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# PASSOVER GUIDE

2026-5786

הגדה  
של  
פסח

*Congregation Beth El-Atereth Israel*

# PASSOVER GUIDE 2026-5786

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The OU Passover Directory lists many brand name products that are Kosher for Passover and includes other valuable information relating to the Passover holiday. This guide is available on the web:

[https://issuu.com/orthodoxunion/docs/ou\\_guide\\_to\\_pesach\\_2026\\_5786?fr=sOTEzODg2Njk0NzU](https://issuu.com/orthodoxunion/docs/ou_guide_to_pesach_2026_5786?fr=sOTEzODg2Njk0NzU)

Please note that when accessing the web copy of the guide, the page numbers on the Adobe PDF page counter are different from the actual page numbers appearing on the pages of the document itself. The Beth El guide will often refer to various pages in the OU Guide. These references are the *actual page numbers on the document itself*, and not references to the page numbers on the PDF page counter.

## I. INTRODUCTION

The uniqueness of the Passover Holiday rests not only in the historical commemoration of the liberation of the Jewish people from the land of Egypt. Passover is also special in the way in which the various laws, customs and rituals of the eight days transport us onto a different plane.

So encompassing are the laws of Passover that it literally transforms our entire home and lifestyle.

In modern times Passover observance has been enhanced by modern technology in providing a wide variety of Passover foods. On the other hand, modern technology has found so many innovative uses for grain derived substances that areas previously regarded as problem-free require investigation.

This guide is intended to facilitate the observance of the Passover laws while attempting to minimize the potential hardships involved in preparing for Passover.

Obviously questions will arise that are not covered by this guide. Please do not hesitate to contact me at the Shul or at my home.

May our proper observance of this holiday bring about the time of redemption for all of Mankind.

A happy and kosher Pesach to all.

