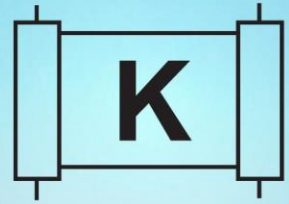


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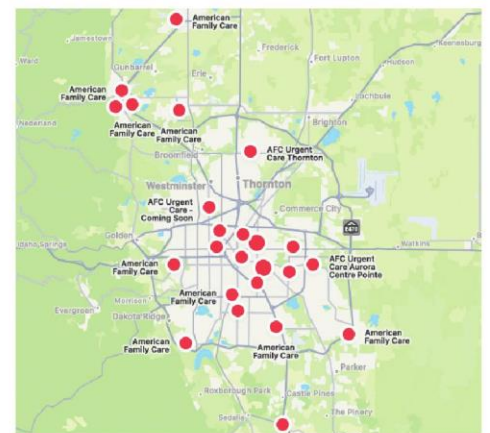
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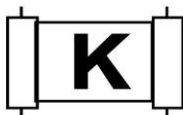
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תשפ"ד

VOLUME XLV ISSUE I

ADAR II 5784/ MARCH 2024

## Kontents

### SCROLL K

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### *Dear Friends,*

As we approach this holiday of Pesach, we reflect on this past year and hope all is well for you, your families and loved ones. We hope this Pesach will be one of great freedom, leading to the Ultimate Freedom.

With the help of Hashem, we present the latest edition of Kashrus Comments. This newsletter has many great features and articles which we hope you will find useful. We have exerted much effort to create a most user-friendly and informative Pesach guide. Although many features of the guide may seem like previous years', **there are hundreds of additions and revisions.**

If you have questions, concerns, comments, or information you would like to see published in the future, **please let us know!** Additionally, information about additional items and/or clarifications can often be obtained by contacting us.

With Blessings for a Kosher, Happy and Healthy Pesach,

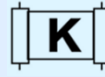
*Rabbi Elchonon Joseph*  
Kashrus Administrator

*Rabbi Yisroel Rosskamm*  
Rabbinical Administrator

NOTE: KASHRUS KOMMENTS CONTAINS ADVERTISEMENTS FOR FOODS WHICH ARE NOT CERTIFIED FOR PESACH USE AND/OR CONTAIN ACTUAL CHOMETZ. DO NOT ASSUME PESACH CERTIFICATION UNLESS SPECIFIED.

## CALENDAR

# APRIL/MAY 2024



# ניסן תשפ"ד

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbos
14 Community Kashering at AISH 1:30-3 PM	15 Community Kashering at Zera Abraham 6:30-7:30 PM	16 Community Kashering at BMH-BJ 5:00-6:30 PM	17 Community Kashering at BMH-BJ 5:00-6:30 PM	18 Candle lighting: 7:25 PM	19 Shabbos Hagadol Parshas Metzora Shabbos ends: 8:29 PM	20 Shabbos Hagadol Parshas Metzora Shabbos ends: 8:29 PM
21 Bedikas Chometz (at night)	22 Erev Pesach Ta'anis Bechorim Latest time for Eating chometz: 10:43 AM* Disposing of chometz: 11:51 AM* Candle lighting: 7:28 PM Chatzos: 12:58 AM	23 1st Day of Pesach Earliest Candle lighting and beginning of 2nd seder: 8:32 PM** Chatzos: 12:58 AM	24 2nd Day of Pesach 1st day of Omer Yom Tov ends: 8:33 PM	25 3rd Day of Pesach (Chol Hamoed) 2nd day of Omer	26 4th Day of Pesach (Chol Hamoed) 3rd day of Omer Candle lighting: 7:32 PM	27 5th Day of Pesach Shabbos Chol Hamoed 4th day of Omer Shabbos ends: 8:36 PM
28 6th Day of Pesach (Chol Hamoed) 5th day of Omer Candle lighting: 7:34 PM	29 7th Day of Pesach 6th day of Omer Earliest Candle lighting: 8:38**	30 8th Day of Pesach 7th day of Omer Yom Tov ends: 8:39 PM	1 8th day of Omer	2 9th day of Omer	3 10th day of Omer Candle lighting: 7:39 PM	4 Shabbos, Parshas Acharei Mos 11th day of Omer Shabbos ends: 8:43 PM

\*According to some opinions, the latest times for eating and disposing of chometz are 10:19 AM and 11:39 AM, respectively.

\*\*Candles must be lit from an existing flame on these days.

The Halachic times above are for DENVER.

For Boulder, delay all times 1-2 minutes. For Colorado Springs, advance all times 1-2 minutes.

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## Pre-Pesach Kashering

**Scroll K provides complimentary kashering services for portable items before Pesach.**

In preparation for the kashering of your items, please clean the items thoroughly and do not use them for 24 hours prior to kashering.

**The times and locations for 5784/2024 are as follows:**

- [K] Southeast Denver/ Greenwood Village:** In conjunction with Aish of the Rockies, on Sunday, April 14<sup>th</sup>, from 1:30 to 3:00 PM at 9550 E. Bellevue Avenue, Greenwood Village.
- [K] East Denver:** In conjunction with BMH-BJ, on Wednesday, April 17<sup>th</sup>, from 5:00 to 6:30 PM at 560 S. Monaco Pkwy, Denver. Kashering will take place in the meat kitchen; please enter through the Center Street kitchen entrance.
- [K] West Denver:** In conjunction with Congregation Zera Abraham, on Tuesday, April 16<sup>th</sup>, from 6:30 to 7:30 PM at 1560 Winona Court, Denver.

For more information, contact Scroll K at 303-595-9349.

Scroll K also provides complimentary kashering of home kitchens and household items throughout the year.

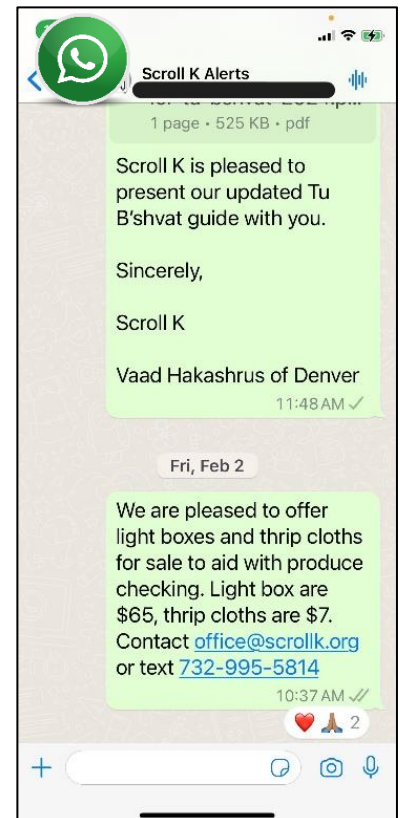
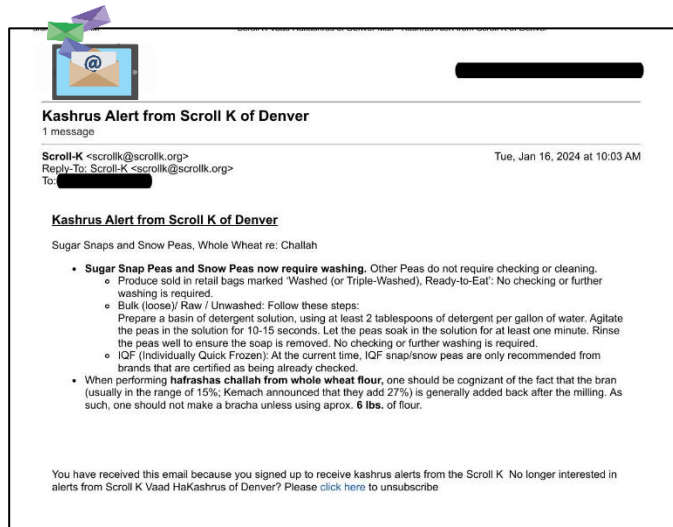
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## Pesach Preps

The Torah prohibits the possession or consumption of *chometz* (leaven) during Pesach. *Chometz* may result when flour or granules of one of the five species of grain (barley, oat, rye, spelt, wheat) comes into contact with water and is allowed to stand for 18 minutes. However, if the water is hot, *chometz* may result instantly.

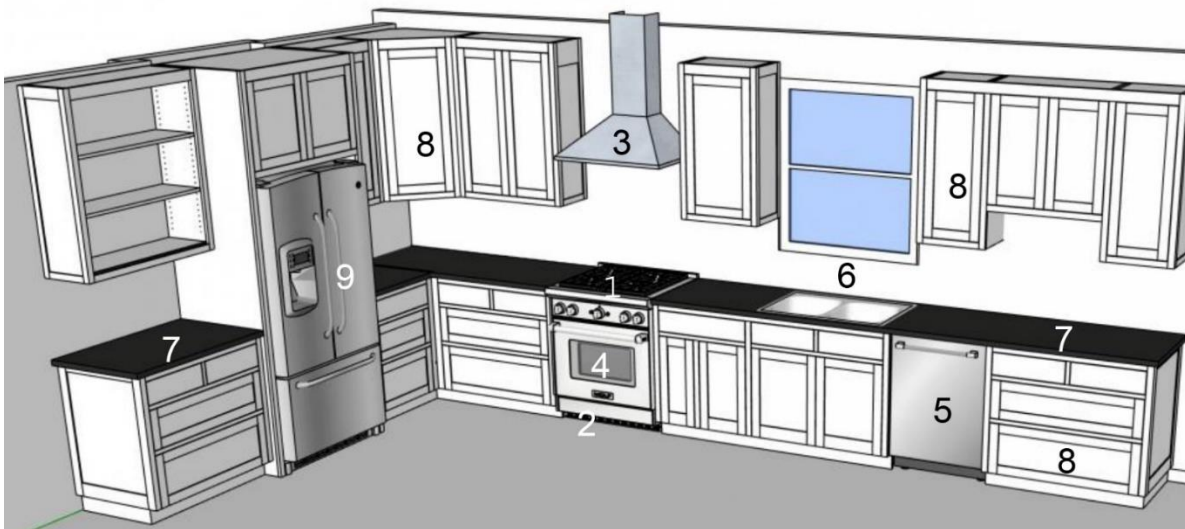
Vessels that were used to cook *chometz* may not be used during Pesach unless they undergo a kashering process.

- ✓ **Items may be kashered for Pesach use include metal, stone, wood, or natural rubber.**
- ✗ **Items that may not be kashered include China, Corningware, Enamel, Corelle, Porcelain, Pottery, Pyrex, Synthetic Rubber and Teflon.**
- ✗ **Plastic and glass should not be kashered for Pesach.** (Those following Sephardic traditions should consult with their Rabbi regarding kashering glass for Pesach.) In case of necessity, contact your rabbi.

Items that are not being kashered for Pesach should be cleaned and put away in an area that will not be used during Pesach.

In this article, we bring you a list of some household items that may be kashered for Pesach. Each item includes a brief description of the preferred method of kashering that item, along with some alternative procedures, where appropriate. For more alternative methods, feel free to contact us. We will be glad to assist you with acceptable methods for your situation.

During kashering, it is preferable to have someone present who is knowledgeable in the laws of kashering. Scroll K provides a complimentary service of kashering portable items, which will be available at the locations and times listed on Page 5.



### 1. Ranges

- Conventional Electric Stove:** May be kashered by turning each burner on the highest setting until it turns red, which should take about 3 minutes. The **stovetop surface** should be cleaned and covered with heavy aluminum foil. If the surface is stainless steel, it can be kashered by pouring boiling water over these areas.
- Conventional Gas Stove:**
  - Burners** can be kashered by one of the following methods:
    - Covering them with sheet metal or the like and turning the burner on high for 10 minutes. There is no need to kasher all burners at the same time. Caution: Make sure that the sheet metal is not too close to the counter, or it may burn the counter.





2. Place the clean grates in an oven and heat it to 550°F for one hour to kasher the grates. If the oven is preheated to 550°F, placing the grates in the oven for twenty minutes is adequate. A clean (year-round or Pesach) pot or blech should be placed over each burner with the fire turned on for 5 minutes to kasher the burner area. Note that some grates have a rubber component which may be ruined if placed in a heated oven and should not be kashered in this manner.

3. Place the grates in a self-cleaning oven for one self-clean cycle.

B. The **stovetop surface** should be cleaned and covered with heavy aluminum foil. If the surface is stainless steel, it can be kashered by pouring boiling water over these areas.

- III. **Glass smooth top cooktops:** The burner areas may be kashered by turning on each burner until it glows. The areas of the stove top between the burners do not get hot enough to be kashered; yet cannot be covered. It should therefore **not** be considered kosher for Pesach. As such, extreme care should be taken to assure that hot pots do not touch this surface.



- IV. **Induction cooktops:** Cannot be kashered for Pesach. Sefardim should consult a Rabbi.

- V. **Drip Pans** (i.e., the pans below the burners): May be kashered using the same procedure as metal utensils, listed under the *Pots, Pans and Utensils* category.

- VI. **Knobs:** Should be cleaned thoroughly. Some prefer to cover them with aluminum foil.



Caution should be taken NOT to block the oven vents that allow the heat of the oven to escape; blocking these areas could cause dangerous levels of carbon monoxide.

**2. Warming Drawers** should not be kashered for Pesach.



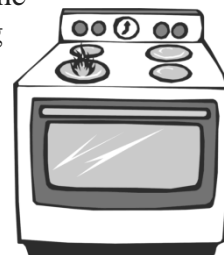
- 3. Range Hood and filters** above the stove should be cleaned thoroughly. Those range hoods which become hot due to stove top cooking should also be covered with aluminum foil.



## 4. Ovens

### I. Non-Self-Cleaning Ovens:

- A. Clean the oven thoroughly, taking particular care to clean cracks, corners, and areas where metal parts connect.
- B. Since kashering an oven with regular oven heat is halachically debated, the preferred method would be to use an oven insert for cooking and baking during Pesach. Many halachic authorities, though, do allow the oven to be used after being thoroughly cleaned and heated at 550° for one hour. If you choose to follow this procedure, it is preferable to place the racks from your conventional oven into a self-cleaning oven for one self-clean cycle. Otherwise, Pesach food should not be placed directly on the oven racks.



- II. **Self-Cleaning Ovens:** Clean the oven door and the gasket area on the door, as well as the area that the gasket touches when the oven door is closed, since these areas are not cleaned by the self-cleaning cycle. The oven may be kashered by turning on the oven for a self-clean cycle. After completing the self-clean cycle, some prefer to cover the glass window and the area between the door and the frame with aluminum foil.



Many ovens have a similar-sounding option called Steam-cleaning. This is not the same as Self-clean for kashering purposes.



## Microwave Ovens

It is highly recommended to have a separate microwave dedicated for Pesach. If that is not feasible,

To use a microwave without kashering:	Throughout Pesach, double wrap all food before placing in microwave.
To kasher a microwave:	<ul style="list-style-type: none"> <li>• <b>Determine that your microwave can be kashered with the following test. Cook an item for 15 minutes and then carefully feel the inside of the microwave. If it is too hot to touch, your microwave should not be kashered for Pesach. If the inner surfaces are merely warm and not hot, your microwave can be kashered for Pesach.</b></li> <li>• <b>Clean thoroughly and do not use it for <i>chometz</i> for 24 hours.</b></li> <li>• <b>Place a glass of water inside the microwave and cook it until half the water is steamed away.</b></li> <li>• <b>The turntable should be covered or replaced.</b></li> <li>• <b>If the inner surfaces of your microwave (including the door) often come into contact with hot food (such as protruding food), cover these surfaces with contact paper or cardboard.</b></li> </ul>

## Grills

Remove all food residues. If the grill has a cover, close the cover, and turn on high for two hours. If the grill is in an unlit area, after about an hour you could pick up the lid and see if the grates have turned red or white, in which case, the kashering of the grill itself is complete. If the area is lit or if unsure, leave the grill burning for two hours. Cover the exterior areas, ledges, shelves, etc. with at least two layers of aluminum foil.

**5. Dishwashers** with non-removeable plastic parts (as is the case with most dishwashers) should **not** be kashered. In extenuating circumstances, contact your Rabbi or Scroll K for guidance.

