

# Kosher Australia Pty Ltd



ועד לעניני כשרות דאזסטרייליא

*Serving the Jewish Community since 1968*

## GUIDE FOR PESACH & PESACH PRODUCTS 2018 / 5778

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## USING THIS GUIDE

Products listed in this guide are either approved or supervised by Kosher Australia or by other approved authorities, where the packaging may not have “Kosher LePesach” labelling. Where such labelling exists and is accompanied by one of the Approved Hechsherim (see next page), it may be consumed on Pesach.

The information contained in this guide is correct as at 11/3/2018. For further updates, please visit the Kosher Australia website ([www.kosher.org.au](http://www.kosher.org.au)) or visit our Facebook page ([facebook.com/kosheraustralia](https://facebook.com/kosheraustralia)).

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

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

WARNING: INTERNATIONAL PESACH LISTS ARE NOW ACCESSIBLE VIA THE INTERNET & SOCIAL MEDIA. THOUGH PRODUCTS WITH THE SAME NAME APPEAR AS BEING SUITABLE FOR PESACH IN OTHER COUNTRIES, THIS MAY NOT APPLY TO SIMILARLY NAMED PRODUCTS AVAILABLE AND MANUFACTURED IN AUSTRALIA AND NZ. THIS GUIDE CONTAINS INFORMATION SPECIFIC TO AUSTRALIA AND NZ CONDITIONS.

### PESACH CALENDAR MARCH-APRIL 2018 – תשע"ח

Date	Activity	Time							
		Melb	Syd	Perth	Bris	Adel	Hobart	Surfers Paradis	
Thur 29/3	Bedikas Chometz (Search for Chometz) AFTER:	19.42	19.20	18.42	18.13	19.40	19.29	18.11	
Friday 30/3 Erev Pesach	Fast of the First Born commences	6.14	5.51	5.15	4.48	6.12	5.54	4.46	
	If not attending a Siyum or other Seudas Mitzvah fast ends	19.43	19.19	18.40	18.12	19.39	19.28	18.10	
	Finish eating Chometz by	Mogen Avrohom	10.54	10.31	9.53	9.25	10.51	10.36	9.23
		Vilna Gaon & S A HoRav	11.26	11.01	10.23	9.53	11.22	11.11	9.52
	Latest time to remove Chometz & recite Kol Chamira	Mogen Avrohom	12.09	11.45	11.07	10.38	12.05	11.52	10.37
		Vilna Gaon & S A HoRav	12.25	12.00 Noon	11.22	10.53	12.21	12.10	10.51
	Candle lighting	18.58	18.35	17.58	17.30	18.55	18.41	17.28	
First Seder AFTER:	19.43	19.19	18.40	18.12	19.39	19.28	18.10		
Sha 31/3	Erev 2 <sup>nd</sup> Day Pesach Candle lighting & Second Seder AFTER	19.54	19.29	18.51	18.22	19.50	19.40	18.20	
Sun 1/4	2 <sup>nd</sup> Day of Yom Tov ends	18.53 EST	18.28 EST	18.50	18.21	18.49 ACST	18.38 EST	18.19	
Thu 5/4	Erev 7 <sup>th</sup> Day Pesach Candle lighting	17.49	17.27	17.50	17.24	17.47	17.31	17.22	
Fri 6/4	Erev 8 <sup>th</sup> Day Pesach Candle lighting	17.48	17.26	17.49	17.23	17.46	17.29	17.21	
Sha 7/4	Last Day of Yom Tov ends	18.44	18.20	18.42	18.15	18.40	18.28	18.13	
	Sold Chometz may again be used & consumed AFTER	19.15	18.50	19.12	18.45	19.10	19.00	18.45	

## SUPERVISED ESTABLISHMENTS

### HOTELS

**AUSSIE PESACH ON THE GREAT BARRIER REEF, CAIRNS** ([aussiepesach.com](http://aussiepesach.com))

Roquette Catering by Joshua Luftig (Non Gebrochtkts)

**KIMBERLEY GARDENS HOTEL** ([www.pesach.com.au](http://www.pesach.com.au)) Gebrochtkts

### CATERING

Products may contain *gebrochtkts* or will be prepared in utensils that have been used for *gebrochtkts*.

**PETER UNGER CATERING (F/P #KLP OR TABLE CARDS) TELEPHONE: 03 8552 0300**

### FISH

**COLES BALACLAVA (P#)** Telephone: 03 9525 3055 Please check in-store signage for dates and times.

### PRE-PREPARED MEALS & TAKE-AWAY

Products may contain *gebrochtkts* or will be prepared in utensils that have been used for *gebrochtkts*.

**COLES BALACLAVA (F# KLP)** Telephone: 03 9525 3055

Roasted chicken. When bearing Kosher Pesach numbered seals. Please check in-store signage for dates and times.

**DANELI'S (F# KLP)** [www.danelis.com.au](http://www.danelis.com.au) – *preordered meals only*

**KLEIN'S GOURMET (F# KLP)** [www.kleinonline.com.au](http://www.kleinonline.com.au)

**KOSHER MEALS ON WHEELS (F/P# KLP)** [www.koshermealsonwheels.org.au](http://www.koshermealsonwheels.org.au)

### BUTCHERS

Plain frozen Kosher meat that is not formally certified for Pesach should not be used in the first instance as it may come in contact with actual *Chometz* during smallgoods production. Where formally certified meat for Pesach is not available please consult your Rabbi. The following meats are produced are *glatt Chassidishe shechita* and produced under the strict supervision of Kosher Australia.

**CONTINENTAL KOSHER BUTCHERS** All meats sold through their premises in Glenferrie Road Malvern after 12/2/18 or when bearing Kosher for Pesach labelling.

Note that the deli area may still carry packaged *Chometz* products.

## GENERAL WARNINGS ON PESACH PRODUCTS

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

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

- Labelling** Any food or beverage that bears the words “Kosher LePesach”, “Kosher for Passover” or a similar variation (even with Hebrew writing), but does not have a reputable Kosher symbol or Rabbinic name printed on the label, should not be used for Pesach. This applies whether the food or beverage is locally made or is manufactured overseas (especially from Israel). Numerous instances of false and misleading labels have been uncovered in previous years e.g. dates. Note: ‘P’ on a logo refers to Pesach and not Pareve.
- Cheese** All Kosher hard and soft cheeses contain ingredients not suitable for Pesach and may not be used unless accompanied by a reliable Kosher LePesach seal or logo.
  - Play-Doh** is Chometz and must be sold with all other Chometz.
  - CLAG** paste is Chometz and should therefore not be used. Note that Clag Hobby, Bostik Blu-Tack, UHU Glue Stick, & Bostik Colour-Tack are acceptable for Pesach.
  - Citric/Ascorbic Acid** Citric acid and ascorbic acid available in Australia may be derived from wheat and therefore Chometz or may be derived from corn and is therefore kitniyos.
  - Cosmetic** lotions, creams and other solid products generally need no special Pesach supervision. Those listing oats or wheat germ in their ingredients panel are not recommended. However, liquid products, particularly if containing alcohols which may be Chometz and products used for oral hygiene or application to the lips (including lipsticks) should be approved before use.
  - Dried fruits** Dried fruits and ground herbs and spices should only be used if bearing a reputable Kosher for Pesach authorisation as oils and other processing aids that contain Chometz or Kitniyos may be used in the drying and packing process.
  - Peeled vegetables and fruit** should not be purchased for Pesach without reliable supervision due to chemical additives that may be used to retain colour and freshness or due to possible co-production with Chometz ingredients.
  - Juices**, including ‘pure’ juices, may use Chometz derived enzymes and additives or share equipment with production containing Chometz and must therefore carry Kosher approval.
  - Kitniyos issues** Customs vary even within different Sephardi communities regarding the identification and permissibility of Kitniyos products. Consumers are reminded to carefully read the packaging on products bearing Kosher for Passover symbols. Many are marked ‘Suitable for those that eat Kitniyos’ (רק לאוכלי קטנייות) and may bear a hechsher from an approved authority that is only for year-round use and not for Pesach. These products are of course suitable for those of Sephardi descent and/or custom that do eat Kitniyos on Pesach. Members of the Sephardi community should accordingly consult with their Rabbi to ascertain the parameters of their particular minhag. (see warning on rice, note 23.)
  - Diet Products** Many diet products including diet Coke, Pepsi etc use artificial sweeteners which may be derived from Kitniyos and are therefore not acceptable even when carrying a Kosher for Passover certification (though such products with a hechsher are suitable for those that eat Kitniyos) from authorities that allow modified Kitniyos on Pesach.
  - Matzah** MUST be marked as being Kosher for Pesach/Passover and carry reliable Kosher certification. Snider Carmel matzah without the Kosher Australia ‘Kosher for Pesach’ symbol is Chometz.
  - Laffa/Soft Matza** So called ‘Laffa’ or soft matza is periodically sold. The Rabbinical Council of Victoria and the Kashrut Authority of NSW as well as kashrus authorities in Israel and the US have investigated the production of these matzos and concluded that they are not suitable for Pesach at the very least. Those who have inadvertently used the local version should seek guidance from their Rabbi re kashering of utensils.
  - Egg matzah** (Matzah Ashirah) may not be eaten on Pesach by healthy people. (Sick and elderly people should discuss the use of Egg Matzah with their Rabbi). MANISCHEWITZ TAM TAM CRACKERS (all varieties) with the OU-P symbol are made from Matzah Ashirah and should not be consumed during Pesach as per all Matzah Ashirah.

