (with or without chametz) that one swallows is permitted without special hashgacha (including Lactaid pills). Vitamins and food supplements do not necessarily fall into this category. Please consult Rabbi Rackovsky regarding your specific situation.

Liquid and chewable medications that may contain chametz should only be used under the direction of a Doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains chametz, and the possibility of substituting a swallowable pill. Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your Doctor and Rabbi.

Liquid and chewable medications that contain kitniyot may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of kitniyot.

COSMETICS AND TOILETRIES (CRC)

All varieties of blush, body soaps, conditioners, creams, eye shadow, eyeliner, face powder, foot powder, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorants **are permitted for use on Pesach regardless of their ingredients.**

Toothpaste and mouthwash that contain chometz should not be used.

Medicines and Cosmetics:

The cRc's general guidelines on medicines, cosmetics, and toiletries can be found above. The following is a summary of the medicine portion of those guidelines

- All pill medication – with or without chametz – that one swallows is permitted.

- Vitamins do not qualify as medications and are instead treated as food supplements, which require hashgachah for Passover and throughout the year. If a doctor prescribes a specific vitamin which does not have Passover supervision, please review your specific situation with Rabbi Gelman.

- Liquid and chewable medications that may contain chametz should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains chametz, and the possibility of substituting a swallowable pill. Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

- Liquid and chewable medications that contain kitnios may be consumed by someone who is ill. •For laws of taking medicine on Shabbos and Yom Tov, please consult your Rabbi.

Medicine and Toiletry Details

Items marked "Possible Chametz" contain edible ingredients whose chametz-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their Rabbi. For an expanded and updated list of products, search www.ASKcRc.org or on our smartphone apps.

Lactaid milk may be used on Pesach if purchased before Pesach.
Lactaid Non Chewable Pills are permissible for use on Pesach.

The following guide to medicine and cosmetics, taken from the CRC Passover guide, should be a helpful reference. In the event that a medication is urgently needed and/or medically necessary, please contact Rabbi Rackovsky with specific questions.



MEDICINE GUIDELINES

The cRc's general guidelines on medicines, cosmetics and toiletries can be found on page 3 of this guide. The following is a summary of the medicine portion of those guidelines:

All pill medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.]

Rav Schwartz, zt"l, has ruled that generally vitamins do not qualify as medications and are instead treated as food supplements which require *hashgachah* for Pesach. If a doctor prescribes a specific vitamin which does not have Pesach supervision, please review your specific situation with your doctor and Rabbi.

Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable, or any other medicine without consulting with your doctor and Rabbi.**

Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill.

For laws of taking medicine on *Shabbos* and *Yom Tov*, please consult your Rabbi.

ANTIBIOTICS

The cRc recommends all medicinal items in pill form, which includes most of the antibiotics that adults take. The same does not apply when dealing with liquid or chewable medicines, which are considered “edible”. Since there is a chance that they contain *chametz*, they should only be used if they are known to be free of any concerns.

However, antibiotics are an exception that rule. Generally, antibiotics are given to treat ailments which, if left untreated, can lead to a situation of *sakanah* (danger to life). Therefore, one may consume antibiotics regardless of the ingredients used in creating them.

MEDICINE AND TOILETRY DETAILS

Items marked “Possible *Chametz*” contain edible ingredients whose *chametz*-status we were unable to determine; these items may be permitted for someone who is seriously ill, and

consumers should consult with their Rabbi.

For an expanded and updated list of products, search www.ASKcRc.org or our smartphone apps.

ALLERGY

Allegra Children's Liquid Suspension (Liquid)	Possible Chametz
Allegra Children's Orally Disintegrating Tablet	Possible Chametz (dairy)
Claritin Children's Chewable Grape Flavor	Possible Chametz
Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)	Possible Chametz
Zyrtec Children's Dissolve Tabs (Tablets)	Possible Chametz

ANTACID / DIGESTION / GAS

Align Capsules	Recommended
Alka Seltzer Alka-Seltzer Xtra Strength (Effervescent Tablets)	Possible Chametz
Alka Seltzer Original Effervescent Tabs (Tablets)	Possible Chametz
Culturelle Kids (Chewable)	Possible Chametz
Gas-X Extra Strength Cherry Crème (Chewable Tablet)	Possible Chametz
Gaviscon Extra Strength Cherry (Chewables)	Possible Chametz
Gaviscon Extra Strength Original (Chewable)	Possible Chametz
Imodium AD For Ages 6 & Up (Liquid)	.. Not Recommended (except in cases of severe diarrhea)
Imodium AD Liquid	.. Not Recommended (except in cases of severe diarrhea)
Imodium AD Multi-symptom Relief (Caplets)	Recommended
Kaopectate Vanilla Regular Flavor (Liquid)	Possible Chametz
Mylicon Infants Original Drops (Liquid)	Possible Chametz
Pepcid Complete Berry Flavor (Chewables)	Possible Chametz (dairy)
Pepcid Complete Cool Mint (Chewables)	Possible Chametz (dairy)
Pepto Bismol 5 Symptom Relief (Caplets)	Recommended

Pepto Bismol 5 Symptom Relief Cherry (Liquid)	Possible Chametz
Pepto Bismol 5 Symptom Relief (Chewable)	Possible Chametz
Pepto Bismol Children's Pepto Bubble Gum Flavor (Chewable Tablets)	Possible Chametz
Pepto Bismol Ultra (Liquid)	Possible Chametz
Prilosec OTC Wildberry Flavor (Non-Chewable) (Tablet)	Recommended
Tums Regular - Assorted Fruit, Sugar Free and Peppermint (Chewable)	Possible Chametz

TUMS

There is a difference of opinion regarding the usage of Tums on Pesach, revolving around the question of whether one is permitted to consume products on Pesach which contain flavors of unknown kosher - and kosher for Pesach - status. Some Rabbis take a lenient position due to the fact that most of the flavor-contributing chemicals are not *chametz*, no single chemical's taste is perceived in the final product (i.e., *zeh v'zeh gorem*), and the flavor is used in tiny proportions. Other Rabbis disagree based on *halachic* and factual grounds which are beyond the scope of this document. The cRc follows the latter, stricter approach to this question.

The Rabbi who certifies Tums as kosher reported that he was unable to determine whether the flavorings used in Tums are acceptable for Pesach, and therefore the cRc is unable to recommend them. Others who list certain Tums products as acceptable for Pesach are aware of this but accept the lenient approach outlined above, which rules that flavors of unknown status do not compromise the Pesach status of the Tums. It is noteworthy that there is corn starch in every variety of Tums which we looked at, which means that even according to the lenient approach Tums should only be consumed by those who are either *Sephardic* or ill and permitted to eat *kitnios*.

BLUSH

All are recommended

BODY SOAP

All are recommended

COLOGNE

Only recommended if free of (denatured) alcohol or if manufactured in the United States

COUGH, COLD & FLU

- Alka Seltzer Alka Seltzer Plus Cold Effervescent Tabs (Tablets)Possible *Chametz*
- Alka Seltzer Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablets)Possible *Chametz*
- Delsym 12 Hour Cough Relief (Orange Flavor) (Liquid)Possible *Chametz*
- Delsym Children's 12 Hour Cough (Grape Flavor) (Liquid)Possible *Chametz*
- Delsym Children's 12 Hour Cough (Orange Flavor) (Liquid)Possible *Chametz*
- Little Remedies Honey Cough Syrup (Liquid)Possible *Chametz*
- Mucinex Cough Mini-Melts for Kids Orange Creme Flavor (Dissolving Granules)Possible *Chametz*
- Theraflu Multi-Symptom Severe Cold (Packets)Possible *Chametz*
- Thera-Flu Nighttime Severe Cold and Cough (Powder)Possible *Chametz*
- Triaminic Children's Night Time Cold and Cough (Grape flavor) (Liquid) Not Recommended
- Triaminic Day Time Cold and Cough Cherry Flavor (Liquid) Not Recommended
- Vicks Nyquil Cough (Liquid)Possible *Chametz*
- Vicks Nyquil Liquid Cold and Flu (Liquid)Possible *Chametz*
- Zarbee's Children's Nighttime Cough Syrup Grape Flavor (Liquid)Possible *Chametz*
- Zarbee's Naturals Children's Cough Syrup (Liquid)Possible *Chametz*
- Zicam Cold Remedy RapidMelts (Cherry flavor) (Tablets)Possible *Chametz*
- Zicam Rapidmelts Ultra (Orange Cream Flavor) (Tablet)Possible *Chametz*