## 6. Sinks

- I. **Stainless Steel Sinks:** Thoroughly clean the sink – including the crevices around the drain – and do not use for *chometz* for 24 hours. Boil water in a kosher-for-Pesach pot on a kosher-for-Pesach stove and pour it over every area of the sink. It is insufficient for the water to flow over all surfaces of the sink. Make sure that all areas of the sink and faucet are completely dry before you begin pouring the boiling water. Start at the bottom, then do the walls, and end with the faucet.
- II. **Corian, Enamel and Porcelain Sinks:** Clean the sink thoroughly and cover the entire sink with contact paper, an insert, or another similar covering. It is advisable to pour boiling water (same as above) over the sink before covering.
- III. **Faucets and Handles:** These may be kashered for Pesach by pouring boiling water over them. Make sure that the faucet and handles are completely dry before pouring the water on it. The water should be boiled in a kosher-for-Pesach pot on a kosher-for-Pesach stove. Using a pot full of boiling water, splash the





boiling water at the underside of the faucet and pour boiling water on the upper side of the faucet. Caution: It is advisable to use large rubber gloves to avoid burning your hands. The **water sprayer** should preferably be replaced or covered and not used on Pesach.

**Pull-out Faucets** should be completely extended, thoroughly cleaned, and not used for 24 hours. Then extend completely and pour boiling all around or immerse in boiling water.



- IV. **Dish Buckets, Dish Racks and Sink Racks:** These should be replaced with buckets and racks dedicated for Pesach use only.

## 7. Counter Tops

*Please Note: These instructions are for Pesach only. For all-year-round kashering, consult with your halachic authority or contact Scroll K.*

- I. **Corian, Enamel, Formica, Quartz, Concrete, Silestone and Tile Counter Tops:** Clean the counter and cover it with corrugated plastic or the like.
- II. **Granite, Marble, Stone, and Wood Counters:** May be kashered by pouring boiling water over them. Clean the counter and do not use for *chometz* for 24 hours. Pour hot water boiled in a kosher-for-Pesach pot on a kosher-for-Pesach stove over it. It is insufficient to spray them with a steamer. The grout should be covered with tape, contact paper or similar material.  
Note that this only applies to single-material products. When other materials are added, whether as a filler or binder, they cannot be kashered for Pesach and should be cleaned and covered. Examples of this are cultured granite and cultured marble.
- III. **Metal Counter Tops:** Clean the counter and do not use for *chometz* for 24 hours. Pour hot water over it. The water should be boiled in a kosher-for-Pesach pot on a kosher-for-Pesach stove.

## 8. Pots, Pans, Utensils

- I. **Metal or Wooden (without cracks) Pots, Pans, Utensils, Cutlery, Cutting Boards and Pot Rests:**
  - ✖ Equipment used for dough should not be kashered.
  - ✖ If one is concerned that an item may become damaged due to kashering, that item may not be kashered.
    - a) The items to be kashered should not be used with *chometz* for 24 hours.
    - b) Thoroughly clean the items. Flatware pieces made of two parts need to be cleaned well at the point where the sections connect. The tines of forks and serrated edges of knives need extra care. Due to the difficulty in cleaning cutlery well, some people prefer to retain a separate set for Pesach use only.
    - c) Use a large kosher-for-Pesach pot. (**Alternatively**, use the procedure outlined below for kashering **Large Pots**. The kashered pot is now kosher for Pesach.)
    - d) Fill the large pot with enough water to be able to completely immerse the items. Bring the water to a rolling boil. Immerse each item for a few seconds. Should the water stop boiling, wait until it resumes its rolling boil. When kashering two or more items simultaneously, be certain that they are not touching each other. The boiling water must reach every area of each item, including handles. **NOTE:** If the entire item does not fit into the pot at one time, one may kasher one part at a time.
    - e) Remove the kashered items and rinse them in cold water.  
Please note that you will need to re-kasher the large pot if you want to use it for Pesach. An additional 24-hour waiting period is not required.



- II. **Metal Wine Goblets:** It is a custom to kasher wine goblets for Pesach even if they are only used year-round for cold wine. They can be kashered by immersing them in boiling water, following the procedure listed above.
- III. **Plastic Utensils and Coated Pots:** These should not be kashered for Pesach. In case of necessity, contact your rabbi.
- IV. **Baking Pans, Roasting Pans and Racks and Pans from Broilers:** These can be kashered by placing them in a self-cleaning oven for a cleaning cycle. Kashering with boiling water is insufficient for these items.
- V. **Large Pots** which cannot be inserted in another pot: If they were used to cook liquid only, they can be kashered in the following manner.



(Note: This kashering method may be used for any size pot which was used to cook liquid only as an alternative to the immersion method listed above.)

- a) Do not use the pot for *chometz* for a 24-hour period prior to kashering.
- b) Fill to the top with water and bring the water to a boil.
- c) Heat a stone or brick on a burner. Drop the stone or brick into the boiling water so that the boiling water spills over the rim of the pot. **Note:** If the pot is being used just for kashering purposes, this step can be skipped.
- d) Pot handles which have not been kashered with the previous step (i.e., the boiling water did not reach them) should be kashered by pouring boiling water over them.
- e) Pour out the hot water and rinse the pot with cold water.

## 9. Miscellaneous

- I. **Refrigerator, Freezer, and Pantry:** Clean thoroughly; some prefer to line with paper. Care should be taken when lining refrigerator or freezer shelves that sufficient air flow is maintained. Failure to do so may cause the refrigerator to malfunction and cause spoilage to the food inside.
- II. **Tables:** Should be covered.
- III. **Water Coolers:** If it dispenses only cold water, you can use it for Pesach after you clean it well on all sides (especially around the spout). If it dispenses hot water and is used with *chometz*, it should not be used for Pesach.
- IV. **Baby Highchair:** Should be cleaned thoroughly, and the tray should be covered with contact paper.
- V. **Dish Towels, Tablecloths and Towels:** May be used on Pesach after they have been washed with detergent and warm water.
- VI. **Keurig machines** used with non-Pesach-certified varieties may not be used for Pesach.
- VII. **Urns** used year-round should not be used for Pesach.
- VIII. **Ice Makers** used year-round can be used for Pesach.
- IX. **Oven mitts** should be dedicated for Pesach. **[K]**



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\*Passover store opens March 25



## Pesach Item List

With the help of Hashem, we are proud to once again present information about Kosher for Pesach products available in the Rocky Mountain region.

This listing begins with foods, and indicates which foods require Pesach certification, as well as those foods for which a year-round certification is sufficient, or no certification is necessary at all. A listing of non-food items follows, since the use of inedible items containing *chometz* are prohibited during Pesach as well. Medicines and cosmetics which were verified to be free of *chometz* are mentioned as well.

**Products which are certified for Pesach should have their “Kosher for Pesach” or “P” designation printed on the packaging or product label next to the kosher certification symbol.** Stickers imprinted with the “Kosher for Pesach” designation which were added to existing packaging should not be relied upon unless the sticker also states the name of the rabbi or kashrus organization which certifies it as such.

**Items listed below as *Chometz*** indicates that it definitely, or with high probability, contains *Chometz*. These items may not remain in the possession of a Jew over Pesach. *Chometz* includes all leavened foods, drinks or ingredients which are made from, or contain a mixture of, wheat, rye, barley, oat, or spelt. Therefore, all grain products or mixtures of grain, such as bread, grain vinegar and malt, are forbidden for the duration of Pesach. They must be either a) destroyed, or b) placed in a designated and sealed place, then sold to a non-Jew before Pesach.

**Items listed as *Kitniyos*** are customarily not consumed on Pesach by Ashkenazic Jews. They may be retained in one's possession over Pesach. Additionally, infants and ill persons are permitted to consume *kitniyos*.

The information listed is limited to what was available to us at the time of printing. **For any additional information or if you have any questions or comments, please feel free to call us at 303-595-9349 or through our website at [scrollk.org/contact/](http://scrollk.org/contact/).**

### Food Items

Item	Pesach Status
Agave Nectar	Pesach certification required
Alcohol	
➤ for drinking	Pesach certification required. See <b>Tequila</b>
➤ Isopropyl Alcohol	no certification required.
Alfalfa	<i>Kitniyos</i>
Almond Butter	Pesach certification required
Almond Flour	It is preferable to use only those with special Pesach certification. Barney Bakery with OU as well as Kirkland (Costco) Almond Flour with KORC symbol is recommended for Pesach use.
Amaranth	Pesach certification required
Anise	According to some it is <i>Kitniyos</i>
Apple Juice	Pesach certification required
Apple Sauce	Pesach certification required
Aspartame	<i>Kitniyos</i>
Avocado Oil	Pesach certification required. Chosen Foods® avocado oil with OU is acceptable.
Baby Food	Pesach certification required
Baby Formula	Enfamil®, Isomil®, Prosobee® and Similac® are acceptable without Pesach certification. Although they contain <i>Kitniyos</i> , they are permitted for infants, but should be used with designated utensils only. Feel free to contact us for information regarding other brands.
Baking Powder	Pesach certification required
Baking Soda	no certification required
Bean Sprouts	<i>Kitniyos</i>
Beans	<i>Kitniyos</i>
Benefiber®	<i>Chometz</i>



Item	Pesach Status
Beverages	Pesach certification required. This includes Iced Tea, Drink Mixes and Hot Chocolate Mix.
➤ Unflavored water and seltzer	no certification required
➤ Milk	Fresh, purchased prior to Pesach, acceptable without certification. See below for more details.
➤ Milk substitutes	Pesach certification required. See below for some acceptable varieties.
Bicarbonate of Soda	no certification required
Bird feed, see Pet food	
Borscht	Pesach certification required
Brewer's Yeast	may be <i>Chometz</i>
Brown sugar	Pesach certification required
Buckwheat	<i>Kitniyos</i>
Butter	Pesach certification required
Cake	generally <i>Chometz</i> . Some certified Kosher for Pesach cakes are available.
Candy (all varieties)	Pesach certification required. Some varieties such as Sour Punch® products, sour sticks and licorice can contain chometz.
Canned fruits or vegetables, see Fruits and Vegetables	
Canola Oil	<i>Kitniyos</i>
Caraway Seeds	are avoided by many Ashkenazim on Pesach.
Carrots, baby	no certification required if purchase prior to Pesach.
Cat food, see Pet food	
Cereal	Pesach certification required
Cheese	Pesach certification required
Cheese spreads	Pesach certification required
Chewable pills, see Medicine section	
Chia Seeds are not kitniyos and may be used for Pesach if they are raw and not roasted, blanched, or ground.	
Chicken	Raw chicken that bears reliable all-year kashrus certification is also kosher for Pesach after rinsing. Ground chicken requires Pesach certification.
Chickpeas (Garbanzo Beans)	<i>Kitniyos</i>
Chocolate	Pesach certification required
Chocolate Chips	Pesach certification required
Cloves	some have a custom not to use cloves for Pesach.
Club Soda	Pesach certification required
Cocoa	acceptable if 100% pure and not processed in Europe. Rodelle® with Scroll K symbol is acceptable. Hershey's® Special Dark should not be used.
Coconut, shredded	if Unsweetened and unflavored, no certification is required.
Coconut Milk	Pesach certification required. Califia Farms® Go Coconuts Coconut Milk is acceptable for infants and infirm.
Coconut Oil	Pesach certification required. Virgin Coconut Oil from Butcher Boy®, Full Circle Market®, Simple Truth Organic®, Thrive Market® and Wellsley Farms® with OU are acceptable.
Coconut Sugar	Pesach certification required
Coconut Water	Pesach certification required
Coffee Whitener	Pesach certification required
Coffee	
➤ Regular unflavored (not instant)	no certification required
➤ Decaffeinated or flavored	Pesach certification required. Sanka® decaffeinated coffee, acceptable with OKP symbol.
➤ Postum® (coffee substitute)	<i>Chometz</i>
➤ Instant	Pesach certification required.

Item	Pesach Status
	Folgers®, Taster's Choice® and Starbuck's VIA® Regular coffees are acceptable.
➤ K-cups	Pesach certification required. The following unflavored brands with OU are acceptable: Great Value®, Kroger®, Newman's Own®, Starbucks®, The Original Donut Shop® and Wolfgang Puck® Keurig machines used with non-Pesach varieties may not be used for Pesach.
Coffee filters	no certification required
Coffee whitener	Pesach certification required
Cole Slaw mix	no certification required
Condiments	Pesach certification required
Confectioners' sugar	Pesach certification required since it generally contains cornstarch.
Cookies	generally <i>Chometz</i> . Some certified Kosher for Pesach cookies are available.
Cooking Spray	Pesach certification required
Cooking Wine	Pesach certification required
Coriander	is avoided by many Ashkenazim on Pesach.
Corn	<i>Kitniyos</i>
Cranberries	
➤ Dried	Pesach certification required
➤ Fresh or frozen (without additives)	no certification required
Cream/Creamer	
➤ Dairy (Whole Cream or Half-and-Half)	no Pesach certification is required when purchased prior to Pesach and no other ingredients except milk and cream are listed in the ingredients.
➤ Non-dairy	Pesach certification required
Cumin	Pesach certification required. Cumin is avoided by many Ashkenazim on Pesach.
Dates, dried (packaged)	Pesach certification required
➤ Fresh	no certification required
Decaffeinated coffee or tea	Pesach certification required
Dessert gels & puddings	Pesach certification required
Dill Leaves	no Pesach certification required.
Dill Seeds	are avoided by many Ashkenazim on Pesach.
Dips	Pesach certification required
Dog food, see Pet food	
Dried fruit	Pesach certification required since flour and/or <i>kitniyos</i> may be used in the drying process.
Drinks, see Beverages	
Drink Mixes	Pesach certification required
Duck Sauce	Pesach certification required
Edamame	<i>Kitniyos</i>
Eggs	no certification required, if purchased prior to Pesach
➤ liquid eggs	Pesach certification required
Ensure®, see Medicine and Health section	
Fennel	
➤ Leaves	no certification required. Cut along the length of leaf and inspect for insects inside and around the area protruding from the bulb. Discard the root.
➤ Seeds	are avoided by many Ashkenazim on Pesach.
Fenugreek	<i>Kitniyos</i>
Fish	Fresh and frozen fish without added ingredients, acceptable without Pesach certification. Guidelines for purchasing kosher fish are available at <a href="https://scrollk.org/purchasing-kosher-fish/">scrollk.org/purchasing-kosher-fish/</a> .
	Processed fish, such as lox, herring and sardines require Pesach certification.
Fish food, see Pet food	

Item	Pesach Status
Flavorings	Pesach certification required
Flax seeds	Whole (including toasted) are acceptable; ground requires Pesach certification. Flax seeds are not <i>kitniyos</i> .
Food coloring	Pesach certification required
Fruit,	
➤ canned	Pesach certification required
➤ dried	Pesach certification required since flour and/or <i>kitniyos</i> may be used in the drying process.
➤ frozen	Unsweetened fruit without syrup or other ingredients, acceptable without certification. This is true even if the fruit is not whole.
➤ Preserves	Pesach certification required
➤ juice, see Juice	
Garlic, frozen or peeled	Pesach certification required
Gefilte Fish	Pesach certification required
Grape Juice	Pesach certification required
Grapeseed Oil	Pesach certification required
Green Beans	<i>Kitniyos</i>
Gum, chewing	Pesach certification required
Half-and-Half	Pesach certification is not required when purchased prior to Pesach and no other ingredients except milk and cream are listed in the ingredients.
Hemp seed and Hemp oil	<i>Kitniyos</i> according to some authorities. This should not be confused with CBD oil, which is discussed in the Medicines and Health section.
Herbs	
➤ Fresh basil, Cilantro leaves, dill leaves, mint, parsley, rosemary, and thyme (with no additives)	Pesach certification is not required. There is a need, however, to check herbs for infestation. See our guide at <a href="https://scrollk.org/preparing-fruits-and-vegetables/">scrollk.org/preparing-fruits-and-vegetables/</a> .
➤ Dill seeds and Coriander (Cilantro seeds) are avoided by many Ashkenazim on Pesach.	
➤ Frozen or Dried and ground varieties	Pesach certification required.
Herbal tea	Pesach certification required (they may contain <i>chometz</i> ).
Herring, processed	Pesach certification required
Honey	Pesach certification required. The following varieties bear an OU-P: Kirkland Signature® (Clover, Organic Raw, Regional Raw Pacific Northwest, Raw and unfiltered Wildflower, Wildflower), The Fresh Market® (Clover, Orange Blossom, Wildflower), Trader Joe's® organic raw honey
Horseradish, processed	Pesach certification required
Ice	No certification required
Ice Cream, Ice Pops, Ices, Sorbet and Sherbet	Pesach certification required
Instant coffee or tea	Pesach certification required. See Coffee listing above for some approved brands.
Isolated Soy Protein	<i>Kitniyos</i>
Invert sugar	Pesach certification required
Jam, Jelly and Preserves	Pesach certification required
Juice	
➤ in cartons or containers	Pesach certification required.
	ReaLemon® and ReaLime®, acceptable without Pesach certification.
➤ frozen	100% pure frozen concentrated orange juice or grapefruit juice, without added citric acid, vitamin C, sweeteners, additives, or preservatives, are acceptable without certification.
K-cups	Pesach certification required. See above for some acceptable brands. Keurig machines used with non-Pesach varieties may not be used for Pesach.
Kasha (Buckwheat)	<i>Kitniyos</i>