15. Plain frozen kosher meat that is not formally certified for Pesach should not be used in the first instance as it may have come in contact with actual *Chometz* during smallgoods production. Please consult your Rabbi if Kosher for Pesach meat cannot be obtained.
16. **Non-Food items** In general, *Chometz* and *Chometz* derivatives which are unsuitable for human or animal consumption (e.g. inedible and/or toxic substances) are not considered *Chometz* insofar as the prohibition against using *Chometz* products on Pesach is concerned. They may however not be consumed if for any reason one is inclined to do so.
17. **Nuts** Varieties of nuts that are acceptable on Pesach (see above section on Fruits) must be purchased in the shell, raw. Shelled, raw or roasted nuts without Kosher for Pesach approval are not recommended. (Note: dry-roasted and fried nuts require reliable Kosher certification for year-round use.) It is recommended that shelled raw nuts be only purchased for Pesach with Kosher for Pesach approval.
18. **Pet Food** Many pet-foods contain actual *Chometz* and may not be used on Pesach. Some contain mixtures of meat and dairy and are prohibited year round as well due to *bossor b'cholov* considerations.
19. **Alpha Chocolates** are NOT acceptable for Pesach, as they are manufactured on the same production lines as *Chometz* and may contain *Chometz* ingredients.
20. **Lacteeze drops**, used to mitigate the lactose in milk, are *kitniyos* (and dairy) and should be added to milk prior to Pesach only for those who have received permission or consume *kitniyos*.
21. **Rice - potential *Chometz*** Sephardim or those given special permission by their Rabbi to eat *kitniyos* on Pesach (such as very young children or those who are ill) should note that some imported rice varieties are known to have been sprayed with a wheatgerm oil or other *Chometz* coatings to stop rice grains sticking with each other. This type of rice is strictly not kosher for Pesach even for those who otherwise are permitted by their custom or Rabbi to eat *kitniyos*. Sunrice rice varieties marked 'product of Australia' are not coated and is therefore suitable for Pesach use by those who are permitted to use rice on Pesach by custom or by Rabbinic dispensation (the Ben Ish Chai recommends that rice should nevertheless be checked thrice for any chaff or contaminants).
22. **Vitamins** MUST have specific Kosher for Pesach approval as they are often derived via fermentation from wheat (e.g. Ascorbic Acid).
23. **Wine/Grape Juice** Not all wines and grape juices are mevushal (cooked). Consumers should check the label on the product carefully as the handling of non-mevushal wines differs from that of mevushal wines. The word 'MEVUSHAL' or מבושל must appear on the label. (Otherwise one must assume that wine/juice is not mevushal.)
24. **Wine/Grape Juice** Not all wines and grape juices are Kosher for Pesach – please check the certification carefully for the words 'Kosher for Pesach/Passover'.
25. **Specific Products** Some product 'malfunctions' from previous years:
  - a. LYLE SYRUP is Kosher certified pareve for year-round use but NOT for Pesach use – some retailers sold this product as suitable for Pesach.
  - b. DEBRA'S SCHMALTZ (product of South Africa) is being stocked by some Kosher retailers together with Pesach products. This product is not suitable for Pesach.
  - c. KOSHER FOR PESACH BAMBA from Israel is not suitable for Ashkenazim and clearly marked as being suitable for those who follow Sephardi custom as it is made from *Kitniyos*.
  - d. MANISCHEWITZ TAM TAM CRACKERS even when bearing OU-P are made from Egg Matza and only permitted for the sick or elderly in consultation with their Rabbi.
  - e. Many tahina & humus dips are being sold widely. These products are *Kitniyos* and NOT suitable for Ashkenazim. *Kitniyos* brands include ACHLA, SABRA & YARDEN. Please check the labels and containers carefully.





















<p><b>PLEASE NOTE THAT SHELF LABELLING AT MAJOR SUPERMARKETS BEARING THE KOSHER AUSTRALIA SYMBOL DOES NOT RELATE TO PESACH PRODUCTS.</b></p>
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















## APPROVED HECHSHERIM

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

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

COUNTRY	AGENCY	SYMBOL
Australia	Adass Vaad HaKashrus	
Australia	Agudas Chabad Melbourne	
Australia	Kashrut Authority of Western Australia	
Australia	The Kashrut Authority of NSW*	
Belgium	Beis Din Zedek of the Antwerp Shomrei Hadas	
Belgium	Machazikei Hadas	
Canada	Kashruth Council of Canada	
Canada	Kosher Check	
Canada	Orthodox Rabbinical Council of British Columbia	
Canada	Vaad Ho'lr of Montreal	
England	Beth Din of Federation of Synagogues	
England	Dayan Osher Yaakov Westheim	
England	Kashruth Division of the London Beth Din*	
England	Kedassia	
England	Manchester Beth Din	
Israel	Badatz Mehadrin	
Israel	Chug Chasam Sofer – Bnei Brak	
Israel	Rabbi Moshe Yehudah Leib Landa	
Israel	The Bais Din Tzedek of Agudath Israel	
Israel	The Bais Din Tzedek of the Eida Hachareidis of Jerusalem	

COUNTRY	AGENCY	SYMBOL
Italy	Euro-K	
Italy	Rabbi Gershon Mendel Garelik	
South Africa	Kashrut Department of the UOS of South Africa (Jo'Berg, Capetown)*	
USA	Chicago Rabbinical Council	
USA	Igud Hakashrus of Los Angeles	
USA	K'hal Adath Jeshurun (Breuer's)	
USA	Kof-K Kosher Supervision	
USA	National Kashrut	
USA	Organized Kashruth Laboratories	
USA	Rabbi Menachem Meir Weissmandel	
USA	Star-K Kosher Certification	
USA	The Union of Orthodox Jewish Congregations	
USA	Vaad Hakashrus of Badatz Mechon L'Hoyroa	
USA	Vaad HaKashrus of Crown Heights	
USA	Volover Rav	

\*May allow products that use peanuts, sunflower oil or canola oil.

## COMMON PROBLEMATIC INGREDIENTS IN AUSTRALIA/NZ

ITEM	MAY BE
Ascorbic Acid (Additive 300)	Wheat/Corn derived
Aspartame	Kitniyos
Baker's Dry Yeast	Wheat/Barley derived
Canola Oil	Kitniyos
Citric Acid (Additive 330)	Wheat/Corn derived
Corn Syrup	Kitniyos
Dextrin	Wheat derived
Dextrose	Wheat derived
Ethanol	Wheat derived
Glucose	Wheat derived
Lecithin	Kitniyos
Malt	Wheat/Barley
Maltodextrin	Corn/Wheat derived
Mannitol	Wheat derived
Potassium Citrate (Additive 332)	Wheat/Corn derived
Potassium Sorbate (Additive 202)	Wheat/Corn derived
Sodium Citrate (Additive 331)	Wheat/Corn derived
Sorbitol	Wheat/Corn derived
Soybean oil	Kitniyos
Starch	Wheat/Corn derived
Sunflower Oil	Kitniyos
Vegetable Oil	Kitniyos
Vitamin B	Wheat derived
Vitamin C	Wheat/Corn derived
Xanthan Gum (Additive 415)	Wheat derived

### Looking for a Seder?

The Mizrahi Hospitality may be able to assist you in organising hospitality for Pesach meals.

Please email [hospitality@mizrachi.com.au](mailto:hospitality@mizrachi.com.au).

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

## KITNIYOS

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

The most prominent and accepted of these customs is the prohibition on eating "*Kitniyos*". The Mishnah Berurah (453:6 & 464:5) cites three reasons for the custom

(a) *Kitniyos* are harvested and processed in the same manner as *Chometz*,

(b) *Kitniyos* are ground into flour and baked just like *Chometz* [so people may mistakenly believe that if they can eat *Kitniyos*, they can also eat *Chometz*],

(c) *Kitniyos* may have *Chometz* grains mixed into it [so people who eat *Kitniyos* may inadvertently be eating *Chometz*].

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

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

Canola, flaxseed, sunflower, peanut, sesame and safflower oils are considered *Kitniyos* by many authorities and are not recommended. Consumers are advised in all cases of possible *Kitniyos* ingredients to contact their Rabbi for guidance as to the custom applicable to their particular community.

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

For those looking for source of alternate non-*kitniyos* starches & flours that are not formally certified for Pesach, contact the Kosher Australia office at [info@kosher.org.au](mailto:info@kosher.org.au).

### A NOTE ABOUT QUINOA:

There are various opinions re the status of quinoa. Due to changes in the production of quinoa in recent years, only quinoa with reliable Kosher for Pesach approval should be used on Passover.

Fruit/Vegetable	Status
Alfalfa Sprouts	<i>Kitniyos</i> <sup>®</sup>
Allspice/Pimento	Suitable
Almonds	Suitable
Amaranth	Per Custom
Aniseed	<i>Kitniyos</i>
Apples	Suitable
Apricot	Suitable
Arrowroot	Suitable
Asparagus	Suitable
Avocado	Suitable
Bananas	Suitable
Beans (all)	<i>Kitniyos</i>
Beetroot	Suitable
Bok Choy	Suitable
Brazil Nuts	Suitable
Broccoli	Suitable
Brussel Sprout	Suitable
Buckwheat	<i>Kitniyos</i>
Cabbage (all)	Suitable
Canola	<i>Kitniyos</i>
Cantaloupe	Suitable
Capsicum	Suitable
Caraway Seed	<i>Kitniyos</i>
Cardamom	<i>Kitniyos</i>
Carrots	Suitable
Cashew	Suitable

Fruit/Vegetable	Status
Cassava/Tapioca	Suitable
Cauliflower	Suitable
Celeriac	Suitable
Celery	Suitable
Chickpea/Garbanzo	<i>Kitniyos</i>
Chia	Suitable
Chicory	Suitable
Chilli	Suitable
Cilantro	Suitable
Cinnamon	Per Custom
Chia Seeds	Suitable
Cloves	Per Custom
Coconut	Suitable
Coriander Seed	Per Custom
Corn	<i>Kitniyos</i>
Corn Stalks	Suitable
Cucumber	Suitable
Cumin	Per Custom
Custard Apple	Suitable
Dates	Suitable
Eggplant	Suitable
Fennel seed	<i>Kitniyos</i>
Fenugreek	<i>Kitniyos</i>
Figs	Suitable
Flaxseed	<i>Kitniyos</i>
Garlic	Per Custom