Rabbi Gershon Segal



**The Child asks:**  
*“Why is this night different  
form all other nights?”*

**Because tonight we  
reaffirm our faith,  
our commitments to  
freedom, and the strength  
of our heritage.**



## II. PASSOVER SCHEDULE

TUESDAY, MAR. 31

Bedikas Chometz \_\_\_\_\_ After 7:45 pm

WEDNESDAY, APR. 1 - Erev Pesach/First Night of Pesach

Morning Service and **Siyum for First Born** \_\_\_\_\_ 6:45 am

Latest Time for **Eating Chometz** \_\_\_\_\_ Before 10:41 am

Latest Time for **Burning Chometz** \_\_\_\_\_ Before 11:32 am

**Eruv Tavshilin** (see page 5)

Candle Lighting Time (*Shel Yom Tov & Shehechyanu*) \_\_\_\_\_ 6:52 pm

Mincha Service \_\_\_\_\_ 7:05 pm

Maariv Service \_\_\_\_\_ 7:20 pm

### FIRST SEDER

THURSDAY, APR. 2 - First Day of Pesach/Second Night of Pesach

Hashkama Morning Service (**note later time**) \_\_\_\_\_ 8:00 am

Morning Service (**note later time**) \_\_\_\_\_ \*9:30 am

Mincha Service \_\_\_\_\_ 7:05 pm

Maariv Service \_\_\_\_\_ 7:30 pm

Candle Lighting Time (*Shel Yom Tov & Shehechyanu*) \_\_\_\_\_ After 7:55 pm

### SECOND SEDER

#### BEGIN TO COUNT SEFIRAH

FRIDAY, APR. 3 - Second Day of Pesach/Erev Shabbat Chol HaMoed

Hashkama Morning Service (**note later time**) \_\_\_\_\_ 8:00 am

Morning Service (**note later time**) \_\_\_\_\_ \*9:30 am

Candle Lighting Time (*Shel Shabbat*) \_\_\_\_\_ Between 5:53-6:54 pm

Mincha Service (**note earlier time**) \_\_\_\_\_ 5:40 pm

Kabbalat Shabbat/Maariv Service \_\_\_\_\_ 5:55 pm

SATURDAY, APR. 4 - Shabbat Chol HaMoed

Hashkama Morning Service \_\_\_\_\_ 7:15 am

Morning Service \_\_\_\_\_ 9:00 am

#### SONG OF SONGS

Mincha Service \_\_\_\_\_ 6:55 pm

Maariv Service \_\_\_\_\_ 7:50 pm

Havdallah \_\_\_\_\_ After 7:57 pm

SUNDAY, APR. 5 through MONDAY, APR. 6 - Chol HaMoed Pesach

Morning Service: Sunday \_\_\_\_\_ 8:00 am

Morning Service: Monday \_\_\_\_\_ 6:50 am

Mincha/Maariv Services \_\_\_\_\_ 7:10 pm

TUESDAY, APR. 7 - Erev Yom Tov

Morning Service \_\_\_\_\_ 6:50 am

Candle lighting time (*Shel Yom Tov*) \_\_\_\_\_ Before 6:58 pm

Mincha/Maariv Services \_\_\_\_\_ 7:10 pm

WEDNESDAY, APR. 8 - Seventh Day of Pesach

Hashkama Morning Service \_\_\_\_\_ 7:30 am

Morning Service \_\_\_\_\_ 9:00 am

Mincha Service \_\_\_\_\_ 7:10 pm

Maariv Service \_\_\_\_\_ 7:35 pm

Candle lighting time (*Shel Yom Tov*) \_\_\_\_\_ After 8:01 pm

THURSDAY, APR. 9 - Eighth Day of Pesach

Hashkama Morning Service \_\_\_\_\_ 7:30 am

Morning Service \_\_\_\_\_ 9:00 am

#### YIZKOR

Mincha Service \_\_\_\_\_ 7:10 pm

Maariv Service \_\_\_\_\_ 7:55 pm

Havdallah \_\_\_\_\_ After 8:03 pm

Permissible use of Chometz items sold through Rabbi Segal \_\_\_\_\_ After 9:00 pm

\*Recite full Kriat Shema individually before 9:37 am

### III. EATING ON EREV PESACH

From 10:41 AM on Erev Pesach (Wednesday, April 1, 2026) it is forbidden to eat Chometz. On Erev Pesach we are also prohibited from eating matzoh so that the experience of eating at the Seder can be a fresh and exciting one. However, one is allowed to eat cooked (boiled) matzoh, i.e. matzo balls, on Erev Pesach until 3:59 PM. Cookies and cakes *baked* from matzo meal cannot be eaten on Erev Pesach.

#### ~ ERUV TAVSHILIN

This year the first day of Pesach fall on Thursday. Consequently, it is necessary to execute an “Eruv Tavshilin” on Erev Yom Tov, Wednesday, April 1, 2026, before candle lighting time. The Eruv Tavshilin is done by setting aside on Erev Yom Tov a baked item (e.g. matzoh) and a boiled item (e.g. gefilte fish) for use on Shabbat. Before setting these items aside on Erev Yom Tov, one should lift the items and recite the bracha and formula found in the siddur (Artscroll pg. 654). Since preparation of food begins before Yom Tov, it is then permissible to prepare food on Yom Tov for Shabbat as a result of the Eruv Tavshilin.

### IV. WHAT IS CHOMETZ?

Chometz is a general term for all leavened foods forbidden on the Passover. Food or drinks made from wheat, rye, barley, oats, spelt and derivatives are subject to the laws of Chometz.

**GRAIN PRODUCTS:** All grain products such as cereals, breakfast foods, grain alcohol, grain vinegar, yeast and malts are forbidden. Passover foods containing flour such as matzos, cakes, macaroons, egg noodles, etc., require reliable Rabbinical endorsement. Endorsement is also required for candy, soft drinks, wines, liquors, milk,

horseradish, vinegar and canned foods.

**BAKERY PRODUCTS:** The purchase of macaroons, sponge cakes and the like, in any bakery must have special Passover supervision. It is a serious error to assume that they are permissible - even those Rabbinically endorsed the rest of the year.