Item	Pesach Status
Ketchup	Pesach certification required
Kishke	Pesach certification required
Lactaid®, see Medicine section below	
Laxatives, see Medicine section below	
Lemon Juice	Pesach certification required. ReaLemon® acceptable without Pesach certification.
Lemon Peel	If it is a product of Israel, it requires reliable certification. Otherwise, when purchased prior to Pesach, acceptable without certification.
Lentils	<i>Kitniyos</i>
Lettuce, see Salad	
Liquor	Pesach certification required
Lox	Pesach certification required
Mandarin Oranges (canned)	Pesach certification required
Maple Syrup	Pesach certification required
Margarine	Pesach certification required
Matzah	Pesach certification required
Mayonnaise	Pesach certification required
Meat	
➤ Raw meat	when bearing a reliable all-year kashrus certification is also kosher for Pesach after rinsing.
➤ Pickled raw meats	Pesach certification required.
➤ Ground Beef	requires Pesach certification. All ground beef packaged by East Side Kosher Deli is Kosher for Pesach.
Milk	
➤ Fresh, unflavored	purchased prior to Pesach, acceptable without certification. Reusable bottles which may have held <i>chometz</i> product, often offered by milk delivery services, should not be used on Pesach.
➤ Goat Milk	Pesach certification required Meyenberg® Goat Milk products (Scroll K certified), including powdered, are acceptable for Pesach use, but should preferably be purchased before Pesach.
➤ Dry	Pesach certification required
➤ Milk substitutes	Pesach certification required East Side Kosher Deli will carry almond milk and coconut milk with KFP certification. The following varieties with year-round (not Pesach) certification, are acceptable for infants and infirm and have been verified to be produced on chometz-free equipment: Almond Breeze® original (unsweetened), Califia Farms® Go Coconuts Coconut Milk. In case of extreme need, the following may be used (may have been produced on equipment used for chometz: Dream® RiceMilk (classic original) and SoyMilk (original enriched).
Millet	<i>Kitniyos</i>
Mineral water	no certification required if it does not contain flavors, vitamins, or calcium citrate.
Mushrooms	
➤ raw	acceptable without certification
➤ canned	Pesach certification required
Mustard, Mustard Flour	<i>Kitniyos</i> . Imitation mustard with Pesach certification is available.
Non-Dairy Creamer	Pesach certification required
Non-Stick Cooking Spray	Pesach certification required
Nori	Pesach certification required
NutraSweet®	Pesach certification required
Nut Butter	Pesach certification required
Nuts,	
➤ Almond flour/meal	It is preferable to use only those with special Pesach certification. Kirkland (Costco) Almond Flour with KORC symbol is recommended for Pesach use.

Item	Pesach Status
➤ Blanched Almonds	Pesach certification required
➤ Peanuts	<i>Kitniyos</i> (according to many opinions)
➤ Pecans (Shelled)	Pecans that are whole or half are acceptable with OU certification, midgits and pecan pieces require Pesach certification.
➤ Raw, whole, halves or chopped nuts (e.g., almonds, cashews, hazelnuts, pine nuts, walnuts, etc.)	without preservatives or other additives such as BHT, BHA or corn oil, are acceptable without certification.
Oil and Shortening	Pesach certification required Chosen Foods® avocado oil with OU is acceptable.
Olive Oil	All 100% Extra Virgin Olive Oil bearing an OU certification are acceptable without Pesach certification.
Olive oil spray	Pesach certification required
Olives, canned or bottled	Pesach certification required
Onions	
➤ Raw,	acceptable without certification.
➤ Chopped or sauteed flakes	Pesach certification required
Orange Juice, see Juice	
Orange Peel	If it is a product of Israel, it would require reliable certification. Otherwise, when purchased prior to Pesach, acceptable without certification.
Pam®	Not certified for Pesach. Some brands are certified as kosher for Pesach.
Pasta	generally <i>Chometz</i> . Some Kosher for Pesach pasta is available.
Peanuts	<i>Kitniyos</i> (according to many opinions)
Peas	<i>Kitniyos</i>
Pecans	wholes or halves are acceptable with an OU certification, midgits and pecan pieces require Pesach certification.
Pet Food	May contain <i>chometz</i> . It is forbidden to derive any benefit from <i>Chometz</i> on Pesach which includes allowing one's animals or pets to consume <i>Chometz</i> . One should either a) substitute other foods, or b) the pets should be given to a non-Jew for the duration of the holiday. Contact your Rabbi for guidance with the latter option as it must be done in a halachically acceptable method. Pure canary seeds and sunflower seeds are acceptable. Many Evanger's® pet products are certified Kosher for Pesach by CRC. See <a href="http://crcweb.org/LOC/Evangers.pdf">crcweb.org/LOC/Evangers.pdf</a> .
Pickled vegetables	Pesach certification required
Pickles	Pesach certification required
Pineapple, Canned	Pesach certification required
Popcorn	<i>Kitniyos</i>
Poppy Seeds	<i>Kitniyos</i>
Potato Chips	Pesach certification required
Potato Starch	Pesach certification required
Potatoes, peeled	Pesach certification required
Poultry	Raw chicken and turkey that bears reliable all-year kashrus certification is also kosher for Pesach after rinsing. Ground chicken requires Pesach certification.
Protein mixes	Pesach certification required
Prunes	Pesach certification required
Pudding	Pesach certification required
Pumpkin seeds are not <i>Kitniyos</i> and are acceptable when raw and without additives. Most Pumpkin seeds available are roasted, not raw.	
Quinoa	Pesach certification required.
Raisins	Any retail package with OU certification is acceptable without Pesach certification.
Rice	<i>Kitniyos</i> Those whose custom is to consume <i>kitniyos</i> on Pesach require reliable Pesach certification or approval, as rice production may include a <i>chometz</i> enzyme to facilitate the processing. Brown rice or non-enriched rice would not be subject to this concern.

Item	Pesach Status
Rice milk	<i>Kitniyos</i> . Dream® RiceMilk (classic original) is acceptable only in case of extreme need, <b>see Milk substitutes</b> .
Romaine Lettuce, see Salad	
Saffron	some have a custom not to use saffron for Pesach.
Salad, washed and bagged	
➤ When containing only shredded iceberg lettuce or cabbage	Pesach certification is not required. There is a need, however, to check iceberg lettuce for infestation. See our guide at <a href="https://scrollk.org/preparing-fruits-and-vegetables/">scrollk.org/preparing-fruits-and-vegetables/</a> .
➤ Romaine bags or mixes (as well as other or other higher-infestation mixes)	Year-round certification required. It is not recommended to purchase non-certified, bagged, romaine (or similarly infested items) as washing and checking small pieces is highly impractical. Procedures for washing and checking romaine are detailed on page 40.
Salad Dressing	Pesach certification required
Salt	
➤ Non-iodized (regular or sea salt)	acceptable without certification if it does not contain dextrose, polysorbates, or maltodextrin. Some acceptable brands are Kirkland®, Morton's® and President's Choice®.
➤ Himalayan (pink) salt	acceptable without certification.
Salt Substitutes	Pesach certification required. Freeda's® Free Salt and No Salt® (unseasoned) are <i>Kitniyos</i>
Salmon, see Fish	
Sardines, canned	Pesach certification required
Seasonings, see Spices and Salt.	
Sauces	Pesach certification required
Seaweed	Pesach certification required
Seltzer	
➤ Unflavored	Acceptable without certification but should preferably be purchased before Pesach.
➤ Flavored	Pesach certification required
Sesame Seeds	<i>Kitniyos</i>
Sherbet	Pesach certification required
Shortening	Pesach certification required
Snacks	Pesach certification required
Soup mix	Pesach certification required
Snow Peas	<i>Kitniyos</i>
Soda	Pesach certification required, with the exception of unflavored seltzer.
Sorbet	Pesach certification required
Soy products	<i>Kitniyos</i> . Soy sauce may contain <i>Chometz</i> .
Soymilk	<i>Kitniyos</i> . Dream® SoyMilk (classic original) is acceptable only in case of extreme need, <b>see Milk substitutes</b>
Spices,	
➤ Mustard	<i>Kitniyos</i>
➤ Anise, Cilantro (coriander), Caraway, Cumin, Fennel, and Dill seeds are avoided by many Ashkenazim on Pesach.	
➤ Ground spices	Require Pesach certification.
➤ Whole spices	Do not require certification.
Splenda®	<i>Chometz</i>
Starch, edible	Pesach certification required
Stevia®	<i>Kitniyos</i>
String Beans	<i>Kitniyos</i>
Sugar,	
➤ Pure Granulated Sugar	Acceptable without certification. This includes cane or beet sugar, as well as sugar cubes, when no other ingredients are listed.
➤ Brown Sugar	Pesach certification required
➤ Confectioners'	Pesach certification required since it generally contains cornstarch.



Item	Pesach Status
➤ Vanilla Sugar	Pesach certification required
Sugar substitutes	Pesach certification required
Sun Dried Tomatoes	Pesach certification required
Sunflower Seeds	<i>Kitniyos</i>
Sweetener	Pesach certification required
Syrups	Pesach certification required
Tapioca Starch	Pesach certification required
Tea	
➤ Unflavored black, white, green, or orange pekoe tea bags	Acceptable without certification.
➤ Decaffeinated and flavored teas	Pesach certification required.
➤ Herbal teas	Pesach certification required (they may contain <i>chometz</i> ).
➤ Instant	Pesach certification required
Tahini	<i>Kitniyos</i>
Tequila	Pesach certification required. For a list of some tequila which have been approved (not certified) for Pesach use, see <a href="https://www.kashrut.com/Passover/pdf/KAAA_Tequila_KFP_list_5784.pdf">https://www.kashrut.com/Passover/pdf/KAAA_Tequila_KFP_list_5784.pdf</a> As always, it is preferable to purchase such items that have been made with specific Pesach oversight in place.
Tofu	<i>Kitniyos</i>
Tomato products	Pesach certification required
Tomato Sauce	Pesach certification required
Tuna, canned	Pesach certification required, (since it may contain <i>chometz</i> or <i>kitniyos</i> .)
Turmeric	is not <i>kitniyos</i> , but its ground form requires Pesach certification (see Spices).
Vanilla Beans	No certification required. They are not <i>kitniyos</i> .
Vanilla Extract	Pesach certification required
Vegetables	
➤ canned	Pesach certification required.
➤ Peeled butternut squash (with no added ingredients)	acceptable without certification.
➤ frozen	Should have reliable Pesach certification, (since many companies process <i>chometz</i> items on the same equipment.)
Vegetable wash	Pesach certification required. FIT™ is approved.
Vegetable oil	Pesach certification required
Vinegar	Pesach certification required
Vitamins, see Medicine section below	
Water, unflavored	no certification required
Whey powder	Pesach certification required
Whole Cream	no Pesach certification is required when no other ingredients besides milk and cream are listed and is purchased prior to Pesach.
Wild rice	<i>Kitniyos</i> , see Rice
Wine	Pesach certification required. Some Manischewitz® wines contain <i>kitniyos</i> .
Xanthan Gum	Pesach certification required
Yogurt	Pesach certification required

## Household Items

Item	Pesach Status
Air Freshener (liquid or solid)	No certification required

Item	Pesach Status
Aluminum products	No certification required
Ammonia	No certification required
Bags	No certification required
Bleach	No certification required
Bleach wipes	No certification required
Candles	No certification required
Charcoal	No certification required
Cheesecloth, new	No certification required
Cleansers	No certification required
Coffee Filters	Acceptable without Pesach certification.
Contact Paper	No certification required
Crock Pot Liners	No certification required
Cupcake Liners, paper, or foil	Acceptable without Pesach certification.
Cutlery	No certification required
Dish soap	No certification required
Detergent, laundry	No certification required
Dishwashing Detergent	No certification required
Disposable cups, dishes, or cutlery	No certification required
Disposable tablecloths	No certification required when they are non-powdered
Fabric Softeners	No certification required
Finger Paints	May contain <i>chometz</i> .
Furniture Polish	No certification required
Glass Cleaner	No certification required
Glitter Dots by Crayola®	Contains <i>chometz</i> .
Gloves, disposable or reusable	<p>▲ Acceptable without Pesach certification. They should, however, be washed inside and out since cornstarch is sprayed into some household gloves.</p> <p>✓ If they are labeled as powder-free, they do not need to be washed.</p>
Glue	Elmer's® and Krazy Glue® products are acceptable without Pesach certification.
Ink	No certification required
Isopropyl Alcohol	No certification required
Latex Gloves	<p>▲ Acceptable without Pesach certification. They should, however, be washed inside and out since cornstarch is sprayed into some household gloves.</p> <p>✓ If they are labeled as powder-free, they do not need to be washed.</p>
Laundry Detergent	No certification required
Napkins	No certification required
Oven Cleaner	No certification required
Parchment Paper	Pesach certification required
Paper products	No certification required
Paper Towels	No certification required
Pencils	No certification required
➤ Crayola® Easy Peel Crayon	Contains <i>chometz</i> .
Plastic Bags	No certification required
Plastic cutlery	No certification required
Plastic Wrap	No certification required
Plates	No certification required
Play Dough (e.g., Play-Doh®, Crayola® Modeling Dough, ALEX® dough) -	<i>Chometz</i>
Polish, furniture	No certification required
Sanitizers (e.g., Purell®) - see Cosmetics and Personal Care Products section below.	

Item	Pesach Status
Scouring Pads	No certification required
Shoe Polish	No certification required
Silly Putty®	No certification required
Silver Polish	No certification required
Starch (for non-food use)	No certification required
Steel wool pads	No certification required
Sticking Paste (Yamato®)	Contains <i>chometz</i> .
Styrofoam	No certification required
Tablecloths, disposable	no certification required when they are non-powdered.
Tissues	No certification required
Toothbrush	No certification required. New toothbrushes should be used.
Tums®, see Medicine and Health section	
Toothpicks	no certification required unless they are flavored or colored.
Wax Paper	No certification required
Wood chips	No certification required
Wrap, plastic	No certification required

## Cosmetics and Personal Care Products

If you do not see the item you are searching for, or need further clarification, please feel free to contact us. We have information on many specific brands and products that indicate if they contain *chometz*.