CREAMS

All are recommended

DEODORANT

- Gel.....All are recommended
- Liquid Recommended if free of (denatured) alcohol or if manufactured in the United States
- Spray..... Recommended if free of (denatured) alcohol or if manufactured in the United States

FIBER SUPPLEMENTS

See Laxatives

FEVER REDUCER / PAIN RELIEF

- CVS Adult Pain Reliever (Acetaminophen) [NOT dye free]Possible *Chametz*
Check with doctor for children's dosage
- Midol Complete (Caplets) Recommended
- Tylenol Children's Chewable Bubble Gum Flavor (Tablet) Recommended
- Tylenol Children's Chewables (Grape Flavor)Possible *Chametz*
- Tylenol Children's Dissolve Packs (Powder)Possible *Chametz*
- Walgreens Adult Pain Reliever (Acetaminophen) [NOT dye free] (Liquid)Possible *Chametz*
Check with doctor for children's dosage
- Walgreens Junior Strength Ibuprofen 100 Chewable Tablets (Orange or Grape flavor) Recommended

FEVER FOR A CHILD

Each year, the cRc researches different fever-reducers and pain relievers to see which are suitable for use on Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and some others can only be found in the cRc app, or at www.ASKcRc.org.

You may notice that our recommendation for many of these items is that they are "possible *Chametz*", which means that they contain ingredients which are sensitive for Pesach but likely do not pose a Pesach concern. You might want to consult with your Rabbi before Pesach so that he can direct you as to when it is appropriate to give "possible *Chametz*" to a sick child (or adult).

GAS

See Antacid/Digestion/Gas

HAIRSPRAY AND MOUSSE

Recommended if free of (denatured) alcohol or if manufactured in the United States

INDIGESTION

See Antacid/Digestion/Gas

LAXATIVES / FIBER SUPPLEMENTS

- Benefiber Powder
..... Chametz (Not Recommended)
- Benefiber Stick Packs (unflavored) (Powder)
..... Chametz (Not Recommended)
- Citrucel Caplets
..... Recommended
- Dulcolax Overnight Relief (Tablets)
..... Recommended
- Dulcolax Suppository
..... Recommended
- Epsom Salt (pure) Generic or Branded versions (Powder)
..... Recommended
- Ex-Lax Tablets
..... Recommended
- Fibercon Caplets
..... Recommended
- Generic Mineral Oil (pure) (Liquid)
..... Recommended
- Metamucil Sugar Free Orange (Powder)
.....Possible Chametz
- Miralax Powder
..... Recommended
- Pedia-Lax Chewable (Tablets)
.....Possible Chametz
- Pedia-Lax Liquid Stool Softener Berry Flavor (Liquid)
.....Possible Chametz
- Pedia-Lax Suppository
..... Recommended
- Phillips Milk of Magnesia Caplets
..... Recommended
- Phillips Milk of Magnesia Original Liquid (unflavored)
..... Recommended
- Polyethylene Glycol (pure) Generic or Branded versions (Powder)
..... Recommended
- Prunelax Ciruelax Tablets
..... Recommended

- Senokot Tablets
..... Recommended
- Senokot-S Tablets
..... Recommended
- Walgreens Mineral Oil (Liquid)
..... Recommended

LIPSTICK

If your lipstick is not listed here, you can use our search feature at www.crckosher.org/lipstick.

BOBBI BROWN

- Crushed Lip Color
..... Recommended
- Crushed Liquid Lip
..... Recommended
- Lip Color
..... Recommended
- Luxe Liquid Lip Velvet Matte
..... Recommended
- Luxe Matte Lip Color
..... Recommended
- Luxe Shine Intense Lipstick
..... Recommended

CHANEL

- Rouge Allure
..... Recommended
- Rouge Allure Velvet
..... Recommended
- Rouge Allure Velvet Extrême
..... Recommended
- Rouge Coco
..... Recommended
- Rouge Coco Flash
..... Recommended

CLINIQUE

- Almost Lipstick
..... Recommended
- Dramatically Different Lipstick Shaping Lip Colour
..... Recommended
- Pop Glaze Sheer Lip Colour + Primer
..... Not Recommended

HAIRSPRAY AND MOUSSE

Recommended if free of (denatured) alcohol or if manufactured in the United States

INDIGESTION

See Antacid/Digestion/Gas

LAXATIVES / FIBER SUPPLEMENTS

Benefiber Powder Chametz (Not Recommended)
Benefiber Stick Packs (unflavored) (Powder) Chametz (Not Recommended)
Citrucel Caplets Recommended
Dulcolax Overnight Relief (Tablets) Recommended
Dulcolax Suppository Recommended
Epsom Salt (pure) Generic or Branded versions (Powder) Recommended
Ex-Lax Tablets Recommended
Fibercon Caplets Recommended
Generic Mineral Oil (pure) (Liquid) Recommended
Metamucil Sugar Free Orange (Powder)Possible Chametz
Miralax Powder Recommended
Pedia-Lax Chewable (Tablets)Possible Chametz
Pedia-Lax Liquid Stool Softener Berry Flavor (Liquid)Possible Chametz
Pedia-Lax Suppository Recommended
Phillips Milk of Magnesia Caplets Recommended
Phillips Milk of Magnesia Original Liquid (unflavored) Recommended
Polyethylene Glycol (pure) Generic or Branded versions (Powder) Recommended
Prunelax Ciruelax Tablets Recommended

Senokot Tablets Recommended
Senokot-S Tablets Recommended
Walgreens Mineral Oil (Liquid) Recommended

LIPSTICK

If your lipstick is not listed here, you can use our search feature at www.crckosher.org/lipstick.

BOBBI BROWN

Crushed Lip Color Recommended
Crushed Liquid Lip Recommended
Lip Color Recommended
Luxe Liquid Lip Velvet Matte Recommended
Luxe Matte Lip Color Recommended
Luxe Shine Intense Lipstick Recommended

CHANEL

Rouge Allure Recommended
Rouge Allure Velvet Recommended
Rouge Allure Velvet Extrême Recommended
Rouge Coco Recommended
Rouge Coco Flash Recommended

CLINIQUE

Almost Lipstick Recommended
Dramatically Different Lipstick Shaping Lip Colour Recommended
Pop Glaze Sheer Lip Colour + Primer Not Recommended

MISCELLANEOUS

Adwe - Mouthwash (assorted varieties)	Recommended
Anbesol Maximum Strength (Liquid)	Possible <i>Chametz</i>
Asthma Inhalers, all types (Liquid Vapor)	Recommended
Bayer Low Dose Baby Aspirin (Cherry and Orange) (Chewable)	Possible <i>Chametz</i>
Bonine Complete Raspberry Flavored (Chewable)	Possible <i>Chametz</i> (dairy)
Chapstick Classic Original	Recommended
Chapstick Moisturizer	Recommended

CONTACT LENS SOLUTION

We reviewed the ingredients used in several popular brands of contact lens solution and did not see anything which was sensitive for Pesach. However, we did not review every product, so to check your solution, please send a copy of the ingredient panel to info@crckosher.org so one of our Rabbis can evaluate your specific product.

