

בס"ד
KOSHER AUSTRALIA PTY LTD



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2010 Kosher Australia Pesach Guide

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USING THIS GUIDE

Products listed in this guide are either approved or supervised by Kosher Australia or by other approved authorities, where the packaging may not have “Kosher LePesach” labelling. Where such labelling exists and is accompanied by one of the Approved Hechsherim (see next page), it may be consumed on Pesach. The information contained in this guide is correct as at 4/3/10. For further updates, please visit the Kosher Australia website (www.kosher.org.au)

This guide reflects the Ashkenazic tradition prohibiting the use of *Kitniyos* (legumes) on Pesach. Sephardic tradition allows the consumption of beans, rice, corn and millet. People following the Sephardic tradition are encouraged to consult with their Rabbi re the suitability of products and acceptability of relevant *hechsherim*.

While the actual consumption of ‘*gebrokhts*’ (matzah immersed in liquid), depends on custom, where possible we have noted the use of this for the benefit of segments of the community who do not eat *gebrokhts* on Pesach.

WARNING: International Pesach lists are now accessible via the Internet. Though products with the same name appear as being suitable for Pesach in other countries, this may not apply to similarly named products available and manufactured in Australia and New Zealand. This guide contains information specific to Australia and New Zealand conditions.

PESACH CALENDAR 2010 – MELBOURNE - תש"ע

		Activity	Time
Mar 28	Sunday	Bedikas <i>Chometz</i> (Search for <i>Chometz</i>) AFTER	7.56 pm
Mar 29	Monday	Fast of the First Born commences	6.13 am
		If not attending a Siyum or other Seudas Mltzvah fast ends	7.45 pm
		Finish eating <i>Chometz</i> (Mogen Avrohom)	10.53 am
		Finish eating <i>Chometz</i> (Vilna Gaon & SA HoRav)	11.26 am
		Latest time to remove <i>Chometz</i> & recite Kol Chamira ... according to the Mogen Avrohom	12.07 pm
		... according to the Vilna Gaon & Shulchan Oruch HoRav	12.25 pm
		Candle lighting	7.01 pm
First Seder after	7.45 pm		
Mar 30	Tuesday	1 st Day Pesach Erev 2nd Day Pesach - Candle lighting & Second Seder AFTER	7.56 pm
Mar 31	Wednesday	2 nd Day Pesach Yom Tov ends	7.55 pm
Apr 2	Friday	Erev Shabbos – Candle lighting	6.55 pm
Apr 3	Shabbos	Shabbos ends	7.50 pm
Apr 4	Sunday	Erev 7th Day Pesach – Candle lighting AT OR BEFORE	5.52 pm
Apr 5	Monday	7 th Day Pesach	
		Erev 8th Day Pesach – Candle lighting AFTER	6.47 pm
Apr 6	Tuesday	8th Day Pesach - Yom Tov ends	6.46 pm
		Sold <i>Chometz</i> may again be used and consumed AFTER	7.15 pm

WARNING

Any food or beverage that bears the words “Kosher LePesach”, “Kosher for Pesach” or a similar variation (even with Hebrew writing), but does not have a reputable Kosher symbol or Rabbinic name printed on the label, should not be used for Pesach. This applies whether the food or beverage is locally made or is manufactured overseas (especially from Israel). Numerous instances of false and misleading labels have been uncovered in previous years.

APPROVED HECHSHERIM

Below is a list of some of the international Rabbinic symbols that Kosher Australia permit for Passover use which have been sighted at local retailers. Imported products may be used on Pesach if the product label has one of the following logos and is also marked with a "P" or otherwise clearly marked as Kosher for Pesach. Where the hechsher indicates that the product contains *Kitniyos*, or that it is not suitable for those who do not eat *Kitniyos* on Pesach, then such products are not permitted for Ashkenazim on Pesach.

Kosher Australia follows the Ashkenazic custom and has listed only agencies following similar customs with respect to Pesach. See note 22 on page 7 for information on rice according to Sephardi custom.

NOTE: Omission of a Rabbinic authority does not imply that it is not acceptable for Pesach. Regarding other Rabbinic authorities, please contact Kosher Australia.

Country	Agency	Symbol
Australia	The Kashrut Authority (NSW) – 'KA'	
Australia	Adass Vaad HaKashrus	
Australia	Agudas Chabad Melbourne	
Australia	Kashrut Authority of Western Australia	
Belgium	Bes Din Zedek of the Antwerp Orthodox Community Shomrei Hadas	
Belgium	Machazikei Hadas	
Canada	Kashruth Council of Canada	
Canada	Orthodox Rabbinical Council of British Columbia	
Canada	Vaad Hair of Montreal	
England	Beth Din of Federation of Synagogues	
England	Kashruth Division of the London Beth Din	
England	Kedassia, Kashrus Committee of the Union of Orthodox Hebrew Congregations	
England	Manchester Beth Din	
England	Rabbi Osher Yaakov Westheim	
Israel	Badatz Mehadrin	
Israel	Chug Chasam Sofer – Bnei Brak	
Israel	Rabbi Moshe Yehudah Leib Landau	
Israel	The Bais Din Tzedek of Agudath Israel	
Israel	The Bais Din Tzedek of the Eida Hachareidis of Jerusalem	
Italy	Rabbi Gershon Mendel Garelik	
South Africa	Kashrut Department of the Union of Orthodox Synagogues of South Africa	

APPROVED HECHSHERIM

USA	Chicago Rabbinical Council	
USA	Igud Hakashrus of Los Angeles	
USA	K'hal Adath Jeshurun (Breuer's)	
USA	Kof-K Kosher Supervision	
USA	National Kashrut	
USA	OK Kosher Certification	
USA	Rabbi Menachem Meir Weissmandel	
USA	Star-K Kosher Certification	
USA	The Union of Orthodox Jewish Congregations	
USA	Vaad Hakashrus of B'Datz Mechon L'Hoyroa	
USA	Vaad HaKashrus of Crown Heights	
USA	Volover Rav	

INFORMATION FROM OTHER KOSHER AUTHORITIES

To increase the usefulness of this Guide, we have included information from other Kosher Authorities including products that are suitable for Pesach but do not carry any specific marking.

A number following the product or brand or information acknowledges the source of the information. The following list is a key:

1. The Kashrut Authority, NSW, Australia
2. Rabbi A. Adler, Gateshead, UK
3. Star-K, Baltimore, USA
4. Rabbi YM Levinger, Basle, Switzerland
5. London Beth Din, London, UK
6. Beth Din of Johannesburg, Johannesburg, South Africa
7. Orthodox Union, NY, USA
8. Chicago Rabbinical Council, Illinois, USA
9. Rabbi G Bess, California, USA
10. Kashruth Council of Toronto, Canada
11. K'hal Adath Jeshurun (Breuer's), NY, USA

Looking for a Seder?

The Mizrahi Hospitality may be able to assist you in organising hospitality for Pesach meals. Call Debbie Nossbaum on 9527 5344 or send an email to hospitality@mizrachi.com.au.

If you need to get a loved-one to your seder and would like to borrow a wheelchair, contact the Mizrahi office on 8317 2555.

GENERAL WARNINGS ON PESACH PRODUCTS

Not all products in Pesach sections at supermarkets or specialty Kosher retailers are necessarily Kosher for Passover or even Kosher! In previous years, even reputable Kosher retailers have inadvertently placed non-Pesach products in Kosher for Pesach sections.

Consumers are warned to check on the label for acceptability and NOT to rely on shop employees for advice on the Kosher status of a product.

1. **Labelling** Any food or beverage that bears the words "Kosher LePesach", "Kosher for Pesach" or a similar variation (even with Hebrew writing), but does not have a reputable Kosher symbol or Rabbinic name printed on the label, should not be used for Pesach. This applies whether the food or beverage is locally made or is manufactured overseas (especially from Israel). Numerous instances of false and misleading labels have been uncovered in previous years.
2. **'P' on a logo** refers to Pesach and not Parve.
3. **Cheese** All Kosher hard and soft cheeses contain ingredients not suitable for Pesach and may not be used unless accompanied by a reliable Kosher LePesach seal or logo.
4. **Children's play things** Play-Doh is *Chometz* and must be sold with all other *Chometz*.
5. **CLAG paste** IS *Chometz* and should therefore not be used. Note that Clag Hobby, Bostik Blu-Tack, UHU Glue Stick, & Bostik Colour-Tack are acceptable for Pesach.
6. **Citric acid** Most citric acid and ascorbic acid available in Australia is derived from wheat and therefore *Chometz*.
7. **Cosmetics** Cosmetic lotions, creams and other solid products generally need no special Pesach preparation. However, liquid products, particularly if containing perfumes which may be *Chometz* and products used for oral hygiene or application to the lips would need to be investigated and approved before use.
8. **Fruit & Vegetables** Dried fruits may contain vegetable oil, dextrose and/or flour which may be *Kitniyos* or even *Chometz*. Dried fruits and ground herbs and spices should only be used if bearing a reputable Kosher for Pesach certification as oils and other processing aids that contain *Chometz* or *Kitniyos* may be used in the drying and packing process.
9. **Peeled vegetables and fruit** should not be purchased for Pesach without reliable supervision.
10. **Juice** Juices, including 'pure' juices, may use *Chometz* derived enzymes and additives or share equipment with production containing *Chometz* and must therefore carry Kosher certification.
11. **Kitniyos issues** Customs vary even within different Sephardi communities regarding the identification and permissibility of *kitniyos* products. Consumers are reminded to carefully read the packaging on products bearing Kosher for Passover symbols. Many are marked 'Suitable for those that eat *Kitniyos*' (רק לאוכלי קטניות) and may bear a *hechsher* from an approved authority that is only for year-round use and not for Pesach. These products are of course suitable for those of Sephardi descent and/or custom that do eat *Kitniyos* on Pesach. Members of the Sephardi community should accordingly consult with their Rabbi to ascertain the parameters of their particular *minhag*. (see warning on rice on p. 7)
12. It appears that Tomor margarine, produced under the supervision of the London Beth Din, contains sunflower oil. Many opinions rule that sunflower oil is *kitniyos*.
13. Many diet products contain artificial sweeteners which may be derived from *Kitniyos* or *Chometz* and are therefore not acceptable.
14. **Matzah** Matzah MUST be marked as being Kosher for Pesach/Passover. Snider Carmel matzah without the Kosher Australia 'Kosher for Pesach' symbol is *Chometz*.
15. Egg matzah may not be eaten on Pesach. (Sick and elderly people should discuss the use of Egg Matzah with their Rabbi).
16. **Meat** Plain frozen meat that is not formally certified for Pesach should not be used in the first instance as it may have come in contact with actual *Chometz* during smallgoods production.
17. **Non-Food items** In general, *Chometz* and *Chometz* derivatives which are unsuitable for human or animal consumption (e.g. inedible and/or toxic substances) are not considered *Chometz* insofar as the prohibition against using *Chometz* products on Pesach is concerned.
18. **Nuts** Varieties of nuts that are acceptable on Pesach (see above section on Fruits) must be purchased in the shell, raw. Shelled, raw or roasted nuts without Kosher for Pesach certification are not acceptable. (Note: dry-roasted and fried nuts require reliable Kosher certification for year-round use.)