Item	Pesach Status
Baby Oil	No certification required
Baby Ointment	No certification required
Baby Powder	Any not listing oat flour as an ingredient may be used. Baby Magic® may contain <i>chometz</i> .
Baby Wipes	any without alcohol (including denatured alcohol), acceptable without Pesach certification.
Bandages, adhesive (Band-aids®)	No certification required
Blush	Cover Girl®, Mac® Bronzing Powder- Refined Golden and Max Factor® Color genius mineral bronzer are not recommended.
Body wash and soap	no certification required unless it contains oatmeal (or barley). Cetaphil®, Coast Urban Fuel®, Mary Kay® and Phisoderm® products may contain <i>chometz</i> .
Braces	wax for braces is acceptable without certification. Rubber bands should be washed before placing in mouth.
Colognes	Many contain denatured alcohol which is problematic. Please contact us regarding specific brands and items. Mary Kay® should be avoided.
Conditioner	No certification required
Contact Lens Solution	No certification required
Creams	Aveeno®, Cetaphil® Pro Eczema Soothing Moisturizer Lotion, Eucerin®, Mana®, Mary Kay®, Hada Labo®, Gold Bond®, Your Name®, Origins®, Oxy® Total Care BPO Lotion, Vaseline® Clinical Care Eczema products and Intensive Care Essential Healing Lotion items may contain <i>Chometz</i> . other varieties are acceptable without Pesach certification.
Dental Floss	Any unflavored (including waxed), acceptable without Pesach certification.
Denture Care	The following are acceptable without Pesach certification: <ul style="list-style-type: none"> <li>Efferdent® Denture Adhesive, Denture Cleanser Tablets, Fresh Guard Soak, Power Clean Crystals</li> <li>Fixodent® Complete, Control, Cream, Denture Cleanser w/Proguard, Powder Adhesive, Complete Original, Ultra Max Hold</li> <li>Polident® Denture Cleaner Tablets, Overnight Denture Cleaner, Partials and Smokers Denture Cleaner</li> <li>Benzodent® Denture Pain Cream, Denture-Fit® Adhesive, Kleenite® Cleansers, Stain Away® and Stain-Away® for Partials, Super Poli-Grip® Adhesive Cream, Ultra Fresh and Extra Care w/Poliseal Adhesive Cream and Strips</li> </ul>



Item	Pesach Status
Deodorant,	
➤ gel	No certification required
➤ spray or liquid	Recommended if free of (denatured) alcohol or if manufactured in the United States. UltraMax® (by Arm and Hammer) roll on may contain <i>chometz</i> .
Eye drops	No certification required
Eyeliners and Eye Shadow	except for Blinc®, Exuviance®, IT Cosmetics®, Mana®, Mary Kay®, Neostrata®, Vivite® and Your Name® (which may contain <i>chometz</i> ), no certification required.
Facial Care	except for Exuviance®, ExuvPro®, Hill®, IT Cosmetics®, Mana®, Maybeline®, Mary Kay®, Neostrata®, NYX®, Olay®, Oxy® Phisoderm®, Urban Decay®, Vivite® and Your Name® (which may contain <i>chometz</i> ), no certification required.
Foot Powder	No certification required
Hair gel	No certification required
Hair Remover	No certification required
Hair Spray	No certification required
Hand Sanitizers, see Sanitizers	
Hydrogen Peroxide	No certification required
Isopropyl Alcohol	No certification required
Lip Balm	Chapstick® and similar lip products, unflavored, acceptable without Pesach certification. Chapstick® Classics Strawberry Stick is acceptable, as well.
Lipstick	Please contact us regarding specific brands and products. L'oreal®, Mana®, Mary Kay®, Softlips Oasis®, Urban Decay® and Your Name® should be avoided unless verified to be <i>chometz</i> -free.
Listerine® pocketpaks®	may contain <i>chometz</i> .
Lotions, see Creams	
Makeup	see individual listings for specific makeup items. Please contact us regarding other brands and products. Cover Girl®, DDF®, Mana®, Mary Kay® and Max Factor® products likely contain <i>chometz</i> . Lady Burd Illuminating foundation and Maybelline® foundation should be avoided.
Mascara	No certification required
Mineral Oil	No certification required
Mouthwash	The following are some acceptable varieties; for additional brands, contact us. Scope®, all varieties are acceptable. Crest® Invigorating Rinse and Whitening Fresh Mint Rinse Listerine® Cool Mint Antiseptic, Cool Mint Zero Alcohol, Sensitivity Alcohol Free, Total Care Zero, Ultraclean Antiseptic Mouthwash, Flouride Defense Anti Cavity, and Freshburst are acceptable.
Nail Polish	No certification required
Nail Polish Remover	No certification required
Ointments, all varieties	Acceptable without Pesach certification.
Orthodontics	wax for braces is acceptable without certification. Rubber bands should be washed before placing in mouth.
Petroleum jelly	No certification required
Perfume	Many contain denatured alcohol which is problematic. Please contact us regarding specific brands and items. Mary Kay® products should be avoided.
Sanitizers (e.g., Purell®)	Any without alcohol may be used. Purell®: The following products are acceptable: Advanced Hand Sanitizer Foam, Advanced Hand Sanitizer Gel, Hand Sanitizing Wipes, Instant Hand Sanitizing Foam SF607
Shampoo	no certification required
Shaving Lotion, except for Mary Kay® after-Shave Gel, there are no <i>chometz</i> concerns.	
Soap, see Body wash and Soaps	
Toothpaste	all Colgate®, Mentadent®, Orojel® and Ultrabrite® are acceptable. Arm & Hammer® Dental Care and Gel Paste Toothpaste are acceptable as well. For additional brands, contact us.
Toothpicks are acceptable unless they are flavored or colored.	
Vaseline®, see Petroleum Jelly and Creams.	
Wax for braces	no certification required

## Medicines and Health Products

Any medication taken for any of the following conditions may be taken on Pesach: Anti-rejection, Cancer treatments, Cholesterol, Depression, Epilepsy, Heart conditions, Hypertension (elevated blood pressure), Kidney disease, Lung disease, Stroke.

**Any prescription medication taken on a regular basis for a chronic condition should only be changed after consultation with your doctor.**

Item	Pesach Status
Advil®	The following varieties of Advil® (brand-name) are acceptable for Pesach use: Tablets, Caplets, PM Caplets or Tablets, Cold and Sinus Caplets, Dual Action, Multi-Symptom Cold & Flu Tablets, Sinus Congestion and Pain Tablets, Menstrual Pain. ( <b>Advil Junior Strength Chewable Tablets is not approved.</b> ) <b>Advil Allergy:</b> Congestion & Relief, Sinus Coated Caplets
Allergy medication	The following brand-name varieties are acceptable: Allegra®: Allergy Children 12 Hour Tablets, Children Oral Suspension, Children's Suspension, Children's ODT, Allegra Children's Allergy OD Tablet, Allegra Allergy, Allegra D 12 Hour, 24 Hour Tablets, Allegra Hives Benadryl®: Allergy Ultratab Tablets, Allergy Plus Congestion Tablets, Children's Allergy Chewable Grape, Children's Allergy Liquid (all flavors), Children's Allergy Plus Congestion, Children's Dye-Free Liquid Zyrtec® Allergy Tablets, Children's Allergy (Bubblegum or Grape) Syrup. ( <b>Zyrtec® Dissolve Tablet, Children's Dissolve Tabs, Zyrtec-D Tablets are not approved.</b> )
Antacid, chewable	Pesach certification required. The following are chometz-free; they do contain <i>kitniyos</i> : Tums® Regular Strength Assorted Fruit, Assorted Fruit, Sugar-Free, Tums Ex Assorted Berries.
Aspirin – Bayer® Aspirin (brand-name) as well as Bayer Low-dose and Children's Aspirin are acceptable for Pesach use.	
CBD oil is not kitniyos but requires Pesach certification. In cases of medical necessity, contact your rabbi.	
Ensure® shakes, liquids, and powders ( <b>NOT bars</b> ) have been determined by OU to be Chometz-free.	
Injections may be taken on Pesach, even if they contain <i>chometz</i> .	
Lactaid® milk may be used if purchased before Pesach. Lactaid® caplets are acceptable. Lactaid® chewable pills are NOT acceptable.	
Laxatives	Suppositories are acceptable for use on Pesach. Pills or mixes may contain <i>Chometz</i> . Feel free to contact us regarding specific brands. The following brands and varieties are acceptable: <b>1) Fletcher's®, 2) Linzess®, 3) Motegrity®, 4) Miralax® 5) Citrucel®</b> Caplets, Powder and Sugar Free Powder (chometz-free but contains Kitniyos) <b>6) Dulcolax®</b> Laxative Tablets, Pink Laxative Tablets, Liquid and Stool Softener, Pink Liquid Gels <b>7) Ex-Lax®</b> , Chocolated Laxative [Dairy], Maximum Strength or Regular Strength Stimulant Laxative Pills <b>8) Phillips'® Milk of Magnesia Original, 9) Colace®</b> 2-in-1 Tablets, Clear Soft Gels, Regular Strength Capsules <b>10) Pedialax®</b> Enema Liquid (Fleet) (NOT Pedialax Probiotic Chewable Tablets by Prestige Brands) <b>11) Metamucil®</b> , see below
Medications	Liquid and chewable, may be taken on Pesach, even if they contain <i>kitniyos</i> . Feel free to contact us regarding specific medications; we may have lists available that indicate if specific medications contain <i>chometz</i> . If they do contain <i>chometz</i> and a <i>chometz</i> -free alternative is not available, consult with your local rabbi and doctor for guidance.
Melatonin	Breckenridge® (3mg Tablets) is acceptable.
Metamucil®	<ul style="list-style-type: none"> <li>The following are chometz-free; they do contain <i>kitniyos</i>: Premium Blend, 4-in-1 Fiber Sugar-Free Orange Smooth Powder, Fiber Sugar-Free Berry Powder.</li> <li>The following are chometz-free and <i>kitniyos</i>-free: Metamucil 4-in-1 Real Sugar Unflavored Coarse Powder, 3-in-1 Fiber Finer Capsules.</li> <li>The following contain chometz: Fiber Thins Wafers [Apple, Cinnamon, Chocolate]</li> </ul>
Motrin®	The following varieties of Motrin® (brand-name) are acceptable for Pesach use: Children's Liquid (All flavors), Infant's Liquid (All flavors), IB Caplets and PM Coated Caplets. The following is <b>not</b> acceptable: Children's Chewable Grape, Dye-Free Grape
Tablets that are unflavored may be taken on Pesach, even if they contain <i>chometz</i> .	
Thickener	SimplyThick® is a Scroll K-certified thickener, added to beverages for those with dysphagia. For Pesach information, contact our office.
Tylenol®	The following varieties of Tylenol® (brand-name) are acceptable for Pesach use: <ul style="list-style-type: none"> <li><b>Extra Strength:</b> Adult Liquid (Cherry), Caplets, PM Caplet, PM Liquid, Cold &amp; Flu Multi-Action, Cold &amp; Flu Multi-Action Day &amp; Night, Daytime Cold &amp; Flu Multi-Action Daytime</li> <li><b>Adult:</b> Regular Strength Tablets, Cold + Flu Severe Warming Liquid, Cold + Head Congestion Severe, Cold + Mucous Severe Liquid, Cold + Sore Throat COOL BURST Liquid, Cold Max (Daytime or Nighttime) Liquid, Cough &amp; Sore Throat Daytime Liquid, Cough &amp; Sore Throat NightTime Liquid w/Cool Burst, Family Suspension, Multi-Symptom Cold Severe Congest.Non-Drowsy Tablets, Regular 8 Hour Muscle Aches &amp; Pain, Sinus Severe Caplets</li> <li><b>Children's:</b> Cold + Cough + Runny Nose, Children's Cold + Cough + Sore Throat, Cold + Flu (All flavors), Suspension (All flavors), Pain + Fever, Chewables (All Flavors), Dye Free Suspension, Children's Cold + Flu Oral Suspension (All flavors)</li> <li><b>Infant's</b> Oral Suspension (All flavors)</li> </ul>
Vitamins should only be used after verifying their Pesach status.	

## More Kosher Komments

### ➤ Kashrus Alerts:

- For a list of kashrus alerts, please see [scrollk.org/kashrus-alerts](http://scrollk.org/kashrus-alerts).
- To be emailed directly, please register at [scrollk.org/kashrus-alerts/alert-notification/](http://scrollk.org/kashrus-alerts/alert-notification/). Alternatively, join our WhatsApp group by sending an email to [office@scrollk.org](mailto:office@scrollk.org) or texting (303) 242-1524.

### ➤ All items in the **East Side Kosher Deli** Passover Store (which includes items for the Seder; opening date March 25<sup>th</sup>) are certified for Pesach by Scroll K. It is still prudent to check each item for Pesach certifications.

- **Note:** There will be a **kosher for Pesach kitniyos section** which may be utilized by those who eat *kitniyos* on Pesach.

### ➤ **The Braided Loaf** is an artisan bakery under Scroll K supervision. They offer baked goods for Shabbos, Yom Tov, and everything in between as well as catered events. They will have a special bakery line of Kosher for Pesach items; parve and non-gebroks. They can be contacted by Call or Text: 203.850.3175, Email: [thebraidedloaf@gmail.com](mailto:thebraidedloaf@gmail.com) or Instagram: @thebraidedloaf.

### ➤ **Egg Matzos:** Egg matzah is the term used for matzah made with fruit juice or eggs in place of water. Ashkenazic Jews traditionally do not consume these items on Pesach, except by the elderly, the sick or the young child who cannot digest regular matzah.

### ➤ **Pet Food** may contain *chometz*. It is forbidden to derive any benefit from *chometz* on Pesach which includes allowing one's animals or pets to consume *chometz*. One should either substitute other foods or the pets should be given to a non-Jew for the duration of the holiday. Contact your Rabbi for guidance with the latter option as it must be done in a halachically acceptable method. Pure canary seeds and sunflower seeds are acceptable. Many Evanger's® products are certified Kosher for Pesach by CRC. See [crcweb.org/LOC/Evangers.pdf](http://crcweb.org/LOC/Evangers.pdf) for details.

### ➤ **Starbuck's Refreshers** contains non-kosher grape juice and is not kosher.



Year-round baked goods for Shabbos,  
Yom Tov and everything in between.  
Catered baked goods for events.  
Special bakery line for Pesach.  
All Parve and non-gebroks.

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### ➤ It is important to note, when ordering food (such as through the Uber Eats app) eateries listed as Kosher, or appear in a kosher section or search result, may be non-kosher. Additionally, kosher meals should be delivered with a kosher seal/tape. These guidelines apply in our region as well as anywhere else. See Rabbi Greenspan's article on Page 33 for more details.

### ➤ **Large print Haggadahs** for the visually impaired (as well as other Jewish texts in large print and Braille) are available free of charge to the legally blind from the Jewish Heritage for the Blind. A note from a certified eye care specialist is required. They can be reached at (800)-995-1888 or [services@jewishheritage.org](mailto:services@jewishheritage.org). For more information see [www.jewishheritage.org](http://www.jewishheritage.org). [K]



**May I feed chometz or kitniyos to my non-Jewish housekeeper to whom I provide lunch every day? How about my pet!?**



Chometz, as well as kitniyos for Ashkenazim, may not be consumed after the 6th hour on Erev Pesach (sof z'man achila). Additionally, one may not derive benefit from chometz, such as giving it to a non-Jew or your pet after this time. You can derive benefit from kitniyos; accordingly, it may be given to non-Jewish help, and it may be served to pets. In general, you may give your non-Jewish help non-Kosher food if it is not basar b'chalav (meat and dairy which were cooked together) or chometz on Pesach (Source: Aruch Hashulchan, YD 117:19).

**May I use my regular brand of toothpaste?**



Toothpaste should be verified as free of Pesach concerns; see our list for many acceptable varieties. Toothpaste for all year round does not require hashgachah, however, it is preferred to use a kosher variety if available.

**How about Medicines?**



**a.** Be very careful and consult with your doctor and rabbi before deciding not to take a medicine. **b.** An extensive coverage of medications, cosmetics and toiletries which are acceptable for Pesach, prepared and updated annually by Rabbi Gershon Bess, is available from the Kollel Bais Avrohom of Los Angeles, and may be ordered by calling the Kollel at (323) 933-7193. It is incorporated by Star-K in their annual Pesach Guide (and is available through many venues). Scroll K uses this list to update our listings in Kashrus Komments; feel free to contact us with specifics.

## A Holiday of Questions

### Common Pesach Issues Answered

By Rabbi Elchonon Joseph,  
Kashrus Administrator, Scroll K

5th Edition 5784/2024

**Can I use my dishwasher for Pesach?**



Dishwashers with non-removeable plastic parts (as is generally the case) should not be kashered. In extenuating circumstances, contact your Rabbi or Scroll K for guidance.

**Can I drink water or fill my water bottle from a faucet or filling station which hasn't been kashered?**



If it is clean and dispenses only cold water, it is fine.

**Do Tequila and Potato Vodka need to be certified or approved for Pesach?**



Yes, the same goes for all alcohol sprits.

**I discovered chometz on Pesach and was advised that I must burn it. It seems like such a waste, can I put it in the alley and let the stray animals eat it?**



One may not derive benefit from chometz on Pesach; this includes feeding stray animals (O.C. 448:6).

**A relative just brought me some items from the Pesach section in a kosher store in Lakewood; must I check the hechsher?**



Although every Jewish owned store does its best to ensure that all its products, both year-round and Pesach, are 100% kosher, one must check each item for a proper hashgacha. Nice branding with Hebrew letters ≠ kosher; it requires verification that it is up to proper kosher standards.