**KITNIOT:** Legumes (beans, corn, peas, rice, mustard, etc.) and the derivatives of these foods (i.e. corn oil, corn syrup, soy bean oil, etc.) because of their similarity to Chometz are not eaten on Passover by Ashkenazic Jews (Jews of Eastern European descent). Since there is a large Sephardic (Jews of Yemenite and Sephardic descent) community in Israel, many Israeli products certified Kosher for Passover may contain Kitniot derivatives. Israeli products bearing an OU P and Streit's Passover Israeli products are free of Kitniot derivatives.

**AFTER PASSOVER:** Chometz that is owned by a Jew on Passover is rendered prohibited in its use after Passover. The Rabbis imposed this as a penalty for failure to observe the laws requiring disownership of Chometz before Passover.

Some grocery stores are Jewish owned (Jewish individuals hold controlling interest) and operate with chometz over Pesach. Care should be taken not to purchase Chometz from such stores immediately after Passover, since such items were under Jewish ownership. Stop & Shop and Shaw's are not Jewish owned and do not involve this problem.

## V. FOOD PRODUCT INFORMATION

**Note:** This year the OU Passover Directory contains in one separate section all OU items that are acceptable for Pesach even when not bearing the “P” next to the OU symbol. This can be found on pages 62-72.

**ALMONDS & WALNUTS:** Any brand raw unroasted without any added preservatives, even if chopped (not ground) may be used on Passover without Passover certification provided that they are purchased in sealed factory packaging. If the label states that it is processed in a plant that processes chometz (i.e. wheat), then it requires Kosher for Passover certification in order to be used. Whole and half pecans are similar to any raw nuts mentioned above; however, pecan pieces and midget pecans must bear a KFP symbol.

**AMMONIA:** All brands

**ARTIFICIAL SWEETENERS:** Require kosher for Passover certification

**BAKING SODA:** All brands

**BLEACH:** All brands

**COCOA:** Hershey's

**COFFEE:** Only coffees approved for Passover should be used. A list of approved national brand coffees can be found in the OU Directory on pages 62-63, including a variety of k-cup coffees. Coffees listed on those pages are acceptable without special Passover certification on the label. This year, Folgers brands of instant unflavored coffee caffeinated, Nescafe Taster's Choice regular only and VIA regular only *are* acceptable for Passover, without special Passover marking; however, Sanka is kosher for Passover *only* when bearing the OK- P on the label.

**DISHWASHING DETERGENTS:** See the OU Directory page 63. Various forms of Procter & Gamble dish detergent, Dawn and Cascade may be used on Passover without special Passover certification on the label. Various products by Colgate Palmolive are also approved for use on Pesach even when not bearing Kosher for Passover certification on the label.

**EGG MATZOH:** In Ashkenazic communities it is customary not to eat egg matzoh on Passover except for the elderly, sick and young who cannot digest regular matzoh. Some Passover "egg barley" is made from egg matzoh and should be treated accordingly.



**FRESH FRUITS & VEGETABLES:** Fresh fruits and vegetables are kosher for Passover (except Kitniot as described above) but should always be washed thoroughly before using. Bananas, garlic, tomatoes, cabbage and other such fruits and vegetables may be used on Passover. Packaged fresh salads require Passover certification. Signature Farms Peeled Baby Carrots and shredded carrots, distributed By Better Living Brands, LLC, when bearing the plain OU, are acceptable for use on Pesach even without a kosher for Pesach designation.

**FROZEN VEGETABLES:** Many companies producing frozen vegetables also produce frozen vegetable/pasta blends. The pasta blends are often produced on the same equipment as the plain frozen vegetables rendering them forbidden on Passover. Consequently, frozen vegetables require special Kosher for Passover certification.

**FRUIT:** Any frozen fruit (unsweetened without syrup or additives) is acceptable for Passover use without any certification.

**INFANT FORMULA:** While infant formulas are made from Kitniot, the restriction of Kitniot does not apply to infants requiring such formula. The following brands of infant formula contain no Chometz and are permissible on Passover: Enfamil (not cereal) and Similac. Utensils used with these formulas should be kept and washed separately from the rest of your Passover utensils. See OU Passover directory on page 103-104 for nutritional supplements for adults.