Culturelle Digestive Health Women's Health Balance (Capsule)	Recommended
Dramamine (Chewable)	Possible <i>Chametz</i>
Ensure Assorted Nutritional Supplements	See Nutritional Supplement Pages
Femcon Fe (brown and white pills) (Chewable tablet)	Possible <i>Chametz</i> (dairy)
Fixodent Extra Hold (Powder)	Recommended
Fixodent Original (Cream)	Recommended
Floss, Flavored	Possible <i>Chametz</i>
Floss, Unflavored	Recommended
Kanka Mouth-pain (Liquid)	Possible <i>Chametz</i>
Lip Balm, Assorted	Recommended (preferably without flavor)

Listerine PocketPaks Assorted varieties (Dissolving strip)	Not Recommended
NoDoz Alertness Aid (Pill)	Recommended
Orajel Mouth Sores Triple Medicated (Gel)	Recommended
Pedialyte Liters and Singles (Liquid)	Recommended
Polident 3 Minute (Tablet)	Possible <i>Chametz</i>
Polident Overnight Whitening (Tablet)	Possible <i>Chametz</i>
Polygrip Free (Cream)	Recommended
Polygrip Original (Cream)	Recommended
Probiotics Assorted (Assorted) Powders, liquids & gelcaps need certification; pills do not	
Unisom Sleepmelts (Meltaway)	Possible <i>Chametz</i>
Unisom SleepTab (Tablet)	Recommended
Vicks ZzzQuil Liquid (Warming Vanilla Cherry and Warming Berry)	Possible <i>Chametz</i>
Vivarin (Tablet)	Recommended

MOUSSE

see Hairspray and Mousse

MOUTHWASH

Only recommended if known to be *chametz*-free

NAIL POLISH

All are recommended

OINTMENTS

All are recommended

PERFUME

Recommended if free of (denatured) alcohol or if manufactured in the United States

SHAMPOO

All are recommended

SHAVING CREAM

CreamAll are recommended
 GelsAll are recommended
 Liquid Recommended if free of (denatured) alcohol
 or if manufactured in the United States
 LotionAll are recommended

TOOTHPASTE

Only recommended if known to be *chametz*-free

VITAMINS

See Medicine Guidelines above

WIPES

Recommended if free of (denatured) alcohol or if
 manufactured in the United States

TOOTHPASTE

There are those who take the position that toothpaste is considered inedible, since any food that tasted like toothpaste would never be served as a meal-item. This is the justification for why many Rabbis permit the use of any toothpaste (year-round) despite the possibility that the glycerin contained in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is *halachically* considered edible, and they are supported by the fact that people put toothpaste into their mouths every day (and that young children don't mind eating it). Some follow that position all year-round and will only use a toothpaste that is certified as kosher (or free of glycerin).

The cRc accepts the lenient approach as relates to year-round use but recommends that one be *machmir* for the strict opinion as relates to Pesach. Therefore, for Pesach we recommend that one only use a toothpaste that is known to be *chametz*-free.

What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste contains sorbitol, which is created by "hydrogenating" glucose. Glucose can be derived from *chametz*, *kitnios*, or completely innocuous ingredients, and [although most glucose and sorbitol in the United States is not made from *chametz*] we cannot recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.

AN IMPORTANT REQUEST FROM THE cRc

The cRc investigates the kosher status of medicinal items for Pesach and year-round. (See our website at <http://bit.ly/OTCList>, by searching at www.ASKcRc.org, or our app.) If you have a question about something not listed there, feel free to take a picture of all sides of the package, making sure to include the active and inactive ingredients, and send it to info@cRckosher.org, so someone can help you.

In addition to proving a wealth of *kashrus* information on our websites and apps, the cRc is happy to answer questions submitted by members of the community. Often, these questions require time and effort to research and ensure that we are providing accurate and up-to-date information; serving the public is our mission and we are happy to make that effort. Occasionally, someone eager for an answer will direct the same question to several members of our Kashrus team, not realizing that all of them may end up spending time researching the very same question, which reduces the number of questions from the public that we field during that time. Therefore, we ask that questions be submitted only to info@cRckosher.org OR to only one member of our Kashrus team. Thank you for being considerate with our time and resources and helping us to better serve the community.

Many members of Shaare Tefilla have had pets for some time, or purchased new ones during the pandemic. The following guide should be helpful in navigating Pesach with our friends from the animal kingdom.

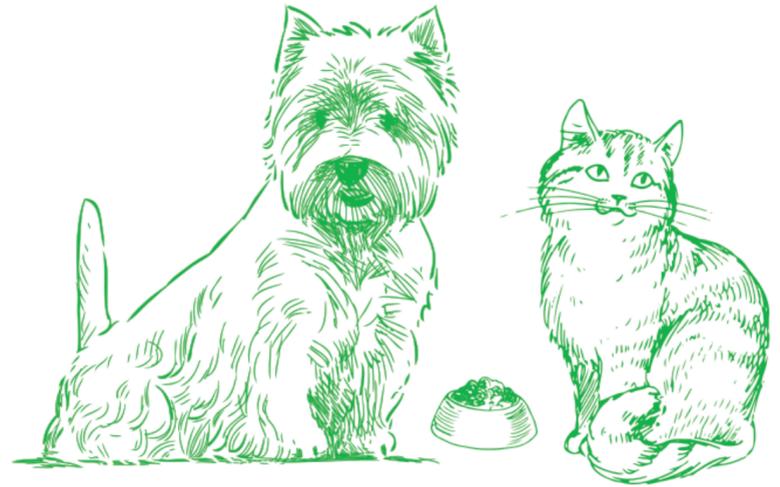
PESACH FOODS FOR YOUR PETS

In the description of the exodus from Egypt in the Torah, we are told (*Shemos* 11:7) – ולכל בני ישראל לא יחרץ כלב לשונו – that during the plague of the firstborn, the dogs who lived amongst the Jewish people did not bark or make noise. According to the Talmud, the dogs were rewarded for this act of restraint through the commandment of לתכלב תשליכון אותו – that we throw non-kosher carcasses that were torn in the field to the dogs for their consumption. We are taught from this episode how אין הקב"ה מקפח שכר כל בריה – that Hashem does not withhold the reward from any creature for its deeds (Rashi, *Shemos* 22:30, based on the *Mechilta*). This aspect of the Pesach story may also provide a basis for having a sympathetic attitude towards loyal pets.

At the same time, we must be careful not to violate the laws of *chametz* when it comes to feeding pets over Pesach. There is a Torah prohibition against owning or deriving benefit from *chametz*, and thus we may not feed *chametz* to our pets, even if we do not own the *chametz*. Moreover, it is even prohibited to feed *chametz* to animals at the zoo during Pesach (even if the *chametz* belongs to a non-Jew) because this is also considered to be deriving benefit from the *chametz* (see *Nitei Gavriel*, Law of Pesach, 57:16).

However, there is no prohibition against owning or deriving benefit from *kitniyos*, even for Ashkenazim who have the custom of not eating *kitniyos* products, such as rice or corn, on Pesach. Therefore, while it is forbidden to feed pets food products that contain *chametz*, it is permissible to feed them food products that contain *kitniyos*. The cRc has worked hard to compile a list of those types of pet food that do not contain *chametz*, so that such products can be fed to pets on Pesach. However, since many of these products contain *kitniyos*, they are not certified as kosher on Pesach for human consumption.

Just as it is prohibited for the owners to feed *chametz* to their



PETS ON SHABBOS AND YOM TOV

by Rabbi Yona Reiss Av Beth Din

Pets, like all animals, are generally viewed as *muktzeh*. There is a minority opinion that pets that are designated for play and amusement purposes are not *muktzeh* nowadays, but this is not the general consensus of most rabbinic authorities. Accordingly, one should be careful to avoid touching or handling pets on Shabbos and Yom Tov.

However, it is permissible and even proper to feed one's pets on Shabbos and Yom Tov. The *Gemara* derives from scriptural verses that people should feed their pets before partaking of food themselves. However, it is prohibited to feed animals that are not one's own on Shabbos and Yom Tov because of the excessive exertion that is involved (there is a special exception for stray dogs). For this reason, a number of rabbinic authorities were opposed to the practice of putting out bird food on *Shabbos Shira*, although some authorities were lenient especially if the food is not fed directly to the birds. Similarly, the practice of throwing breadcrumbs in the water for fish during *Tashlich* is considered inappropriate for the same reason.