**May the hot plate I use year-round be used for Pesach as well?**



The hot plate should be covered with two layers of heavy-duty aluminum foil in a manner that it will remain dry between the layers, it may then be used for Pesach.

**Does every ingredient I purchase have to have a KFP? Generally, foods require proper KFP certification. Here is a list of items that may be purchased even without KFP certification:**



- a.** White Sugar (not brown sugar or confectioners' sugar),
- b.** non-iodized Salt (Kosher Salt is usually non-iodized), **c.** 100% pure frozen orange juice concentrate, **d.** bagged salad (lettuce must be properly inspected for insects), **e.** Whole bean or ground coffee (not instant) **f.** frozen fruit with no additives (some varieties have infestation concerns),
- g.** fresh or frozen fish (must have either kosher certification or scales) **h.** fresh and frozen meat and chicken (not including ground), **i.** extra virgin olive oil,
- j.** Mushrooms (whole or sliced), **k.** peeled garlic (except from China), **l.** unflavored water or seltzer

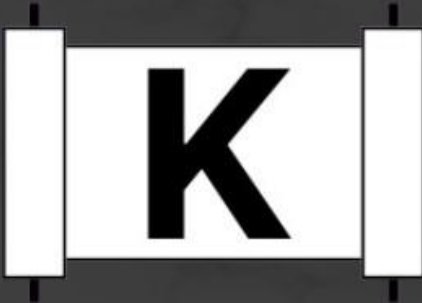






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## Our Never-Ending Chain

**Rabbi Samuel Ross**

The Mitzvah of remembering the Exodus from Egypt is performed thousands of times a year, such as in Shema, by observing Shabbos, the festivals, and Tefillin. These are all referred to as a remembrance of the coming out of Egypt.

What is so central about the Exodus that it merits (and requires) so many mitzvos? It is called the foundation of our belief; why is that? Let us examine this in detail:

The word for belief - "emunah" is used in three places in Torah in the events surrounding the Exodus. The first is when Hashem heard us cry out to him in Egypt when the going got tough (Shemos 4:31), which marked the beginning of the redemption. Following that, at the splitting of the sea (ibid 14:31), and finally at giving of the Torah (ibid 19:9). At that time, we were (and actively remain) the only religion that began with us witnessing and hearing God en masse.

Let us expound on this. We have three unique and fundamental beliefs. The first there is only one God, only He is capable of what he does and there is nothing that he cannot do. Secondly, Hashem is continually in control of our lives. The third is that the whole Torah is absolute truth; it was given to us, and it applies to us all.

Each of the three mentions of "emunah" (belief) refers to one of these three abovementioned beliefs:

1. Hashem heard our prayers; He is in our lives,
2. At the splitting of the sea, they saw what only Hashem could do, and finally,
3. Receiving the Torah from Hashem.

The Mitzvah of remembering the Exodus, in a broader sense includes the splitting of sea and receiving the Torah, incorporates these three unique beliefs.

A question that comes up is, how can we be sure our tradition didn't get corrupted along the way, like in Chinese whispers? To answer, we can use an analogy to someone who needs vital information to save their very life. Even if the source of the information is someone in the distance who is screaming that information, we will accurately discern and decipher

the information to get it accurately. Our tradition is passed on with integrity for our very eternity depends on it; it is our lifeline!

On a final note, Rav Avigdor Miller says beautifully, that the gratitude we must have for being taken out of Egypt includes all the following:

1. The actual Redemption from bondage
2. Election of the Jewish Nation
3. Giving of the Torah
4. The happiness that results.
5. The eternal success in the afterlife
6. Gift of the Land of Israel
7. The miracles associated with all the above.

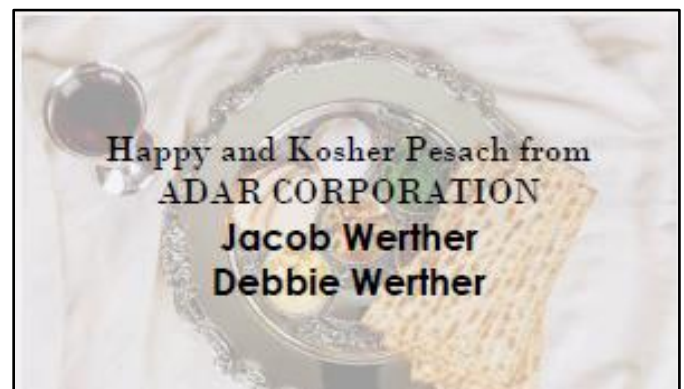
With all this in mind, we can appreciate how these beliefs are part of our very core and the associated mitzvos are necessary to hydrate and refuel our core

constantly and consistently. May we merit to relive the Exodus properly and experience our own Exodus speedily in our times!

Over the past 17 years, Rabbi Samuel Ross has been teaching and inspiring communities in Berlin, Calgary, Vancouver (where he was recognized as the NCSY Inspirational Chapter of the Year in 2017) and Manchester. Together with his wife Rebbetzen Gila they have created myriad programs for young

families, teens, and parents, hosting huge family Shabbat meals in their home. Rabbi Ross presently acts as director of The Family Experience (a division of The Jewish Experience), and in the few months he and his wife have been here they have already seen huge crowds for events such as shabbat dinners, creative holiday programming and his weekly Wednesday night wisdom class.

**Someone who needs vital information to save their very life.... will accurately discern and decipher the information to get it accurately.**





# FIND THE PESACH-RELATED ITEMS!

By Bassheva Z.

k g f r y u i i b r e a d d a d x e w i n e d w s h i r c m  
d e f i y l o p v c x f x z f f m h j g f x d s c g g g a s  
v n i s i n g b a u m j u l i p v f f s z n u i o f r g n o  
i y h u j f d t g j r m n b k b y o n l o p f g d t g f d o  
h g y u r f t s d o e d i j o u o l h j f r e f d i d e n u  
p e s c v y h j g c c e d x m v i y j f g f e e d f n m a b  
b c g t h u j g f v l b n m e g t t p o l m a b r e a d d r  
r h v f r t d y n h i f d f n a b y u o u n j g t u i y o e  
e o i y v b r d z o n n u r f c u m n b i y h u j f d t g a  
a l w k m o e p l o e b r e a d o p v v i y j f g f e v i d  
d h b y o n l d i y h u j f d t g i s n c d e f i y l o p v  
k a f i m o r e i b y o n l o p p e l i y a h u h a n a v i  
d m m a b g h e r k k b a s f k d f i y l y i k m f i y l o  
v o v i y j f g f e a v e i m e f s c a w e s n a m a b g h  
b e g t h y d s e n s s l o r l i h h y f n d s t s u n f r  
n d f i y l o p f i h f c d s c a f i y l u r e z d e s w a  
v r e l e a n e s a e g h h a r q o p m j u m p a d s c g d  
l h j a r e f d l h r f i y o e f i y l o p v c h h t r e f  
o n l o d f g o n l i b g s e m m a b g h e r d y m a a f s  
c f v t r y u m e w n a e v b m e p o l g m f d s r h h o n  
g t y i u m a a r o g s g h e r d t c h a r a j u l m i u a  
e f i y l o o r y u n a v i y j f g z h t r d k b n v t r p  
g h e r d y g r c h o p h b f n a b y u o u n n o m e w c w  
b y o n s e d o t h u r i k e f i y l o p v b y e s w q u a  
p m i h g f f r t g g a r e y m a b g h e r r y m c e s p a  
m e l o b b m a b g h k z v i y j f g f p v e s e a m i s s  
m a s t m v c n u y i k j t l o n h t h e g a e r d y g w q  
l d a a e f i y l o p v c t e h e l a o n g d b a s h f b f  
u y l a c g h c r d y g h h h m m r o l e f i r l o p v c h  
h f c v n h t t r s f d g k e a o f t e l h j e r e f d l h  
g v h s r e y e d l d t d b j h k h b y o n l a p h k o l d  
b y o n l o p f b a e f i y s g t x c c h j y d u a g d g h  
e f i y l o p v c v m a b g h e r d y m a b r e a g g h e r  
f e d r s g h g h e g h e n f i y l o p v i y j f g e f i y  
f i y l o p f i y r e f m i t z r a y i m f d l h a m a b g  
i y h u j f d t g y f d l s e f i y l o p v c x o d g r e d  
v i y j f g f e v i y j f s u b r e a d o p f b r a a d y v  
s e f i r a s h a o m e r a l h j f r e f d l h j h f d l h  
m a b r e a d o p f b y o n f i y l o n l o p f g o n l o y  
f d d a j r b r e a d n j g t f n e f i y l o p v c x e u j

Pesach	Matzah	Clean	Mitzrayim	Nissan	Eliyahu Hanavi
Marror	Chol Hamoed	Bedikas Chometz	Haggadah	Recline	Charoses
Seder	Chometz	<b>** FIND THE 10</b>	Wine	Makos	Karpas
Afikomen	Four Cups	<b>HIDDEN 'BREAD'S</b>	Slavery	Kashering	Dayenu
Maggid	Sing		Lamb	Pharoh	Sefiras Haomer

## DID YOU KNOW??

1. **That Machine-Made Matzos Weren't Always Square?** Until approximately 1920, most matzah, even that produced with the help of a rolling machine, remained round. The change began when Jacob Uriah Manischewitz (who succeeded his father, Dov Ber Manischewitz as president of the Manischewitz company in 1914) introduced a special "matsos machine" which could produce 1.25 million matzos every day. The result was nothing less than a revolution in the matzah business. One of the major transformations was the shape of the matzos. Whereas previously matzah had been round, irregular or oval-shaped, now, largely because of the demands of technology and packaging, it has become square.
2. **That the Maxwell House Haggadah is the longest-running consumer promotion in the US?** Introduced in 1932, it has been printed continuously since that time. There are over 50 million copies and 4,000 versions in print today. With one million new Haggados printed annually, it is the best known and most popular Haggadah among American Jews!
3. **That the largest private collection of Haggados in the world has over 4,500 volumes?** It belongs to Stephen Durchslag of Chicago and has books and booklets in 31 languages dating back to the 1400s!



## Sell Your Chometz

מכירת חמץ



During the *Yom Tov* of *Pesach*, beginning from *Erev Pesach*, it is prohibited to eat or possess *chometz*, as the Torah states (Shemos 12:15): "On the day before *Pesach* you shall get rid of all leaven from your house." *Chometz* may include items made from one or more of the five grains: wheat, barley, rye, oat or spelt. Examples of such items include bread, cookies, crackers, noodles, beer, whiskey, and grain vinegar. Even if a product contains only a small percentage of *chometz*, it may neither be eaten by nor be in the possession of a Jew during *Pesach*. Any *chometz* which was owned by a Jew during *Pesach* may not be benefited from even after *Pesach*. In order to observe this law, it is permissible to sell the *chometz* to a non-Jew prior to *Pesach* and then buy it back after *Pesach*. This transaction is known as *mechiras chometz*.

*Mechiras chometz* is done using a bill of sale. To assure that all legal requirements, according to both Torah and secular law, are fulfilled, it is customary to delegate power of attorney to a Rabbi for him to sell the *chometz*.

It is preferable to appoint a rabbi in person; however, if this is difficult, one may authorize a Rabbi by using the following document (The text was taken from the *Madrich Lakashrus*, Vol. 3 No. 13, written by Rabbi Sinai Halberstam, *shlita*).

### DELEGATION OF POWER OF ATTORNEY

I, the undersigned, fully empower and permit Rabbi Yisroel Rosskamm to act in my place and stead, and in my behalf to sell all *chometz* possessed by me (knowingly or unknowingly) as defined by The Torah and Rabbinic Law (e.g., *chometz*, doubt of *chometz*, and all kind of *chometz* mixtures). This includes *chometz* that tends to harden and to adhere to the inside surface of pans, pots or cooking and usable utensils, and all kinds of live animals that have been eating *chometz* or mixtures thereof, and to lease all places wherein the *chometz* owned by me may be found, especially in the premises located at \_\_\_\_\_ and elsewhere.

Rabbi Yisroel Rosskamm has the full right to sell and to lease by transactions, as he deems fit and proper and for such time which he believes necessary in accordance with all detailed terms and detailed forms as explained in the general authorization contracts which have been given this year to Rabbi Yisroel Rosskamm to sell the *chometz*.

This general authorization is made a part of this agreement. Also do I hereby give the said Rabbi Yisroel Rosskamm full power and authority to appoint a substitute in his stead with full power to sell and to lease as provided herein. The above given power is in conformity with all Torah, Rabbinical regulations, and laws, and in accordance with the laws of the State of Colorado and of the United States of America.

And to this I hereby affix my signature on this day, \_\_ of the month of \_\_\_\_, in the year \_\_\_\_.

☐ If you are planning to be away from home for *Pesach* and are leaving before the time for *Bedikas Chometz* and you would like your *Chometz* sold before the time of *Bedikas Chometz* on the 13th of *Nissan* indicate here.

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

The completed form may be returned to 245 S. Benton St.  
Lakewood, CO 80226 or [office@scrollk.org](mailto:office@scrollk.org).

**NEW!!**

The sale of *Chometz*  
can be submitted  
online at:

[scrollk.org/chometz  
-sale/](http://scrollk.org/chometz-sale/)



## Purchasing *Chometz* After Pesach

If *chometz* has been in a Jew's possession over Pesach, it is subsequently forbidden for consumption.

- All Scroll K-certified establishments have been verified to be free of this concern.
- The following is a list of entities which either sold their *chometz* properly to a non-Jew over Pesach or are owned by non-Jews.

- |                                                                               |                                     |                                     |
|-------------------------------------------------------------------------------|-------------------------------------|-------------------------------------|
| • 7-Eleven                                                                    | • Häagen-Dazs Cherry Creek location | • Rocky Mountain Spice              |
| • Amusemints                                                                  | • Hammond's Candies                 | • Rosenberg's Kosher                |
| • ASLI Mediterranean Grill                                                    | • High Point Creamery               | • Safeway                           |
| • Bavarian Bakery                                                             | • HipPOPs                           | • Sam's Club                        |
| • Bonnie Brae Ice Cream                                                       | • Izzio's Artisan Bakery            | • Simcha Stop                       |
| • Brooklyn Pizza                                                              | • Josh's Smoke House                | • Sprouts                           |
| • CJ Kosher                                                                   | • KC Kosher Coop                    | • Sweet's Candy Co.                 |
| • Costco                                                                      | • King Soopers                      | • The Braided Loaf                  |
| • Culinary Masters Catering (previously Canteen Catering and La Vie Catering) | • Mordy's Falafel and Grill         | • Trader Joe's                      |
| • East Side Kosher Deli                                                       | • Natural Grocers (Vitamin Cottage) | • Udi's Granola                     |
| • Enstrom                                                                     | • Occasions Catering                | • Vitamin Cottage (Natural Grocers) |
|                                                                               | • Restaurant Depot                  | • Walmart                           |
|                                                                               |                                     | • Whole Foods                       |

## KITNIYOS

### AND OTHER PRODUCTS CUSTOMARILY NOT EATEN ON PESACH

These items are avoided by those of Ashkenazi descent. The custom of many Sephardi communities is to allow many, or all, of these items. These items (when there is no *chometz* concern) may be kept in your possession over Pesach.

