

## Laws of Pesach

### **Bedikat Chametz Search for Chametz**

An integral part of the Pesach obligations is to search one's home the night before Pesach.

All rooms of the house should be thoroughly searched (this is in addition to the preliminary cleaning). If there is a room that one literally never goes into, then it is exempt from being searched. Immediately prior to the search, one recites, "Baruch Ata Hashem E-lokeinu melech ha-olam, asher kidishanu be-mitzvotav, vez-tivanu al biur chametz."

Following the search one says "All chametz or chametz products which I have in my possession, which I have seen and which I have not seen, which I have removed and which I have not removed, should be null and considered like the dust of the earth."

On the morning, of Erev Pesach, after burning the chametz or after removing it all from one's possession, one should say, before the time listed on the front of this publication, "All chametz or chametz products which I have in my possession, which I have seen and which I have not seen, which I have removed, and which I have not removed, should be null and considered like the dust of the earth."

### **What If I'm Going on a Trip? When Do I Search For Chametz?**

One who goes on a trip within 30 days before Pesach must search for chametz the night before leaving, with a candle and all. However, no blessing is recited. You should also sell your chametz before leaving. **One should then remember, on your vacation to**

**annul the chametz the morning of erev Pesach before "the latest time to own chametz" listed on the front.**

### **What Do We Eat on Erev Pesach?**

One cannot eat matzah because before Pesach one refrains from matzah for at least 2 weeks, if not a month, depending upon your custom. Refer to the front page for this year's times after which chametz cannot be consumed and owned. After 1:00 pm one should not eat a big meal. Some even restrict the eating of matzah meal products on the eve of Pesach. In a case of necessity, one may eat matzah meal products before Pesach. What's left to eat is fish, salad, fruit, and potato starch products. The idea is to maintain a healthy appetite for the seder.

### **What Is Considered a Legume and Is Hence Forbidden?**

Rice, corn, peas, mustard seed, beans (kidney, lima, garbanzo, bean sprouts, etc.), green beans, sesame seeds, peanuts, soybeans, millet, sunflower seeds, alfalfa sprouts, tofu. All these may be used as pet food or medicine.

### **What Can One Do on the Intermediate Days of Pesach (in Between the First Two Days and the Last Two Days)?**

This period is called Chol Hamoed. Well, of course the prohibition of chametz still applies, and some say that the more Shemura Matzah you eat, the more

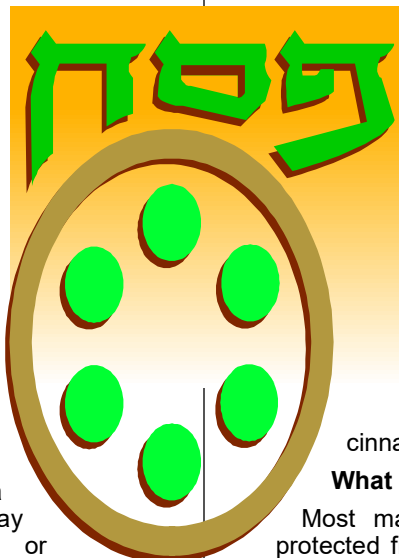
mitzvot you get. Beyond that, it is permissible to go to work only if absolutely necessary, and all work may be done which is for the holiday, for the community, for a mitzvah, and any work which requires no skill, such as flicking a switch, and the like. In the end, just about any work can be justified on Chol Hamoed, but the idea is to focus on holy matters during this time and to make it a part of the holiday.

### **What's the Recipe for Charoset?**

Charoset, the dip for the maror, was viewed by Maimonides and others as the quintessential Pesach dip, fit for dipping matzah, celery, and almost anything at the Seder. It consists of cinnamon, apples, wine, and nuts, all chopped together. Some Sephardic Jews use fried dates, raisins, vinegar, and cinnamon. (Try it. It's tasty.)