Although it is permissible to feed one's pets on Yom Tov, it is forbidden to cook food on Yom Tov on behalf of animals, or to carry food on Yom Tov outside of an *Eruv* to feed one's pets. It goes without saying that one cannot carry food on Shabbos outside of an *Eruv* since on Shabbos one is not allowed to carry altogether without an *Eruv*.

pets, it is also forbidden to ask a non-Jew to feed *chametz* to the pets as well. If a pet absolutely needs to have a diet of

chametz food, there is the possibility of selling the pet to a non-Jew for all of Pesach. However, such sale is not permitted if it is clearly a ruse, such as when the *chametz* pet food is sold to the non-Jew together with the pet, for the explicit purpose of the non-Jewish purchaser coming to the Jewish pet owner's house during Pesach to feed the pet during Pesach (see *Mishna Berurah*, OC 448:33). Therefore, such a sale would generally require that the pet be transferred into the physical possession of the non-Jew during Pesach (or that the animal together with its living quarters, such as its barn, be transferred to the non-Jew), with the understanding that the non-Jew assumes the responsibility of feeding the pet during that time (*id*). Because this arrangement is complicated, any such sale would require the careful supervision of a competent rabbinic authority in order to ensure that it is performed correctly.

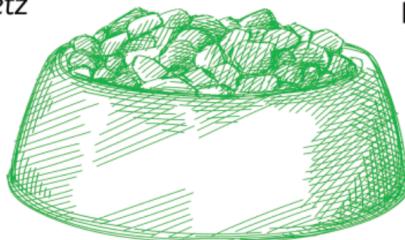
Fortunately, the availability of non-*chametz* pet food products has proliferated in recent years. We urge pet owners to review the list of recommended products as early as possible, so that arrangements to procure the necessary products can be made well in advance of the Pesach holiday. After all, we would not want to deny our pets the sensitivity that the Torah requires towards giving them their just desserts.



The only *kashrus* restriction for pet food aside from the Pesach season is that a product listing both meat and dairy ingredient may not be used any time during the year. Also, although there are certain leniencies for foods that are not fit for human consumption, most modern-day pet food would not be in that category. While the food may be raw or not prepared in a way that most people would entertain eating, that does not put it in the *halachic* category of *nifsal mei'achilas adam* – not fit for human consumption.

To aid pet owners, the cRc “certifies” certain varieties of pet food for Pesach, which means that we visit the factory to determine which formulas are *chametz*-free, relieving the consumer of that responsibility. However, if no certified (or recommended) pet food is available, the consumer should carefully read the ingredient panel to determine whether it contains any *chametz* (and many, in fact, do). A complete list of possible pet food ingredients is beyond the scope of this guide. However, the following are a few pointers when reading the ingredient panel.

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer's yeast (a common flavoring agent, which is *chametz*), malt (a barley-based sweetener), pasta,



xanthan gum (a thickener which may be fermented from *chametz*), and other generic terms which may refer to a *chametz* ingredient (e.g., flour, gluten, middlings, starch, et al). If any of these are present, you should not own or use this pet food on Pesach.

2. Many varieties of animal feed contain a multitude of vitamins, minerals, and amino acids, some of which may well be *chametz*, and there is no realistic way for a consumer to determine which of them are problematic. However, the good news is that vitamins comprise such a small percentage of the animal food that they are *batel*, and made before Pesach, and do not pose a concern.
3. Some common ingredients used in pet food which do not pose a Pesach concern are:
 - a) Animal, poultry, and fish products
 - b) Vegetables, such as alfalfa, asparagus, beets, and carrots
 - c) Assorted *kitnios* foods, such as buckwheat, corn products, lentils, millet, peas, rice, peanuts, sunflower seeds, and soy products
 - d) Other items, such as barley grass, BHA, BHT, carrageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey

By no means do these pointers cover all of the ingredients used in pet food, and we suggest that you contact a *kashrus* professional if you are unsure about any of the other ingredients in a given pet food.

Feed available at zoos is often *chametz* and should not be purchased or fed to the animals on Pesach. After Pesach, pet food with *chametz* may be purchased only from stores which are non-Jewish owned (e.g., PetSmart, Petco) or Jewish owned and have sold their *chametz*.

NOTE: Anytime a new pet food will be used for Pesach, it is advisable to mix the year-round choice and the Pesach food together for one to two weeks before the holiday, before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. This allows the pet to gradually get used to the new food and helps avoid painful digestive issues for the pet.

Some brands of pet food offer varieties which are composed of “limited ingredients” (sometimes referred to as L.I.D.). If your pet is currently on a prescription diet food which contains *chametz*, you might be able to substitute an L.I.D. which is certified to be nutritionally complete for your pet and appropriate for its life stage (baby or adult)

and health needs. Check with your veterinarian before changing any diet, particularly if your pet has issues with allergies or illnesses.

The following is a list of pet foods approved for Pesach 2021. Make sure to check all labels. One may feed his pet any of the following items when bearing cRc:



CATS: Evanger's*: 100% Beef; 100% Buffalo; 100% Duck; 100% Pheasant; 100% Sweet Potato; Beef Tips with Gravy; Chicken Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Organic Braised Chicken Dinner; Organic Turkey and Butternut Squash for Cats; Slow Cooked Beef Stew; Slow Cooked Chicken Stew; Slow Cooked Turkey Stew; Wild Salmon.



DOGS: Evanger's*: 100% Beef; 100% Buffalo; 100% Chicken; 100% Duck; 100% Organic Chicken; 100% Organic Turkey with Potatoes and Carrots; 100% Pheasant; 100% Sweet Potato; All Natural Beef Liver Chunks; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Beef Dinner; Beef with Chicken; Braised Beef Chunks with Gravy; Catch of the Day; Chicken Chunks Dinner in Gravy; Cooked Chicken: Duck and Sweet Potatoes Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Hunk of Beef; Lamb and Rice Dinner; Lamb Chunks Dinner in Gravy; Senior Dinner; Turkey Chunks Dinner in Gravy; Whole Chicken Thighs; Wild Salmon.

For **Cats** and **Dogs**: There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.

*To request information on Evanger's products not listed here, please e-mail Rabbi Landa at ylanda@crckosher.org with a picture of the product label.



FISH: Fish food, including pyramid feeders and vacation blocks, often have *chametz*. Goldfish and tropical fish can be given tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers).



BIRDS: Finches, parakeets, and cockatiels: Millet and canary grass seed can be used as the main diet

Canaries: Canary grass seed and rape seed are acceptable.

Parrots: Safflower seeds and sunflower seeds are acceptable.

Birds enjoy variety. You can provide this for larger birds, such as parrots, with pure alfalfa pellets. NOTE: Make sure

it is pure alfalfa, since it is common that grains are added to them. Smaller birds can also eat pure alfalfa pellets. For the latter, crush the pellets before feeding.

One may supplement with sliced grapes, berries, or canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.

For minerals, birds can have oyster shells (calcium) or mineral block, such as Kaytee Tropical Fruit Mineral Block Treat.



SMALL MAMMALS:

Gerbils: Millet, sunflower seeds, and safflower seeds are acceptable.

Hamsters: Sunflower seeds, potatoes, small amounts of greens and vegetables are acceptable; one may supplement with grapes, apples, melon, and oranges. If your pet is not accustomed to these items, give sparingly.

Guinea Pigs, Rabbits, and Chinchillas: Timothy hay, greens, and vegetables are acceptable; one may supplement with grapes, apples, melon, and oranges. If your pet is not accustomed to these items, give sparingly. Guinea pigs will especially benefit from kale, parsley, and oranges, in small amounts. Oranges will supply needed Vitamin C to their Pesach diet.

Mice and rats: Sunflower seeds, greens, vegetables, and potatoes are acceptable.



REPTILES and AMPHIBIANS:

Iguanas, Tortoises, and Turtles: Greens and vegetables are acceptable; turtles can also have small amounts of raw chicken or cut-up earthworms

Anoles, Bearded Dragons, Dart Frogs, Tree Frogs, and small lizards: Crickets are acceptable.

Snakes: If possible, schedule this as a non-feeding week.

Dwarf Aquatic Frogs: Tubifex worms or blackworms are acceptable.

Newts: Tubifex worms, bloodworms, or blackworms are acceptable.