Fruit/Vegetable	Status
Ginger	Per Custom
Grapefruit	Suitable
Grapes	Suitable
Hazelnut	Suitable
Honeydew	Suitable
Kale	Suitable
Kamut	Chometz
Kiwi	Suitable
Leek	Suitable
Lemon	Suitable
Lentils (all)	Kitniyos
Lettuce (all)	Suitable
Licorice Root	Suitable
Lime	Suitable
Linseed	Kitniyos
Macadamia	Suitable
Mandarin	Suitable
Mango	Suitable
Marjoram	Suitable
Millet	Kitniyos
Mint (all)	Suitable
Mushroom	Suitable
Mustard (& seeds)	Kitniyos
Nashi	Suitable
Nutmeg	Suitable
Okra	Suitable
Onion (all varieties)	Suitable
Orange	Suitable
Oregano	Suitable
Pak Choy	Suitable
Paprika	Suitable
Parsley	Suitable
Parsnip	Suitable
Passionfruit	Suitable
Paw Paw/Papaya	Suitable
Pea	Kitniyos
Peach	Suitable
Peanut	Kitniyos
Pear	Suitable
Pecan	Suitable
Pepper (fresh)	Suitable
Peppercorn	Suitable
Peppermint	Suitable
Pine Nut	Suitable
Pineapple	Suitable
Pistachio	Per Custom
Plum	Suitable
Pomegranate	Suitable

Fruit/Vegetable	Status
Poppy Seed	Kitniyos
Potato	Suitable
Pumpkin	Per Custom
Pumpkin Kernel	Per Custom
Quinoa	Per Custom
Radish	Per Custom
Raspberry	Suitable
Rhubarb	Suitable
Rice	Kitniyos
Rosemary	Suitable
Safflower Oil	Kitniyos
Saffron	Per Custom
Sago	Suitable
Sesame Seed	Kitniyos
Silverbeet	Suitable
Snow Pea	Kitniyos
Sorghum	Kitniyos
Soy	Kitniyos
Spinach (& leaves)	Suitable
Squash	Suitable
Stevia	Suitable
Strawberry	Suitable
String bean	Kitniyos
Sugarsnap	Kitniyos
Sunflower Kernel	Kitniyos
Swede	Suitable
Sweet Potato/Yam	Suitable
Teff	Kitniyos
Thyme	Suitable
Tofu	Kitniyos
Tomatoes (all)	Suitable
Turmeric	Suitable
Turnip	Suitable
Vanilla Bean	Per Custom
Walnut	Suitable
Watermelon	Suitable
Zucchini	Suitable

## PESACH PRODUCT GUIDE

It is recommended that all food products used at Pesach should be certified as Kosher for Pesach by a reputable rabbinic authority. However, Kosher Australia and other reliable Kosher authorities have ascertained that some general products are Chometz free and Kitniyos free without being formally certified. Please use the following key when using the Passover buying guide.

- <sup>n</sup> Product information is from another agency referenced by the number. If there is no number, the product is investigated by Kosher Australia
- P Product is pareve
- D Product is dairy (not Cholov Yisroel unless otherwise noted)
- # Product is of mehadrin standard
- KLP Product must carry special Kosher for Pesach symbol

Non mehadrin food products MUST be new, unopened products and purchased before the latest time to sell one's Chometz on Erev Pesach (in Melbourne 12:09/12:25pm) to allow for bittul (nullification) of possible inadvertent chometz contamination. Bittul is acceptable prior to Pesach (when Chometz is permitted) but is not allowed on Pesach when even the tiniest amount of Chometz is forbidden. Purchasing before Pesach ensures that the product was made before Pesach and any bittul would be believed (post fact) permitted.

### INFORMATION FROM OTHER KOSHER AUTHORITIES

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

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

1. The Kashrut Authority, NSW, Australia
2. Rabbi A. Adler, Gateshead, UK
3. Star-K, Baltimore, USA
4. Rabbi YM Levinger, Basle, Switzerland
5. London Beth Din, London, UK
6. Kehilla Kosher, CA, USA
7. Orthodox Union, NY, USA
8. Chicago Rabbinical Council, Illinois, USA
9. Rabbi G Bess, California, USA
10. Kashruth Council of Toronto, Canada
11. K'hal Adath Jeshurun (Breuer's), NY, USA
12. Adass Vaad HaKashrus, Victoria, Australia
13. Rabbi A. Hazan, Milan, Italy
14. OK Kosher Certification
15. Kedassia, UK
16. Kosher Check, Canada

## BABY FORMULA

In line with the rulings of many reliable authorities, baby formula containing Kitniyos is allowed for use during Pesach, even for Ashkenazim. The following baby formulas contain no actual Chometz but DO contain kitniyos. All dairy formulae are not Cholov Yisroel. All formula preparation and clean up should be in a separate area and separate utensils to normal Pesach food production.

**APTAMIL GOLD PRONUTRA + (D)** 1 - 0-6mths, 2 - 6-12mths, 3 - from 1 year

**APTAMIL PROFUTURA (D)** 1 - From Birth to 6 Months, 2 - From 6 to 12 Months, 3 - From 1 Year

**BELLAMY'S ORGANIC (D)** Follow On, Infant Formula, Toddler Milk Drink

**KARICARE+ NOURISH (D)** 1 - 0-6mths, 2 - 6-12mths, 3 - from 1 year

**NEOCATE<sup>2</sup> (P)** LCP, Active, Advance, Junior, Spoon

**SMA (D)** Infacare (Product of Mexico)

**S-26 GOLD (D)** Gold AR (Product of New Zealand), Gold Comfort (Product of New Zealand), Gold Delicateeze (Product of Mexico), Gold Junior (Product of Australia), Gold LI (Product of Mexico), Gold Newborn (Product of New Zealand), Gold Premgro (Product of Mexico), Gold Progress (Product of New Zealand), Gold Toddler (Product of Australia)

**S-26 GOLD (P)** Soy (Product of Mexico)

**S-26 ORIGINAL (D)** Original LI (Product of Mexico), Original Newborn (Product of New Zealand), Original Progress (Product of New Zealand)

## BAKED GOODS

**4ME GLUTEN FREE (P# KLP)** 439a Kooyong Rd Elsterwick Chocolate Cake, Marble Cake, Lamington Cake, Strawberry Mousse Cake, Raspberry & Coconut Cake, Chocolate Mousse Cake, Chocolate Brownie Log, Cherry Cake, Vanilla Angel Cake, Coconut Macaroons, Chocolate Macaroons, Mini Meringues, Mini Cupcakes TO PLACE AN ORDER CONTACT 0401 835 656

**GLICKS (P# KLP)** Macaroons, Sponge Cake, Chocolate Brownies ORDER FROM GLICKS STORES ONLY

## BAKING INGREDIENTS

**AUSTRALIAN CAROB COMPANY (P#)** Pure Carob Kibble Nibbles, Pure Carob Pods, Pure Carob Powder Raw, Pure Carob Powder Roasted

**KFIBER (P#)** Kfibre, Kfresh

**LEWIS & SON (P# KLP)** Potato Flour

**MARETAI ORGANICS AUSTRALIA (P)** Lucuma Powder, Maca Powder, Mesquite Powder

## BREAKFAST CEREAL

**KOSHER KINGDOM (P# KLP)** Paleo Nut Muesli, Paleo Fruit & Nut Muesli

**THE BANTING FOOD COMPANY (P# KLP)** Good Banter Muesli, Banting Bread (nut loaf)

## COCOA

**BANABAN (P#)** Cocoa Nibs

**HENRY LANGDON (P)** Pure Cocoa 160g tin

**KOSHER KINGDOM (P#KLP)** Cocoa Powder, Raw Cocoa Powder, Cocoa Powder Dutch

**LOVING EARTH (P)** Cocoa Powder, Cacao nibs, Cacao beans

**MARETAI ORGANICS (P)** Cacao Beans, Cacao Butter, Cacao Nibs, Cacao Paste, Cacao Powder

**RISHON FOODS (P# KLP)** Cocoa Powder

**ROYAL NUT COMPANY (P# KLP)** Organic Raw Cacao Powder

**SOLOMON GOLD (P#)** Cocoa Nibs

## COCONUT INGREDIENTS

For Coconut Oil, see Oil (Coconut)

**BANABAN (P)** Coconut Flour, Coconut Butter, Amino Seasoning, Coconut Crunch, Toasted Coconut Flakes

**KOSHER KINGDOM (P#KLP)** Organic Coconut Fine/Shred, Coconut Chips

**LEWIS & SON (P# KLP)** Desiccated Coconut

**LOVING EARTH (P)** Coconut Chips, Fine Desiccated Coconut, Shredded Coconut

**MARETAI ORGANICS AUSTRALIA (P)** Coconut Flour, Coconut Sugar

**NIULIFE(P#)** Coconut Sugar, Coconut Syrup, Organic Coconut Flour, Organic Desiccated Coconut

**ON RICH<sup>16</sup> (P)** Canned Coconut Cream, Canned Coconut Milk

**ROYAL NUT COMPANY (P# KLP)** Fine Coconut

## COFFEE (BEANS & GROUND)

Decaffeinated coffee should not be used without formal Kosher for Pesach approval. The following brands of unflavoured coffee beans and grounded coffee are acceptable:

**ANDRONICUS (P#)**

**AURORA (P#)**

**CISCO'S (P# KLP)**

**COFFEX (P#)**

**DELTA CHICCO D'ORO (P#)**

**GENOVESE (P#)**

**GIGANTE (P)**

**GRINDERS (P)**

**LAVAZZA (P#)** – All Unflavoured, Product of Italy<sup>13</sup>

**VITTORIA (P#)**

## COFFEE (INSTANT)

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



## **INTERNATIONAL ROAST (P#)**

**NESCAFE (P#)** Blend 43, Decaf, Espresso, Gold Original, Gold Rich Roast, Mild Roast

NOTE Produced or packed in Australia

## **COFFEE & OTHER BEVERAGES (PODS)**

Decaffeinated coffee should not be used without formal Kosher for Pesach approval.