19. At least one retailer has placed shelled nuts without a Pesach hechsher in his Pesach section. It is recommended that shelled raw nuts be only purchased for Pesach with Kosher certification.
20. **Pet Food** Most pet-food available, e.g. canned dog-meat, contain actual *Chometz* and may not be used on Pesach.
21. **Regular certified products** Alpha Chocolates are NOT acceptable for Pesach, as they are manufactured on the same production lines as *Chometz* and may contain *Chometz* ingredients.
22. Glicks products are NOT acceptable for Pesach, including ALL VARIETIES of gefilte fish and macaroons.
23. All products of Moonlite Wines and Lark Distilleries are NOT Kosher for Pesach.
24. **Rice - potential *Chometz*** Sephardim or those given special permission by their Rabbi to eat *kitniyos* on Pesach (such as very young children or those who are ill) should note that some imported rice varieties are known to have been is sprayed with a wheat or other chametz coatings to stop rice grains sticking with each other. This type of rice is strictly not *kosher* for Pesach even for those who otherwise are permitted by their custom or Rabbi to eat *kitniyos*. We have been advised by Ricegrowers that Australian rice (marked 'product of Australia') is not coated and is therefore suitable for Pesach use by those who are permitted to use rice on Pesach by custom or by Rabbinic dispensation (the Ben Ish Chai recommends that rice should nevertheless be checked thrice for any chaff or contaminants). Sunrice Medium Grain Australian rice is pure rice and available in local supermarkets.
25. **Vitamins** Vitamins MUST have specific Kosher for Pesach approval as they are often derived via fermentation from wheat (e.g. Ascorbic Acid).
26. **Wine** Not all wines and juices are mevushal (cooked)⁷. The consumer should check the label on the product carefully as the handling of non-mevushal wines differs from that of mevushal wines.

COMMON INGREDIENTS IN LABELLING THAT ARE KNOWN TO BE PROBLEMATIC

Item	Reason
Ascorbic Acid	Wheat derived
Aspartame	<i>Kitniyos</i>
Canola Oil	<i>Kitniyos</i>
Citric Acid	Wheat derived
Corn Syrup	<i>Kitniyos</i>
Dextrin	Wheat derived
Dextrose	Wheat derived
Ethanol	Wheat derived
Glucose	Wheat derived
Lecithin	<i>Kitniyos</i>
Malt	Wheat
Maltodextrin	Wheat derived
Mannitol	Wheat derived
Potassium Citrate	Wheat derived
Potassium Sorbate	Wheat derived
Sodium Citrate	Wheat derived
Sorbitol	Wheat derived
Soyabean oil	<i>Kitniyos</i>
Starch	Wheat derived
Sunflower Oil	<i>Kitniyos</i>
Vegetable Oil	<i>Kitniyos</i>
Vitamin B	Wheat derived
Vitamin C	Wheat derived
Xanthan Gum	Wheat derived

PRODUCT LISTING – FOOD

* **CERTIFIED PRODUCTS** are marked with an asterisk (*). Use these where possible. Please check the listed restrictions before purchasing.

FOODSTUFFS NOT FORMALLY CERTIFIED FOR PESACH

It is recommended that all products used at Pesach should be certified as Kosher for Pesach by a reputable Rabbinic authority. However, it has been ascertained that some items are *Chometz* free without being formally certified, and can be used if properly supervised products are unavailable. **In ALL cases these unsupervised products MUST be new, unopened products and purchased before Pesach to allow for *bittul* (nullification) of possible inadvertent chometz contamination.**

BABY FORMULA

In line with the rulings of many reliable authorities, baby formula containing *Kitniyos* is allowed for use during Pesach, even for Ashkenazim. The following baby formulas contain no actual *Chometz* but DO contain *kitniyos*. Therefore, all formula preparation and clean up should be in a separate area and separate utensils to normal Pesach food production.

HEINZ NURTURE 1 - dairy (non *Cholov Yisroel*) when marked as 'Product of NZ'¹

HEINZ NURTURE 2 - dairy (non *Cholov Yisroel*) when marked as 'Product of NZ'¹

ISOMIL – *Pareve*²

KARICARE INFANT 2 – Whey Dominant - dairy (non *Cholov Yisroel*) when marked as 'Product of NZ'¹

KARICARE FOLLOW ON 2 – Whey Dominant - dairy (non *Cholov Yisroel*) when marked 'Product of NZ'¹

SMA BABY FORMULA (dairy – non *Cholov Yisroel*) product of Ireland⁵

S26 SOY - *Pareve* may be used for Pesach when Kosher for Pesach baby formula or Isomil cannot be obtained.

BAKING PRODUCTS & INGREDIENTS

GOLDIES (03) 9528 1282

- * Ground almonds bearing the words Kosher for Passover
- * Cocoa bearing the words Kosher for Passover
- * Coconut bearing the words Kosher for Passover

BISCUITS, CAKES & MACAROONS

GLICKS products are NOT acceptable for Pesach, including macaroons

GOLDIES (03) 9528 1282

- * Chocolate Macaroons, Coconut Macaroons bearing the words Kosher for Pesach

BUTTER

ALLOWRIE (*Chometz* free ONLY when bearing Reg No. "528)

- Butter
- Salt Reduced Butter
- Salted Butter
- Unsalted Butter

MAINLAND DAIRY¹

- Butter
- Butter Soft
- Butter Soft Less Salt

WESTERN STAR (*Chometz* free ONLY when bearing Reg No. "528)

- Butter
- Salt Reduced Butter
- Salted Butter

COFFEE

Instant and decaffeinated coffee should not be used without formal Kosher for Pesach investigation

BUSHHELLS

- Granulated Instant Coffee
- Instant Coffee
- Pulverised Coffee

CISCO'S www.ciscoscoffeeroasters.com.au

- * Ground Coffee bearing Kosher for Pesach stickers

MAXWELL HOUSE¹

- Instant Coffee

NESCAFE

- Blend 43 - in glass jars only Espresso - in glass jars only
- Mild Roast - in glass jars only

NESPRESSO⁴ Classic Range (are Kosher for Pesach even without a Kosher symbol – MUST BE PRODUCT OF SWITZERLAND):

- | | |
|----------------------|------------------------|
| * Arpeggio | * Indriya from India |
| * Capriccio | * Limited Edition |
| * Cosi | * Livanto |
| * Deca Intenso | * Ristretto |
| * Decaffeinato | * Roma |
| * Decaffeinato Lungo | * Rosabaya de Colombia |
| * Dulsão do Brasil | * Special Club |
| * Finezzo Lungo | * Vivalto Lungo |
| * Fortissio Lungo | * Volluto |

NESPRESSO⁴ Professional Range (are Kosher for Pesach even without a Kosher symbol – MUST BE PRODUCT OF SWITZERLAND):

- | | |
|-------------------------|--------------------------|
| * Espresso Decaffeinato | * Lungo Forte |
| * Espresso Forte | * Lungo Leggero |
| * Espresso Leggero | * Ristretto |
| * Limited Edition | * Ristretto origin India |
| * Lungo Decaffeinato | * Special Club |

ROBERT TIMMS

- Coffee Beans
- Ground Coffee

NOTE: Coffee bags are not acceptable

FISH

All frozen or raw whole fish (check the 2010 Kosher Australia Food Guide for Kosher species) without additives are acceptable.

GLICKS products are **NOT** acceptable for Pesach, including all varieties of gefilte and fried fish

HUON www.huonaqua.com.au

- * Raw Fillets, Cold & Hot Smoked Salmon products when bearing numbered Kosher for Pesach stickers

FOOD ESTABLISHMENTS**KLEIN'S KOSHER GOURMET (03) 9528 1200 www.kleinonline.com.au**

- * All foods prepared, cooked and sold in sealed packages or containers bearing numbered Kosher for Pesach stickers. These products may contain *gebrokhts* or will be prepared in utensils that have been used for *gebrokhts*.

UNGER CATERING (03) 9525 2377

- * All foods prepared, cooked, served and sold bearing numbered Kosher for Pesach stickers or served in the presence of a Kosher Australia Mashgiach. These products may contain *gebrokhts* or will be prepared in utensils that have been used for *gebrokhts*.

FRUITS, VEGETABLES, NUTS AND KITNIYOS - See notes 7, 8 & 18 on page 6, and 24 on page 7.

Dried fruits may contain vegetable oil, dextrose and/or flour which may be *Kitniyos* or even *Chometz*. Dried fruits and ground herbs and spices should only be used if bearing a reputable Kosher for Pesach certification as oils and other processing aids that contain *Chometz* or *Kitniyos* may be used in the drying and packing process.

Peeled vegetables and fruit should not be purchased for Pesach without reliable supervision.

Raw nuts IN THEIR SHELLS do not require Kosher for Pesach supervision.

NOTE that **peanuts** are *Kitniyos* and **NOT acceptable for Pesach** use.

ARK PREPARED PRODUCE (formerly Geoff's Vantastics) (03) 9558 7171

* Peeled and processed fruit and vegetables bearing *numbered Kosher for Pesach stickers*.

While the five grains – wheat, barley, spelt, rye and oats - once they have been fermented, are prohibited on Passover, use of various other raw fruit, nuts and vegetables is subject to many customs.

The most prominent and accepted of these customs is the prohibition on eating "*Kitniyos*". The Mishnah Berurah (453:6 & 464:5) cites three reasons for the custom (a) *Kitniyos* are harvested and processed in the same manner as *Chometz*, (b) *Kitniyos* are ground into flour and baked just like *Chometz* [so people may mistakenly believe that if they can eat *Kitniyos*, they can also eat *Chometz*], (c) *Kitniyos* may have *Chometz* grains mixed into it [so people who eat *Kitniyos* may inadvertently be eating *Chometz*].

To assist the Ashkenazic kosher consumer, Kosher Australia has compiled a list of fruits and vegetables and noted their useability for Pesach. The list below refers to fresh, unprocessed products only.

Note that some have the custom to peel all fruit and vegetables due to concerns regarding coatings such as waxes and various sprays and will not eat any vegetable that cannot be peeled.

Canola, flaxseed, sunflower, peanut, sesame and safflower oils are considered *Kitniyos* by many authorities and are not recommended.

Many of the items below are subject to inspection for insect infestation.

Consumers are advised in all cases of possible *Kitniyos* ingredients to contact their Rabbi for guidance as to the custom or ruling applicable to their particular community.

A note about Quinoa:

We have marked Quinoa as being *Kitniyos* in line with the ruling of the OU. However, there are a number of dissenting opinions. For those who do wish to consume Quinoa or have received a psak allowing them to, all opinions have the caveat that one must be certain that no *Chometz*-grains are mixed in. The Chicago Rabbinical Council therefore advises, "... as these small seeds are often packaged on the same equipment as other small grains such as wheat, barley and oats, ... means that they can only be used after being carefully checked that no chametz grains are mixed in. In practice, most consumers are not familiar enough with the difference between one grain and the next to be able to perform this check, and as a result they cannot use them (quinoa) for Pesach."