### **What Is Shemura Matzah?**

Most matzah is guarded and protected from chametz since the time of grinding the grains. Many authorities say that the matzah for the first two nights must be guarded from the time of harvesting. This is what is called Shemura Matzah. Take note that not all matzah in the store is marked as Kosher for Passover. Egg matzah on Pesach should only be used by children and the infirmed.



## MEDICINES COSMETICS & TOILETRIES FOR PESACH

All pill medication — with or without chametz — that one swallows is permitted. Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their 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 kitniyos 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 kitniyos.

### **COSMETICS & TOILETRIES**

All varieties of blush, body soap, creams, eye shadow, eyeliner, face powder, foot powder, ink. lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on Pesach — regardless of the ingredients contained within them.

Many hairsprays, perfumes, colognes, and shaving lotions contain denatured alcohol, and therefore should not be used on Pesach unless they are listed as chametz-free on a reliable list of Pesach products. The OU says all liquid deodorants may be used. The CRC says that they require supervision. These are acceptable; ALMAY (roll-on, soft solid, stay dry) HI & DRI: Deodorant Stick, Roll-On Antiperspirant, Solid Antiperspirant LADY SPEED STICK antiperspirant & deodorant (all variants) MITCHUM: Clear Gel, Cool Dry, Cream, Original Roll-On, Smart Solid, Solid OLD SPICE: deodorant and antiperspirant (all), Fresh Collection Body Spray RIGHT GUARD: Extreme Body Spray (all), antiperspirant, deodorant (all), Sport Antiperspirant/Deodorant (all) SECRET: deodorant and antiperspirant (all), Invisible Solid SOFT & DRI: antiperspirant, deodorant (all), Clear Glide antiperspirant / deodorant, Powerstripe antiperspirant / deodorant SURE: Antiperspirant / Deodorant (all)

Lipstick, mouthwash and toothpaste which contain chametz should not be used.

## Items Which Don't Require Specific Supervision For Passover

Aluminum Foil, Pans  
 Ammonia  
**Baby Food:** Gerber 2nd Foods, 4.oz Glass Jars ONLY, Carrots and Squash with year round Kosher symbol  
 Baby Oil, Ointment, Powder  
 Baking Soda  
 Bleach  
 Blush  
 Carrots, if additive free  
 Charcoal  
 Cocoa Powder, if 100% pure, including Hershey's  
**Coffee:** Folgers, regular and decaf, instant, unflavored. Taster's Choice, Trader Joe's regular, unflavored, ground, Any Coffee Beans which are whole, unflavored and not decaf  
**K-cups:** Folgers, Kroger with OU, Starbucks  
 Coffee Filters  
 Contact Lens Solution  
 Creams, Cosmetics  
 Dentures  
 Detergent  
 Dishwashing Soap and Powder: Ajax, Palmolive (regular and ultra), Cascade, Dawn, Joy  
 Eye Drops  
 Eye Liner, Shadow  
 Frozen or raw fish with no additives bearing a kosher certification.  
 Furniture Polish  
 Glue  
 Hair Gel  
 Hand Sanitizers (Eg. Purell)  
 Ice In A Bag  
**Juice:** FROZEN, Any 100% pure White Grapefruit or Orange frozen juices without sweeteners, additives, preservatives or enrichments (e.g. calcium) added, may be used. All other frozen juice products require reliable KFP certification.  
 Isopropyl Alcohol  
 Laundry Detergent  
 Lemon Juice, ReaLemon Juice, liquid  
 Liquid Dish Detergent  
 Lotions  
 Mascara  
**Meat and Poultry:** Raw, fresh or frozen- as long as it is kosher, all Empire poultry is acceptable except turkey burgers, All Vaad

