

Preparing for Passover 2023

Prohibited foods: Foods made with wheat, barley, oats, spelt or rye, such as biscuits, cakes, crackers, leavened bread and pasta.

Kitniyot: Several years ago, the Committee on Jewish Law and Standards adopted legal positions permitting kitniyot (beans, corn, millet, peas, rice, or soy) to be eaten by Ashkenazi Jews on Passover. Most Sephardic authorities also permit kitniyot; however, long-standing Ashkenazi tradition does not. This prohibition also includes other plant foods in natural or processed form. These include buckwheat, sesame seeds, mustard, corn oil, soy oil, etc. The use of peanuts and peanut oil, provided the items have kosher certification, is permitted by all traditions. For those who choose to embrace the lenient position on kitniyot, please look for the necessary kitniyot-included marking for Kosher-for-Passover on all labels. Note that eating a meal in a home that uses kitniyot does not render the dishes or cookware non-kosher-for-Passover. For more information, please consult the full Rabbinical Assembly Pesach Guide at rabbinicalassembly.org/story/pesach-guide-5783.

Permitted Foods: The following foods require **no kosher for Passover label** if purchased **BEFORE or DURING Passover**: Baking or bicarbonate of soda, eggs, fresh fruits and vegetables, fresh or frozen kosher meat (other than chopped meat), Nestea, pure black, green or white tea leaves, unflavored tea bags, unflavored regular coffee, olive oil (extra virgin only), whole or gutted fresh fish, whole or half pecans (not pieces) and whole (unground) spices and nuts, some products sold by Equal Exchange - fair trade chocolate.

The following foods require **no Kosher le-Pesach label** if purchased **BEFORE Passover** but if purchased **DURING Passover, do require a Kosher le-Pesach label**: All pure fruit juices, filleted fish, frozen fruit (no additives), non-iodized salt, pure white sugar (no additives), white milk, quinoa with nothing mixed in (though some quinoa has grains mixed in, so a Pesach marking is preferable). Products which **always require Kosher for Pesach certification** include: All baked goods, matzah, farfel, any product containing matzah, matzah flour, Passover cakes, cookies, all frozen processed foods, candy, canned tuna, cheeses, chocolate milk, decaf coffee, decaf tea, dried fruits, herbal tea, ice cream, liquor, grade AA butter, oils, soda, vinegar, wine and yogurt.

In all cases, when in doubt, seek a Kosher-for-Pesach certification label*

Baby Food: The use of kitniyot for infants is permitted. Therefore, soy-based infant formula is allowed. Pure vegetable baby food that is kosher year round is acceptable. However, the baby food, utensils, bottles, nipples and dishes must be kept and washed separately from other dishes.

Medicine: Prescription medicines are permitted. Non-prescription pills and capsules are permitted.

Pet Food: The pet may be given to a non-Jew for the week who can feed the animal anything. You may feed your pet Passover pet food, pet foods with no grain or food off of your own table. Kitniyot is permissible. You may sell your pet as *chametz*, enabling you to feed the pet regular pet food. Washing of pet utensils should be done out of the kitchen area.

Non Food Items: Any non-food stuff which is not eaten such as detergent, cleaner, paper plates, paper napkins, plastic cutlery, etc. may be used for Passover with no kosher for Passover label.

Kashering the Kitchen and Utensils: To kasher **pots, silverware and utensils** made wholly of **metal NOT used for baking**, thoroughly clean the item with soap and water; do not use for 24 hours; then immerse item completely in rolling, boiling water. **Metal bakeware used in an oven** must first be thoroughly cleaned. It is then kashered by use of a blow torch or at the highest temperatures in an oven. This may warp or discolor the metal. Bakeware used solely for Passover is recommended.

Sink: A **metal sink** can be kashered by thoroughly cleaning and scrubbing the sink, leaving it unused for 24 hours then pouring boiling water all over the surfaces of the sink including the lip. A **porcelain sink** cannot be kashered, but should be thoroughly cleaned. Pesach dish basins and racks must be used, one each for dairy and meat.

Glass: Dishes used for eating and serving are kashered by cleaning and immersing in boiling water. Drinking glasses or glass dishes used only for cold food may be kashered by simple rinsing. Some follow the custom of soaking them for three days. **Glass cookware** is thoroughly cleaned with soap and water; not used for 24 hours; then immersed completely in rolling, boiling water. There is no consensus on the kashering of **glass bakeware**. Some authorize prohibit it; others do not.

Ceramic dishes cannot be kashered. However, fine china that was put away clean and not used for over a Jewish calendar year may be used after thorough detergent and hot water washing. The china is then considered pareve and may be designated meat or dairy.

Cooking Appliances: Ovens (including convection ovens) and ranges must be thoroughly cleaned including walls and the top and bottom of the oven. Then the oven should be heated to maximum heat for an hour; the range top until the elements run red and glow. Then parts of the range top around the elements that can be covered should be (usually with aluminum foil). A self-cleaning oven should be cleaned and then put through the full cleaning cycle while empty. Following this, the oven should again be cleaned to remove any ash. To kasher **smooth, glass top electric ranges**, clean thoroughly, leave untouched for 24 hours, turn the coils on maximum heat until red hot. Then pour boiling water on the surface area and around the burners. **Microwave ovens** that have no convection option should be thoroughly cleaned. Then an 8 oz. cup of water is placed inside and the oven turned on until the water almost disappears. A microwave oven with a browning element cannot be kashered. **Dishwashers** are kashered by being thoroughly cleaned followed by a full cycle with detergent run while the dishwasher is empty. The dishwasher is not used for 24 hours and then run again with water at the highest temperature possible. If the sides of a dishwasher are made of enamel or porcelain, the dishwasher cannot be kashered. **Other electrical appliances** can be kashered if the parts that come into contact with chametz are metal and are removable, then can be kashered like other metal cooking utensils. If not, the appliances cannot be kashered. It is recommended that one purchase small appliances to use exclusively during Passover to avoid the difficulty of kashering.

Work Surfaces: Tables, closets and counters should be thoroughly cleaned and covered. Many **countertops** can be kashered by a thorough cleaning, a 24 hour wait followed by pouring boiling water over them. Plastic laminates, limestone, soapstone, granite, marble, glass, Corian, Staron, Caesarstone, Swanston, Surell, Avonite and wood without scratches may be kashered. Ceramic, cement or porcelain **countertops** cannot be kashered and need to be covered. **Refrigerators** should be thoroughly cleaned with detergent.

For the full guide, visit rabbinicalassembly.org/story/pesach-guide-5783