- |                                                                                                                                                                                                          |                                                                                                                                                                  |                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| • Anise <sup>4</sup> (according to some)                                                                                                                                                                 | • Corn                                                                                                                                                           | • Millet                                                        |
| • Ascorbic Acid,                                                                                                                                                                                         | • Cumin <sup>4</sup> (according to some)                                                                                                                         | • MSG (possibly <i>chometz</i> ) <sup>3</sup>                   |
| • Aspartame <sup>1</sup>                                                                                                                                                                                 | • Dextrose (possibly <i>chometz</i> )                                                                                                                            | • Mustard Flour                                                 |
| • Beans (including Green Beans, Edamame, etc.)                                                                                                                                                           | • Emulsifiers <sup>3</sup>                                                                                                                                       | • NutraSweet <sup>2</sup>                                       |
| • Bean Sprouts                                                                                                                                                                                           | • Fennel <sup>4</sup> (according to some)                                                                                                                        | • Peanuts <sup>5</sup> (according to some)                      |
| • BHA (in corn oil)                                                                                                                                                                                      | • Fenugreek <sup>5</sup>                                                                                                                                         | • Peas                                                          |
| • BHT (in corn oil)                                                                                                                                                                                      | • Glucose <sup>3</sup>                                                                                                                                           | • Rice <sup>6</sup>                                             |
| • Buckwheat                                                                                                                                                                                              | • Green Beans                                                                                                                                                    | • Seeds (Caraway, Poppy, Sesame, Sunflower) (according to some) |
| • Calcium Ascorbate <sup>2,3</sup>                                                                                                                                                                       | • Guar Gum <sup>3</sup>                                                                                                                                          | • Sodium Citrate <sup>1</sup> (possibly <i>chometz</i> )        |
| • Canola Oil (Rapeseed)                                                                                                                                                                                  | • Hemp seed and Hemp oil are <i>kitniyos</i> according to some authorities. This is not to be confused with CBD oil, which is discussed elsewhere in this guide. | • Sodium Erythorbate <sup>1</sup>                               |
| • Caraway Seeds (according to some)                                                                                                                                                                      | • H.V.P. (possibly <i>chometz</i> )                                                                                                                              | • Sorbitan                                                      |
| • Chickpeas                                                                                                                                                                                              | • Isolated Soy Protein                                                                                                                                           | • Sorbitol                                                      |
| • Citric Acid <sup>2,3</sup> (possibly <i>chometz</i> )                                                                                                                                                  | • Isomerized Syrup                                                                                                                                               | • Soybeans                                                      |
| • Confectioner's Sugar generally contains cornstarch ( <i>kitniyos</i> ) and may possibly contain <i>chometz</i> . Certified KFP varieties are available which substitute tapioca starch for cornstarch. | • Kasha (Buckwheat)                                                                                                                                              | • Starch                                                        |
| • Coriander (according to some)                                                                                                                                                                          | • Lecithin                                                                                                                                                       | • String Beans                                                  |
|                                                                                                                                                                                                          | • Lentils                                                                                                                                                        | • Tofu                                                          |
|                                                                                                                                                                                                          | • Malto-Dextrin <sup>2</sup> (possibly <i>chometz</i> )                                                                                                          | • Vitamin C <sup>1,2</sup> (possibly <i>chometz</i> )           |

This information was gleaned from 'Kitniyos By Any Other Name' by Rabbi Tzvi Rosen and other sources.

<sup>1</sup>Kitniyos *Shenishtanu*. Some hashgacha agencies will certify products for Pesach use when containing *kitniyos shenishtanu*.

<sup>2</sup>Unless bearing a reliable Passover certification.

<sup>3</sup>Only acceptable when the certifying agency has documented that all *chometz* issues have been resolved.

<sup>4</sup>The bulbs, roots, and greens of these items are not *kitniyos*; it is only the seeds we avoid.

<sup>5</sup>Should be avoided on *Pesach*.

<sup>6</sup>Those who eat rice on *Pesach* should confirm their rice is Kosher *L'Pesach* and free of problematic additives. For more information, see Pesach Item List above.

There will be a kosher for Pesach kitniyos section at East Side Kosher Deli which may be utilized by those who eat kitniyos on Pesach.



ASHRUS

Pesach 5783/2023




OMMENTS

# Did You Know?

## Burning Chometz

1. Although one fulfills the mitzvah by destroying the Chometz in any fashion, the *minhag* (custom) is to burn chometz until it becomes coals or ashes on the morning of Erev Pesach. When Erev Pesach is on Shabbos, chometz is burned on Friday.
2. After the burning we nullify any possible remaining chometz (Rama 434:2). There are different opinions whether to recite it while the chometz is burning or after it has been burned.
3. There is a custom to burn the chometz which was used for *bedikas chometz* the previous evening.
4. Many have a custom of burning their lulav with the chometz. The source for this may be Rama (664:9) who quotes a custom to use the lulav for heating the matzo oven. The idea is to use the 'leftovers' of a mitzva for another one.
5. If chometz is found after the deadline on Erev Pesach, it should be burned at that point. If it was found on the *Yom Tov* part of Pesach, halacha requires that should be covered with a utensil or blanket and then burned on *Chol Hamoed* (intermediate days). On *Yom Tov*, chometz is *muktza*.
6. Nowadays it is widespread practice to sell one's chometz to a non-Jew. While the primary purpose of this sale is for known chometz (such as pasta and whiskey) which are placed in a designated area out of sight, we



commonly employ wording to include all chometz which you may own. If you have indeed sold your chometz before Pesach, chometz found on Pesach does not need to be burned and may be placed together with your other chometz items. Even though the chometz was sold to a non-Jew, you may still burn it on *Chol Hamoed* if you choose to do so. If the chometz was found after Pesach, it would be permissible to eat if it was sold to a non-Jew over Pesach. (Sources: Shulchan Aruch, O.C. 446:1, Mikrae'i Kodesh by Rabbi Z.P. Frank, Pesach 1:74 and Shiurei Halacha by Rabbi S. Felder, Pesach page 37) 

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## Sealing the Deal:

### Kosher Seals and When They Are Necessary

Rabbi Yehoshua Greenspan, Rabbinic Coordinator, Scroll K

One of the identifiable features of prepackaged kosher meals is the seal. In years past it was the *plumba* (a clamped tag); currently it is tamper-proof wrapping. Among the most common issues dealt with regularly in the Kashrus world, is food which is left in the jurisdiction of non-Jews<sup>1</sup>. The Sages<sup>2</sup> required us to seal various foods out of concern that they may have switched it for non-Kosher food.

Here are some frequent questions:

- 1) I ordered UberEATS from a local Kosher restaurant. The driver delivered the food, but it is unsealed; may I eat the food?
- 2) I am remodeling my house and I plan to leave workers in my home while I am at work. I have assorted Shabbos leftovers in my refrigerator. Am I required to seal the food in my fridge or not?
- 3) I usually keep my lunch in a communal office refrigerator. Do I need to seal it up?



**Kosher Meat  
Plumba**

Let us examine the various principles and leniencies of this Halacha and then we can properly answer these queries.

#### Why?

The requirement to seal food is based on a concern that it may be switched for a non-kosher variety for either financial or personal gain.

- I. The classic case of financial gain is if the non-Jew can replace the food for a lower quality food and sell the higher quality food for a profit.
- II. Personal gain may include any of the following:
  - a. to eat higher quality food and replace it with a lower quality variety, hence gaining the high-quality food at lower price.
  - b. If there is a long distance between the starting point and destination of the food delivery with minimal food options, he may be tempted to eat

from the food and replace it with a non-kosher option when it becomes available<sup>3</sup>.

We are not concerned that the courier will switch Kosher for non-Kosher simply to get us to eat not-Kosher<sup>4</sup>.

It should be noted that this is an obligation regardless of how trustworthy a particular individual has shown himself to be. Once the decree of the Sages has been made, this became an absolute requirement, unless one of the exceptions noted below can be applied.

#### What qualifies as a 'seal'?

The seal must be made in a way that the seal must be broken to access the food. This discourages anyone other than the intended recipient from opening it, as it would necessitate him or her to create (i.e., forge) a new seal. Although it may be physically possible to forge the seal, since it would be bothersome to do so, we assume that the intact seal is the original one. If the food can be accessed without needing to break the seal and replace it, it is not a valid seal.

#### How many seals?

Shulchan Aruch rules that any food which, if switched, would entail a possible consumption of Biblical prohibition, a double seal is required. This would necessitate the switcher to forge two seals and is an added layer to this deterrent. If a non-Kosher switch would entail a Rabbinic prohibition, only one seal is required. Thus, meat, poultry or fish require a double seal. Cheese or bread require only one.

#### When can we be lenient?

There are numerous scenarios where although Halacha requires foods to be sealed, if an item was not sealed, it may still be permitted. It is highly advisable to consult a Rav in any actual situation of unsealed food.

- I. **No Benefit:** As the requirement of seals is because there will be some benefit by switching

<sup>1</sup> ע' שו"ע סי' קי"ח ס"א דגם ישראל חשוד כעכו"ם לעי"ז

<sup>2</sup> הרבה אחרונים נראה שסוברים שזה מדרבנן אבל יש לדייק מדברי רמ"א בסעיף ה' שזה חיוב דאורייתא

<sup>3</sup> עיין בית מאיר ריש סי' קי"ח ושו"ת חכם צבי סי' לט

<sup>4</sup> שו"ע סעיף י



the food, if there is no practical gain, the food would be permitted<sup>5</sup>. Thus, if it is obvious that the food is of the same quality level after being left with the non-Jew, *b'dieved* (after the fact) we need not be concerned that it was switched<sup>6</sup>.

- **Practical Applications:** French fries, most breads, pastries, salads, and many other items may be permitted if they were not sealed. It should be noted that this is only if you are aware of the delivery being sent from the kosher store. If, however, a non-Jew gives you an unmarked pastry and claims that it is from a kosher store, it cannot be eaten without verifying the claim<sup>7</sup>.

II. **Recognizable:** If the food was recognizably the same as was sent, it is permissible even without seals<sup>8</sup>. This is very often the case when food is left unsealed at home or food left unsealed in a shul kitchen by a caterer.

- If someone received a food delivery from a restaurant and has previously ordered this item from this very restaurant, if they can positively identify this item as coming from that restaurant, it is permitted *b'dieved* (after the fact).
- If one receives an unsealed delivery, a recommended course would be to send a picture of the item to a Mashgiach of the facility who can recognize it, and thus permit it.

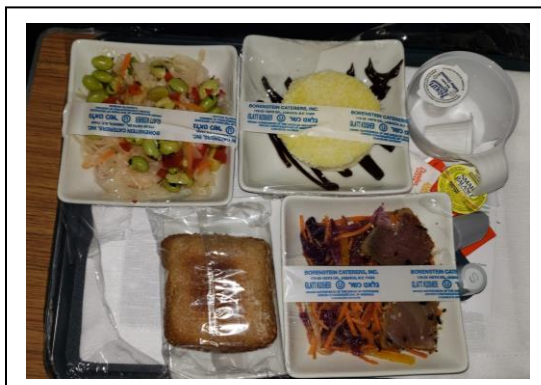
III. **Impractical:** Wherever the item to be switched is not practically available, then we do not need to be worried that food was switched<sup>9</sup>.

- A practical example may be the following: A hotel is having a Kosher event, and the food was left unsealed overnight. It would be highly impractical for anyone to find a suitable replacement for the food in those few nighttime hours when a mashgiach was not present, and this may be a reason to permit the food, *ex post facto*<sup>10</sup>.

IV. **Fear:** If the non-Jew would be afraid of being 'caught in the act', seals are not required. Creating this fear is not subjective, but has specific requirements discussed in Halachic sources. This fear can be attained by:

- **"In and out" presence<sup>11</sup>:** The parameters of an "in and out" presence are somewhat complex, and a Rav should be consulted for guidance. The basic details are that the non-Jew is not informed when the homeowner will be back and the homeowner (or a competent fill-in, including a child above the age of nine<sup>12</sup>) returns periodically during the day<sup>13, 14</sup>. If the non-Jew is aware that the homeowner is leaving, but will be gone for less than 18 minutes, it is permissible<sup>15</sup>.

- **Public Area:** If the delivery route passes through a public area<sup>16</sup>, and the courier at every point in time can be seen by passersby, this would create the necessary fear to permit the food<sup>17</sup>. Since most food deliveries today are with closed vehicles, and it is not apparent to all that this is a delivery of kosher food, this leniency may not be a practical one<sup>18</sup>.



<sup>5</sup> שו"ע בסעיף י' ורמ"א סעיף ב'

<sup>6</sup> רמ"א שם, הא דכתבנו בפנים דההיתר אינו נהנה בחליפין וההיתר דתביעות עין הם רק בדיעבד הוא ע"פ הרב ישראל ראסקאם שליט"א, וע' חלקת בנימין (ס' קי"ח ס"י ביאורים ד"ה מותר, וס"א ציונים סקי"ז) שהאריך בזה.

<sup>7</sup> שו"ע ס' קיט, עיין שם כל פרטי דין זה.

<sup>8</sup> עיין ט"ז ס"ק ח' וס"ק יב וערוך השלחן ס"ק יב וס"ק לג.

<sup>9</sup> עיין דרכי תשובה ס' קיח ס"ק מה.

<sup>10</sup> I discussed this example with Rabbi Eli Gersten, recorder of Psak and Policy for OU Kosher. In the example provided, a Rav should be consulted. Another detail to consider in this case is that in situations where there is a lot of food and someone can take a small amount without it being noticed, that may be an additional reason to permit the food.

<sup>11</sup> שם סעיף י'

<sup>12</sup> ש"ך ס"ק לג וש"ך ס' קטו ס"ק יב

<sup>13</sup> שם סעיף י'

<sup>14</sup> A Rav should be consulted before relying on this leniency. It is unclear if this can be relied upon optimally or only *ex post facto* and for how long can the intervals be. Also, what happens if the non-Jew knows your schedule and that you will be gone for a few hours.

עיין ש"ך ס' לב שכתב ששוהה זמן רב הוא רק דין בדיעבד אבל זמן מועט הוא דין לכתחילה. בחלקת בנימין בס"ז ד"ה מותר, וכתב גם כן ראיות שאין להתיר מעבר לרבים הגוי.

<sup>15</sup> שיעור יח רגעים מוזכר בגר"א ס' קכט סק"ב

<sup>16</sup> Even where no Jews are present.

<sup>17</sup> שו"ע שם סעיף ה' ועיין ט"ז שם

<sup>18</sup> לכאורה אין היתר בזמננו של 'מעבר לרבים' המוזכר בסעיף י', שהרי בזמננו שכולם נוסעים ברכב ויכולים להסתיר מה שעושים בפנים בלי ידיעת הרבים. שמחתי לראות שכ"כ החלקת בנימין בס"ז ד"ה מותר, וכתב גם כן ראיות שאין להתיר מעבר לרבים בספינה ורכבת וגם כשנוסעים שני גוים בידד דאחד יכול לשמור שאחר לא יראה גם

- If the only replacement for the product would be recognizably different than what was sent, that would also permit the food<sup>19</sup>.

### Utensils:

Kosher utensils left in a non-Jew's jurisdiction is a more significant issue as many of the leniencies discussed above do not apply. We are thus concerned that the non-Jew may use them for his own food<sup>20</sup>.

- One should not leave a non-Jewish babysitter (or trusted cleaning help) in the house without one or more of the following: supervision ("In and out" supervision would suffice), locking your utensils, or having some other evidence that they were not used. Arranging them in a specific tamper-evident way would also suffice. An obvious detail is that the babysitter (or trusted cleaning help) should be clearly advised what they may, or may not, do vis-à-vis food preparation.
- Setting up a camera so that you can monitor what was done is sufficient, provided the video is reviewed periodically.
- If the utensils were left in a compromising situation and there is no indication that they were used for non-kosher, they should be left unused for 24 hours; Kashering is not required. There may be grounds to permit the utensils for immediate use in specific circumstances and a Rav should be consulted<sup>21</sup>.

Let us now return to answer the questions that we started with:

**I ordered UberEATS from a local Kosher restaurant. The driver delivered the food, but it is unsealed; may I eat the food?**

If the food is meat or chicken, which the driver can practically benefit from, the food will not be permitted under most circumstances. If you can positively identify this item as coming from a specific kosher restaurant, it is permitted. If you follow the delivery on the app and see that the driver picked it up from the kosher restaurant and drove it straight to your house without any stops, there may be grounds to permit the food; a Rav should be consulted<sup>22</sup>.

**I am remodeling my house and I plan to leave workers in my home while I am at work. I have assorted Shabbos leftovers in my refrigerator. Am I required to seal the food in my fridge or not?**

It is permitted without seals if you can positively identify that the food was exactly what you left. However, even if this will not be the case, there are other ways to address the problem:

- You can arrange to have an "In and out" presence (also known as *yotzei v'nichnas*) as discussed above.
- You can tell the workers that they can help themselves to anything in the fridge! By doing so, he will take and have no reason to switch it, because you gave him permission. However, if there is meat and dairy in the fridge and a

usable oven or microwave nearby, this can easily turn into a halachic disaster!

- There may be additional reasons to permit the food, see footnote<sup>23</sup>.

**I usually keep my lunch in a communal office refrigerator. Do I need to seal it up?**

It is recommended that you seal the food. If it was not sealed and you can positively identify your food, it is permitted.