Be aware that mealworms, which as living creatures are not *chametz*, are commonly sold in a bed of wheat flakes or oatmeal, which is *chametz* and, therefore, may not be owned or used on Pesach.

Live crickets should be gut-fed on bits of potato and vegetable 24 hours before feeding to lizards, to enhance their nutrition for the lizard. Whole insects (live or dead) with no additives or other ingredients are permissible.

We are grateful to Esther-Bayla Goldhammer for her assistance in researching pet foods.

WESTERN FAMILY

**COFFEE:
GROUND &
WHOLE BEAN**
UNFLAVORED NOT
DECAFFEINATED

1850 BY FOLGERS
7-ELEVEN
ADAGIO
AHOLD USA WEDGE LOGO
AMBIANCE
AMORA
ARCHER FARMS
ARTISMO
ASPEN RIDGE COFFEE
BARISSIMO
BARISTA ORGANICA
BARNIE'S
BARRIE HOUSE COFFEE
ROASTERS
BARRIE HOUSE GOURMET
COFFEE
BEACHCOMBER
BEST BEAN
BEST YET
BESTPRESSO
BETTER VALU
BIG Y
BLACK POINTE BAY
BONUS BLEND
BOWL & BASKET
BRANDLESS, INC.
BRIOCHE DOREE
BROOKLYN COFFEE HOUSE
BROOKLYN ROASTING
COMPANY
BROWN GOLD
BRULERIE MONT ROYAL
BY THE BEAN
CAFE BRITT
CAFE DELICIOSO
CAFE INDULGENCIA
CAFE LEYENDA
CAFE PRIMA
CAFESPRESSO
CANTERBURY SIGNATURE
CARIBOU COFFEE
CBG001235A
CDM
CENTRAL MARKET CLASSICS
CHASE & SANBORN
CHEF'S QUALITY
CHOCK FULL O'NUTS
CO-OP CENTSIBLES
COFFEE DIRECT

COFFEE DISTRIBUTING
COFFEE PEOPLE
COFFEE PLANET
COLONIAL INT'L COFFEE
COMMUNITY COFFEE
COMPASS
COPPER MOON
COSMOPOLITAN
CULINARY CIRCLE
DANIELS BLEND
DONUT HOUSE COLLECTION
DUNKIN DONUTS
EIGHT O'CLOCK
ELDORADO
ELLIS
EQUAL EXCHANGE
EQUAL EXCHANGE FAIRLY
TRADED
EQUINE
ESSENTIAL EVERYDAY
EUROPEAN COFFEE CLASSICS
EVERBLEND
EXCEPTIONAL VALUE
FAIR LANE COFFEE
FAREWAY
FARM FRESH MORNING'S
FARMER BROS. COFFEE
AND TEA
FINLAYS
FOLGERS
FOOD CLUB
FOOD LION
FRESH VALLEY FARM
FULL CIRCLE
GIANT EAGLE
GIRL SCOUTS
GOLDEN HARBOUR
GOYA
GREAT VALUE
GREEN MOUNTAIN COFFEE
GREEN MOUNTAIN COFFEE -
NEWMAN'S OWN ORGANIC
GRIND ON
GUARANTEED VALUE
H.T. TRADER NATURAL
H.T. TRADERS
HANNAFORD
HAPPY BELLY
HARRIS TEETER
HAWAIIAN ISLES KONA COFFEE
CO.
HENA
HERRIOTS
HIGH DESERT ROASTERS
HIGHLAND ESTATES
HIGHLAND VILLAGE RESERVE
HILL COUNTRY FARE
HILLS BROS.
HOPE FOR WARRIORS
HY-TOP
HY-VEE
ILLY CAFFE
INGLES BEST
JASON
JAVA FUNDER
JAVA GOLD

JAVA HOMESTEAD
JAVA WORLD
JAVARAMA
KA'U COFFEE MILL
KAPSULYST
KAUAI COFFEE
KIMBO
KIRKLAND SIGNATURE
KIRKLAND SIGNATURE
INTERNATIONAL
KOSÉ
KRISPY KREME
KRISPY KREME DOUGHNUTS
LA PREFERIDA
LAUGHING MAN
LAVAZZA
LIDL
LOWES
LUZIANNE
MAGNUM EXOTICS - A TASTE
OF THE EXOTIC
MARGARITAVILLE
MARKET DISTRICT
MARLEY COFFEE
MARQUIS
MARTINSON
MAXWELL HOUSE
MCCAFE
MELITTA
MJB
MOTHER PARKERS
MOUNTAIN CABIN
MY ESSENTIALS
NABOB
NANLAND
NATURE'S PROMISE
NESTLE
NEW ORLEANS ROAST
NEWMAN'S OWN ORGANICS
NONNI'S
NORTH STAR TRADING
COMPANY
OHIO STATE
ORIENT EXPRESS
PANERA
PARADE
PARKER HOUSE/PINNACLE
PEET'S COFFEE
PJ'S COFFEE OF NEW ORLEANS
POLKA DOT CAFE
PRICE CHOPPER
PRICE RITE
PRICE SAVER
PRICERITE
PRIVATE SELECTION
PUBLIX
PUREARTH ORGANIC COFFEE
RAINBOW FALLS
RED & WHITE
RED BAG
REVEILLE
REVV
RIDGELINE
RIO GRAND ROASTERS
RIPAFRATTA COFFEE
RITUALS

RITUALS ESTATE
ROASTER'S PRIDE
ROASTERS EXCHANGE
ROUSES MARKETS
ROYAL CLUB
RT
S & D COFFEE
SAVE TODAY
SAVER'S CHOICE
SCHNUCKS
SCREEN 18 CRAFTED COFFEE
SE GROCERS
SE GROCERS ESSENTIALS
SEATTLE'S BEST COFFEE
SECOND CUP
SEGAFREDO ZANETTI
SHOCK COFFEE
SHOPKO MARKET
SHOPRITE
SHUFFLE BEAN
SHUR SAVING
SHURFINE
SIGNATURE KITCHENS
SIGNATURE SELECT
SILVER SOURCE
SIMPLY ENJOY
SIMPLYNATURE
SOBEY'S
SPARTAN
SPARTAN NASH
SPARTAN NASH - NASH'S
ESTATE
SPARTAN NASH - OUR FAMILY
SPIRIT BEAR COFFEE
COMPANY
STARBUCKS
STARBUCKS VIA INSTANT
STATER BROS.
SUPERVALU
TASTER'S CHOICE
TAYLOR & BYRNES
TEJAS CAFE
TFN
THAT'S SMART!
THE ORIGINAL DONUT SHOP
TIM HORTONS
TIMOTHY'S WORLD COFFEE
TOPS
TORREFAZIONE ITALIA
TRADER JOE'S
TRILLIANT
TULLY'S COFFEE
TWIN RIDGE ROASTERS
U.S. COFFEE
UNCLE BUCKS
UNIQUELY J
UNIVERSITY OF INDIANA
UNIVERSITY OF WISCONSIN
VALU TIME
VALUE CORNER
VAN HOUTTE
VIAGGIO ESPRESSO
VICTOR ALLEN
W.B. LAW & SON
WAWA
WEGMANS

WEIS
WESTERN FAMILY
WESTERN FAMILY CLASSICS
WESTERN NATURAL
WHITE HOUSE/PINNACLE
WHITE ROSE
WINN-DIXIE
WOLFGANG PUCK
WORKHORSE COFFEE
ZABAR'S

**COFFEE:
GROUND OR
WHOLE BEAN**
UNFLAVORED
DECAFFEINATED

1850 BY FOLGERS
BESTPRESSO
BROOKLYN COFFEE HOUSE
BROOKLYN ROASTING
COMPANY
DANIELS BLEND
ELLIS
FOLGERS
HENA
PARKER HOUSE/PINNACLE
VIAGGIO ESPRESSO
WHITE HOUSE/PINNACLE

COFFEE: INSTANT

FOLGERS
Decaffeinated, Regular
NESCAFE TASTER'S CHOICE
Regular only
VIA
Regular only