**BANABAN (P#)** Cocconutto

**NESPRESSO CLASSIC RANGE<sup>4</sup> (P#)** Unflavoured ONLY - Must be product of Switzerland

**NESPRESSO PROFESSIONAL RANGE<sup>4</sup> (P#)** Unflavoured ONLY - Must be product of Switzerland

**SHOTS BY GENOVESE (P#)** All Varieties (Shots are compatible with Nespresso machines)

**VITTORIA (P#)** All Varieties

## **CONFECTIONERY**

**SOLOMONS GOLD DARK (P)** Mint, Nib, Orange, Smooth

**SOLOMONS GOLD DARK CANE SUGAR FREE (P)** Mint, Nib, Orange, Smooth

**RISHON FOODS (P# KLP)** Chocolate Coated Almonds, Chocolate Coated Raisins, Fruit Chews

## **DAIRY BUTTERS**

The following dairy butters are acceptable (Product of Australia):

**BEAUTIFULLY BUTTERFLY (D)** Salted Butter, Unsalted Butter

**COLES SMARTBUY (D)** Salted Butter Block

**HINDMARSH DAIRY FARMHOUSE (D)** Butter

**HOME BRAND (D)** Salted Butter Block

**MACRO ORGANIC (D)** Butter

**WESTERN STAR (D)** Butter Block, Original Butter (Block), Salt Reduced Butter Block

**WOOLWORTHS SELECT (D)** Butter Block, Salt Reduced Butter Block

**YOU'LL LOVE COLES (D)** Butter Block, Salt Reduced Butter Block, Unsalted Butter Block

## **DAIRY CHEESE & YOGHURTS**

All cheeses require Kosher for Passover approval due to the use of potentially chometz derived/fermented acids, cultures and rennets. Rennet-set cheeses (e.g. cheddar, swiss, brie, feta, haloumi & camembert) are also subject to the laws of Gevinas Yisroel and generally require reliable batch supervision. Yogurts contain flavours, milk powders & cultures that may contain, or may be derived from, chometz ingredients.

**CHEVINGTON<sup>15</sup> (D#KLP)** Assorted Cheeses and Butter

**DANBLUE<sup>15</sup> (D#KLP)** Blue Cheese

**NATURAL & GOOD<sup>14</sup> (D#KLP)** Assorted Cheeses

NOTE: Some varieties are not Kosher for Pesach e.g. Garlic Basil, Chipotle

**TEMPO<sup>11</sup> (D# KLP)** Assorted Yogurts & Cheeses

NOTE: Must have KOSHER FOR PASSOVER printed on the packaging.

## DAIRY CREAM

Cream can be thickened with gums that may have been co-processed with chometz and/or gelatine. Milk powders may be added.

**COLES, YOU'LL LOVE COLES (D)** Double Cream

**GIPPSLAND DAIRY PRODUCTS (D)** Cream, Double Cream/Pure, Organic Cream

**HINDMARSH DAIRY (D)** Pouring Cream

## DAIRY MILK

Unsupervised flavoured and unflavoured low-fat milk (including Rev, Physical and Skinny Milk), flavoured milk e.g. Nippy's and UHT milk are not acceptable as they may contain additives and vitamins that are not Kosher for Pesach.

In the first instance it is recommended to consume Cholov Yisroel milk under formal Pesach supervision. If one uses non Cholov Yisroel milk we have listed milks have been checked and found to be Chometz-free. They must be purchased before Pesach.

**COLES/YOU'LL LOVE COLES (D)** Full Cream Fresh, Full Cream UHT, Lite Fresh, Lite UHT

**DEVONDALE (D)** Full Cream Milk UHT, Skim Milk UHT

**FARMHOUSE (D)** Gold

**FARMDALE (D)** Skim Milk UHT

**GREAT OCEAN ROAD (D)** Full Cream, Low Fat, No Fat

**HINDMARSH DAIRY (D)** Cow's Milk, Goat's Milk

**SO NATURAL (D)** Full Cream Milk UHT, Low Fat Milk UHT, Skim Milk UHT

**VITA LIFE (D)** Full Cream Milk UHT, Low Fat Milk UHT, Skim Milk UHT

**WOOLWORTHS SELECT (D)**

Supplier Code: 83591

Full Cream Milk UHT, Semi Skim Milk UHT, Skim Milk UHT

## DAIRY MILK – LACTOSE FREE

The OU have advised that lactose-free milk where the only non Pesach additive is the enzyme, may be purchased prior to Pesach. For those who are lactose intolerant and observe Cholov Yisroel, please contact Rabbi Mordechai Gutnick directly at [Rabbi.Mordechai.Gutnick@kosher.org.au](mailto:Rabbi.Mordechai.Gutnick@kosher.org.au) to discuss milk options.

Some Kosher stores carry imported Almond Milk with formal Kosher for Pesach supervision.

**BLACK & GOLD (D)**

Supplier Code: 41936

Lactose Free Full Cream Milk UHT, Lactose Free Low Fat Milk UHT

**COLES (D)**

Supplier Code: 936187

Lactose Free Full Cream UHT

**WOOLWORTHS SELECT (D)**

Supplier Code: 83591

UHT Lactose Free Full Cream Milk, UHT Lactose Free Light Milk

**ZYMIL (D)** Fresh Full Cream, Fresh Low Fat, UHT Full Cream, UHT Low Fat

## **DIPS & SALADS**

**KOSHER KINGDOM (# KLP)** Cashew & Olive Dip (P), Tzadiki Dip (D-CY), Middle Eastern Haroset (P), Red Cabbage, Coleslaw, Range of Vegan Dips, Vegan Poke Bowls. Bliss Energy Balls

## **EGGS**

All brands of Chicken Eggs in shell are acceptable. The ink used to stamp each egg is Pesach suitable. Please refer to the Kosher Australia Food Guide for blood spot checking guidelines.

**KINROSS FARMS (P#)** Liquid egg pulp, Liquid egg white

## **FISH (RAW)**

All frozen or raw whole kosher fish species (check the 2018 Kosher Australia Food Guide for Kosher species) without additives are acceptable.

When asking a fishmonger to fillet fish for Pesach, consumers are advised to bring their own knives and cutting board and watch the worker fillet. The fish should then be thoroughly washed.

**KOSHER KINGDOM (P# KLP)** Various Fish Fillets

The following products are acceptable when rinsed prior use:

**COLES (P)** Tasmania Boneless Salmon (skin off/skin on) - modified atmospheric packaging light blue tray

**HUON (P)** Raw Salmon (no added flavours)

Note: 180g only in VIC TAS, QLD, SA and NSW

**TASSAL (P)** Raw Salmon Cutlets, Raw Salmon Fillets

## **FISH (PICKLED)**

**ESKAL (P#KLP)** Pickled Fillets, Pickled Herrings

## **FISH (ROE)**

**HUON (P)** Salmon Roe

**YARRA VALLEY CAVIAR (P)** Salmon Roe, Trout Roe

## **FISH (SMOKED)**

**HUON (P)** Cold Smoked Salmon (no added flavour)

**SEA KING (P)** Cold Smoked Ocean Trout, Cold Smoked Salmon when bearing the Kosher Australia Kosher symbol ONLY.

**TASSAL (P)** Cold Smoked Salmon (no added flavour)

**VARDE LAKS (P)**

When labelled 'Approved for Passover'

Cold & Hot Smoked Salmon, Cold & Hot smoked salmon with pepper, Smoked salmon party pack

**WOODBIDGE SMOKEHOUSE (P)** Cold Smoked Salmon, Cold Smoked Trout

## **FRUIT (DRIED)**

Dried fruits may be coated with vegetable oil, dextrose or flour which may be Kitniyos or even Chometz.

**ANGAS PARK (P)** Apricots Soft & Juicy (Product of Turkey)

**DISSEGNA PREMIUM FAMILY PRODUCE (P# KLP)** Dried Prunes

**KOSHER KINGDOM ORGANICS (P# KLP)** Apricots, Banana, Currants, Goji Berries, Mango, Medjool Dates, Peach, Pear, Pineapple, Pitted Prunes, Raisins, Sultanas, Organic Turkish Figs

**KRAUS FOODS – VARIOUS BRANDS (P#KLP)** Apricots, Cranberries, Dates, Figs, Peaches, Pears, Prunes, Raisins – all must carry reliable KLP symbol

**LEWIS & SON (P# KLP)** Dried Figs, Pitted Prunes, Medjool Dates

**ROYAL NUT COMPANY (P# KLP)** Apricots Organic, Medjool Dates Organic, Natural Raisins, Peaches South African, Pears South African, Australian Pitted Prunes, Turkish Figs

**RISHON FOODS (P# KLP)** Apricots, Medjool Californian Dates, Peaches, Pears, Figs, Nectarines, Sultanas

**SUNBEAM (P)** Apricots, Australian Pitted Prunes, Natural Sultanas (without oil)

NOTE: 'Product of Australia' or 'Packed in Australia'

## FRUIT (FROZEN)

Frozen fruit (IQF) without additives is acceptable. The following brands of fruit without additives are produced in a year-round supervised facility. It is recommended to rinse the fruit before use.

**BERRY KING (P)** Blackberries IQF, Blueberries IQF, Boysenberries IQF, Cherries IQF, Cranberries IQF, Mixed Berries IQF, Mango Cheeks IQF, Raspberries IQF, Strawberries IQF

**SPEEDY BERRIES (P)** Blackberries IQF, Blueberries IQF, Mixed Berries IQF, Mango Cheeks IQF, Frozen Passion Fruit Pulp With Seeds, Raspberries Whole IQF, Red Currants IQF, Strawberries IQF

## HONEY

Honey may be co-processed under heat with products containing Chometz. Many reported cases of glucose (which is kitniyos or even chometz) being sold as honey or combined with honey.