Fruit/Vegetable	STATUS
Alfalfa Sprouts	<i>Kitniyos</i> ⁸ (the seeds cannot be separated)
Allspice (Pimento)	Suitable
Almonds	Suitable
Aniseed	<i>Kitniyos</i>
Apples	Suitable
Apricot	Suitable
Asparagus	Suitable
Avocados	Suitable
Bananas	Suitable
Beans (All varieties)	<i>Kitniyos</i>
Beetroot	Suitable
Bok Choy	Suitable
Brazil Nuts	Suitable
Broccoli	Suitable

Fruit/Vegetable	STATUS
Brussel Sprout	Suitable
Buckwheat	<i>Kitniyos</i>
Cabbage (all)	Suitable
Cantaloupe	Suitable
Capsicum	Suitable
Caraway Seeds	Per Custom
Carrots	Suitable
Cashews	Suitable
Cassava/Tapioca	Suitable
Cauliflower	Suitable
Celery	Suitable
Chickpea	<i>Kitniyos</i>
Chicory	Suitable
Chili	Suitable
Cinnamon	Per Custom

Fruit/Vegetable	STATUS
Cloves	Per Custom
Coriander	Per Custom
Coriander Seed	Per Custom
Corn	<i>Kitniyos</i>
Cucumber	Suitable
Cumin	Per Custom
Custard Apple	Suitable
Dates (fresh)	Suitable
Eggplant	Suitable
Fennel seed	<i>Kitniyos</i>
Fenugreek	Per Custom
Figs (fresh)	Suitable
Flaxseed	<i>Kitniyos</i>
Garlic	Per Custom
Ginger (Whole)	Per Custom
Grapefruit	Suitable
Grapes	Suitable
Hazelnut	Suitable
Honeydew	Suitable
Kiwi	Suitable
Leek	Suitable
Lemon	Suitable
Lentil (all varieties)	<i>Kitniyos</i>
Lettuce (all varieties)	Suitable
Licorice Root	Suitable
Lime	Suitable
Macadamia	Suitable
Mandarin	Suitable
Mango	Suitable
Marjoram	Suitable
Millet	<i>Kitniyos</i>
Mint (all varieties)	Suitable
Mushroom	Suitable
Mustard (includ. seeds)	<i>Kitniyos</i>
Nashi	Suitable
Nutmeg	Suitable
Onion (all varieties)	Suitable
Orange	Suitable
Oregano (fresh)	Suitable
Paprika (fresh)	Suitable
Parsnip	Suitable
Passionfruit	Suitable
Paw Paw/Papaya	Suitable
Peach	Suitable

Fruit/Vegetable	STATUS
Peanut	<i>Kitniyos</i>
Pears	Suitable
Peas	<i>Kitniyos</i>
Pepper (fresh)	Suitable
Peppercorn	Suitable
Pine Nut	Suitable
Pineapple	Suitable
Pistachio	Per Custom
Plum	Suitable
Pomegranate	Suitable
Poppy Seed	<i>Kitniyos</i>
Potato	Suitable
Pumpkin	Per Custom
Pumpkin Kernel	Per Custom
Quinoa	<i>Kitniyos</i> ⁷ – see pg 10
Radish	Per Custom
Raspberry	Suitable
Rhubarb	Suitable
Rice	<i>Kitniyos</i>
Rosemary	Suitable
Saffron	Per Custom
Sesame Seed	<i>Kitniyos</i>
Silverbeet	Suitable
Snow Pea	<i>Kitniyos</i>
Soy	<i>Kitniyos</i>
Spinach	Suitable
Spinach Leaves	Suitable
Squash	Suitable
Strawberry	Suitable
String bean	<i>Kitniyos</i>
Sugarsnap	<i>Kitniyos</i>
Sunflower Kernel	<i>Kitniyos</i>
Swede	Suitable
Sweet Potato	Suitable
Thyme	Suitable
Tofu	<i>Kitniyos</i>
Tomatoes (all varieties)	Suitable
Turmeric	Suitable
Turnip	Suitable
Vanilla Bean	Per Custom
Walnut	Suitable
Watermelon	Suitable
Zucchini	Suitable

HONEY

ARCHIBALD HONEY www.archibaldhoney.com.au

* All varieties are Kosher for Pesach even when not carrying a specific Kosher for Pesach label.

BEECHWORTH HONEY www.beechworth.com.au

All varieties of pure honey including sachets

CAPILANO HONEY www.capilano.com.au

All varieties of pure honey including Snap'n Squeeze packs.

HORSERADISH

ESKAL (03) 9701 1666 www.trialiafoods.com.au

* All varieties bearing numbered Kosher for Pesach stickers.

ICED CONFECTION

CANDY 'N' CREAM (03) 9527 5142

* Sorbets *bearing Kosher for Pesach stickers.*

GLIDAN (03) 9523 0450

* Sorbet and ice creams *bearing the Kosher for Pesach symbol.*

JUICE - See note 10 on page 6.

Juices, including 'pure' juices, may use *Chometz* derived enzymes and additives or share equipment with production containing *Chometz* and must therefore carry Kosher certification.

BERRY KING (03) 9585 3711

Pure Frozen Lemon Juice

MATZAH & MATZAH MEAL - See notes 14 and 15 on page 6.

Matzah MUST be marked as being Kosher for Pesach/Passover. Snider Carmel matzah without the Kosher Australia 'Kosher for Pesach' symbol are *Chometz*.

Egg matzah may not be eaten on Pesach. (Sick and elderly people should discuss the use of Egg Matzah with their Rabbi).

SNIDER CARMEL (03) 9577 3000 www.benedikts.com

* When *bearing the Kosher for Pesach symbol.*

MEAT, POULTRY & SMALLGOODS - See note 16 on page 6.

Plain frozen meat that is not formally certified for Pesach should not be used in the first instance as it may have come in contact with actual *Chometz* during smallgoods production.

CONTINENTAL KOSHER BUTCHERS (03) 9509 9822 www.ckb.com.au

* Sold through their premises in Glenferrie Road, Malvern after 1/2/2010. Responsibility for products sold through any other outlet is only accepted for products in sealed packages or containers bearing Kosher for Pesach stickers.

MILK

If one uses non *Cholov Yisroel* milk, note that ONLY plain white, full-cream milk is guaranteed as *Chometz*-free and must be purchased before Pesach.

Unsupervised flavoured milk, skim milk, low-fat milk (including Rev, Physical and Skinny Skim) and UHT milk are not acceptable as they may contain additives and vitamins that are not Kosher for Pesach.

For those who are lactose intolerant and observe *Cholov Yisroel*, please contact Rabbi Gutnick directly to discuss milk options. His email is Rabbi.Mordechai.Gutnick@kosher.org.au. (Lacteeze drops may be used for those who do not observe Cholov Yisroel.)

DEVONDALE Full Cream Milk only (fresh milk only - NOT UHT), Skim Milk is NOT ACCEPTABLE

ORGANIC VALLEY Full Cream Dairy Milk UHT

ORGANIC VALLEY Low Fat Dairy Milk UHT

MILK SUBSTITUTES

Milk substitutes such as soy-milk and rice-milk drinks contain *kitniyos* and many contain actual *Chometz* ingredients. See the section entitled *Chometz*-Free Foods on page 15.

ZYMIL is NOT RECOMMENDED.

NUTS - See notes 7, 8 and 18 on page 6, and 19 on page 7.

See Fruits, Vegetables, Nuts and *Kitniyos*

OIL - COCONUT

* **NUI** Virgin Coconut Oil (www.africanpacific.com)

OIL - OLIVE

The Orthodox Union have advised that Extra Virgin Olive Oils under their supervision may be used without special supervision for Pesach.

The following local brands have been checked (though not formally certified for Pesach) and are produced in dedicated facilities and contain no *Chometz* or *kitniyos* ingredients:

90 MILE DESERT Extra Virgin Olive Oil
BELLUP GROVE Extra Virgin Olive Oil
BENEVITA Extra Virgin Olive Oil
BOORT ESTATE Extra Virgin Olive Oil
COLES Australian Extra Virgin Olive oil 500ml
COORONG Extra Virgin Olive Oil
EARLY HARVEST Cold Pressed Extra Virgin Olive Oil
JINGILLI Devine Extra Virgin Olive Oil
JINGILLI Frantoio Extra Virgin Olive Oil
JINGILLI Leccino Extra Virgin Olive Oil
OLIVE GROVE Extra Virgin Olive Oil
OLLO Cold Pressed Extra Virgin Olive Oil - Fresh & Fruity
OLLO Cold Pressed Extra Virgin Olive Oil - Mild & Mellow
OZOLIO Extra Virgin Olive Oil
THE OLIVE TREE 'Delicate'
THE OLIVE TREE 'Fruity'
THE OLIVE TREE 'Robust'
THREE ISLANDS Extra Virgin Olive Oil
TO LIVE FOR Extra Virgin Olive Oil
TRADER JOES Extra Virgin Olive Oil
WOWSELECT Extra Virgin Olive Oil
YELLINGBO GOLD Extra Virgin Olive Oil
YELLINGBO GOLD Extra Virgin Unfiltered Olive Oil

PICKLED PRODUCTS

LERNERS 0430 454 667

* Pickled Cucumbers and Vegetables bearing *Kosher for Pesach stickers*.

RESTAURANT/MOTEL

* **E.S DELI** see their website for Pesach by the Sea (www.esdeli.com/pesach/index.html)

* **KIMBERLEY GARDENS HOTEL (03) 9526 3865 www.pesach.com.au**

Restaurant remains open during Pesach and is Kosher LePesach (*gebrokhts*)

SALT

Many authorities⁷ allow the use of all non-iodized salts^{7,8}.

KIRKLAND⁷

Salt, Sea Salt, Med Sea Salt Grinder

The following local products have been checked and contain no *Chometz* or *kitniyos* ingredients.

KOOKA

Cooking salt

MERMAID

Salt (including iodised) – all pack sizes

SAXA

Salt (including iodised) – all pack sizes **except for 125g picnic pack**

Lite Salt **IS NOT ACCEPTABLE**

OLSSON SALT/PACIFIC

All plain and iodised varieties

NOTE: Flavoured salts and rubs **ARE NOT ACCEPTABLE**

SUGAR & SUGAR SUBSTITUTES

During the milling and refining of sugar, various ingredients such as enzymes are used that may be *Chometz*. Due to the process and manner of use of these possibly problematic ingredients, many authorities rule that the sugar remains permissible. If Kosher for Pesach certified sugar is unavailable then the following may be used:

CSR

Caster Sugar 500g, 1kg & 2kg bags

White Sugar 1kg, 2kg bags

* If the above sugars have batch dates 22/3/09Y thru 10/5/09Y, 21/6/09Y thru 23/8/09Y, 25/10/09Y thru 24/1/10Y then the above contain no problematic enzymes and are permitted in the first instance.

* Organic Sugar ('Packed in Australia from Imported Ingredients')

Other CSR Sugars **ARE NOT ACCEPTABLE**

DANISCO² Fruisana

HERMES HERMESETAS⁴

* SACCHARIN SWEETENERS TABLETS ONLY, without requiring a marking.