**JUICE:** Any unsweetened Grade A 100% pure frozen grapefruit or orange juice concentrate is acceptable.

**LEMON JUICE & LIME JUICE:** ReaLemon is acceptable without special Passover certification.

**MARSHMALLOWS:** There are several brands of marshmallows on the market today which bear the rabbinical certification as Kosher for Passover and list in their ingredients K-Gelatin or Kosher Gelatin. Notwithstanding the rabbinical certification, the gelatin contained in these products may be made from non-kosher animal sources. The certifying rabbis for these products maintain that gelatin is kosher because the non-kosher animal product is rendered unfit for human consumption at one stage of the gelatin manufacturing and even though it reverts back to an edible stage in the final product, they still maintain that the gelatin is kosher. Space does not allow for full treatment of this topic; however, let it suffice to say that the major national kashrut organizations such as the OU, OK, Chof-K and numerous others do not accept this point of view and do not certify any product with this type of gelatin. It is therefore recommended to limit oneself to marshmallow products bearing a certification of one of the above mentioned major kosher organizations. These products use either fish gelatin or gelatin made from kosher beef.

**MINERAL OIL:** All brands are acceptable without special Passover certification.

**OIL:** See the OU Directory for oils bearing special Kosher for Passover certification. There are numerous brands of Extra Virgin olive oils that are acceptable for use on Passover even if Kosher for Passover is not stated on the label. Please see pages 66-69 in the OU pesach guide.

**OVEN CLEANER:** Easy Off

**PET FOODS:** Most pet foods contain Chometz. Non-chometz substitutes must be found. Serving one's pet Chometz on Passover is strictly prohibited because it is not only prohibited to eat Chometz but it is also prohibited to derive any benefit from Chometz.

**QUINOA:** While the OU, Star-K and CRC have all

ruled quinoa as an acceptable item to be consumed on Passover even for Ashkenazim, they have also determined that there is a possibility of chometz grains becoming mixed in with quinoa in the storing, transporting and packaging process. Therefore one should only use quinoa which is certified Kosher for Passover. The following are brands which produce Kosher for Passover versions: Natural Earth only when bearing a Star K-P, Goldbaum's, Pereg, and Le Bonne brands of quinoa only when bearing OU-P.

**RAISINS:** See the OU Directory page 70 for brands that do not require special Passover certification. Sun-Maid Raisins are recommended for use on Pesach when bearing the OK-P

**SALT:** All brands of non-iodized salt that do not contain dextrose or polysorbates may be used. Even if it contains magnesium carbonate or sodium silicate it is fine to use on Pesach.

**SCOURING PADS:** See the OU Directory for a list of pads not requiring special Passover certification.

**SPICES:** Pure spices, spice blends and seasonings require reliable Kosher for Passover certification. See the OU Directory pages 90.

**SUGAR:** Any brand white granulated (not powdered) is acceptable for use on Passover without special certification. Brown sugar requires special certification for Passover. Domino brand brown or Brownulated is acceptable for use on Passover when bearing OK-P on the label.

**TEA:** Lipton unflavored black tea bags, caffeinated only, do not require special Passover certification. Other tea bag brands are also available. See the OU pesach guide pg. 71 for further details.

**WAX PAPER:** Cut-Rite

**PACKAGING:** All aluminum foil, aluminum foil pans, plastic wrap, plastic bags, Styrofoam plates and cups, plastic plates, cups and cutlery are acceptable for Passover use without special certification.

**NOTE:** All the above items should be purchased for Passover in new unopened packages.



## VI. MEDICINES & COSMETICS:

See page 105 of the OU directory regarding allowances for taking pills and tablets that are not flavored, not chewable and not coated as well as other guidance regarding the taking of medication on Passover.

**MEDICINES:** Under no circumstances should an individual take it upon oneself to forgo prescribed medication without first consulting both one's physician and rabbinic authority. The following is a list of non-prescription drugs which are free of Chometz. Space does not allow a complete listing. If you have a question regarding a specific product, contact Rabbi Segal.