All Australian pure floral honeys from the following brands are acceptable:

**ARCHIBALD HONEY (P#)**

**BARNES NATURALS (P#)**

**BEE VITAL (P#)**

**BEECHWORTH HONEY (P#)**

**CAPILANO (P#)**

**PUREHARVEST (P)**

## ICE CREAM & SORBETS

**RISHON FOODS - CHOLOV YISROEL ICE CREAM (D#KLP)** Vanilla, Chocolate, Cappuccino

**RISHON FOODS - SORBETS (P#KLP)** Berry, Lemon, Mango, Passionfruit, Raspberry, Strawberry

## JAMS

**ESKAL (P# KLP)** Mixed Fruit Jam, Sour Cherry Jam, Strawberry Jam

## JUICES (CITRUS & OTHERS)

Juices, including 'pure' juices, may use Chometz or Kitniyos derived additives such as citric acid, potassium sorbate or ascorbic acid or may share equipment with production containing Chometz and must therefore carry reliable Kosher approval.

**NIPPYS (P)** Australian Made Lemon Juice ONLY

**NUDIE NOTHING BUT (P)** Oranges with Pulp, Oranges without Pulp

**SUMMER TIME (P# KLP)** Pink Lady Apple Juice Kosher for Passover

## MATZAH & MATZAH MEAL

Matzah MUST be marked as being Kosher for Pesach/Passover and carry a reliable Kosher for Passover certification.

WARNING: Egg matzah may not be eaten on Pesach. (Sick and elderly people should discuss the use of Egg Matzah with their Rabbi). MANISCHEWITZ TAM TAMS (OU-P) are made from egg matzah.

**LEWIS & SON (P#KLP)** Coarse Matzo Meal, Fine Matzo Meal

**SNIDER CARMEL (P#KLP)** Matza, Matza Meal Fine, Matza Meal Coarse

WARNING: Matzah without the Kosher Australia 'Kosher for Pesach' symbol is Chometz

## MEAT (PRE-PACKED)

The following produce meat products under the strict supervision of Kosher Australia

**CONTINENTAL KOSHER BUTCHERS (F# KLP)**

**LEWIS & SONS (F# KLP)**

## NON DAIRY MILK SUBSTITUTES

Milk substitutes such as soy-milk and rice-milk drinks contain kitniyos and many contain actual Chometz ingredients. Some Kosher stores stock Almond milk or Coconut cream with reliable Kosher for Pesach certification. Many milk substitutes currently investigated by Kosher Australia contain at best kitniyos ingredients or are produced on equipment that processes Chometz such as oat milk.

## NUT BUTTER

**NATURALS BY MELROSE (P)** ABC (Almond, Brazil & Cashew) Spread, Almond Spread, Cashew Spread, Hazelnut Spread, Macadamia Spread, Pistachio Spread, Walnut and Cashew Spread

**ROYAL NUT COMPANY (P)** ABC Spread, Almond Spread, Cashew Spread, Hazelnut Spread, Macadamia Spread, Pistachio Spread, Royal Spread

**TOM'S NUTS (P)** Almond Butter

## NUTS & SEEDS (RAW, BLANCHED, DRY ROASTED; WHOLE, GROUND)

See Baking Ingredients, Fruits, Vegetables and Kitniyos.

Raw nuts in their shells do not require Kosher for Pesach supervision. Please note that peanuts are Kitniyos.

**COLES (P#)** Almonds (Supplier# 945404), Pistachios Roasted & Salted (Supplier# 945404)

**FORRESTERS FRESH (P#)** Roasted & Salted Australian Pistachios 600/1000g

**KOSHER KINGDOM (P#KLP)** Almonds Raw, Almond Roasted, Almond Slivered, Almond Flaked, Hazelnut Raw, Cashew Raw, Pecan Meat, Walnuts, Pinenuts, Pumpkin Seeds, Pistachios Kernels, Pistachios Salted, Almond Meal, Natural Almond Meal

**KRAUS FOODS – VARIOUS BRANDS (P#KLP)** Almonds, Brazil, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts – ONLY when bearing reliable Kosher for Pesach certification

**LEWIS & SONS (P#KLP)** Blanched Almond Meal, Dry Roasted Australian Almonds, Walnuts

**LOVING EARTH (P)** Chia Seeds

**RIVERSIDE (P#)** Raw Macadamia Kernel, Raw Pecan Kernel, Raw Walnuts

**RISHON FOODS (P#KLP)** Almond Kernels, Roasted Almonds, Slivered Almonds, Flaked Almonds, Walnuts, Ground Walnuts, Pine Nuts, Raw Cashews, Pistachios, Pumpkin Kernels, Pecans, Chia Seeds, Almond Meal, Blanched Almond Meal

**ROYAL NUT COMPANY (P#KLP)** Californian Walnut, Raw Cashew, Raw Almond, Slivered Almond, Dry Roasted Almond, Pepitas, Australian Roasted & Salted Pistachios in Shell, Dry Roasted Macadamias, Australian White Chia Seeds, Blanched & Natural Almond Meal

**STAHMANN FARMS (P#)** Organic & Raw Macadamia Nut in Shell, Organic & Raw Macadamia Kernel, Organic & Raw Pecan Nut in Shell, Organic & Raw Pecan Kernel, Organic Dry Roasted Macadamia Nut in Shell

**WOOLWORTHS (P#)** Roasted & Salted Pistachios (Supplier# 79632), Walnut Kernels, Walnut Kernels in Shell

## **OIL (COCONUT)**

**BANABAN (P)** Extra Virgin Coconut Oil, Virgin Coconut Oil

**DR BRONNER<sup>14</sup> (P#KLP)** Unrefined Whole Kernel Coconut Oil, Unrefined White Kernel Coconut Oil

**KOKONUT PACIFIC (P)** Cold-Pressed Virgin Coconut Oil

**LOVING EARTH (P)** Cold Pressed Coconut Oil

**MARETAI ORGANICS (P)** Virgin Coconut Oil

**MELROSE (P)** Organic Unrefined Coconut Oil

**PROCHEF (P)** Extra Virgin Coconut Oil Spray

**ROYAL NUT COMPANY (P)** Organic Virgin Coconut Oil

## **OIL (COTTONSEED)**

The following are sold either in 15 BIB or 20L Drums

**CALIBRE (P)**

**CHEF LINK (P)**

**CLEAR VALLEY (P)**

**COPPA D'ORO (P)**

**COUNTRY FRIED (P)**

**FRY FOR LESS (P)**

**GOLDEN DEER (P)**

**INSIGNIA (P)**

**LA MONTAGNE (P)**

**MERMAIDS CHOICE (P)**

**ROSA (P)**

**ROYLES (P)** - Cotton Fry, Golden Crown Cotton

## OIL (EXTRA VIRGIN OLIVE OIL)

Despite the use of processing aids in the production of Extra Virgin Olive Oil, product under year-round reliable Kosher supervision is acceptable without special Pesach supervision as these processing aids are not evident in the end product. (Refined oils may be co-processed with animal fats and require Kosher supervision for year round use.) The following brands of unflavoured Extra Virgin Olive Oil (Product of Australia only) are acceptable:

**COBRAM ESTATE (P)**

**COCKATOO GROVE (P#)**

**COLES FINEST AUSTRALIAN (P)**

**KANGAROO ISLAND (P#)**

**DISSEGNA (P#)**

**OLIVE GROVE (P)**

**PENDLETON ESTATE (P)**

**PUREHARVEST (P)**

**RED ISLAND AUSTRALIA (P)**

**YELLINGBO GOLD (P#)**

## OIL (OTHER)

**KRAUS – VARIOUS BRANDS (P#)** Cold Pressed Avocado Oil – ONLY when bearing reliable Kosher for Pesach certification.

**PRESSED PURITY<sup>7</sup> (P)** Cold Pressed Almond Oil, Cold Pressed Apricot Oil, Cold Pressed Avocado Oil, Cold Pressed Macadamia Oil, Cold Pressed Olive Oil, Cold Pressed Walnut Oil

## OIL (SPRAY)

**COBRAM ESTATE (P)** Extra Virgin Olive Oil Spray

**PROCHEF (P)** Extra Virgin Coconut Oil Spray, Extra Virgin Olive Oil Spray, Extra Virgin Avocado Oil Spray

NOTE: Non Stick versions are not recommended

**RED ISLAND AUSTRALIA (P)** Extra Virgin Olive Oil Spray

## QUINOA

Since quinoa may be co-processed with wheat, only quinoa seeds with reliable Kosher for Pesach approval should be used.

**ANDEAN VALLEY (P)** Royal Quinoa White (500g)

Note: Available at Kosher Kingdom

**KOSHER KINGDOM (P#)** Quinoa

**PEREG (P#)** Quinoa – available at Kraus Foods.

## SALT

Many authorities allow the use of all non-iodised salts<sup>7,8</sup>.

**BLACK & GOLD (P#)** Table Salt (500g plastic), Iodised Table Salt (500g plastic), Cooking Salt (1kg & 2kg soft packet)

**COLES SMART BUY (P#)** Table Salt (500g plastic), Iodised Table Salt (500g plastic)

**KIRKLAND<sup>7</sup> (P)** Salt, Med Sea Salt Grinder, Sea Salt

**LEWIS & SON (P# KLP)** Kosher Salt

**MERMAID (P#)** Salt (including iodised) – all pack sizes

**MURRAY RIVER (P#)** Gourmet Grinder Salt, Gourmet Salt Flakes

**SAXA (P#)** Table Salt (500g soft packet, 750g plastic container), Iodised Table Salt (500g soft packet, 750g plastic container), Cooking Salt (1kg & 2kg soft packet), Iodised Cooking Salt (1kg soft packet), Rock Salt (500g & 1kg soft packet), Iodised Rock Salt (500g soft packet)

**OLSSON SALT/PACIFIC (P)** All plain & iodised varieties

## SOUPS

**LEWIS & SONS (F# KLP)** Chicken Schmaltz, Chicken Soup

## SPICES

Ground herbs and spices should only be used if bearing a reliable Kosher for Pesach approval as oils and other processing aids that contain Chometz or Kitniyos may be used in the drying and packing process. Whole spices are acceptable but should be inspected for any detritus. Note that certain spices are regularly sourced from Israel and as such require a formal certification for Pesach and year-round use e.g sweet paprika and tarragon.