**Wishing everyone a Chag Kasher v'Sameach!**

**I ordered UberEATS from a local Kosher restaurant. The driver delivered the food, but it is unsealed; may I eat the food?**



כן אין להתיר. ולכאורה פשוט, שאין להתיר מעבר לרבים ב'טראק' שבדואר יכולים להסתיר את עצמן מפני הרבים.

מבואר מהש"ד ס"ק ח שכתב שמפני שחלב טמא אינו דומה במראיתו לחלב טהור,<sup>19</sup> לכן רק חוששין לתערובת חלב שהוא דרבנן.

עיין שו"ע ס' קכב ס"ט ורמ"א שם, וסיים הרמ"א שם ולכתחילה יש ליהרר בכל ענין<sup>20</sup> אפי' בעבדים ושפחות העובדי כוכבים שבבית ישראל שלא ליחד כלים שלנו אצלן שמה ישתמשו בהן בדברים האסורים עכ"ל. ועיין אגרות משה יו"ד א' ס' סא.

רמ"א ואג"מ שם, ומכל מקום כדאי לקשר לרב כי יש צדדים הרבה להתיר לכל<sup>21</sup> הפחות לאיזה כלים בבית. יש הרבה כלים שאין רגילים להשתמש בחמין, ואפי' בחמין רק בכלי שני, וגם יש לדון שיש סוגי כלים אפי' נשתמשו בהם שבטלים ברוב וגם יש

לדון שכלים שלא מסתבר שהיא השתמשה בהן כגון כלים גדולים שהם מותרים, היתר זה האחרון שמעתי פעם מהרב פירסט משיקאגא ששאל את ר' משה פיינשטיין אודות זה והתיר.

<sup>22</sup> Rabbi Eli Gersten, recorder of Psak and Policy for OU Kosher.

<sup>23</sup> There are some Halachic Authorities who opine that just because a worker can freely access freely a place, but has no official permission to be there, the food would be permitted. A remodeler in the basement has no permission to be in the kitchen and this may be a reason to permit the food. A Rav should be consulted.

# Sizing Up the Seder

Rabbi Yaakov Zions<sup>1</sup>

Size of the kos (cup)	Arba Kosos (4 cups)		Friday evening kiddush (including the first kos when Pesach begins on Friday evening)	
	Basic Level 2.9 fl. oz. (86 cc)	Platinum Level 5.1 fl. oz. (150 cc)	Basic level 4.4 fl. oz. (131 cc)	Platinum Level 5.1 fl. oz. (150 cc)

## The amount to drink

1. Basic level of Arba Kosos fulfills the opinions of most *poskim*, including the Mishna Berura, Rav Avraham Chaim No'eh, and Rav Moshe Feinstein. Platinum level fulfills the opinion of the Chazon Ish.
  2. The most accurate method to measure the volume of a cup is by filling it with water and weighing the water. 1 cc weighs 1 gram.
- The ideal amount to drink according to most *poskim* is the entire cup. If this is not feasible, one should preferably drink the majority of the cup or 2.9 fl. oz. (86 cc), whichever is greater. If this, too, is not an option, the minimum amount to drink is the greater of one's own cheekful (כמלא לוגמיו) and 1.5 fl. oz. (44 cc)<sup>2</sup>. One can measure his cheekful by filling one's mouth completely with water, measuring the total amount of water, and dividing it in half. If one does not wish to measure, he may rely that his cheekful is not more than 55 cc, unless his mouth is noticeably large.

## Matzah and Maror

1. Presented are two charts for matzah, one weight-based and one size-based.
2. Due to various considerations detailed in Moznei Tzedek, there are up to 4 different amounts given for the various mitzvos<sup>3</sup>. All basic and platinum level *shiurim* (sizes) fulfill the opinions of the Chazon Ish, Rav Chaim Noeh, and Rav Moshe Feinstein.

Percentage-based Matzos per pound ►		Hand Matza					Machine Matza	
Motzi Matza	Platinum Level	38%	45%	51%	58%	64%	96%	1 matza
	Basic Level	35%	40%	46%	52%	58%	86%	92%
Korech	Platinum Level	22%	26%	29%	33%	37%	55%	59%
	Basic Level	15%	17%	20%	22%	25%	37%	40%
Afikoman	Basic Level	29%	34%	39%	44%	48%	72%	77%

Weight-based	Motzi Matza				Korech		Afikoman <sup>3</sup>	
	In extenuating circumstances	In case of difficulty	Basic Level	Platinum Level	Basic Level	Platinum Level	In case of difficulty	Basic Level
Hand Matza	11.2 g	16.7 g	26.1 g	29.0 g	11.2 g	16.7 g	11.2 g	21.9 g
Machine Matza	12.0 g	17.9 g	27.9 g	31.0 g	12.0 g	17.9 g	12.0 g	23.4 g
Oat Matza	14.5 g	21.6 g	33.8 g	37.5 g	14.5 g	21.6 g	14.5 g	28.4 g

In case of difficulty, one may consume the amount listed under Korech - Platinum Level for the mitzvah of matzah, and the amount listed under Korech - Basic Level for afikoman. In extenuating circumstances, one may consume the amount listed under Korech - Basic Level for the mitzvah of matzah. In all these cases, one may recite the appropriate *bracha*.

Lettuce			Horseradish		
Maror	Korech		Maror	Korech	
	Basic Level	Platinum Level		Basic Level	Platinum Level
28.8 g	19.3 g	28.8 g	1 fluid oz. (28.8 cc)	2/3 fl. oz. (19.3 cc)	1 fluid oz. (28.8 cc)

3. Spelt matzah has the same shiur as wheat matzah.
4. By consuming the basic and platinum level shiurim for the mitzvah of matzah, you have satisfied the stringency of eating two *kizaysim* for motzi matzah, as well. However, even one who is unconcerned about this stringency must still eat the listed amount. The reason for this is explained in Moznei Tzedek p. 53.
5. In all the levels listed in the tables, you may recite the appropriate *bracha*.
6. To calculate the *shiurim* based on percentages of the matzah, use the **Percentage-based** table. First verify how many of your matzos comprise a pound, then use the given percentages. [K]

<sup>1</sup> Based on Moznei Tzedek (By Rabbi Dovid Braunfeld), an in-depth explanation and listing of precise amounts required for mitzvos throughout the year

<sup>2</sup> These figures are according to the opinions of the Mishna Berura, Rav Avraham Chaim No'eh, and Rav Moshe Feinstein. According to the Chazon Ish, one should preferably drink the greater of 5.1 fl. oz. (150 cc) or the majority of the cup, and the minimum amount to drink for a person with the average-sized mouth is 2.6 fl. oz./76 cc.

<sup>3</sup> The difference between basic and platinum level shiurim are based on multiple details which are beyond the scope of this article. Additionally, there is no platinum level shiur given for Afikoman. These details and much more information can be gleaned from Moznei Tzedek, primarily Chapters 5 and 12.



## You Are What You Eat

Rabbi Mordechai Fleisher

Living a Torah life includes numerous laws regarding what we may or may not eat. While keeping kosher is a year-round endeavor, nowhere do we find more rules and regulations regarding what and how we may eat than on Pesach.

Most prominent among these laws is, of course, the prohibition against consuming any *chometz*. Along with this overarching restriction, we also encounter a number of mitzvos regarding what we are obligated to eat: Matzah, *maror*, and the Four Cups that we consume at the Seder. In fact, matzah is the only Torah-level (not merely Rabbinic) mitzvah we have in our time, in the absence of a *Bais Hamikdash* and its offerings, that is an obligation to eat!

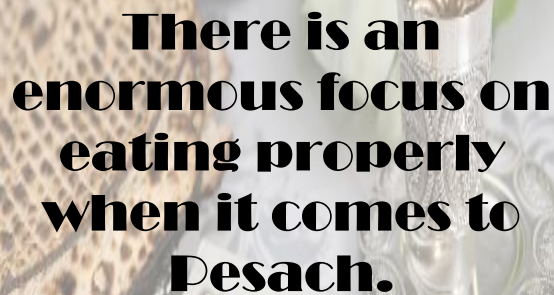
In addition, when the *Bais Hamikdash* stood, the special *Korban Pesach* was brought and eaten on the first night of Pesach. There are numerous unique mitzvos given by the Torah associated with this offering that tell us how it needs to be eaten that are not found by other *korbanos*.

It should be very clear by now that there is an enormous focus on eating properly when it comes to Pesach, and the question likely at the forefront of your mind is: Why? What has eating got to with the holiday celebrating our freedom from bondage and the birth of our Nation?

The Ramchal (Rabbi Moshe Chaim Luzzatto; 1707-1746), in his seminal work *Derech Hashem*, provides an important insight that can help solve this enigma. He explains that the reason we abstain from eating *chometz* on Pesach is because *chometz* represents the *Yetzer Hara*, the Evil Inclination.

The connection between *chometz* and the *Yetzer Hara* can be better understood based upon a

prayer recited by Rabi Aleksandri (cited in Brachos 17a): “Master of the World, it is revealed and known before You that our will is to fulfill Your will. What impedes us? The leavening in the dough and the subjugation of the governments of the world.”



**There is an enormous focus on eating properly when it comes to Pesach.**

This “leavening” refers to the *Yetzer Hara* that we, the “dough,” all must struggle with day in and day out, moment-to-moment, as we try to do what is right and good and abstain from wrongdoing. Much as leavening inflates the bread with air, the *Yetzer Hara* inflates our egos and seduces us to ignore Hashem’s will and instead succumb to our baser

desires.

You are what you eat, and explains the Ramchal, the food we eat reflects our spiritual state. Year-round, we must struggle with the *Yetzer Hara* and overcome his blandishments. The main food that sustains us, the staff of life, is bread, and the bread we eat manifests that struggle: It is leavened bread, *chometz*, a combination of sustenance and the inflation brought on by leavening.

On Pesach, however, Hashem freed the Jewish People from slavery, yanking them out of a lowly existence mired in the morass that was Egypt. This was not mere release from physical bondage, but from being chained to an Egyptian world that pulls us away from Hashem and His mitzvos, an exodus allowing every one of us to rise above the temptations of the *Yetzer Hara* and embark upon a journey of spiritual growth and greatness. For this brief, seven-day period of Pesach, the usual power of the *Yetzer Hara* is minimized - for one week, we have greater freedom from the *chometz* that impedes us and stands in the way of spiritual achievement. And here, too, our food reflects this reality, as we avoid *chometz* like the plagues that afflicted our oppressors in Egypt. The abstention

of *chometz* is so integral to our spiritual growth and success that we may not even possess *chometz*, and one who consumes *chometz* suffers *kareis*, a Divine punishment of premature death and spiritual disconnect.

This week of living on a higher plane, elevated above the *Yetzer Hara* to a far greater degree than during the rest of the year, fortifies us for the battle we will face with the forces of lust, desire, and ego that we face throughout the rest of the year.

With an understanding of the unique role of food on Pesach now in hand, we can begin to plumb the depths of the many rules associated with eating the *Korban Pesach*. A full analysis of every single mitzvah and its nuances is well beyond the scope of this discussion, but an exploration of two of the mitzvos is enlightening, inspiring and instructive.

The Torah forbids breaking any bones of the offering or leaving the group with which one is eating the offering. (These two laws are best summed up as no breaks.) There are numerous details and minutiae of these two mitzvos discussed in *Maseches Pesachim*, but I would like to focus on the idea behind these commandments.

The *Sefer Hachinuch*, a work that, among other things, provides some of the roots from whence spring the mitzvos, provides us a lesson in how we ought to approach mealtimes as he offers an idea underpinning these mitzvos. He explains that as the Jewish People emerged from slavery and became Hashem's Chosen People, they needed to transition into nobility, princes who are Hashem's emissaries on Earth. To that end, the mitzvos and customs of Pesach, especially the Seder, are replete with aristocracy.

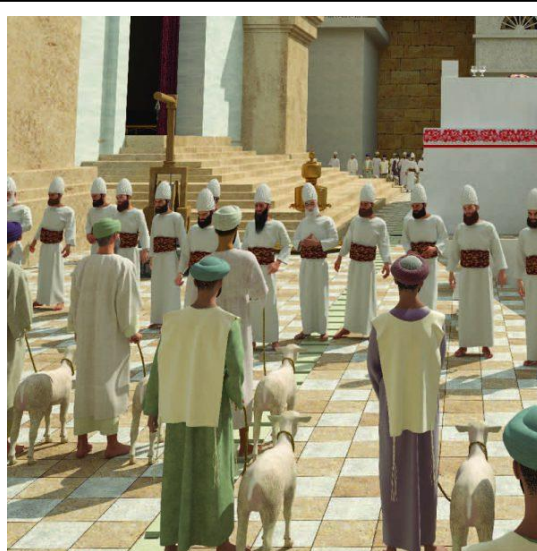
When a wealthy noble sits down to eat, explains the *Sefer Hachinuch*, he does so with dignity and refinement. He does not get up and move from one place to another – everything he needs is brought to him, and he remains at his place throughout the meal. He does not break the bones of his meat in an effort to scrape a few morsels of marrow from within.

And we, on Pesach, must instill this attitude into ourselves. We are nobles. We are princes. We are aristocrats. We are Hashem's Nation! Pesach is the time, says the *Sefer Hachinuch*, for this idea to permeate our essence, so that we can carry it with us throughout the year.

The *Sefer Hachinuch's* explanation dovetails beautifully with the words of the *Ramchal*: Pesach, particularly the Seder Night, is a time to inculcate within ourselves what we truly are and how we ought to exist, a flash of our innate greatness that we must strive for

during the rest of the year. What we eat, and how we eat, will set the tone for our path forward as we travel through the desert of life and seek to make it bloom.

It is said that the saintly Satmar Rebbe, Rabbi Yoel Teitelbaum (1887-1979), would not bend his head to eat a bowl of soup; rather, he would sit ramrod straight, and bring the spoon to his mouth. As a human, he would not lower himself to his food; rather, he would elevate his sustenance by bringing it up to him. This approach is not recommended for most of us, unless you have several spare changes of clothes or a large smock. But the highly refined behavior of this great man provides a paradigm for the rest of us and enables us to take the lessons of Pesach with us as we engage and seek to elevate the physical,



We are nobles. We are princes. We are aristocrats. We are Hashem's Nation!

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ר' שלמה בן יעקב ויטל בת אלעזר אליהו הכהן  
Upon Their Yahrzeits

materialistic, seductive world around us. While we must eat, and while enjoying what we eat may also be an important part of maintaining a physically and emotionally healthy life, we are not animals - we are nobility! And, as nobles, we must conduct ourselves accordingly in all we do - even when involved in the most physical of endeavors, we must raise what we eat to our station, and not lower ourselves down to the food.

We are what we eat, and how we choose to engage with our food can put us in the category of an animal on two legs - or elevate us to Divinely inspired royalty.



Rabbi Fleisher serves as Rav of Congregation Zera Abraham on Denver's West Side, one of the oldest active congregations west of the Mississippi!

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## Cleaning and Checking Romaine

As romaine lettuce is a Pesach staple for many, we wish to outline the proper procedure to obtain kosher, insect-free romaine. This information, as well as information about other vegetables, herbs and berries, can be obtained on our website at [scrollk.org/preparing-fruits-and-vegetables/](http://scrollk.org/preparing-fruits-and-vegetables/).

### Hearts of Romaine:

As detailed below, there are two alternative effective checking methods, the conventional and thrip cloth method. These processes have been proven effective in removing insects from leafy vegetables. They only work, however, when the steps listed below are followed exactly, **patiently**, and very thoroughly. Because Hearts of Romaine is a premium product that companies watch carefully, it is less prone to infestation; nonetheless, Hearts of Romaine still contain insects.

### Steps for cleaning Hearts of Romaine:

1. Separate leaves from the stem.
2. Fill a pan with water and a soapy solution. The pan should be large enough to accommodate the amount of product you are using and still enable you to vigorously agitate the leaves, as described below. The amount of soap should be enough to make the water feel slippery and be sudsy.
3. Submerge leaves in the pan of water for 5 minutes.
4. Agitate the leaves in the water so that the soapy solution loosens insects that are gripping the leaves' surface.
5. After the initial rinse, **choose from either of the two checking options below:**

#### Thrip Cloth Method:

This method will require an extra wash and filter the water for inspection.