**COFFEE: K-CUPS,
VUE CUPS, BOLT
PACKS AND
SINGLE SERVE
COFFEE**
UNFLAVORED NOT
DECAFFEINATED

ADAGIO
AMAZON FRESH
BARISSIMO
BARISTA BROS
BARISTA PRIMA COFFEEHOUSE
BARRIE HOUSE COFFEE
ROASTERS
BEAUMONT COFFEE
BOWL & BASKET
BUSCH'S SPECIALTY
CAFE BRITT
CARIBOU COFFEE
CHOCK FULL O'NUTS
COFFEE ICON
COFFEE PEOPLE
COMPLIMENTS
COUNTRY STYLE
DIEDRICH COFFEE

OU GUIDE TO PASSOVER 5781

67

U CERTIFIED

DONUT HOUSE
COLLECTION
DUNKIN' DONUTS
EIGHT O'CLOCK
ELDORADO
EMERIL'S GOURMET
COFFEE
ESSENTIAL EVERYDAY
EXECUTIVE SUITE
COFFEE
FAREWAY
FOLGERS
FREDMEYER
GREAT VALUE
GREEN MOUNTAIN
COFFEE
NEWMAN'S OWN
ORGANIC
HARRIS TEETER
HARVEST FARMS
HILLS BROS.
HOPE PRODUCTS
ILLY®
INGLES BEST
IRRESISTIBLES
JAVA ROAST
JOFFREY'S COFFEE &
TEA COMPANY
KAUAI COFFEE
KIRKLAND SIGNATURE
KRISPY KREME
DOUGHNUTS
KROGER
LAUGHING MAN
LAVAZZA
MARKET BASKET
MCCAFE
MELITTA
NESCAFE TASTER'S
CHOICE
NEWMAN'S OWN
NEWMAN'S OWN
ORGANICS
ORIENT EXPRESS
OUR FINEST
PANERA
PEET'S COFFEE
PRICERITE
PRIVATE SELECTION
REVV
SEATTLE'S BEST
COFFEE
SEGAFREDO ZANETTI
SHAZAM
SHOPRITE
SMART & FINAL
SPARTAN NASH - OUR
FAMILY
STARBUCKS
THE ORIGINAL DONUT
SHOP
TIM HORTONS
TIMOTHY'S
TIMOTHY'S WORLD
COFFEE
TIMOTHY'S WORLD
COFFEE - KAHLUA
COFFEE

TULLY'S COFFEE
VAN HOUTTE
WEGMANS
WELLSLEY FARMS
WHOLESOME PANTRY
WILD HARVEST
ORGANIC



Shopping Guide

PESACH 2021

Recommendations are for items produced in the United States

This list of products is marked as follows:

✓ **Acceptable without Pesach Certification**
Food items in this section should preferably be purchased before Pesach

▲ **Must bear reliable Pesach Certification**

✘ **Not acceptable for Pesach**
Sephardim should contact their local Sephardic rabbi regarding issues of *kitnios*

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
Alcohol		For drinking ▲ Denatured or Isopropyl alcohol ✓
Alfalfa	✘	<i>Kitnios</i>
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	▲	Amaranth is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	✘	<i>Kitnios</i>
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also requires Pesach certification
Apple sauce	▲	
Aspartame	▲	
Baby carrots		Raw are acceptable if they contain no additives Canned, cooked or frozen ▲
Baby food	▲	Includes jarred or canned
Baby formula		See Nutritional Supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitnios</i>
Baby oil	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes	✓	
Bags	✓	Includes paper & plastic
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	✘	<i>Kitnios</i>
Bean sprouts	✘	<i>Kitnios</i>

Product	Status	Notes
Benefiber	✘	<i>Chametz</i>
Beverages	▲	
Bicarbonate of soda	✓	
Bird food		See Pet Food pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's yeast	✘	<i>Chametz</i>
Brown sugar	▲	
Buckwheat	✘	<i>Kitnios</i>
Buckwheat pillow	✓	One may own and derive benefit from <i>kitnios</i>
Butter	▲	
Candles	✓	Scented are also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	✘	<i>Kitnios</i>
Caraway	✘	<i>Kitnios</i>
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See Pet Food pages
CBD Oil	✘	<i>Kitnios</i>
Charcoal	✓	Includes "plain", easy-light, apple, hickory, and mesquite
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See Medicine Letter (page 3)
Chewing tobacco	▲	Contains flavors and other sensitive ingredients

SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
Potato chips	▲	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Pumpkin seeds		Not <i>kitnios</i> ; acceptable if raw and without additives
Quinoa	▲	Quinoa is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	✗	<i>Kitnios</i> Rice milk may contain <i>chametz</i> ; see Milk Alternatives page
Saffron		Some have a custom not to use saffron for Pesach See spices
Salads (bagged)	▲	If certified is unavailable, and contains no <i>kitnios</i> or sensitive additives; buy before Pesach
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	✗	<i>Kitnios</i>
Shampoo	✓	
Shaving lotion	✓	
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	✗	<i>Kitnios</i>
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorghum	✗	<i>Kitnios</i>
Soup mix	▲	
Soy products	✗	<i>Kitnios</i> Soy sauce and soy milk may contain <i>chametz</i> ; see milk alternatives page
Spices		Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are <i>kitnios</i> ✗ Other spices are acceptable in whole form, but ground spices require certification
Splenda	▲	
Stain remover	✓	
Star anise		Star anise is not <i>kitnios</i> ; see Spices
Stevia	▲	
Stick deodorant	✓	

Product	Status	Notes
String beans	✗	<i>Kitnios</i>
Styrofoam	✓	
Sugar		Brown sugar and confectioners' sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✗	<i>Kitnios</i>
Sunscreen	✓	
Suppositories	✓	
Syrups	▲	
Tea		Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	✗	<i>Kitnios</i>
Tomato-based products	▲	
Toothpaste		See www.ASKcRc.org for updates
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	✗	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	▲	
Turmeric		Turmeric is not <i>kitnios</i> ; see spices
Vanilla	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads - see Salad (bagged) Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not <i>kitnios</i> (see listing for individual vegetables) and do not contain additives other than sugar
Vegetable wash	▲	
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Wax for braces	✓	
Wax paper	✓	
Whitener (for coffee)	▲	
Wild rice	✗	<i>Kitnios</i>
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	

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SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
Kasha	✘	<i>Kitnios</i>
Ketchup	▲	
Kimmel	✘	<i>Kitnios</i>
Lactaid		Lactaid milk may be used if purchased before Pesach Chewable pills ✘ Non-chewable pills ✓
Latex gloves		Powder free ✓ Powderless or with powder ▲
Laundry detergent	✓	
Laxatives		See Medicine and Cosmetic pages
Lemon juice	▲	Concentrate also requires Pesach certification
Lentils	✘	<i>Kitnios</i>
Lip products		See Medicine Letter (page 3) and see www.ASKcRc.org for updated information
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See Medicine Letter (page 3)
Liquor	▲	
Listerine PocketPaks	✘	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See Medicine and Cosmetic pages
Margarine	▲	
Mascara	✓	
Matzah	▲	
Mayonnaise	▲	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Medicine		See Medicine Letter (page 3)
Milk	▲	If certified is unavailable, buy before Pesach
Millet	✘	<i>Kitnios</i>
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium glutamate	▲	
Mousse (for hair)	✓	
Mouthwash		See Medicine and Cosmetic pages

Product	Status	Notes
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✘	<i>Kitnios</i>
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements		See Nutritional Supplement page Peanuts are <i>kitnios</i> ✘ Pecans (all shelled) ▲
Nuts		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ Other types, including extra light ▲
Oil (cooking)	▲	
Orange juice	▲	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, cups, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	▲	
Peanuts	✘	<i>Kitnios</i>
Peas	✘	<i>Kitnios</i>
Pecans (all shelled)	▲	
Perfume	✓	When produced in the USA
Pet food		See Pet Food pages
Petroleum jelly	✓	
Pickles	▲	
Pills		See Medicine Letter (page 3)
Pineapple (canned)	▲	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam May be used for hot or cold
Play-doh	✘	May contain <i>chametz</i>
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	
Popcorn	✘	<i>Kitnios</i>
Poppy seeds	✘	<i>Kitnios</i>