**CECIL<sup>3</sup> (P#KLP)** Ground Cinnamon

## SUGAR, SWEETENERS & SUGAR SUBSTITUTES

Commercial stevia may be blended or co-processed with kitniyos or chometz.

Icing sugar may be blended with corn starch or even flour.

**CSR (P#)** Brown Sugar, Caster Sugar, White Sugar, Raw Sugar, Unrefined Raw Coconut Sugar

**CSR POUR & STORE (P#)** Caster Sugar, White Sugar

**HERMES HERMESETAS<sup>4</sup> (P#)** Classic, Mini Sweeteners, Original

NOTE: Product of Switzerland only

**MARETAI ORGANICS AUSTRALIA (P)** Agave Syrup (Dark/Light)

**SUGARS OF THE WORLD (P#)** Australian Muscovado Sugar, Sri Lankan Rapadura Sugar

## TEA

Instant tea, flavoured tea and decaffeinated tea should not be used without formal Kosher for Pesach certification. Teabags may be made from corn starch which are kitniyos or may contain chometz. Some authorities allow the use of all unflavoured loose tea<sup>7</sup>.

The following local brands have been checked by Kosher Australia and contain no Chometz or kitniyos ingredients.

**HENRY LANGDON TEAS (P)** Chamomile & Lavender, English Breakfast, Jasmine & Green, Mint & Green, Organic Green, Peppermint

**MADURA TEA (P)**

ONLY the following varieties of loose tea, teabags and enveloped teabags are acceptable. Varieties in 'silk' tea bags are not acceptable as the bags are made from corn starch.



English Breakfast, Flowers of Camomile, Green Tea and Jasmine, Green Tea and Papaya, Green Tea, Organic Green Tea, Leaves of Peppermint, Organic English Breakfast, Premium Leaf Tea, Pure Assam, Sweet Green Leaf Tea, White Tea (loose tea, tea bags and enveloped tea bags only)

**TEA BLOSSOMS (P)** Chamomile, Chamomile Lavender, English Breakfast, Green Jasmine, Peppermint, Fruit Royale, Chamomile Foxtrot, Velvet Mint, Roobios Chocolate & Orange – all either loose leaf or silk pyramid bag.

## **VEGETABLES (CANNED & JARS)**

**BILLABONG (P)** Crushed Tomatoes in Cans or Jars

Note: First line of the production code starts with 'C/P7 039' or 'C/P7 040' or 'C3 054' and the second line ends with '0216 K'

Note: First line of the production code starts with 'C3 050' and the second line ends with '0218 K'

**KLEIN'S GOURMET (P#KLP)** Crushed Tomatoes in Jars, Crushed Tomatoes in Cans

## **VEGETABLES (DICED/PEELED)**

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

**CATER CARE (P#)** Beetroot, Carrots, Onions, Potato, Pumpkin, Swede, Sweet Potato

**HYGENE PACKERS (P#)** Pre-cut vegetables: Carrots, Onions, Potatoes, Pumpkin

**KOSHER KINGDOM (P#)** Lettuce, Potato peeled/diced, Pumpkin Diced, Onion peeled, Garlic Peeled, Horseradish Root

**PRI-CUT (P#KLP)** Peeled Vegetables

## **VEGETABLES (FROZEN W/O ADDITIVES)**

Frozen vegetables should not be used without Pesach approval. The following products have been checked:

Note: It is recommended to pre-rinse broccoli & cauliflower and visually check for infestation

**BIRDSEYE (P)** Broccoli, Cauliflower, Carrots, Onions

**COLES (P)** Broccoli, Cauliflower, Cauliflower & Broccoli, Carrots, Onions

**SELECT (P)** Broccoli, Cauliflower, Cauliflower & Broccoli, Carrots, Onions

## **VEGETABLES (PICKLED)**

**ESKAL (P#KLP)** Red Horseradish, White Horseradish

**LERNER'S (P#KLP)** Pickled Cucumbers

**LEWIS & SON (P# KLP)** Beetroot Kimchi, Kale Kraut, Kimchi, Preserved Lemons, Rockin' Out Brocco-Kraut, Sauerkraut, Sweet & Sauerkraut

## **WATER (UNFLAVOURED STILL)**

All bottled (plastic/glass), still unflavoured water is acceptable. The following have been checked.

**CAPE GRIM (P#)**

**COOL RIDGE (P#)**

**EVIAN5 (P)**

**FRANELLE (P#)**

**SCHWEPES (P#)**

## WATER (UNFLAVOURED CARBONATED)

Carbonation (CO<sub>2</sub>) used in the production of carbonated drinks may be derived from Chometz sources. The following brands do not use from Chometz derived carbonation:

**CAPE GRIM (P#)** Sparkling Water

**DEEP SPRING (P)** Unflavoured Mineral Water

**PERRIER<sup>5</sup> (P)** Naturally Carbonated Mineral Water

**SCHWEPPE (P)** Natural Mineral Water (unflavoured only), Soda Water

**SODASTREAM (P)** Sparkling Water – Unflavoured

## WINE

Wine production uses ingredients that may be problematic for Pesach. Check that the wine carries reliable Kosher for Passover certification. In addition, not all Kosher for Pesach wines and juices (including Kedem<sup>7</sup> brand) are *mevushal* (cooked). Consumers should check the label on the product carefully (*Mevushal* must be written in English or Hebrew) as the handling of non-*mevushal* wines differs from that of *mevushal* wines.

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

**FIVE STONES (P# KLP)**

All varieties (KLP and *Mevushal*) when bearing the Kosher Australia Kosher for Pesach symbol

**SIX PARALLELS SOUTH (P# KLP)**

All varieties (KLP and non-Mevushal) when bearing the Kosher Australia Kosher for Pesach symbol

## CHOMETZ-FREE KITNIYOS FOODS

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

WARNING: Gluten free products may contain actual chometz ingredients.

**BIRDSEYE FROZEN VEG** Peas (without mint flavour), Beans, Corn on the Cob, Corn Kernels

**COLES FROZEN VEG** Peas (without mint flavour), Beans, Corn on the Cob, Corn Kernels

**FIVE SEASONS BRAND** Tofu

**HAKEA** Organic Tofu

**MACRO** Classic Tofu

**PUREHARVEST** Corn Cake, Rice Cake, Rice & Linseed (only circle shaped)

**SUNRICE** Arborio Mediterranean Rice, Arborio Rice, Brown Long Grain Rice, Brown Medium Grain Rice, Corn & Sesame Thick Sliced Rice Cakes, Doongara Clever Rice, Doongara White Long Grain Rice, Japanese Style Sushi Rice, Jasmine Fragrant Rice, Mixed Grains, Thin Rice Cakes, Organic Rice White Long Grain, Original Thick Sliced Rice Cakes, Original Thin Rice Cakes, Quick Cooking Brown Rice, Rice & Corn Thin Rice Cakes, White Medium Grain Rice, Wild Blend Entertainer Rice

Product of Australia ONLY

**TOFU SHOP INTERNATIONAL** Tofu

**TOM'S NUTS** Peanut Butter

## PET CARE

Many pet foods include wheat, wheat germ, bakers dried yeast or barley that are prohibited on Pesach as they are Chometz. Others contain cheese, kefir or milk that are dairy and when combined with meat are prohibited year round due to Bossor V'Chalav (prohibited Dairy/Meat mixtures). Please check the ingredients panel before purchasing pet food.

## BIRDS / BUDGIES / CANARIES

Plain Canary Seed, Pannicum, Sunflower Seeds, Millet, Sorghum or Peanuts can be used.

Larger birds such as parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food.<sup>3</sup>

Large pieces should be shredded first.

## CATS & DOGS

**IMPORTANT GENERAL NOTE :** Pet foods containing wheat, wheat fibre, wheat germ, barley, brewer's yeast or oats are not permitted on Pesach. Varieties containing meat and dairy (including yoghurt & cheese) are prohibited during Pesach **and year around**.

Pure meats without wheat germ & additives are permissible.

The following brands have been investigated for 2018.