### ANALGESICS:

Advil Caplets—Coated (but not film-coated)  
Aleve—Caplets, Tablets  
Bayer Aspirin—Chewable Low Dose  
Motrin—IB Coated Caplets, Children's liquid and Infant drops (Berry, Dye-free Berry)  
Tylenol Tablets—Extra Strength Caplets or Regular Tablets, Children's Suspension & Infant Oral Suspension

### ANTACIDS:

Alka-Seltzer—Original and Extra Strength Effervescent Tablets (NOT "Gold Effervescent," NOT "Heartburn Relief Effervescent," NOT Cold & Flu)  
Bicarbonate of Soda (not baking powder)  
Gaviscon Xtra Strength Cool Mint, Cherry Liquid (the chewables are NOT kosher for Passover)

### DIARRHEA MEDICINE:

Pepto-Bismol—Original & Ultra liquid

### COLD & ALLERGY MEDICATION:

Allegra—180mg & 60mg, Children's Oral Suspension  
Allegra-D—12 hr. Tablets and 24 hr.  
Benadryl—Allergy, Chewable Tablets  
Claritin, Claritin D (NOT chewable tablets or Redi-Tabs)  
Zyrtec, swallow tablets and children's syrup

### LAXATIVES:

Metamucil—Original Coarse Powder (no kitniyos)  
Metamucil—Orange Smooth Powder (Regular & Sugar-Free, but NOT WAFERS)  
MiraLAX Powder  
Phillips' Milk of Magnesia Liquid—Original, Mint  
Senokot—Tablets, Senokot-S Tablets

See page 105 of the OU directory regarding guidelines for cosmetics and other non-food items on Passover.

**COSMETICS:** The following may be used on Pesach without certification or investigation due to the inedible nature of these products. We are therefore no longer providing product-specific information on the items listed below. Nevertheless, if one notices that a product contains any of the obvious Chometz ingredients, listed at the end of this paragraph, it is preferable to choose an alternative product:

|                           |                          |                       |                     |
|---------------------------|--------------------------|-----------------------|---------------------|
| Baby ointments            | Deodorants               | Lotions               | Shoe polish         |
| Body wash                 | Hair gels, sprays, and   | Perfumes              | Skin cream          |
| Conditioners              | mousse                   | Petroleum jelly       | Soaps               |
| Contact lens solutions    | Hair removers and treat- | Shampoos              | Suntan lotion       |
| Cosmetic products (except | ments                    | Shaving cream and gel | Talcum powder (100% |
| lipsticks)                | Isopropyl alcohol        | Shaving lotion        | Talc)               |

Obvious Chometz Ingredients: Avena Sativa [Oats], Beta Glucan [Oats], Prolamine [Oats], Sodium Lauroyl Oat Amino Acids [Oats], Secale [Rye], Triticum Vulgare [Wheat], Stero Pro or any wheat, oat, or rye ingredients.

**LIPSTICK & ORAL HYGIENE PRODUCTS:** Below please find a list of lipsticks and oral hygiene products that have been established as being Chometz free:

**Chapstick:** Classic Original,

**Dental floss:** Any unflavored, waxed or unwaxed

**Denture products:** Fixodent and Polident

**Lipstick:** Bobbi Brown (Luxe Lipstick), Clinique (Chubby Stick Moisturizing Lip Color Balm), L'oreal (Colour Riche Intense Volume Matte Lipstick; Colour Riche Satin Lipstick)

**Mouthwash:** Listerine (Cool Mint Antiseptic), Arm & Hammer Truly Radiant (Bright & Strong; Clean & Fresh)

**Toothpaste:** Aim, Close Up, Colgate, Pepsodent



## VII. PREPARING THE HOME FOR PASSOVER

Since every Jew is required to remove all Chometz from all premises under his or her jurisdiction, a thorough cleaning must take place before Passover. During this process be sure to remember closets, desks, cabinets, clothes (pockets and cuffs), purses, pocketbooks, toy chests, carriages, toy houses, furniture, basements, school bags, travel bags, trunks, books, vacuum cleaner bags, high chairs, and your office and car (dash, trunk, etc.). Please refer to the Passover Schedule for the appropriate time of the Bedikas Chometz.