Other Hermes products **ARE NOT ACCEPTABLE**.

SUNSHINE SUGAR¹

* Regular White Sugar, White Sugar & Caster Sugar bearing batch number 09309 contain no enzymes and are permitted in the first instance.

TEA

Instant tea, flavoured tea and decaffeinated tea **SHOULD NOT BE USED** without formal Kosher for Pesach certification. Teabags may be *Kitniyos*.

Some authorities allow the use of all unflavoured loose tea⁷. The following local brands have been checked by Kosher Australia and contain no *Chometz* or *kitniyos* ingredients.

KOALA TEA

Apple Tea

Blueberry Tea

Camomile Tea

Dreamtime Tea

Gey Shlafen Tea

Green Tea

Peach Tea

Peppermint Tea

Shabbat Shalom Tea

MADURA TEA (Varieties not listed below are not acceptable for pesach)

Camomile Calmer Teabags

English Breakfast Leaf Tea & Teabags

Green & Jasmine Teabags

Green & Papaya Teabags

Green Leaf Tea & Teabags

Premium Blend Leaf Tea & Teabags

Pure Assam Teabags

WATER

ADAM'S ALE

Pure Water

CAPE GRIM www.capegrim.com.au

* Bottled water (even without a Kosher for Pesach symbol)

EVIAN

Still Mineral Water⁵

KIRKLAND⁷

Bottled Water

H2O

Spring Water (unflavoured only)

NIPPY'S

Purified Water

Spring Water

ORIGINAL JUICE CO.

Purified Water

PERRIERNaturally Carbonated Mineral Water⁵**SNOWY MOUNTAIN** www.snowymountain.com.au

* Spring Water (even without a Kosher for Pesach symbol)

WINE

Not all Kosher wines and juices (including Kedem brand) are *mevushal* (cooked)⁷. Consumers should check the label on the product carefully as the handling of non-*mevushal* wines differs from that of *mevushal* wines.

The following wines are produced under the strict supervision of Kosher Australia and are Kosher for Pesach and *Mevushal* when bearing Kosher for Pesach symbols. The labels are:

BECKETTS FLAT www.beckettsflat.com.au* All varieties (KLP and *Mevushal*) when bearing KLP symbol**FIVE STONES*** All varieties (KLP and *Mevushal*) when bearing KLP symbol**CHOMETZ-FREE KITNIYOS FOODS (SEPHARDI) - See notes 7, 8 & 18 on page 6, and 24 on page 7.**

For those who follow the Sephardi custom or have received Rabbinic dispensation to use *kitniyos*, the following items containing *kitniyos* have been ascertained to be *Chometz* free and may be used if purchased before Pesach:

AUSSIE DREAM Rice Milk**FIVE SEASONS BRAND** Tofu**HAKA** (www.beadfoods.com.au) Organic Tofu**NATURE'S SOY** Organic Soy Milk – malt-free**PURE HARVEST** Almond Milk**SUNRICE** rice varieties – only those marked 'product of Australia'**TOFU SHOP INTERNATIONAL** (03) 9429 6204**ZYMIL** is not acceptableGluten free **CASALARE** products **ARE NOT ACCEPTABLE**Gluten free **ORGRAN** products **ARE NOT ACCEPTABLE**Gluten free **WELL & GOOD** products **ARE NOT ACCEPTABLE**

PET FOOD - See note 17 on page 6 and note 20 on page 7

BIRDS / BUDGIES / CANARIES

Plain Canary Seed, Pannicum

CATS

Pure meats without wheatgerm & additives

BARF FOR CATS: Turkey, Kangaroo, Rabbit

HILLS Prescription Diet – (available at Vets only)

Canned: Feline r/d, Feline z/d

ROYAL CANIN

Feline: Light 40, Oral Sensitive, Persian Adult (NB – not Persian Kitten), Maine Coon.

DOGS

Pure meats without wheat germ & additives

BARF FOR DOGS: Chicken, Pork, Kangaroo, Rabbit

EUKANUBA/IAMS – Available from Vets only

Dry: Response FP Formula

Wet: Restricted Calorie Tins

HILLS Science Diet – Normal Range (available at all good pet stores)

Adult Light – Tinned Food

Adult: Sensitive Skin

K9 NATURAL:

Freeze Dried: Lamb, Venison, Beef

Natural Frozen: Beef, Chicken, Lamb, Salmon, Venison

Treats: Chicken Puppy Chews, Lamb Dog Treats

ROYAL CANIN

If your pet is currently on a Royal Canin diet that is not on the list, it is suggested that you use *Royal Canin's Sensitivity Control* over Pesach. This is designed for food and skin sensitivities and is suitable for all ages.

Canine: *Mini* - Junior, Adult, Mature, Sensible, *Medium* - Sensible, *Maxi* – Babydog, Junior, Adult, Sensible, *Giant* – Babydog, Puppy, Junior, *Dachshund* – Junior, *German Shepherd* – Junior, Adult, *Rottweiler* – Adult, *Labrador* – Junior, Adult

Prescription Diet Canine: Early Cardiac Dry, Hepatic Dry, Hypoallergenic Dry, Intestinal Dry, Mobility Support Dry (NB- not Mobility Special Large dog), Renal Dry, Sensitivity Control Dry and Tins, Urinary S/O Dry and Tins

Vets Choice: Puppy, Large Breed Puppy, Sensitive

FISH

Brine Shrimp, Daphnia & Tubifex - live or frozen

Pet Food available from Poppets, 46 East Concourse, Beaumaris, 9589 1666. Mention Passover for a 10% discount

'OVER THE COUNTER' MEDICINES/PHARMACEUTICALS - See notes 7, 17 on page 6

Each year we receive numerous questions re the permissibility or otherwise of medications for Pesach. The Rabbinic Board of Kosher Australia has developed guidelines for medications on Pesach.

IMPORTANT WARNING: Please note that medicine prescribed for life-threatening or potentially life-threatening conditions may NOT be unilaterally discontinued or changed even if known to contain *Chometz*. Your doctor and rabbi must always be consulted regarding the best course of action to ensure Pesach observance while not G-d forbid endangering your life or health. If possible all medicine should be purchased before Pesach.

All capsules, insoluble tablets and NON-chewable tablets when swallowed whole.....Acceptable^{7,8}
All chewable medicines must have Pesach approval
All eye drops and/or ear drops Acceptable
All gel oral medicines..... must have Pesach approval
All liquid oral medicines must have Pesach approval
All medicines applied to the gums, lips or teeth must have Pesach approval
All nasal sprays Acceptable
All puffers (inhalers/turbuhalers)..... Acceptable
All soluble medicines..... must have Pesach approval
All topical medications (creams, ointments, sprays & lotions) and suppositories.....Acceptable^{7,8}
Vitamins MUST have specific Kosher for Pesach approval as they are often derived via fermentation from wheat (e.g. Ascorbic Acid). Furthermore, vitamins and other non-essential pharmaceuticals, unless on doctor's orders or by prescription, are usually not classified as a medicine for an existing or potential genuine ailment or illness. As such they do not receive the same leniencies applicable to medicines and almost all authorities therefore say they should not be used without investigation to ensure they are *Chometz*-free.

THE FOLLOWING LISTED products are only 'over the counter' medications. This list is based on correspondence with manufacturers or information from overseas Kashrus authorities. For prescription medications contact your Orthodox Congregational Rabbi.

No conclusion should be drawn from the omission of any product. The only products listed are those for which we have sufficient information and are currently produced and sold. Decisions are generally based on the testimony of the firms.

No responsibility is accepted for advisability or effectiveness of medicines listed.

Medicines marked with (NK) have non Kosher ingredients – please consult your Rabbi before use.

WARNING: All medicines should be used in separate utensils to normal Pesach utensils.

Actilax Syrup (*milchig*)

Bonjela² **IS NOT ACCEPTABLE FOR PESACH**

Calcium Resonium Powder

Caltrate Tabs (NOT Caltrate +D nor Caltrate Plus)

Castor Oil - Pure (all brands)

Disprin (Original)²

Disprin Direct²

Fybogel Regular²

Fybogel Orange²

Gaviscon² – all liquids except Gaviscon-Infant

Glauber's Salt – pure

Hydrogen Peroxide

Infacol Wind Drops

Kaolin Powder - Pure

Karicare Food Thickener - Permitted for Pesach when used in separate utensils, as it is "*kitniyos*"

Kenalog in Orabase (NK)

Lacteeze¹⁰ drops (*milchig*)

Metamucil: Orange, Regular⁹ - Permitted for Pesach when used in separate utensils, as it is "*kitniyos*"

Normacol Plus Granules²

Panadol Children's Elixir 1-5 years (NK)

Panadol Children's Elixir 5-12 years (NK)

Panadol Children's Original 1 mth-2 years (NK)

Panadol Children's Colour-Free 1 mth-2 years (NK)

Paraffin Liquid – pure (all brands)

SM33 Gel (NK)

SM33 Liquid

Spatone natural iron supplement²

Vaseline

Zovirax Cold Sore Cream (NK)

Zyrtec Oral Drops for Infants (NK) - Oral Solution NOT acceptable for Pesach

TOILETRIES AND COSMETICS - See note 5 on page 6

BABY TOILETRIES

All topical products are acceptable^{7,8}.

CONTACT LENS CARE

All products are acceptable^{7,8}.

DEODORANTS – ROLL ON

All products are acceptable^{7,8}.

DEODORANTS – SPRAY

All brands of Body Mist and Body Spray **ARE NOT RECOMMENDED**.

The following spray deodorants have been investigated for 2010:

ADDIDAS: Action 3

Control

Fresh

Intensive

BRUT

Endurance

Energy

Force

Original

DOVE

Clear Touch

Go Fresh (entire range)

Original

Pink

GILLETTE

Triple Protection

IMPERIAL LEATHER

Original

Vertigo

LYNX DRY

Africa

Dark Temptation

Instinct

Sharp Focus

NIVEA

Double Effect
Energy Fresh
Pearl Beauty
Pure Invisible

NIVEA FOR MEN

Cool Kick
Dry Impact
Sport

NORSCA

Clear
Forest Fresh
Passion Flower
Soft Vanilla Silk
Wild Cherry Blossom

NORSCA FOR MEN

Arctic Night
Pure Ignition

EYE PRODUCTS

All products are acceptable^{7,8}.

FACIAL CARE

All products are acceptable^{7,8}.

HAIR CARE

All products are acceptable^{7,8}.

HAND CARE

All products are acceptable^{7,8}.

All nail polishes and removers are acceptable

LIP PRODUCTS

All NEWLY purchased unperfumed products are acceptable⁷. The following products sold in Australia have been checked.