(CH=Contain Chometz, P=Pesach & Year-Round Suitable, NK=Not Kosher year-round, N/I=No Information at this time)

CAT FOODS			
Advance Chicken and Liver Medley	P	Canidae Grain Free Pure Meadow	P
Advance Chicken and Salmon Medley	P	Canidae Grain Free Pure Ocean	P
Advance Delicate Tuna	P	Canidae Grain Free Pure Sea	P
Advance Dental Adult	P	Canidae Grain Free Pure Stream	P
Advance Hairball Adult	P	Canidae Life Stages All Life Stages Formula	CH
Advance Indoor Adult	P	Canidae Life Stages Chicken Meal & Rice Formula	CH
Advance Kitten Plus Growth Chicken	P	Canidae Life Stages Indoor Formula	CH
Advance Light Adult	P	Hill's Science Diet Adult Active Longevity	CH
Advance Mature Cat	P	Hill's Science Diet Adult Hairball Control	CH
Advance Succulent Turkey	P	Hill's Science Diet Adult Hairball Control Savoury Chicken Entree	CH
Advance Tender Chicken Delight	P	Hill's Science Diet Adult Healthy Cuisine Roasted Chicken & Rice Medley	CH
Advance Total Wellbeing Adult Chicken	P	Hill's Science Diet Adult Healthy Cuisine Seared Tuna & Carrot Medley	CH
Advance Total Wellbeing Adult Fish	P	Hill's Science Diet Adult Indoor	CH
Artemis Fresh Mix Feline Formula	CH	Hill's Science Diet Adult Indoor Savory Chicken Entree	CH
Artemis Osopure Grain Free Feline	P	Hill's Science Diet Adult Light	CH
Barf – Entire Range	NK	Hill's Science Diet Adult Light Liver & Chicken Entree	CH
Canidae Grain Free Pure Control	P	Hill's Science Diet Adult Ocean Fish Entree	CH
Canidae Grain Free Pure Elements	P	Hill's Science Diet Adult Optimal Care	CH
Canidae Grain Free Pure Foundations	P	Hill's Science Diet Adult Optimal Care Tender Chicken Dinner	CH
		Hill's Science Diet Adult Optimal Care with Ocean Fish	CH
		Hill's Science Diet Adult Oral Care	CH
		Hill's Science Diet Adult Perfect Weight	CH
		Hill's Science Diet Adult Perfect Weight Tender Chicken Dinner	CH
		Hill's Science Diet Adult Savory Turkey Entrée	CH
		Hill's Science Diet Adult Sensitive Stomach & Skin	CH
		Hill's Science Diet Adult Tender Chicken Dinner	CH
		Hill's Science Diet Adult Tender Tuna Dinner	CH
		Hill's Science Diet Adult Urinary Hairball Control	CH
		Hill's Science Diet Adult Urinary Hairball Control Savory Chicken Entree	CH
		Hill's Science Diet Adult Urinary Hairball Control Tender Chicken Dinner	CH

Hill's Science Diet Adult Youthful Vitality	CH
Hill's Science Diet Kitten Healthy Cuisine Roasted Chicken & Rice Medley	CH
Hill's Science Diet Kitten Healthy Development	CH
Hill's Science Diet Kitten Healthy Development Tender Chicken Dinner	CH
Hill's Science Diet Kitten Liver & Chicken Entree	CH
Hill's Science Diet Kitten Tender Chicken Dinner	CH
Hill's Science Diet Mature Adult Active Longevity Tender Chicken Dinner	CH
Hill's Science Diet Mature Adult Active Longevity with Ocean Fish	CH
Hill's Science Diet Senior Adult Age Defying Tender Chicken Dinner	CH
Hill's Science Diet Vet Essentials Kitten	CH
Hill's Science Diet Young Adult Neutered Cat with Chicken	CH
Hill's Science Diet Young Adult Neutered Cat with Salmon	CH
Hill's Science Diet Adult Age Defying	CH
Hill's Science Diet Adult Youthful Vitality Chicken & Vegetable Stew	CH
Iams Adult Chicken	CH
Iams Adult Fish & Chicken	CH
Iams Adult Indoor Wild Ocean Fish & Chicken	CH
Iams Adult Sterilised/Overweight	CH
Iams Kitten & Junior Chicken	CH
Iams Purrrfect Delicacies Beef with Salmon Dinner in Gravy	P
Iams Purrrfect Delicacies Succulent Chicken Breast Entree in Gravy	P
Iams Purrrfect Delicacies Succulent Chicken Breast with Beef Entree in Gravy	P
Iams Purrrfect Delicacies Succulent Chicken with Shrimp Dinner in Gravy	P
Iams Purrrfect Grain Free – Succulent Chicken Breast with Tuna Recipe - tin	P
Iams Purrrfect Grain Free Saucy Mackerel with Whitefish Dinner - tin	P

Iams Purrrfect Grain Free Saucy Oceanfish & Tuna Dinner – tin	P
Iams Purrrfect Grain Free Saucy Tuna with Salmon Dinner – tin	P
Iams Mature & Senior Chicken	CH
Iams Mature & Senior Fish & Chicken	CH
Nutro Natural Choice Adult Wholesome Essentials Chicken	P
Nutro Natural Choice Adult Wholesome Essentials Salmon	P
Nutro Natural Choice Kitten Wholesome Essentials Chicken	P
Royal Canin Babycat Instinctive	NK
Royal Canin Kitten Instinctive	NK
<b>DOG FOOD</b>	
Advance Active Adult All Breed Chicken	P
Advance Adult All Breed Casserole Chicken	CH
Advance Adult All Breed Casserole Lamb	P
Advance Adult All Breed Chicken, Salmon & Rice	P
Advance Adult All Breed Chicken, Turkey & Rice	P
Advance Adult Total Wellbeing All Breed Chicken	P
Advance Adult Total Wellbeing All Breed Lamb	P
Advance Adult Total Wellbeing All Breed Turkey	P
Advance Adult Total Wellbeing Large Breed Chicken	P
Advance Adult Total Wellbeing Large Breed Lamb	P
Advance Adult Total Wellbeing Large Breed Turkey	P
Advance Adult Total Wellbeing Toy Small Breed Lamb	P
Advance Adult Total Wellbeing Toy Small Breed Turkey	P
Advance Dental Adult Large Breed Chicken	P
Advance Dental Adult Small Medium Breed Chicken	P
Advance Dermocare Adult All Breed Tuna	P
Advance Mature Dog All Breed Chicken	P
Advance Puppy Plus Growth All Breed Chicken	P

Advance Puppy Plus Growth Chicken & Rice	P
Advance Puppy Plus Growth Lamb & Rice	P
Advance Puppy Plus Growth Large + Breed Chicken	P
Advance Puppy Plus Rehydratable Toy Small Breed Chicken	P
Advance Sensitive All Breed Chicken & Rice	P
Advance Weight Control Adult All Breed Chicken	P
Advance Weight Control Adult Toy Small Breed Chicken	P
Advance Weight Control All Breed Chicken & Rice	P
Advance Weight Control Large Breed Chicken	P
Artemis Fresh Mix Medium-Large Dog All Life Stages	CH
Artemis Fresh Mix Small Breed Dog All Life Stages	CH
Artemis Fresh Mix Weight Management Senior Dog	CH
Artemis Osopure Bison, Salmon & Garbanzo Bean	P
Artemis Osopure Duck & Garbanzo Bean	P
Artemis Osopure Salmon & Garbanzo Bean	P
Artemis Osopure Turkey & Garbanzo Bean	P
Barf – Entire Range	NK
Canidae All Life Stages Chicken & Rice Can	CH
Canidae All Life Stages Chicken Lamb & Fish	P
Canidae All Life Stages Chicken, Duck and Lentil Can	P
Canidae All Life Stages Chicken, Duck and Lentil Can	P
Canidae All Life Stages Dry	CH
Canidae All Life Stages Lamb & Rice Can	P
Canidae All Life Stages Platinum Can	CH
Canidae Grain Free Pure Elements	P
Canidae Grain Free Pure Fields Dry	P
Canidae Grain Free Pure Foundations	P
Canidae Grain Free Pure Land	P
Canidae Grain Free Pure Meadow Dry	P

Canidae Grain Free Pure Resolve Dry	P
Canidae Grain Free Pure Ridge Dry	P
Canidae Grain Free Pure Sea	P
Canidae Grain Free Pure Sky	P
Canidae Grain Free Pure Wild Dry	P
Canidae Grain Free Pure Petite Small Breed Chicken	P
Canidae Grain Free Pure Petite Small Breed Lamb	P
Canidae Grain Free Pure Petite Small Breed Salmon	P
Hill's Science Diet Adult Active Longevity	CH
Hill's Science Diet Adult Active Longevity Small Bites	CH
Hill's Science Diet Adult Advanced Fitness	CH
Hill's Science Diet Adult Advanced Fitness Small Bites	CH
Hill's Science Diet Adult Beef & Barley Entree	CH
Hill's Science Diet Adult Chicken & Barley Entree	CH
Hill's Science Diet Adult Large Breed	CH
Hill's Science Diet Adult Light	CH
Hill's Science Diet Adult Light Large Breed	CH
Hill's Science Diet Adult Oral Care	CH
Hill's Science Diet Adult Perfect Weight	CH
Hill's Science Diet Adult Perfect Weight Chicken & Vegetable Entree	CH
Hill's Science Diet Adult Perfect Weight Small & Toy Breed	CH
Hill's Science Diet Adult Savory Stew with Beef & Vegetables	CH
Hill's Science Diet Adult Savory Stew with Chicken & Vegetables	CH
Hill's Science Diet Adult Small & Toy Breed	CH
Hill's Science Diet Adult Small & Toy Breed Savoury Stew with Beef & Vegetables	CH
Hill's Science Diet Adult Small & Toy Breed Savoury Stew with Chicken & Vegetables	CH
Hill's Science Diet Puppy Healthy Development	CH

Hill's Science Diet Puppy Healthy Development Small Bites	CH
Hill's Science Diet Puppy Savoury Stew with Chicken & Vegetables	CH
Hill's Science Diet Puppy Small & Toy Breed	CH
Hill's Science Diet Vet Essentials Canine Adult	CH
Hill's Science Diet Vet Essentials Puppy	CH
Hill's Science Diet Vet Essentials Puppy Large Breed	CH
Hill's Science Diet Adult Age Defying Small & Toy Breed	CH
Hill's Science Diet Adult Healthy Cuisine Braised Beef, Carrots & Peas Stew	CH
Hill's Science Diet Adult Healthy Cuisine Roasted Chicken, Carrots & Spinach Stew	CH
Hill's Science Diet Adult Healthy Mobility	CH
Hill's Science Diet Adult Healthy Mobility Large Breed	CH
Hill's Science Diet Adult Healthy Mobility Small Bites	CH
Hill's Science Diet Adult Youthful Vitality	CH
Hill's Science Diet Puppy Chicken & Barley Entree	CH
Hill's Science Diet Small & Toy Breed Youthful Vitality	CH
Iams Adult Sterilised/Overweight	CH
Iams Adult Large Breed	CH
Iams Adult Medium Breed Chunks	CH
Iams Adult Small & Medium Breed	CH
Iams Mature & Senior All Breeds	CH
Iams Puppy & Junior Large Breed	CH
Iams Puppy & Junior Small & Medium Breed	CH
Nutro Limited Ingredient Diet Adult Fish & Rice	P
Nutro Limited Ingredient Diet Adult Lamb & Rice	P
Nutro Natural Choice Adult Chicken Rice & Oatmeal	CH
Nutro Natural Choice Adult Lamb & Rice	CH