## VIII. PREPARING THE KITCHEN FOR PASSOVER

**DISHES AND UTENSILS:** Since we are not permitted to have any trace of leaven in our food during Passover, special attention must be given to dishes and utensils. It is, of course, best to use dishes and utensils specifically set aside for Passover use. However, under certain conditions, some of the utensils used throughout the year may be used for Passover. They must be *kashered* or prepared in a special manner for Pesach use. The laws of *kashering* are many and varied. If you have any utensils that you wish to *kasher*, consult Rabbi Segal.

### **DISHES AND UTENSILS WHICH CANNOT BE KASHERED FOR PASSOVER USE:**

1. Chinaware, pottery, and all earthenware.
2. Plastic dishes.
3. Utensils that may be damaged by hot water, e.g. where a utensil is glued together.
4. Knives with glued on, or plastic handles.
5. Glass and Pyrex utensils used for hot food.

**GLASS VESSELS:** Glassware not ordinarily used for hot food and not generally used for whisky or vinegar may be made fit for Passover use by soaking them in water for three consecutive days, changing the water every 24 hours. This does not apply to Pyrex.

**KASHERING OVENS AND RANGES:** Every part of the oven and range must be thoroughly cleaned and scraped (oven cleaners such as Dow Oven Cleaner may be used for this purpose) and then allowed to remain unused for 24 hours. The oven should then be turned on to its maximum temperature for 1 1/2 hours. Burner grates of gas range tops and oven racks should be placed inside the oven for this kashering period. Electric range tops need only be turned on until they glow. (These may



be done in sequence to avoid overheating.)

Gas range burners should be turned on at maximum temperature for 20 minutes, not to kasher the grates which are in the oven, but to kasher the burners themselves. Range top surfaces should be covered to prevent contact with Passover utensils. Broiler racks must be heated to a glow. Since this is generally impractical, new disposable broiler racks are often used as an alternative.

**MICROWAVE OVENS:** Clean the oven thoroughly. Then leave it idle for at least 24 hours. Fill a completely clean container which has not been used for 24 hours with water. Turn microwave on its highest setting for a while allowing the water to boil and steam heavily. Turn it off and wipe out the inside. Notwithstanding the above, the insert glass tray should be replaced or covered well with plastic or Styrofoam. The above does not apply to microwaves with browning elements or convection microwave ovens. Such ovens should be treated as regular ovens.

**BLENDERS AND FOOD PROCESSORS:** If new bowls and blades have been set aside exclusively for the Passover holiday, it is permissible to use the base unit provided that all exposed parts, including the stand, are thoroughly cleaned first. However, since the motor part of an electric mixer is located on top of the bowl, often exposed to Chometz and can only be cleaned with great difficulty, it is recommended that a special mixer be used exclusively for Passover.

**SINKS:** All parts of the sink should be thoroughly cleaned and allowed to remain idle for 24 hours. Then boiling water should be poured on every part of the sink from the utensil in which the water was boiled. If the sink is made out of porcelain as opposed to stainless steel, in addition to the above processes, it is recommended that the sink should be covered with such materials as contact paper or aluminum foil. Separate dish racks, sink racks and wash basins should be obtained for Passover use.

**TABLES AND COUNTERS:** All tables and counters should be thoroughly cleaned and covered sufficiently so that no Passover utensil comes in contact with the counters or tables.

**ALL KASHERING MUST BE DONE BEFORE EREV PESACH:** All dishes and utensils used throughout the year and not Kashered for Passover use, all flours, cereals, all liquors derived from grain and other articles that contain Chometz in one form or another must be securely put away.

## IX. RITUAL GUIDE TO THE SEDER

As we know, preparations for the Seder involve substantial effort and time. In order to do justice to these efforts, one should conduct a Seder in accordance with the prescribed laws. Please refer to the OU Passover Directory on pages 14-17 for valuable information on conducting a seder. Of particular importance is the section dealing with the minimum measures of matzoh, maror and wine that have to be partaken of during the Seder. If health issues interfere with compliance of partaking of matzah, maror or wine, contact Rabbi Segal for alternative options.