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SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
Chickpeas	✘	<i>Kitnios</i>
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's is acceptable except for Special Dark
Coconut (shredded)		Sweetened or flavored ▲ Unsweetened & unflavored ✓
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See Medicine and Cosmetic pages
Colonoscopy drink		See Medicine and Cosmetic pages
Confectioners' sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander seeds	✘	<i>Kitnios</i>
Corn & corn products (e.g. corn oil, corn syrup)	✘	<i>Kitnios</i>
Corn remover	✓	
Cosmetics		See Medicine and Cosmetic pages
Creams (cosmetics)	✓	
Crock pot liner	✓	
Cumin	✘	<i>Kitnios</i>
Cups	✓	Includes paper & plastic
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant	✓	
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✘ (<i>Kitnios</i>) Leaves ✓
Dishwashing soap	✓	
Dog food		See Pet Food pages
Dried fruit	▲	
Edamame	✘	<i>Kitnios</i>
Eggs		Cooked or liquid ▲ Whole and raw (including pasteurized) ✓
Ensure		See Nutritional Supplement page

Product	Status	Notes
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds ✘ (<i>Kitnios</i>) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See Pet Food pages
Flax seeds		Flax seeds are not <i>kitnios</i> ; see spices
Flour	✘	<i>Chametz</i>
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See Nutritional Supplement page
Formula for infants		See baby formula
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✘	<i>Kitnios</i>
Gum (chewing)	▲	
Hair gel	✓	
Hairspray	✓	
Hemp, hemp oil	✘	<i>Kitnios</i>
Herbal tea	▲	
Honey	▲	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	
Ice cream	▲	
Ices	▲	
Infant formula		See baby formula
Insecticide sprays	✓	Some traps contain <i>chametz</i>

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Thursday, March 25, 2021- Taanit Bechorot

Daf Yomi- 5:50 AM
Shacharit- 6:40 AM
Siyum- 7:15 AM
Mincha/Maariv- 7:20 P.M.

Friday, March 26, 2021

Daf Yomi- 5:50 AM
Shacharit- 6:40 AM
Burn Chametz by 12:30 PM
Early Candle Lighting- 6:26
Mincha- 7 PM
Candle Lighting- 7:25 PM

Shabbat, March 27, 2021

Shacharit- 8 AM (one minyan- note earlier time)
Latest Time to Eat Chametz- 11:28 AM
Latest Time to Dispose of Chametz- 12:30 PM
Latest Time to Eat Egg Matzah- 5:09 P.M.
Mincha-7:20 PM
Candle Lighting and Preparations for the Seder- after 8:26 PM
Lehadlik Ner Shel Yom Tov
Kiddush includes YaKNeHaZ (Borei Peri HaGafen, Kiddush, Borei Meorei Ha'Eish, Havdalah, Shehechyanu)
Latest time to eat Afikoman- 1:32 AM

Sunday, March 28, 2021

Shacharit- 9 AM
Tefillat Tal
Mincha- 7:25 PM
Candle Lighting and Preparations for Day II- after 8:26 PM
Lehadlik Ner Shel Yom Tov
Begin Counting the Omer

Monday, March 29, 2021- Omer 1

Shacharit- 9 AM
Mincha- 7:25 PM
Yom Tov Ends- 8:27 PM

Tuesday, March 30- Thursday, April 1, 2021- Omer 2-4

Daf Yomi- 5:50 AM
Shacharit- 6:30 AM
Mincha/Maariv- 7:25 PM

Friday, April 2, 2021- Omer 5

Daf Yomi- 5:50 AM
Shacharit- 6:30 AM
Early Candle Lighting- 6:30 PM
Lehadlik Ner Shel Shabbat VeYom Tov
Mincha- 7:00 PM
Candle Lighting- 7:30 PM
Kiddush for Yom Tov that is Shabbat, no Shehechyanu

Shabbat, April 3, Pesach Day VII

Shacharit- 9:00 AM
Shir Hashirim
Grace Tannin Denmark Z"l Women's Megillah Reading-5:45 PM
Mincha- 7:25 PM
Candle Lighting and Preparation for Day VIII- after 8:31 PM
Kiddush includes YaKNeHa (Borei Peri HaGafen, Kiddush, Borei Meorei Ha'Eish, Havdalah- no Shehechyanu)

Sunday, April 4, Pesach, Day VIII

Shacharit- 9 AM
Yizkor at approximately 10:15 AM
Mincha- 7:30 PM
Yom Tov Ends- 8:31 PM
Sold Chametz may be consumed after 9:30 PM

Halachik measurements for eating matzah and marror and drinking wine at the Seder

Matzah:

Motzi Matzah

Ideally, for motzi matzah one should eat two kzayitim (olive's bulk) - one for motzi, which is for the actual bracha of hamotzi on the bread, and one for the matzah, which is for the mitzvah of matzah. One kzayit should be from the top matzah and one should be from the middle matzah because it is unclear which we are to use for the mitzvah - the middle, broken piece, or the top piece, on which we made the bracha of hamotzi.

For motzi matzah one should eat a sum total of the following amount of matzah:

Hand matzah (at least 10.25" diameter) - 1/3 of a matzah

Machine matzah (6 1/8" x 7") - 1/2 of a matzah

If necessary, one may fulfill the requirement with only half this amount. **When one eats the matzah for motzi matzah, one must recline to the left side. If one forgets to recline, one must eat another kzayit of matzah.**

Korech – Hillel Sandwich

Ideally, one should eat one kzayit of matzah for korech:

A kzayit of hand matzah (10.25" diameter) = 1/6 of a matzah

A kzayit of machine matzah (6 1/8" x 7")=1/4 of a matzah

Afikoman

Ideally, for motzi matzah one should eat two kzayitim.

Hand matzah (at least 10.25" diameter) - 1/3 of a matzah

Machine matzah (6 1/8" x 7") - 1/2 of a matzah

If necessary, one may fulfill the requirement with only half this amount. When one eats the matzah afikoman, one must recline to the left side. If one forgets to recline, one should (if not too difficult) eat another Kezayit. If one has recited Birkhat Hamazon, one should not eat another kzayit of matzah.

The Chazon Ish would give out handmade shmura Matzah the size of the palm of one hand without the thumb to the participants of his seder. (Rabbi Yosef Tzvi Rimon, Kinor David Haggadah pg. 139)

[According to this] most people who suffer from celiac disease must eat a kezayit of matza on the Seder night, because a kezayit of matza will not cause them to become sick. Even if it will cause one to suffer somewhat, this is not considered sickness. **However, people who suffer from severe celiac disease, and who know that they are liable to have a strong reaction to matza, are exempt from the mitzva of eating matza.** Nowadays one can find matzot made from oatmeal and spelt flour, which are better than wheat matza for people with celiac disease. (Rabbi Eliezer Melamed)

From an Interview with Rabbi Hershel Schachter...

Not long after Purim comes Pesach. Many people obsess over how much matzah they are supposed to eat at the Seder. Your definition of a kezayis, though, is rather smaller than what's currently popular.

I don't know what's popular. My father-in-law spent about two years by Rav Shimon Shkop rewriting the Shaarei Yosher. Rav Shkop asked the mashgiach from the Mir Yeshiva, Rav Yeruchom Levovitz, for a bachur who had a nice style of Hebrew, so he sent my father-in-law. He was there about two years, so he ate the Seder by Rav Shimon Shkop. He said five boys ate a kezayis from one matza. That's a pretty small kezayis.

Didn't you once say a kezayis is the size of the palm of one's hand? Rav Chaim Volozhiner says that.

Wine:

Each cup of wine is a separate mitzvah.

For the first cup of wine it is best to have a cup that holds 4 ounces of wine and to drink at least ½ of the cup. (This is because according to some authorities kiddush for Yom Tov is a biblical commandment)

For the other three a cup that holds 3 ounces is sufficient. Again, one should drink at least ½ of the cup.