ALMAY⁹

Ideal Lipcolor
Ideal Lipgloss
Ideal Lipliner
One Coat Lipcolor
Pure Blends Naturals Lipgloss
Pure Tints Protective Lip Care SPF-25
Truly Lasting Lipcolor

COVER GIRL⁹

Continuous Color Lipstick
Outlast Lipstain
Wetslicks Fruit Spritzers
Wetslicks Amaze Mint

IL MAKIAGE

All Il Makiage lipsticks, glosses, pencils and Mineral Makeup are kosher le Pesach

MARY KAY¹¹ Michal Goodman (03) 9528 2096 or 0413 414 164

Satin Lips Lip Balm
Signature Crème Lipstick
Signature Lipliner

*=KAust certified and should be used where possible; Superscript numbers refer to a Kashrus authority (see p. 5)

REVLON⁹

Colorstay
Soft & Smooth Lipcolor
Colorstay Overtime Lipcolor
Colorstay Ultimate Lipcolor
Colorstay Mineral Lipglaze
Crème Gloss
Superlustrous Lipcolor
Superlustrous Lip Gloss

ULTIMA⁹

Full Moisture Lipcolor

ORAL CARE

Toothbrushes should be changed for Pesach.

Dentures and plates should be thoroughly washed (some Kasher them by pouring boiling water on them). Most locally made **toothpastes** contain sorbitol which is *Chometz* derived. Toothpastes bearing Kosher for Pesach certification are available at many specialist Kosher retailers.

Most **mouthwashes** contain ethanol or citric acid that may be *Chometz* derived.

Only Kosher for Pesach toothpaste and mouthwash should be used.

Hydrogen Peroxide is acceptable for Pesach use

GRANTS OF AUSTRALIA (these have been found to be *Chometz* free and may be used if formally certified for Pesach toothpaste is not available)

Extra Fresh Herbal Toothpaste
Herbal & Mineral Toothpaste

REACH

Dental Floss – Waxed
Dentotape – Waxed

STERADENT²

Ultra-3 Fixative Cream
Extra Strength tablets
Active Plus tablets
Active Plus Powder

POLIDENT²

All products

PERFUMES

The following products have been investigated

ARAMIS² All perfumes

CHANEL⁹ All perfumes

CHARLIE⁹ All perfumes

CIARA⁹ Concentrated Cologne Spray - All perfumes

CLINIQUE² All perfumes

FIRE & ICE⁹ All perfumes

JEAN PATOU⁹ All perfumes

SKIN PRODUCTS

All products are acceptable⁷.

IL MAKIAGE

All Il Makiage lipsticks, glosses, pencils and Mineral Makeup are kosher le Pesach

SOAPS & WASHES – PERSONAL CARE

All products are acceptable but NOT FOR USE ON DISHES – see 'KITCHEN PRODUCTS'.

NOTE: Items Containing Oat Milk or Oats should not be used e.g. Johnson Nourishing Body Wash with Oat Milk & Almond Oil.

CLEANING PRODUCTS

Floor cleaners (including Ammonia) - All brands

Metal polishes - All brands

Oven cleaners - All brands

Rubber/latex gloves - All brands POWDER FREE ONLY

Soap-free sponges & scourers - All brands

Surface spray - All brands

WARNING: Methylated Spirits may be derived from wheat based ethanol, it should be avoided for use on kitchen counters and food surfaces.

ADVANCED CHEMICALS (03) 9398 4444

The following cleaning products are certified Kosher for Pesach even without a Pesach logo

- * Ad Dip 825
- * Ad San 966
- * Ad-Brite La 827
- * Ad-Brite La 837
- * Ad-Cip Lc 777
- * Ad-Cip Lc 835
- * Adoxysan La 996
- * Adsan Ln 906
- * Casino Ln 751
- * Chloroclean Plus 829
- * Chloroclean Ultra 830
- * Lemint Disinfectant Ln 22
- * Morning Brite 489
- * Palms Ln 770
- * Pine Disinfectant Ln 20
- * Rinse Aid 102
- * Sabre Lc 777
- * Super Sodium Hypo 126
- * Top Shelf 850

AMWAY³

The following cleaning products are certified Kosher for Pesach even without a Pesach logo

- * All Fabric Bleach
- * Dish Drops Conc Dishwashing Liquid
- * L.O.C. Metal Cleaner
- * L.O.C. Multi-Purpose Cleaner
- * L.O.C. Plus Glass Cleaner
- * L.O.C. Plus Kitchen Cleaner
- * Pursue Disinfectant Cleaner

ANSELL

Rubber gloves (NOT Disposable Handy Gloves)

ASTORIA PAPER PRODUCTS (03) 9527-1776

The following cleaning products are certified Kosher for Pesach even without a Pesach logo

- * Apple Dishwashing Detergent
- * Automatic Dishwashing Liquid
- * Automatic Dishwashing Powder
- * G.P. Cleaner
- * Soap on Tap (contains a non-Kosher ingredient and is not to be used on food or on food-grade utensils.

ASTRA

General Purpose Silverlined Pink Rubber Gloves

CHUX

All-Purpose Scrub Sponge
Cloths
Heavy Duty Scourer Pad
Multi purpose Disposable Gloves Vinyl (NOT Extra Grip Disposable Gloves)
Multi purpose Gloves Vinyl
Robuste
Rubber latex Gloves
Sponge
Superwipes

COSTCUTTERS (03) 9568 6400

The following cleaning products are certified Kosher for Pesach even without a Pesach logo

- * Apple Dishwashing Detergent
- * Automatic Dishwashing Liquid
- * Automatic Dishwashing Powder
- * General Purpose Cleaner

DAWN⁷

All detergents bearing ® symbol are acceptable for Pesach, even without "P".

HAGERTY⁷

All silver cleaning products (® must be present on the pack)

JASOL

- * ADW-35
- * Calzec
- * Freshmint
- * Kildet
- * Topflight

JEX

Steel Wool without soap

OATES

Scourers
Sponges
Scourer/Sponges (only products without soap)

SCOTCH BRITE

Sponges ("Made in USA" or "Made in USA, Packed in Korea")

SEVENTH GENERATION⁷ 0409 104 635 / Gottlieb's 1083 Dandenong Rd, East Malvern

2x Ultra Concentrated Laundry Detergent Blue Eucalyptus & Lavender
2x Ultra Concentrated Laundry Detergent Free & Clear
2x Ultra Concentrated Laundry Detergent White Flower Bergamot Citrus
All Purpose Cleaner Free & Clear
Automatic Dishwashing Gel Green Apple Scent
Automatic Dishwashing Gel Lemon Scent
Chlorine Free Bleach Free & Clear
Emerald Cypress & Fir Toilet Bowl Cleaner
Emerald cypress & Fir Tub & Tile Cleaner
Glass & Surface Cleaner Ruby Grapefruit & Herb
Kitchen Cleaner Wild Orange & Cedar Spice
Laundry Powder Free & Clear
Laundry Powder White Flower Bergamot Citrus
Natural Dish Liquid Free & Clear
Natural Dish Liquid Lavender Floral & Mint
Natural Dish Liquid Lemongrass & Clementine Zest
Natural Fabric Softener Blue Eucalyptus & Lavender
Natural Laundry Liquid Baby
Natural Laundry Liquid Delicate Care

DISPOSABLE PRODUCTS

Do NOT use paper plates (unless those listed below) as they may contain starches.

Do NOT use plastic-coated paper plates as they may have been washed in wheat-derived alcohol.

Recycled paper products should **NOT** be used in contact with food, as they may be made with recycled paper pulp that contains wheat starch.

The following branded and non branded products have been investigated and found to be *Chometz*-free based on information supplied by the manufacturer. They have NOT been produced under supervision.

Aluminium Foil Rolls - All Australian Made

Bags, Plastic - All brands

Bowls, Plastic - All brands

Cling Wrap – All brands

Cups, Paper - All Australian Made

Cups, Plastic - All brands

Cups, Polystyrene - All varieties

Cutlery, Plastic - All brands

Plates, Plastic - All brands

Tablecloths, Plastic (powder film free) - All brands

Tissues, facial and/or toilet, unscented – all brands

Towels, Paper including serviettes – all brands

BI-LO¹

Oven Bags

CAPRAL¹

Aluminium Foil

CAPRICE¹

Paper Towels, Serviettes, Table Covers

CASTAWAY¹

Easy-bake

CLING WRAP¹

All acceptable

CONFOIL¹

All semi-rigid aluminium foil products

COST SAVER¹

Paper Towels

CREATIVE EXPRESSIONS¹

All products

DEEKO¹

All paper and tissue products

GILBERT¹

Aluminium foil

GLAD¹

Freezer Go Betweens (All)

Oven Bags and Baking Paper (All)

Plastic Bags (All)

HANDEE¹

All products

HYGENEX¹

All Paper

Paper Towel

Tissue Products

KAAL¹

Aluminium foil

KLEENEX¹

Paper Towels (All), Tissues (All)

MERINO

Quilted Napkins

*=KAust certified and should be used where possible; Superscript numbers refer to a Kashrus authority (see p. 5)

OSO

Oven bags (All)

PAREGO

Serviettes

PUREX

All paper products

SCOTT

Tissues and Paper Towels

SORBENT

All paper products

SPECIAL OCCASIONS

All products

STEVO

Serviettes

THICK & THIRSTY

Paper towels

VIVA

Paper towels

LAUNDRY PRODUCTS

All laundry bar-soap, powders, pre-wash stain removers and liquid detergents may be used for laundry purposes ONLY. Ironing sprays may contain starch. The following ironing spray products have been investigated and are *Chometz*-free.

CRISP Aerosol

FABULON Aerosol, Lemon Aerosol



Your one stop green shop.

**Kosher Le Pesach OU approved products including
Dishwashing liquid, Dishwasher Powder/Gel
and other Cleaning Products
Environmentally Friendly and Excellent Cleaning Results**

G Store wishes you a Chag Kasher Ve Sameach

1095 Dandenong Rd Malvern East

(03) 9571 0552

info@gstore.com.au

A PRACTICAL GUIDE TO KASHERING YOUR HOME & KITCHEN

RABBI MORDECHAI GUTNICK, RABBINIC ADMINISTRATOR

The Torah commands us that we may not eat or use *Chometz* on Pesach. This prohibition also extends to not even keeping *Chometz* in our possession for the duration of the festival. (See Shmos, 12:14-20.)

In the weeks before Pesach the house and particularly the kitchen and eating areas, must therefore be thoroughly cleaned to remove all traces of *Chometz*. Stoves and ovens, pots and pans, dishes and other eating utensils which have been used for *Chometz* throughout the year, cannot be used on Pesach. They must be thoroughly cleaned and stored away in a place and in a manner that ensures that they will not be used inadvertently on Pesach. Some utensils can be "*kashered*", if need be, through various kashering procedures so that they can be used on Pesach as well.

This article deals with preparing the house, removal of *Chometz*, and kashering. Any questions arising out of circumstances not covered by this guide should be directed to your Rabbi or to the Kosher Australia office.

When Erev Pesach falls out on Shabbos, all preparations and kashering must take place BEFORE Shabbos begins.

Methods of Cleaning & Kashering:

There are seven basic methods of preparing and kashering items for Pesach use. The *kashering* required for any particular item or utensil depends on how that utensil came in contact with *Chometz*. The general rule is that the cleaning or kashering needs to match the manner in which the item became contaminated by *Chometz* in the first instance.