## X. SALE OF CHOMETZ

If one does not physically dispose of all of his or her Chometz before Passover then he or she may sell the remaining Chometz to a non-Jew before Passover. This sale involves many complexities in order to be valid according to Jewish law. Therefore it is common practice to appoint one's rabbi as agent with power of attorney to sell one's Chometz. An online designation document will be available again this year. Further information to follow by email. Rabbi Segal will also be available to meet in-person for the sale of chometz or to answer questions via email at [rabbisegal@gmail.com](mailto:rabbisegal@gmail.com). This sale is not merely symbolic, but a real and valid sale according to Jewish and secular law. Full intent to transfer ownership is a vital part of the transaction.



## XI. PRODUCT INFORMATION / CONSUMER ALERTS

**Kosher for Passover Dairy Products:** In the event you are having difficulty finding milk marked as "Kosher for Passover", any white fluid milk one purchases before Pesach can be used on Pesach itself. The reason being that any non Passover ingredient that might be present in the milk, is present only in minute amounts which is considered nullified or batul if the mixture takes place before Pesach. The above applies as well to white fluid milk treated with the lactase enzyme, which is also present in minute amounts.

**Frozen Salmon:** Kirkland Brand plain raw Frozen Atlantic Salmon is Kosher for Passover with a plain OU.

**Grape Juice:** KEDEM has one non-Mevushal grape juice. This is bottled in 1.5 liter glass bottles and clearly labeled Non-Mevushal.

**Manischewitz Wines:** Some Manischewitz wines contain corn syrup and are not certified kosher for Pesach. Be sure to check for the "P" next to the OU or label to verify Kosher for Pesach status.

**Empire Barbequed Chicken:** Certified as Kosher for Passover only when "Kosher for Passover" appears on the plastic bag label.

**Gloves:** Some rubber gloves have a powdered coating on the inside to facilitate putting them on. Some of these coatings are Chometz.

**Tea:** Lipton Instant Tea is **not** acceptable for Pesach this year.

**Insect and Pest Traps** can contain Chometz as a bait. Since we are prohibited from benefitting from Chometz on Passover, use of such items determined to contain Chometz is prohibited on Passover.

**Gerber Baby Foods** are not recommended for Passover this year.

**The following Ingredients are Chometz:** Avena Sativa [Oats], Beta Glucan [Oats], Prolamine [Oats], Sodium Lauroyl Oat Amino Acids [Oats], Secale [Rye], Triticum Vulgare [Wheat]



## XII. SPECIAL DIETS

**(The following are excerpts from the OU Passover Guide.)**

**Infant Cereal:** Rice is *kitniyot*, but is permitted for consumption by infants. However, manufactured baby rice cereals can contain actual *chometz*.

Here is a recipe to prepare rice cereal at home:

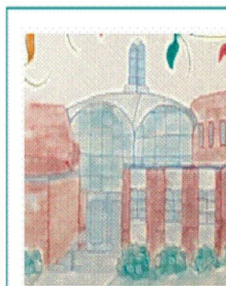
1. ¼ cup rice powder (brown or white (not enriched) rice ground in blender, food processor, or coffee grinder).
2. 1 cup water.
3. Bring liquid to boil in saucepan. Add the rice powder while stirring constantly.
4. Simmer covered for 10 minutes, mix in formula or breast milk and fruits if desired.
5. Serve warm.

**Lactose Intolerance:** Lactaid production is likely to involve *chometz*. This renders chewable Lactaid tablets problematic. However, our Rabbinical authorities have decided that Lactaid milk is permissible if purchased before Passover since any *chometz* contained within Lactaid milk would be nullified (batel).

**Milk Allergies:** Children who have milk allergies are permitted to consume *kitniyot*, however soy milk and other similar milk substitutes generally use enzymes that may contain *chometz* in their manufacturing process. The OU has identified non-dairy soy, almond and rice milk alternatives on page 104 of the OU Guide which should only be used for those whose health circumstances warrant an exception for *kitniyot*.

# חג כשר ושמח

*Congregation Beth El-Atereth Israel  
extends its best wishes to all  
of its members and friends  
for a joyous and kosher Passover!*



**Congregation  
Beth El  
Atereth Israel**