- a) After steps 1-4 above, prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery. Liquid dishwasher detergent is recommended over dish soap, as dish soap produces a substantial amount of suds. Seventh Generation™ is an available and recommended dishwasher detergent.
- b) Agitate the produce in the solution for 15 seconds.
- c) Remove the produce from the basin and shake off excess water over the basin.
- d) Pour water through the thrip cloth. Note: If one does not have a thrip cloth, the water may be checked for infestation by placing a white basin over a light box.
- e) Check the thrip cloth over a light box for any insects.
- f) If insects are found, repeat steps a through e. This can be done up to three times.
- g) If insects are still found on the third try, the produce should not be used.

#### Conventional Method:

This method will require an actual inspection of a large percentage of the produce.

- a) After steps 1-4 above, under a **heavy stream of water**, thoroughly rinse each leaf individually. Every leaf must be totally opened when rinsing, exposing **ALL folds and crevices**.
- b) All leaves must be examined. Initially, one must check a substantial portion of the leaves, up to almost 50%, to ascertain that one has followed all the steps satisfactorily and that the washing process has been so effective that it is in lieu of checking every single leaf. (As time progresses and one masters the washing procedure, one can reduce the amount of leaves that one checks.)
- c) If, upon checking a random sample of leaves, one finds even one insect, one must repeat steps 2-5 more carefully. The above procedure must be repeated as many times as is necessary until the inspected leaves are completely free of insects.
- d) Because **Hearts of Romaine** are less prone to insects than other types of lettuce, one who has mastered the procedure does not need to check more than 20% of the leaves for insects after performing the procedure carefully and meticulously. If, after randomly checking 20% of the cleaned leaves, one finds no insects, one can be rest assured that the other 80% is insect-free, too.

**NOTE:** Nowadays small and convenient lightboxes are sold. It would be worthwhile to use a lightbox to check leaves efficiently and comprehensively. An alternative to a lightbox is inspecting the leaves in such a manner that the leaves are illuminated from below rather than from above.

### Whole Romaine Heads

In contrast to Hearts of Romaine, ordinary Romaine lettuce is more prone to insects. Therefore, if one utilizes the conventional method of checking detailed above (under *Hearts of Romaine*), one must check **all** the leaves before one can be sure that the batch is insect-free. It is recommended not to purchase Organic Romaine, due to greater insect infestation. [K]

**Light Boxes and Thrip cloths are available (\$70 and \$7), call or text (732) 995-5814.**



# The Scroll K/Vaad Hakashrus of Denver




































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תשס"ג

March 2024

The following is a list of some of the recommended kosher certifications commonly found in the Rocky Mountain region. This list is for commercially made products; for information pertaining to restaurants, please contact our office.

 <p><b>The Scroll K / Vaad Hakashrus of Denver</b> 245 S Benton St. Lakewood CO, 80226 (303) 595-9349 Rabbi Elchonon Joseph Rabbi Y. Rosskamm, Rav Hamachshir</p>	 <p><b>The Union of Orthodox Jewish Congregations</b> 11 Broadway, New York, NY 10004 (212) 563-4000 Rabbi Menachem Genack</p>	 <p><b>Organized Kashrus Laboratories</b> 391 Troy Avenue, Brooklyn, NY 11213 (718) 756-7500 Rabbi Chaim Fogelman</p>	 <p><b>Star-K and Star-D</b> 122 Slade Ave. #300, Baltimore, MD 21208 (410) 484-4110 Rabbi Moshe Heinemann Dr. Avram Pollack</p>	 <p><b>KOF-K Kosher Supervision</b> 201 The Plaza, Teaneck, NJ 07666 (201) 837-0500 Rabbi Ari Senter</p>	 <p><b>Chicago Rabbinical Council (and Blue Ribbon Kosher)</b> 2701 W. Howard St., Chicago, IL 60645 (773) 465-3900 Rabbi Shalom Fishbane</p>	 <p><b>K'hal Adath Jeshurun (Breuer's)</b> 6 Sam-Law Drive, Monsey, NY 10952 (845) 425-9089 Rabbi Moses Edelstein</p>
 <p><b>EarthKosher</b> 1750 30th Street #613, Boulder, CO (888) 312-3559 Rabbi Sholom H. Adler, Rav Hamachshir</p>	 <p><b>Rabbinical Council of California (RCC)</b> 3870 Wilshire Blvd. #420, Los Angeles, CA 90010 (213) 389-3382 Rabbi Nissim Davidi</p>	 <p><b>Atlanta Kashrus Commission</b> 1855 La Vista Rd. N.E., Atlanta, GA 30329 (404) 634-4063 Rabbi Reuven Stein</p>	 <p><b>Vaad Hoeir of Saint Louis</b> 4 Millstone Campus Dr., St. Louis, MO 63146 (314) 569-2770 Rabbi Zvi Zuravin</p>	 <p><b>Dallas Kosher</b> 7800 Northaven Road, Dallas, TX, 75230 214-739-6535 Rabbi Sholey Klein</p>	 <p><b>Central Rabbinical Congress</b> 85 Division Ave., Brooklyn, NY 11211 (718) 384-6765 Rabbi Yitzchak Glick</p>	 <p><b>Houston Kashruth Association</b> 10101 Fondren Rd Suite #445, Houston, TX 77096 (832) 477-2406 Rabbi Y. Wender</p>
 <p><b>Teitelbaum (Volover Rav)</b> 5808 11th Ave., Brooklyn, NY 11225 (718) 436-4685</p>	 <p><b>Rabbi Menachem Meir Weissmandel (Rav of Nitra-Monsey)</b> 1 Park Lane, Monsey, NY 10952 (845) 352-1807</p>	 <p><b>Rabbi Shlomo Stern (Debreciner Rav)</b> 1641 56th St., Brooklyn, NY 11204 (718) 853-9623</p>	 <p><b>Rabbinical Council of British Columbia</b> 401-1037 W Broadway, Vancouver, B.C. V6H 1E3 (604) 731-1803 Rabbi A. Feigelstock</p>	 <p><b>Kashrus Council of Lakewood N.J.</b> 750 Forest Ave. Suite #66, Lakewood, NJ 08701 (732) 901-1888 Rabbi Avrohom Weisner</p>	 <p><b>Montreal Vaad Hair (MK)</b> 6333 Decarie Blvd. Suite 100 Montreal, Quebec H3W3E1 (514)-739-6363 Rabbi Saul Emanuel</p>	 <p><b>Kosher Supervision of America</b> P.O. Box 35721, Los Angeles, CA 90035 (310) 282-0444 Rabbi B. Lisbon</p>
 <p><b>Oregon Kosher</b> 6698 SW Capitol Highway, Portland, OR 97219 (503) 343-3497 Rabbi Tzvi Fischer</p>	 <p><b>KVH Kosher</b> 665 Beacon St, Boston, MA 02215 (617) 426-2139 Rabbi Moshe Kaufman</p>	 <p><b>Kashruth Council of Canada (COR)</b> 3200 Dufferin St, Toronto, Ontario M6A 3B2 (416) 635-9550 Rabbi Yaakov Felder</p>	 <p><b>Bais Din Tzedek of the Eida Hachareidis of Jerusalem</b> 26A Rechov Strauss POB 5006 Jerusalem 972-2-624-6935</p>	 <p><b>Kosher Australia</b> 81 Balaclava Road, Caulfield North 3161 Australia 613-8317-2500 Rabbi Mordechai Gutnik</p>	 <p><b>London Beth Din</b> 305 Ballards Lane, London N12 8GB 44208-343-6247 Rabbi Jeremy Conway</p>	 <p><b>The Kashrut Authority of Australia and NZ</b> P.O. Box 7206, 2/58 Chambers Ave, Bondi Beach, NSW Australia 612-9365-2933 Rabbi M. D. Gutnick</p>
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# SEFIRAS HA'OMER CALENDAR 2024

Sefiras Ha'Omer is the counting of seven complete weeks from the second evening of Pesach until Shavuot. Sefirah is recited at night while standing.

• One who neglected to count at night should count during the following day (daylight hours) without reciting a bracha.

If an entire night and day was missed, one continues to count for the duration of the Omer but should no longer recite the bracha.

• Sephardic custom is to recite לעומר immediately after the number of days (example: היום שמונה ועשרים יום לעומר שהם ארבעה שבועות).

• Some replace לעומר with בעומר

## ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו על ספירת העומר

היום יום אחד לעומר	16 Nissan • Tue night, April 23
היום שני ימים לעומר	17 Nissan • Wed night, April 24
היום שלשה ימים לעומר	18 Nissan • Thu night, April 25
היום ארבעה ימים לעומר	19 Nissan • Fri night, April 26
היום חמשה ימים לעומר	20 Nissan • Sat night, April 27
היום ששה ימים לעומר	21 Nissan • Sun night, April 28
היום שבועה ימים שהם שבוע אחד לעומר	22 Nissan • Mon night, April 29
היום שמונה ימים שהם שבוע אחד ויום אחד לעומר	23 Nissan • Tue night, April 30
היום תשעה ימים שהם שבוע אחד ושני ימים לעומר	24 Nissan • Wed night, May 1
היום עשרה ימים שהם שבוע אחד ושלשה ימים לעומר	25 Nissan • Thu night, May 2
היום אחד עשר יום, שהם שבוע אחד וארבעה ימים לעומר	26 Nissan • Fri night, May 3
היום שנים עשר יום, שהם שבוע אחד וחמשה ימים לעומר	27 Nissan • Sat night, May 4
היום שלשה עשר יום, שהם שבוע אחד וששה ימים לעומר	28 Nissan • Sun night, May 5
היום ארבעה עשר יום, שהם שני שבועות לעומר	29 Nissan • Mon night, May 6
היום חמשה עשר יום, שהם שני שבועות ויום אחד לעומר	30 Nissan • Tue night, May 7
היום ששה עשר יום, שהם שני שבועות ושני ימים לעומר	1 Iyar • Wed night, May 8
היום שבועה עשר יום, שהם שני שבועות ושלשה ימים לעומר	2 Iyar • Thu night, May 9
היום שמונה עשר יום, שהם שני שבועות וארבעה ימים לעומר	3 Iyar • Fri night, May 10
היום תשעה עשר יום, שהם שני שבועות וחמשה ימים לעומר	4 Iyar • Sat night, May 11
היום עשרים יום, שהם שני שבועות וששה ימים לעומר	5 Iyar • Sun night, May 12
היום אחד ועשרים יום, שהם שלשה שבועות לעומר	6 Iyar • Mon night, May 13
היום שנים ועשרים יום, שהם שלשה שבועות ויום אחד לעומר	7 Iyar • Tue night, May 14
היום שלשה ועשרים יום, שהם שלשה שבועות ושני ימים לעומר	8 Iyar • Wed night, May 15
היום ארבעה ועשרים יום, שהם שלשה שבועות ושלשה ימים לעומר	9 Iyar • Thu night, May 16
היום חמשה ועשרים יום, שהם שלשה שבועות וארבעה ימים לעומר	10 Iyar • Fri night, May 17
היום ששה ועשרים יום, שהם שלשה שבועות וחמשה ימים לעומר	11 Iyar • Sat night, May 18
היום שבועה ועשרים יום, שהם שלשה שבועות וששה ימים לעומר	12 Iyar • Sun night, May 19
היום שמונה ועשרים יום, שהם ארבעה שבועות לעומר	13 Iyar • Mon night, May 20
היום תשעה ועשרים יום, שהם ארבעה שבועות ויום אחד לעומר	14 Iyar • Tue night, May 21
היום שלשים יום, שהם ארבעה שבועות ושני ימים לעומר	15 Iyar • Wed night, May 22
היום אחד ושלשים יום, שהם ארבעה שבועות ושלשה ימים לעומר	16 Iyar • Thu night, May 23
היום שנים ושלשים יום, שהם ארבעה שבועות וארבעה ימים לעומר	17 Iyar • Fri night, May 24
היום שלשה ושלשים יום, שהם ארבעה שבועות וחמשה ימים לעומר	18 Iyar • Sat night, May 25
היום ארבעה ושלשים יום, שהם ארבעה שבועות וששה ימים לעומר	19 Iyar • Sun night, May 26
היום חמשה ושלשים יום, שהם חמשה שבועות לעומר	20 Iyar • Mon night, May 27
היום ששה ושלשים יום, שהם חמשה שבועות ויום אחד לעומר	21 Iyar • Tue night, May 28
היום שבועה ושלשים יום, שהם חמשה שבועות ושני ימים לעומר	22 Iyar • Wed night, May 29
היום שמונה ושלשים יום, שהם חמשה שבועות ושלשה ימים לעומר	23 Iyar • Thu night, May 30
היום תשעה ושלשים יום, שהם חמשה שבועות וארבעה ימים לעומר	24 Iyar • Fri night, May 31
היום ארבעים יום, שהם חמשה שבועות וחמשה ימים לעומר	25 Iyar • Sat night, June 1
היום אחד וארבעים יום, שהם חמשה שבועות וששה ימים לעומר	26 Iyar • Sun night, June 2
היום שנים וארבעים יום, שהם ששה שבועות לעומר	27 Iyar • Mon night, June 3
היום שלשה וארבעים יום, שהם ששה שבועות ויום אחד לעומר	28 Iyar • Tue night, June 4
היום ארבעה וארבעים יום, שהם ששה שבועות ושני ימים לעומר	29 Iyar • Wed night, June 5
היום חמשה וארבעים יום, שהם ששה שבועות ושלשה ימים לעומר	1 Sivan • Thu night, June 6
היום ששה וארבעים יום, שהם ששה שבועות וארבעה ימים לעומר	2 Sivan • Fri night, June 7
היום שבועה וארבעים יום, שהם ששה שבועות וחמשה ימים לעומר	3 Sivan • Sat night, June 8
היום שמונה וארבעים יום, שהם ששה שבועות וששה ימים לעומר	4 Sivan • Sun night, June 9
היום תשעה וארבעים יום, שהם שבועה שבועות לעומר	5 Sivan • Mon night, June 10

## הרחמן הוא יחזיר לנו עבודת בית המקדש למקומה במהרה בימינו אמן סלה

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# WHAT CAN DO FOR YOU

For over four decades, Scroll K has been a trusted name in kosher certification, **providing comprehensive services and expertise to ensure the highest standards of kashrus.** In addition to supervision of the many local kosher establishments and production facilities, Scroll K Rabbis also offer a range of services to support kosher consumers and businesses alike.



Free home Kashering year-round



Complimentary Kashrus classes, range of topics



Advice and procedural help for startups



Answering questions via phone & email



Event and catering supervision



Retail check-ins, inspections, and audits

## BY THE NUMBERS

**2,000+**

kosher inspections across the US each year

**150+**

companies certified for a wide range of products

**20+**

prisons in CO with physical & virtual inspections

**40+**

years in providing kashurs in CO and beyond

**400+**

production plants inspected annually across multiple states

**15+**

kosher certifying agencies rely on Scroll K facility inspections

**100,000**

estimated combined miles traveled annually by our mashgichim

## BEHIND THE SCENES AT



Supervision at men's event dinner with over 900 people



Supervision at JNF weekend event with over 1400 people in attendance



Community Enrichment

**SAVE THE DATE!**

### FREE Pre-Pesach Community Kashering!

**AISH OF THE ROCKIES**

Sunday, April 14<sup>th</sup>, from 1:30 - 3:00 PM

**CONGREGATION ZERA ABRAHAM**

Tuesday, April 16<sup>th</sup>, from 6:30 - 7:30 PM

**BMH-BJ**

Wednesday, April 17<sup>th</sup>, from 5:00 - 6:30 PM



### Sign Up for Kashrus Alerts and News!

VISIT

[scrollk.org](http://scrollk.org)

EMAIL

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WHATSAPP / TEXT

**303.242.1524**

Looking for information on what items require a hashgacha (certification), infestation removal, kosher amenities in Colorado or to download this guide?

**This and much more is available at your fingertips. Check out [scrollk.org](http://scrollk.org).**



The Scroll K symbol is trusted by the finest kosher consumers and appears on hundreds of products, ranging from retail to dairies, kosher transport to trailer wash facilities, including candy, chemicals, oils, drinks, yeasts, and many other specialties.

# Proud to support the neighborhood

Being a good neighbor means being there for my community. As your local State Farm® agent, I'm ready to help whenever you need me. Give me a call.

I hope you have a meaningful Passover



## **Moskowitz Ins and Fin Svcs Inc**

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