The following methods of koshering will be referred to in the course of this article:

METHOD #1: CLEANING:

Some utensils require only a thorough cleaning to remove any *Chometz* that may adhere to the surface of the utensil. This is usually when the utensils have not been come in contact with *Chometz* through the medium of heat. The cleaning should be thorough and with the aid of an effective and strong detergent.

Items in this category include pantry shelves, and refrigerators.

METHOD #2: COVERING:

Some items, even if used with hot *Chometz* need only be cleaned of surface dirt and then covered with a suitable covering to create an effective barrier between them and the Pesach foods or utensils they will come in contact with.

Items in this category include tabletops, serving counters, and in certain circumstances, stove tops.

METHOD #3: "MILUY V'IRUY" - SOAKING:

Some utensils, particularly those that may be damaged through the application of heat, may be *kashered* by completely filling them or immersing them in cold water for 72 hours. The water must be changed every 24 hours – so that effectively the utensil is soaked for three separate soakings of 24 hours each. The vessel in which the items are immersed should, in the first instance, be a vessel that itself is not *Chometz*.

Items in this category, according to certain authorities, include glass and certain plastic utensils.

METHOD #4: "HAGALAH" (SCALDING WITH BOILING WATER):

Some utensils that have come into contact with *Chometz* via hot liquids (greater than 45 degrees Celsius) need to be *kashered* by immersing them in boiling water. The method used is as follows:

- a) The item to be *kashered* needs to be thoroughly cleaned of surface dirt. Any item that has deep engravings or joints (such as cutlery with attached wooden handles) cannot be cleaned thoroughly and should not be *kashered* using this method.
- b) The utensil to be *kashered* should not be used with heat for 24 hours prior to kashering.
- c) Water should be brought to boil in a large pot that should in the first instance, not itself be *Chometz*. (If a *Chometz* vessel is used it should not have been used for the past 24 hours). It is actually preferable to have a special pot designated for *kashering* use only.

- d) The item to be *kashered* should be immersed in the boiling water. Tongs may be used to immerse the item - however the tongs themselves should not be *Chometz*. (The tongs should be immersed first in the boiling water so that they are wet when they come in contact with the item to be immersed.)
 - e) A number of items may be immersed in the vessel at the one time. However care should be taken that each item is immersed in such a manner that the boiling water completely surrounds each item. Dropping them in one at a time helps facilitate this requirement.
 - f) If the water cools off and stops boiling during the immersion of the utensil it should be allowed to re-sume boiling while the item remains immersed.
 - g) The item should then be removed from the boiling water. (One may not pour out the boiling water leaving the item inside the utensil.)
 - h) Once removed from the boiling water the item should immediately be rinsed in cold water.
- Items in this category include metal, wood, stoneware and according to some authorities, plastic utensils.

Items such as metal pots and pans that are too large to be immersed in boiling water should be cleaned and not used for 24 hours. They should then be filled to the brim with water that should then be brought to boiling point on the stove. A large pre-heated stone should be carefully dropped into the boiling water allowing the boiling water to run over the outside of the pot. The pot should then be emptied and rinsed with cold water.

METHOD #5: "IRUY IM EVEN MELUVAN" (SCALDING WITH WATER & A HEATED "STONE"):

Some utensils that have come in contact with *Chometz* via hot liquids, and cannot be immersed in boiling water, can be *kashered* by pouring boiling water onto them with the added use of a hot stone or metal pieces. Hot stones or metal tend to raise the temperature of the poured water back to boiling point even though it has been poured out of the original vessel in which it has been boiled.

- a) The item to be *kashered* needs to be thoroughly cleaned of all surface dirt.
- b) The item should then not be used with heat for 24 hours prior to the kashering.
- c) Stones or small pieces of metal (such as large nuts or bolts) should be heated on an open fire and moved by means of tongs to the area or object where the boiling water is to be poured.
- d) The heated stones or metal are placed on the item to be *kashered* or, if the heated objects will damage the surface, they may be suspended by means of the tongs just above the item to be *kashered*.
- e) Boiling water should be poured directly from a kettle or other utensil (that has not been used in the past 24 hours) and must cover the entire surface of the item being kashered. The boiling water must come in contact with the hot metal or stones to ensure that its temperature remains as near as possible to the original boiling point.
- f) The *kashered* area or item should then be washed down with cold water.

An acceptable alternate method of this form of kashering, particularly when kashering large areas such as sinks and counters, is the use of a portable steam generator that raises the water and steam generated to 100 degrees Celsius or higher. The boiling water and the accompanying steam created and sprayed out by this apparatus is considered sufficient to be considered identical to the more conventional method of boiling water being poured out and heated back to boiling point on the surfaces being *kashered*. The hot pressurised steam acts in the same manner as the heated stone or metal in this regard.

Items in this category include metal sinks, metal and granite counter tops, and according to some authorities counter tops made of synthetic materials such as laminex, melamine and formica.

METHOD #6 "LIBUN KAL" (LIGHT HEATING METHOD):

Some items may be *kashered* by the application of a flame (such as a blow-torch flame) to the point where straw or paper will begin to smoulder if applied to the **other** side of the utensil being heated in this manner. These items are those that have **indirectly** absorbed *Chometz* by means of strong heat without the medium of a liquid.

- a) The temperature required to be reached on the other side of the utensil being heated has been estimated as being 72 degrees Celsius. (The temperature on the side being heated would be well in excess of that.)
- b) The temperature required for “*libun kal* – light heating” without a direct flame application (such as when kashering the walls of an oven) is estimated at leaving the oven on for 2 hours at 190 degrees Celsius, 1.5 hours at 235 degrees Celsius and 1 hour at 290 degrees Celsius
- c) This method does not require a 24 hour waiting period prior to it being used for kashering.
- d) The utensil being *kashered* by this method requires the prior removal of all surface dirt in the first instance. If this is not possible then the flame must be applied to each side of the vessel upon which there is surface dirt. This should be done in a manner that ensures that straw or paper would be singed on the other side of each side being heated.
- e) This method of kashering can be used as a substitute for items requiring the “*hagala* –scalding” method of kashering (Method #4) if they are able to withstand the heat generated.

An acceptable alternate method to achieve the degree of heat required for this method of *kashering* would be to place the utensils in a self-cleaning oven. The temperatures generated by the self-cleaning process are certainly considered sufficient to be acceptable as a proper “*libun kal*”.

Items in this category include interior walls of ovens, stove catchment plates that do not come in direct contact with the pots and pans used for cooking.

METHOD #7 “LIBUN GOMUR” (GLOWING METHOD):

Items that absorb *Chometz* by direct contact by means of an open flame, without the medium of a liquid, may only be *kashered* by being heated to the point where it becomes red-hot. This is usually accomplished by means of a blow torch or some other strong open flame played over the entire surface of the item. No prior cleaning or waiting period is required for this method of kashering as the intense heat removes all traces of *Chometz* – both that which is on the surface and also that which is absorbed into the utensil.

Items to be *kashered* by this method include fry pans, baking pans, barbeque grates and stove and oven parts that come in direct contact with *Chometz* pans or food.

GENERAL CLEANING:

All areas of the house, including garages and storage sheds, wherever *Chometz* may have been used or brought into during the year require a thorough cleaning to remove all traces of residual *Chometz*. Those cupboards or rooms that will be sealed or locked and rented to a non-Jewish person over Pesach (see the section entitled SELLING THE *CHOMETZ*) do not require cleaning.

THE KITCHEN:

***Chometz* utensils not being *kashered* for use on Pesach:** These should be well cleaned and put away in cupboards or in a room that will not be opened during Pesach.

All *Chometz* food that will not be eaten before Pesach and will not be disposed of, but will be sold, should likewise be locked away in a designated cupboard or room that needs to be rented to a non-Jewish person for the duration of Pesach (see the section entitled SELLING THE *CHOMETZ*). These cupboards or rooms should be locked and/or sealed with tape, for example, so that their contents are not accidentally used during Pesach.

PREPARING KITCHEN & HOUSEHOLD ITEMS FOR PESACH

Below is a list of common items and materials and the method that may be used for preparing them for Pesach use:

ITEM	METHOD OF PREPARATION
Baking pans and other utensils used in the oven with little or no liquid	Method #7. As this is usually impractical, it is recommended that these not be <i>koshered</i> and new ones purchased for Pesach.
BBQ (Plates and grates):	Method #7
Benchtops (Formica, Laminex or other synthetic materials):	Method #2 or according to a number of authorities Method #5

ITEM	METHOD OF PREPARATION
Benchtops (Granite/Stone)	Method #5
Benchtops (Metal):	Method #5 or #6
Caesarstone	See Benchtops (Granite/Stone)
Candlesticks & candlestick trays	Method #1. Some then place foil underneath the tray.
China ware	Cannot be <i>kashered</i>
Corelle	See Glass
Corningware	See Glass
Crockery	Cannot be <i>kashered</i>
Crystal (used mostly with cold liquids)	Method #3
Cupboards	Method #1
Cutlery (Metal, with joints or deep engravings that cannot be cleaned properly.)	Should not be <i>kashered</i> unless the joints or engravings are subject to Method # 6 (by means of an open flame), in which case they should then be fully <i>kashered</i> with Method # 4.
Cutlery (Metal, without joints)	Method #4
Dishwashers	Some authorities allow the kashering of dishwashers with stainless steel interiors by Methods #4 or #5. Others also allow kashering with plastic interiors but not enamel. This can be a complicated procedure. New baskets are usually required. Please check with your Rabbi for details.
Duralex	See Glass
Earthenware and Ceramic	Cannot be <i>kashered</i>
Electric jug	Method #4
Food processor (Attachments)	Method #4
Food processor (Base)	Method #1 and then cover it with plastic or foil
Formica	Many authorities permit kashering with Method #5
Frying pans and other utensils used on the stove with little or no liquid	See Baking pans.
General areas including chairs, floors, cupboards etc	Method #1
George Forman Grill	Should not be <i>kashered</i> .
Glass (When used with hot <i>Chometz</i> in an oven or on a stove)	Should not be <i>kashered</i> . (Sephardim permit using and/or kashering glass - check with your Rabbi)
Glass (When used with hot or cold liquids, not taken directly from an oven or stove flame)	Some authorities do not allow <i>kashering</i> of glass for Pesach Others allow Method # 3
Granite	Method #5
Grill	Method #7 – as this can damage or destroy the item it is recommended not to <i>kasher</i> it.
Hot plates	See stoves or Shabbos hot-plates
Kiddush Cups (metal)	Method #4
Laminex	See Plastic
Melamine	See Plastic
Melmac	See Plastic
Microware Oven (convection)	See Oven (not self cleaning)
Microwave Oven (non convection)	See separate section MICROWAVE OVENS
Mixers	See food processors