One should drink each of the four cups of wine within half a minute, with just taking normal, short breaks between sips. For those for whom this is difficult, you can take up to 7 minutes to drink the half cup.

Marror:

1 fluid ounce of horseradish should be eaten to properly fulfill the mitzvah of maror.

If using romaine leaves, the measurement for marror is the equivalent size to a ¼ piece of machine matzah

SEFIRAS HA'OMER CALENDAR 2021

Sefiras Ha'Omer is the counting of seven complete weeks from the second evening of Pesach until Shavuos. For more information about when and how to count with the *bracha* below, see the article on pages 112-114.

ברוך אתה ד' אלקנו מלך העולם אשר קדשנו במצותיו וצונו על ספירת העומר

היום יום אחד לעומר	☐ Sunday evening, March 28
היום שני ימים לעומר	☐ Monday evening, March 29
היום שלשה ימים לעומר	☐ Tuesday evening, March 30
היום ארבעה ימים לעומר	☐ Wednesday evening, March 31
היום חמשה ימים לעומר	☐ Thursday evening, April 1
היום ששה ימים לעומר	☐ Friday evening, April 2
היום שבעה ימים שהם שבוע אחד לעומר	☐ Saturday evening, April 3
היום שמונה ימים שהם שבוע אחד ויום אחד לעומר	☐ Sunday evening, April 4
היום תשעה ימים שהם שבוע אחד ושני ימים לעומר	☐ Monday evening, April 5
היום עשרה ימים שהם שבוע אחד ושלשה ימים לעומר	☐ Tuesday evening, April 6
היום אחד עשר יום שהם שבוע אחד וארבעה ימים לעומר	☐ Wednesday evening, April 7
היום שנים עשר יום שהם שבוע אחד וחמשה ימים לעומר	☐ Thursday evening, April 8
היום שלשה עשר יום שהם שבוע אחד וששה ימים לעומר	☐ Friday evening, April 9
היום ארבעה עשר יום שהם שני שבועות לעומר	☐ Saturday evening, April 10
היום חמשה עשר יום שהם שני שבועות ויום אחד לעומר	☐ Sunday evening, April 11
היום ששה עשר יום שהם שני שבועות ושני ימים לעומר	☐ Monday evening, April 12
היום שבעה עשר יום שהם שני שבועות ושלשה ימים לעומר	☐ Tuesday evening, April 13
היום שמונה עשר יום שהם שני שבועות וארבעה ימים לעומר	☐ Wednesday evening, April 14
היום תשעה עשר יום שהם שני שבועות וחמשה ימים לעומר	☐ Thursday evening, April 15
היום עשרים יום שהם שני שבועות וששה ימים לעומר	☐ Friday evening, April 16
היום אחד ועשרים יום שהם שלשה שבועות לעומר	☐ Saturday evening, April 17
היום שנים ועשרים יום שהם שלשה שבועות ויום אחד לעומר	☐ Sunday evening, April 18
היום שלשה ועשרים יום שהם שלשה שבועות ושני ימים לעומר	☐ Monday evening, April 19
היום ארבעה ועשרים יום שהם שלשה שבועות ושלשה ימים לעומר	☐ Tuesday evening, April 20
היום חמשה ועשרים יום שהם שלשה שבועות וארבעה ימים לעומר	☐ Wednesday evening, April 21
היום ששה ועשרים יום שהם שלשה שבועות וחמשה ימים לעומר	☐ Thursday evening, April 22
היום שבעה ועשרים יום שהם שלשה שבועות וששה ימים לעומר	☐ Friday evening, April 23
היום שמונה ועשרים יום שהם ארבעה שבועות לעומר	☐ Saturday evening, April 24
היום תשעה ועשרים יום שהם ארבעה שבועות ויום אחד לעומר	☐ Sunday evening, April 25
היום שלשים יום שהם ארבעה שבועות ושני ימים לעומר	☐ Monday evening, April 26
היום אחד ושלשים יום שהם ארבעה שבועות ושלשה ימים לעומר	☐ Tuesday evening, April 27
היום שנים ושלשים יום שהם ארבעה שבועות וארבעה ימים לעומר	☐ Wednesday evening, April 28
היום שלשה ושלשים יום שהם ארבעה שבועות וחמשה ימים לעומר	☐ Thursday evening, April 29
היום ארבעה ושלשים יום שהם ארבעה שבועות וששה ימים לעומר	☐ Friday evening, April 30
היום חמשה ושלשים יום שהם חמשה שבועות לעומר	☐ Saturday evening, May 1
היום ששה ושלשים יום שהם חמשה שבועות ויום אחד לעומר	☐ Sunday evening, May 2
היום שבעה ושלשים יום שהם חמשה שבועות ושני ימים לעומר	☐ Monday evening, May 3
היום שמונה ושלשים יום שהם חמשה שבועות ושלשה ימים לעומר	☐ Tuesday evening, May 4
היום תשעה ושלשים יום שהם חמשה שבועות וארבעה ימים לעומר	☐ Wednesday evening, May 5
היום ארבעים יום שהם חמשה שבועות וחמשה ימים לעומר	☐ Thursday evening, May 6
היום אחד וארבעים יום שהם חמשה שבועות וששה ימים לעומר	☐ Friday evening, May 7
היום שנים וארבעים יום שהם ששה שבועות לעומר	☐ Saturday evening, May 8
היום שלשה וארבעים יום שהם ששה שבועות ויום אחד לעומר	☐ Sunday evening, May 9
היום ארבעה וארבעים יום שהם ששה שבועות ושני ימים לעומר	☐ Monday evening, May 10
היום חמשה וארבעים יום שהם ששה שבועות ושלשה ימים לעומר	☐ Tuesday evening, May 11
היום ששה וארבעים יום שהם ששה שבועות וארבעה ימים לעומר	☐ Wednesday evening, May 12
היום שבעה וארבעים יום שהם ששה שבועות וחמשה ימים לעומר	☐ Thursday evening, May 13
היום שמונה וארבעים יום שהם ששה שבועות וששה ימים לעומר	☐ Friday evening, May 14
היום תשעה וארבעים יום שהם שבעה שבועות לעומר	☐ Saturday evening, May 15

**Delegation of Power of Attorney
For Sale of *Chametz* (Leavened Products)**

I, _____, the undersigned, fully empower and permit Rabbi Ariel Rackovsky of Congregation Shaare Tefilla, 6131 Churchill Way, Dallas, TX 75230 to act on my behalf to sell 1) all *Chametz* possessed by me (knowingly, or unknowingly) as defined by the Torah and Rabbinic law (e.g. doubt of *Chametz*, and *Chametz* mixtures), 2) any chametz to which I have or may have legal responsibility in whole or in part (including corporations or other business entities which own or deal in chametz in which I may have an ownership interest or transit goods which may be delivered to me during the period commencing at sundown on Friday, March 26, 2021 and concluding on at nightfall of Sunday, April 4, 2021. I also empower the said Rabbi Rackovsky to lease all places wherein the *Chametz* owned by me may be found, especially in the premises located at:

Property Address: _____

Where on the premises will this Chametz be found?

Kitchen _____
Garage _____
Bathroom _____
Liquor Cabinet _____
Refrigerator _____
Freezer _____
Attic _____
Closets _____
Cabinets _____
Other _____

What is the approximate value of the Chametz? _____

Rabbi Rackovsky has the full right to sell and lease by transactions, as he deems fit for such time that he believes necessary as explained in the general authorization contract to sell the *Chametz*. Also, I hereby give the said Rabbi Rackovsky full power and authority to appoint a substitute with full power to sell and lease as provided herein. The above given power is in conformity with all Torah and Rabbinic regulations and laws. This authorization is also intended to conform to the criteria and requirements of the law of the State of Texas and the United States.

And to this I hereby affix my signature on this _____ day of the month of _____, 2020

Signature _____ Phone: _____

_____ I will be home for Pesach

_____ I will be away for all of Pesach

_____ I will be in Israel, Europe or the Far East for Pesach

The key or alarm code to my home will be left with:

Name: _____

Address: _____

Phone: _____