Hakehilot of Memphis meats at Kroger's are acceptable. Outside processed meats may not be Passover approved.  
**Brands that do not require OUP:** Rubashkin, 999, International Glatt Kosher. Abeles and Heymann, Teva, Meal Mart  
 Milk, Eggs, purchased prior to Pesach  
 Mineral Oil  
 Mousse (For Hair)  
**Mouthwash:** Scope-all; Listerine, Cool Mint antiseptic, Total Care Zero,  
 Nail Polish And Remover  
 Napkins  
**Olive Oil:** Extra Virgin Unflavored  
 Oven Cleaner  
 Paper, Including Bags, Napkins, Plates, Wax Paper  
 (Paper Plates Only With Cold Food Unless Certified For Pesach)  
 Plastic Wrap  
 Polish  
**Raisins without oil:** Dole brand, Kroger brand with an OU  
 Salads, all fresh packaged salads bearing the plain Star-K  
 Salt All brands of non-iodized salt that do not contain dextrose or polysorbates may be used. (If it contains sodium silicate it is not a problem). (Raisins with hechsher for Pesach- Sunmaid OK-P, Costco OU-P)  
 Scouring Pads  
 Shampoo  
 Silver Polish  
 Stick Deodorant  
**Tea:** Tipton decaf and regular-not flavored, Nestea regular  
**Toothpaste:** AIM Multi Benefit Ultra Mint Gel, Arm & Hammer Advanced White Baking Soda and Peroxide, Arm & Hammer Complete Care Extra Whitening,  
 Arm & Hammer Peroxi Care Baking Soda and Peroxide, Colgate Max fresh with Mini Bright Strips Whitening Clean Mint, Colgate Max Fresh with Mini Bright Strips Whitening Cool Mint, Colgate Max White with Mini Bright Strips Crystal Mint, Colgate Mild Bubble Fruit Flavor, Colgate Triple Action Original Mint, Crest 3D Vivid, Crest Cavity Protection Regular Paste, Crest Extra Whitening with Tartar, Crest Kids Crest Cavity Protection Sparkle Fun, Crest Pro Health For Me for Kids 8+, Crest Tartar Protection Regular Paste, Crest Whitening Expressions Cinnamon Rush  
 Vaseline  
 Wax Paper  
 Wood Chips

### Kitniyot

*Kitniyot are products which although containing no grain may not be used on Pesach due to their similarity to grain.*

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| <ul style="list-style-type: none"> <li>• Anise</li> <li>• Cumin</li> <li>• Nutra Sweet</li> <li>• Ascorbic Acid</li> <li>• Dextrose</li> <li>• Peanuts</li> <li>• Aspartame</li> <li>• Emulsifiers</li> <li>• Peas</li> <li>• Beans</li> <li>• Fennel</li> <li>• Poppy Seeds</li> <li>• Bean Sprouts</li> <li>• Fenugreek</li> <li>• Rice</li> <li>• BHA (in corn oil)</li> <li>• Flavors (may be chometz)</li> </ul> | <ul style="list-style-type: none"> <li>• Sesame Seeds</li> <li>• Glucose</li> <li>• Sodium Erythorbate1</li> <li>• Buckwheat</li> <li>• Green Beans</li> <li>• Sorbitan</li> <li>• Calcium Ascorbate</li> <li>• Guar Gum</li> <li>• Sorbitol</li> <li>• Canola Oil (Rapeseed)</li> <li>• H.V.P. (possibly chometz)</li> <li>• Soy Beans</li> <li>• Caraway Seeds</li> <li>• Isolated Soy Protein</li> <li>• Stabilizers</li> <li>• Chickpeas</li> <li>• Isomerized Syrup</li> </ul> | <ul style="list-style-type: none"> <li>• Starch (possibly chometz)</li> <li>• Citric Acid (according to some authorities)</li> <li>• Kasha (Buckwheat)</li> <li>• Sunflower Seeds</li> <li>• Confectioners Sugar (possibly chometz)</li> <li>• Lecithin</li> <li>• Tofu</li> <li>• Malto-Dextrin</li> <li>• Vitamin C (according to some authorities. In case of need it may be swallowed as a pill)</li> <li>• Millet</li> <li>• Coriander</li> <li>• MSG</li> <li>• Corn</li> <li>• Mustard Flour</li> </ul> |
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