ITEM	METHOD OF PREPARATION
Ovens (not self cleaning) - Interior and walls	Method #6
Ovens (not self-cleaning) - Grates and shelving that come in direct contact with Pesach utensils or food	Method #7 in the first instance – if this will damage or destroy the item method #6 is acceptable if a piece of foil or a metal tray is later placed between the shelf and the Pesach item placed in the oven.
Ovens (self cleaning)	Remove all grates & clean them and surface area where food may fall, replace grates and then turn on self cleaning cycle.
Pantry	Method #1. Some also cover the shelves.
Plastic – when used for cold storage of <i>Chometz</i> for longer than 24 hours	A number of authorities permit kashering with Method #3 or #4 or by pouring boiling water over the entire surface
Plastic - when used in direct contact with hot <i>Chometz</i> in an oven or on a stove	Should not be <i>kashered</i>
Plastic - when used with hot or cold liquids	A number of authorities permit kashering with Method #4
Pots and pans – when used with liquids.	Method #4. Lids and all removable handles should be kashered separately. If the handles cannot be removed and gaps exist between the handle and the wall of the pot, and the gaps cannot be properly cleaned, then the pot or lid may not be kashered.
Pyrex	See Glass
Refrigerators and Freezers	Method #1. It is advisable to then cover shelves that come in direct contact with Pesach food or cooking utensils.
Rubbish bins and vacuum cleaners	Method #1. Dispose of rubbish in wheely bin and place bin off one's property before time of removal of <i>Chometz</i> on Erev Pesach.
Shabbos Blech	As this usually requires Method #7 it is advised to have a new one for Pesach use.
Shabbos hot plate (with internal elements that do not become red hot)	Cannot be <i>kashered</i> , but can be cleaned and completely covered with a double layer of strong aluminium foil upon which one may cook.
Silverstone	See Plastic
Sinks - metal	Method #5 or #6. Drain areas should be cleaned using a strong drain cleaner. Taps and faucets should be cleaned with a strong detergent. Some also pour boiling water poured over them.
Sinks – Porcelain or Ceramic	Cannot be <i>kashered</i> . Plastic or metal coverings and inserts should be used. Hot water should not be allowed to back up from the non- <i>kashered</i> sink into the inserts on Pesach
Stoneware	Method #4
Stoves: (Electric/Gas) - Actual Electric plates or coils	Can be <i>kashered</i> by turning them on and allowing them to become red-hot
Stoves: (Electric/Gas) - Alternate method	Thoroughly clean the stove with a strong cleaner and then cover the entire top with a metal sheet (<i>blech</i>) upon which one may cook on Pesach.
Stoves: (Electric/Gas) - Gas jets and catchment area or plates directly beneath the flame and pots	Method #6 or Change for Pesach. Method #2 would also be acceptable for catchment areas if it is ensured that the a double covering is used and the covering is strong and heat- proof

ITEM	METHOD OF PREPARATION
Stoves: (Electric/Gas) - Grates that hold the pots during cooking that come in direct contact with the pot	Method #7 or Change for Pesach
Stoves: (Electric/Gas) - Sides and body of the stove that may come in contact with pots and pans	Method #2
Stoves: Glass top (Electric or Gas with external coils or gas jets)	Coils, hot plates, gas jets, catchment plates and areas should be <i>kashered</i> as for a regular stove. The glass body of the stove should then be covered with a double layer of foil or a metal sheet (perforated above the flame area to avoid excessive heat build-up and the shattering of the glass plate).
Stoves: Glass top (Electric with elements imbedded in the glass)	Cannot be <i>kashered</i>
Tablecloths & cloth serviettes	Can be laundered with hot water and detergent but replacing recommended
Tables (Not coming in contact with items taken directly from the stove)	Method #2 or #5
Tea towels, oven mitts & pot holders	Can be laundered with hot water and detergent but replacing recommended
Teflon coated pots and other utensils	See plastic
Urn	Method #4. Boiling water should also be allowed to run out of the tap at the bottom and it is also preferable to pour boiling water over the external part of the tap at the bottom.
Wood	Method #4 or #5

MICROWAVE OVENS:

Microwave ovens are unique in that the heat produced emanates from the food rather than the microwaves themselves. As such, the following kashering method is considered by many authorities as being acceptable:

- a) The microwave oven should be cleaned of all surface dirt and not used for 24 hours.
- b) A glass of water should then be placed in the oven and the oven turned on so that the water boils and spreads steam throughout the entire oven.
- c) Once this has occurred, the oven should be turned off, the glass moved to another area of the oven and the oven turned on again until the water boils again.
- d) The oven should then be turned off and wiped down with cold water and a clean cloth.
- e) Ovens with stainless steel interiors need no further preparation.
- f) Ovens that have enamel coated walls should then be lined with thick cardboard to avoid actual contact with Pesach foods or utensils.
- g) All turntables, trays or racks upon which food is actually placed should be changed, *kashered* separately (after cleaning) with the "*hagala* – scalding" (method #4 outlined above) or carefully covered, after thorough cleaning, with a double layer of plastic cling-wrap.

Combination convection and microwave ovens need to be treated as a regular oven and *kashered* accordingly.

LAWS OF PESACH

RABBI YAAKOV SPRUNG, CHIEF RABBI, MIZRACHI ORGANISATION, MELBOURNE

Please Note: Due to the multitude of laws governing the Pesach Yom Tov and its preparation, the digested laws that follow should be viewed solely as a summary of the *halachos* pertaining to the proper observance of the holiday. Contact your local Orthodox Rabbi for further information concerning any doubtful halachic decision.

Chometz

Chometz results when one of the five types of grain (wheat, barley, rye, oats, spelt) or their derivatives is permitted to maintain undisturbed contact with water for a period of 18 minutes or longer.

Extracts of *Chometz*, alcoholic fermentation, foods processed in *Chometz*, utensils, and *Chometz* admixtures are halachically considered *Chometz* as well. The Torah forbids an individual to eat, possess or derive benefit from *Chometz* during the Pesach Yom Tov.

Ashkenazi Jews refrain from partaking of legumes (beans, corn, rice, peas) known as '*Kitniyos*' and their admixtures during Pesach (see page 8 for a detailed discussion and listing).

Removal of Chometz

Prior to Pesach, one must remove all *Chometz* from one's properties and jurisdiction (including premises, offices, factories etc belonging to a Jew). This is accomplished through the following processes:

Mechiras Chometz (the Sale of Chometz)

1. All forms of *Chometz* not destroyed must be transferred to a Gentile before the end of the "fifth hour" on the 14th Nissan. This is normally done through the sale of *Chometz* via the Rav as appointed agent for this sale. The sale is bona fide in nature and transfers possession of all *Chometz* to the Gentile, accompanied by the sub-leasing of the property on which the *Chometz* is to be found. The non-Jew should be allowed free access to the property and items he has purchased.
2. *Chometz* utensils are rented and its contents are sold. (Sale of utensil would require immersion if and when acquired.)
3. The *Mechiras Chometz* form can be downloaded from our website and completed and faxed back to either (03) 9527 5665 or scanned and emailed to info@kosher.org.au no later than 1pm Friday March 26, 2010. There are also online applications that can be used such as <http://community.yeshivahcentre.org/Chometz.php>. Please note that if you are travelling overseas and your *Chometz* is situated locally, it is strongly recommended that you sell your *Chometz* in Australia. Rabbi Gutnick has advised that for the *Chometz* he sells, the 'buy back' after Pesach takes into account people who are overseas.

Bedikas Chometz (The Search)

1. After *tzais hakochavim* (appearance of 3 stars) on the evening of 14th Nissan (or evening prior to taking leave of one's residence within 30 days of Pesach), one must diligently search for *Chometz* in all areas in which it may have been stored or eaten. This search is not ceremonial in nature and must include such places as: closets, toasters, medicine cabinets, clothes, cars, toy chests, vacuum bags, etc. As such, proper time must be allotted to the search.
2. No work, study, or meal should be begun within ½ hour prior to the search.
3. The search should be facilitated by the aid of a single-wick candle.
4. Prior to the search, the blessing at *biyur Chometz* is recited. It is a custom for some to scatter 10 pieces of bread throughout the house prior to the *bedikah*. The mere collection of these morsels should not be misconstrued as the fulfilment of the search.

Bedikas Chometz takes place on Sunday March 28 after 7:53 pm.

Bittul HeChometz (Nullification)

After the search, *Kol Chamiroh* is recited, renouncing title to any *Chometz* not already set aside for either the next morning's breakfast, sale or destruction. One who does not understand Aramaic should recite *Kol Chamiroh* in his native tongue.

The English translation of the Aramaic formula for *Bitul Chometz* recited after the burning follows: I HEREBY DECLARE ALL LEAVEN AND *CHOMETZ* IN MY POSSESSION WHICH I HAVE DISCOVERED OR NOT DISCOVERED OF WHICH I AM AWARE AND OF WHICH I AM NOT AWARE, TO BE NAUGHT AND AS DUST OF THE EARTH.

Biur Chometz (Destruction of the Chometz) & Erev Pesach

Chometz found during the search, and remaining from breakfast, must be destroyed (preferably by fire) during the fifth hour of the "halachically-divided 12 hour day." This is followed by a more encompassing bittul nullifying all *Chometz* seen or unseen. This cannot be recited during the halachic sixth hour of the day when the use of *Chometz* and its benefits are already forbidden.

1. The Rabbinic prohibition for eating *Chometz* begins with the commencement of the halachic fifth hour of the day.
2. In gratitude to the Almighty for having been spared during the slaying of the Egyptian first-born, first-born males fast on Erev Pesach. A father fasts on behalf of a son too young to fast and a mother fasts for her *b'chor* when the father is a first-born as well. Firstborns may participate in a *Seudas Mitzvah*, which enables them to eat during the remainder of the day.
3. It is forbidden to eat *matzoh* or consume wine on Erev Pesach. One may eat fish, fruit, and meat in moderate amounts that will not detract from one's appetite for the *Seder Matzoh*.
4. Tedious and/or profitable work should not be engaged in after *chatzos* (halachic midday) on Erev Pesach.

Fast of the First Born commences at 6:14 am & if completing the fast, ends at 7:52 pm.

Finish eating *Chometz* according to the Mogen Avrohom at 10:53am and according to the Vilna Gaon and *Shulchan Aruch HoRav*, at 11.27 am

Remove *Chometz* & recite *Kol Chamira* according to the Mogen Avrohom by 12:07am and according to the Vilna Gaon & *Shulchan Aruch HoRav* by 12.26 pm

Matzoh

1. *Shemurah matzoh* (i.e. matzoh guarded from any possibility of becoming *Chometz* and processed expressly for the purpose of *Matzos mitzvah*) should be used during both Seder nights for the different mitzvos involving matzah.
2. Egg matzoh, whole wheat *matzohs* made with fruit juices, and chocolate covered *matzohs* should not be eaten all Yom Tov by anyone, excepting the sick or elderly. One should consult their local Orthodox Rabbi.

Tefillos (Prayers)

1. *Tachanun*, *tzidkascha tzedek*, fasts and eulogies are deleted during the entire month of Nissan.
2. *Mizmor I'sohda* and *lamnatzaiah* are omitted on Erev Pesach and Yom Tov itself.
3. Full *Hallel* is recited the first two days of Pesach. (It is a custom in some shuls to say the entire *Hallel* on the first two nights of Pesach.) Half *Hallel* is recited during the remainder of the holiday.
4. *Mashiv Haruach u'Morid HaGashem* is deleted beginning with the repetition of the Musaf *sh'moneh esrai* on the first day of Yom Tov. *Nusach s'fard* and Ari commence saying *Morid HaTal*.
5. *Vesain Brachah* is substituted for *tal u'matar* in the weekday *sh'moneh esrai*, beginning with the first night of *Chol Hamoed*.
6. Women who normally recited *shehechyanu* with the kindling of Yom Tov candles do not recite *shehechyanu* on the last two days of Pesach when ushering in the Yom Tov.
7. *Yaaleh Veyavo* is inserted in *Birkas Hamzaon* during the entire eight days. If one forgets its recitation and begins the next *brachah*, the entire benching must be repeated.

8. There is a dispute regarding the wearing of *Tefillin* during *Chol Hamoed*. Most authorities agree that those who are accustomed to wearing them on these days should not recite the two accompanying blessings.

Chometz discovered during Pesach

Chometz discovered during *chol hamoed* should be immediately destroyed. *Chometz* found during Shabbos or Yom Tov should be covered with a vessel and destroyed after *havdalah*.

Sefiras Ha-Omer (Counting the Omer)

1. Beginning with the second night of Pesach until the night preceding Shavuot, the Omer is counted, computing the days and weeks in the enunciated formula.
2. If, during the day, one realizes that he/she has forgotten to count the preceding evening (or if he/she is doubtful), one should count immediately without the accompanying *brachah*. One who has entirely missed a day (and night's) count should continue counting without a blessing.
3. There are different customs regarding the 33 day "mourning" period within *Sefirah*. Some observe it from Pesach until Lag B'Omer, others observe from 1 Iyar until Shavuot (except Lag B'Omer), and yet others observe it from the first day Rosh Chodesh Iyar till 3 Sivan (except Lag B'Omer).
4. Weddings, parties, musical entertainment, and haircutting are prohibited during the period of mourning.

The Last Day of Pesach

Pesach finishes on Tuesday, April 6 at 6.47 pm. *Chometz* may be eaten after approximately 7:15pm by which time the Rabbi would have had time to buy back the *Chometz* from the non-Jewish owner.

The greatest emphasis should be placed on the fact that any *Chometz* remaining in the possession of a Jew over Pesach cannot be eaten, used bought or sold even after Pesach.

One should avoid purchasing obvious *Chometz* such as biscuits, breads, pasta, wheat-ethanol vodka etc from retail outlets owned by Jews who have not sold their *Chometz* for up to six weeks. Major supermarket chains in Australia with significant Jewish ownership do sell their *Chometz*. Check with your local Jewish supermarket.

FOOD TYPES AND QUANTITIES USED AT THE SEDER

RABBI MORDECHAI GUTNICK, RABBINIC ADMINISTRATOR

Matzoh

SUITABLE MATZOS:

Normal machine-made matzos, even if produced for Pesach under reliable supervision, are almost always supervised only from the time of the milling of the flour. The supervision following this is usually a "preventative" supervision that ensures that the flour and dough do not become *Chometz*.

Shmurah (meaning "guarded") is matzah that is supervised and protected from water that could make it *Chometz*, already from the time of harvesting the grain. It also has a "positive" form of supervision - with the participants in its making not just ensuring that it does not become *Chometz*, but actively expressing their intention that the matzot are made for the purpose of fulfilling the mitzvah of eating matzah on Pesach.

All major authorities state that it is the correct practice to use *Shmurah Matzah* at the Seder at least when eating the minimum amount necessary to fulfil the obligation of eating matzah on Pesach night. This is in keeping with the *pasuk* "and you shall guard the matzah" (*Shmos* 12:17).

THE MINIMUM QUANTITIES:

To fulfil the biblical obligation one must eat just over a "*k'zayis*" (the size equal to the volume of an "olive"). This is traditionally termed "eating" rather than just tasting or nibbling. There is much debate on the halachic size of an 'olive' (*k'zayis*) as well as on the time frame allowed to consume it.

The minimum accepted size of a *k'zayis* is approximately 29 grams (or a volume of 29 millilitres) or 1 ounce. This is the equivalent of $\frac{2}{3}$ of a machine matzah - an area of approximately 14cm by 15cm - or just over $\frac{1}{3}$ of a hand-made *shmurah matzah*. It should be eaten in four minutes (leaning to the left). It is the practice to actually eat more than this minimum amount during the various stages of the Seder as outlined in the *Haggadah*.

Morror (Bitter herbs)

SUITABLE VEGETABLES:

The Mishnah in *Pesachim* (39a) lists the ancient Hebrew and Aramaic names of five types of plants that are considered as the “Bitter Herbs” to be used on Pesach at the Seder. The commentaries on the *Shulchan Aruch* properly identify only two of these species today which are universally accepted as:

- 1) Romaine or Cos Lettuce stalks or leaves;
- 2) Pure Horseradish.
- 3) If both the horseradish and Cos lettuce variety are unavailable then the next preference should be given to ordinary lettuce (the “crisp-head” or “iceberg” variety) and the appropriate blessing over the *morror* may still be recited. In reality, it is actually lettuce that is the most preferred type of *morror*, even if it is not bitter. The fact that it may not have been as commonly used as horseradish was for the practical reasons that lettuce was difficult to find in Europe at the end of winter at Pesach time and/or that if it was found, it was very difficult to remove the infestation found in such lettuce. The usual custom is to eat a proportionate mixture of both these varieties (lettuce and horseradish) though, of course, either one alone is perfectly acceptable.

It should be carefully noted, however, that the bitter herb must be absolutely pure. It may not be mixed with anything or preserved with anything, such as vinegar, that can affect its natural taste. Commercially produced Kosher for Pesach horseradish relish (white, red and green), contains vinegar and other ingredients and the *brochah* over the *morror* may not be recited over such a mixture as one has not fulfilled one’s obligation of eating *morror*.

If none of the above-mentioned herbs are available, then any bitter vegetable may be used in order to obtain a bitter taste. However, as one does not fulfil one’s real obligation in this manner, therefore the blessing over the *morror* may not be recited in such circumstances.

Note that although some authorities discuss the possibilities of using ordinary radish as *morror*, it appears seriously questionable as to whether our common radish (with the red skin) is the same species as the one they were referring to. For this reason ordinary radish should be treated as any other bitter vegetable and not used for *morror*.

THE MINIMUM QUANTITIES:

As the eating of *morror*, in the absence of the Pesach rituals in the *Beis HaMikdash*, is today only a Rabbinic requirement, the minimum size requirements are slightly less. For horseradish the minimum size of a *k’zayis* can be taken as approximately 20 ml ($\frac{2}{3}$ oz.) or one tablespoon full. If lettuce leaves are used this is the amount of leaves that would cover an area of approximately 20 cm by 25 cm. The time allowed for consumption is 9 minutes. Note that the custom is not to lean when eating the *morror*.

HOW TO CHECK ROMAINE (COS) LETTUCE

This lettuce type is known as an open leaf variety. This means that as they sprout forth from the ground, the leaves begin to open up like a flower. Toward the end of their growth, they begin to close around the stalk. Since romaine lettuce grows open, it is more prone to insect infestation throughout the head than other varieties of lettuce that primarily grow as a closed ball.

We are fortunate here in Australia in that locally grown vegetables are in general not as prone to insect infestation as they are in other countries such as the US Europe and Israel. Even open leaf varieties of lettuce grown here in Australia have been found to be free of many of the insects commonly found elsewhere in these varieties.

The major concern here are largish, readily identifiable green or black worms.

Technically any requirement to check this lettuce here would therefore be confined to separating the leaves, rinsing them thoroughly with running water and then subjecting them to scrutiny against a good light source. Any insects that are identified during this scrutiny must be washed off and removed. Occasionally, worms may be found in burrows within the body of the leaf. If you notice a narrow translucent burrow speckled with black dots breaking up the deep green colour of the leaf, carefully slit the bumpy part within the burrow with a sharp knife and remove the worm.

With regard to Romaine lettuce that will be used for the fulfilment of the mitzvah of *Morror* it is particularly praiseworthy to subject this lettuce to a more thorough scrutiny and cleaning process to account for all possibilities of infestation.

In addition to the check for the worms mentioned above, insects that can at times be found in local open leaf lettuce are small black or green aphids and thrips. The leaves of the vegetable can camouflage these insects. The open structure of these vegetables allows insects to penetrate the entire head. Insects may be found between the innermost layers of leaves of an infested head. Therefore, each leaf should be washed and checked individually. The use of a light box for checking lettuce can be extremely convenient and helpful. However, even if a light box is not used, both sides of each leaf should be examined against a good source of light.

Below are the ideal step by step recommendations for how to properly check romaine lettuce for insects:

1. Cut off the lettuce base and separate the leaves from one another.
2. Soak leaves in a solution of cold water and a little soap. The soap has the effect of loosening the grip of the insects on the lettuce leaves making them much easier to observe and remove.
3. Agitate lettuce leaves in the soapy solution.
4. Spread each leaf, taking care to expose all its curls and crevices. Using a heavy stream of water, remove all foreign matter and soap from both sides of each leaf. Alternatively, a vegetable brush may be used on both sides of the leaf.
5. Leaves should be checked over a light box or against strong overhead lighting to verify that the washing procedure has been effective. Pay careful attention to the folds and crevices in the leaf where insects have been known to hold tightly through several washings.

Wine

SUITABLE BEVERAGES:

All wines, grape juice and other beverages mentioned below must, of course, bear a reliable Kosher for Pesach certification. The following are listed in order of preference:

- 1) Red wine (unless one has a white wine of superior quality) that is not sweetened with sugar (i.e. it should be naturally sweet or "dry") so that one tastes the natural taste of pure wine. It should also in the first instance not be "mevushal" (cooked or pasteurised).
- 2) Red sweetened wine, or white unsweetened or sweetened wine, are the next preferences. Again, in the first instance it should not be "mevushal". When using white wine it is also preferable to add a little red wine to the white so that the preferred red colour is discernable.
- 3) Wine diluted with grape juice (if one finds it too difficult to drink wine for instance, due to health reasons). The stronger alcoholic taste of the wine must still be discernable.
- 4) Wine diluted with water. The general rule that covers virtually all kosher wines currently available is that the wine may be diluted to as much as one part wine to one part water. Such a mixture may still be used for the Seder and the blessing for wine still recited.
- 5) Pure grape juice.
- 6) Grape juice diluted with water in the proportion of one part water to one part of grape juice.
- 7) As a last resort, such products as raisin wine or any other popular, yet distinguished, (kosher for Pesach) beverage may be used. (Note that the correct *brocho* for the particular beverage used should be recited if it is not *Borei Pri HaGofen* e.g. *Shehakol*.)

THE MINIMUM QUANTITIES:

"Drinking" is defined as at least half a cup of wine for each of "the four cups" — the cup having a volume of at least 86 millilitres (approximately 3 fluid ozs). The wine should be drunk each time without interruption while leaning to the left and may take up to 9 minutes to finish.

חג פסח כשר ושמח
Kosher & Freilechin Pesach
לשנה הבאה בירושלים

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