Nutro Natural Choice Adult Lite Lamb & Rice	CH
Nutro Natural Choice Puppy Chicken Rice & Oatmeal	CH
Nutro Natural Choice Puppy Lamb & Rice	CH
Nutro Wholesome Essentials Adult Chicken Rice & Vegetables	P
Nutro Wholesome Essentials Adult Fish Rice & Vegetables	P
Nutro Wholesome Essentials Adult Lamb Rice & Vegetables	P
Nutro Wholesome Essentials Adult Large Breed Chicken Rice & Vegetables	P
Nutro Wholesome Essentials Adult Toy & Small Breed Chicken Rice & Vegetables	P
Nutro Wholesome Essentials Weight Management Adult Lamb Rice & Vegetables	P

## CAT & DOG SNACKS

CAT SNACKS	
Love 'Em Purrfect Beef Liver	CH
Love 'Em Purrfect Chicken Liver	CH
Love 'Em Simply Delicious Chicken Breast	P
DOG SNACKS	
Canidae Grain Free Pure Chewy Treats Bison & Pumpkin	P
Canidae Grain Free Pure Chewy Treats Rabbit & Kale	P
Canidae Grain Free Pure Chewy Treats Sweet Potato & Duck	P
Canidae Grain Free Pure Chewy Treats Trout & Pomegranate	P
Canidae Grain Free Pure Chewy Treats Turkey & Apple	P

Canidae Grain Free Pure Chewy Treats Wild Boar & Cherry	P
Canidae Grain Free Pure Heaven Biscuits Bison & Butternut Squash	P
Canidae Grain Free Pure Heaven Biscuits Duck & Chickpeas	P
Canidae Grain Free Pure Heaven Biscuits Salmon & Sweet Potato	P
Canidae All Life Stages Bakery Snacks Lamb Wild Rice & Sweet Potato	P
Canidae All Life Stages Bakery Snacks Turkey Quinoa & Butternut Squash	P
Canidae All Life Stages Bakery Snacks Wild Boar & Kale	CH
Love 'Em Beef Liver Sprinkles	P

Love 'Em Beef Liver Treats	P
Love 'Em Chicken Liver Treats	P
Love 'Em Liver Chews	P
Love 'Em Liver Cookies Lamb & Mint	CH
Love 'Em Liver Cookies Linseed & Rosemary	CH
Love 'Em Liver Cookies Soy & Wholemeal	CH
Love 'Em Liver Cookies Wheat Free with Lamb	CH
Love 'Em Liver Cookies with Joint Care Complex	CH
Love 'Em Liver Puppy Rewards	CH
Love 'Em Mini Cookies Chicken Liver & Cranberry	CH
Love 'Em Pork Liver Treats	P
Love 'Em Simply Delicious Chicken Breast	P

## FISH

Brine Shrimp, Daphnia & Tubifex - live or frozen, Soft Peas can be used.

## HAMSTERS, GUINEA PIGS, GERBILS & RABBITS

This advice is courtesy of the Star-K.

Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given. This can be supplemented with a mixture of cut-up fruits and vegetables – carrots, broccoli, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds & cabbage.

Guinea pigs especially will benefit from kale, parsley and oranges.

Hamsters especially will benefit from apples.

## MEDICINES & PHARMACEUTICALS: 'OVER THE COUNTER'

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

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

If possible, all medicine should be purchased before 12:09/12:25pm on Erev Pesach (Melbourne time).

- All capsules, insoluble tablets and NON-chewable tablets ..... Acceptable  
     Though it is preferable to use a chometz free medicine if equally effective and readily accessible
- All chewable medicines ..... must have Pesach approval
- All eye drops and/or ear drops ..... Acceptable
- All gel oral medicines ..... must have Pesach approval
- All liquid oral medicines ..... must have Pesach approval
- All medicines applied to the gums, lips or teeth ..... must have Pesach approval
- All nasal sprays ..... Acceptable
- All puffers (inhalers/turbuhalers) ..... Acceptable
- All soluble medicines ..... must have Pesach approval
- All non-edible topical medications  
 (creams, ointments, sprays & lotions) and suppositories ..... Acceptable

**Vitamins** MUST have specific Kosher for Pesach approval as they are often derived via fermentation from wheat (e.g. Ascorbic Acid). Furthermore, vitamins and other non-essential pharmaceuticals, unless on doctor's orders or by prescription, are usually not classified as a medicine for an existing or potential genuine ailment or illness. As such they do not receive the same leniencies applicable to medicines and almost all authorities therefore say they should not be used without investigation to ensure they are *Chometz*-free.

Items listed below have been checked for Pesach 2018/5778. The following listed products are only 'over the counter' medications which are available in Australia based on our best information. This list is based on correspondence with manufacturers or information from overseas Kashrus authorities. For prescription medications contact your Orthodox Congregational Rabbi.

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

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

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

Key:

NI=No Information at this time, K= Kitniyos, CH=Chometz, P=Pesach, M=Dairy ingredients, NK=Non-Kosher ingredients

DESCRIPTION	PESACH	DAIRY	NON KOSHER
ACTILAX SYRUP	P	M	
ASPIRIN (BAYER)	NI		
ASPIRIN (MAYNE)	NI		
ASPRO CLEAR EXTRA STRENGTH	NI		
ASPRO CLEAR TABS	NI		
ASPRO TABLETS	NI		
ASTRIX TABLETS	NI		
BETAMIN 100MG 100 TABS	CH	M	
BIOGLAN RED KRILL OIL	NI		NK
BLISTEX ANTI-VIRAL COLD SORE CREAM	P		NK

DESCRIPTION	PESACH	DAIRY	NON KOSHER
BUSCOPAN FORTE TABS	P	M	
BUSCOPAN TABS	NI		
CALTRATE (ALL PRODUCTS)	NI		
CHAPSTICK <sup>9</sup> CLASSICS STRAWBERRY STICK, MOISTURIZER STICK, OVERNIGHT STICK, ULTRA MOISTURE GEL, ULTRA SPF 30 STICK	P		
CHEMISTS OWN IBUPROFEN PAIN/FEVER SUSPENSION	P		NK
CLARATYNE LIQUID CAPSULES	K		NK
CLARATYNE TABS	K	M	
CLARATYNE-D WITH DECONGESTANT REPETABS	K	M	NK
CODRAL C&F DAY/NIGHT CAPS	P	M	NK
CODRAL C&F DAY/NIGHT TABS	CH	M	NK
CODRAL C&F ORIGINAL TABS	CH	M	NK
COLOXYL TABS	CH		
COLOXYL WITH SENNA TABS	NI		
COMBANTRIN CHOCOLATE SQUARES	CH		NK
DEMAZIN C&F TABS	K		
DEMAZIN COUGH C&F TABS	K		
DISPRIN <sup>2</sup> DIRECT TABS	K		
DISPRIN <sup>2</sup> EXTRA TABS	K		
DISPRIN <sup>2</sup> ORIGINAL	K		
DULCOLAX TABS	K	M	NK
ELEVIT WITH IODINE TABLETS	CH	M	
ELEVIT WOMEN'S MULTI TABS	CH	M	
FERRO-F	NI		NI
FERROGRAD C	NI		NI
FYBOGEL	K		
GASTRO-STOP LOPERAMIDE CAPS	K	M	
GAVISCON – COOL LIQUID, ADVANCE LIQUID PEPPERMINT, DOUBLE ACTION MINT, PEPPERMINT LIQUID RELIEF	P		
GAVISCON <sup>2</sup> TABS	CH		
HIPREX TABLETS	P		
HYDRALYTE – ALL	CH		
HYDROGEN PEROXIDE	P		
IBUPROFEN "CHEMISTS' OWN" PAIN & FEVER SUSPENSION	K		NK
IMODIUM CAPSULES	K	M	NK
IMODIUM ZAPID	CH		NK
INFACOL WIND DROPS	P		
KAOLIN POWDER – PURE	P		
KENALOG IN ORABASE	P		NK
KWELLS TABS <sup>2</sup>	CH		NK
METAMUCIL <sup>9</sup> SMOOTH TEXTURE ORANGE FLVR	K		
METAMUCIL <sup>9</sup> SMOOTH TEXTURE SUGAR FREE UNFLAVORED	K		
MILTON ANTI BACTERIAL SOLUTION	P		
MOVICOL SACHET FLAVOUR FREE ONLY	P		
NAPROGESIC TABS	P		
The following FORTISIP products made by Nutricia are dairy & acceptable for Pesach: Bottle, Extra, 2Kcal, Protein, Yoghurt. <sup>2</sup>	P	M	
NORMACOL PLUS GRANULES <sup>2</sup>	P		
NULAX	NI		
NUROFEN <sup>2</sup> CAPLETS	K		
NUROFEN CAPSULES	CH		NK
NUROFEN <sup>2</sup> COLD & FLU TABS	P		
NUROFEN <sup>2</sup> TABS	P		



DESCRIPTION	PESACH	DAIRY	NON KOSHER
NUROFEN ZAVANCE CAPLETS <sup>2</sup>	NI		
NUTRICIA APTAMIL FEED THICKENER	K		
OSTELIN VITAMIN D +CALCIUM TABLETS	CH		NI
OSTELIN VITAMIN D CAPSULES	NI		
OSTEVIT-D LIQUID	NI		
OSTEVIT-D ONE-A-WEEK CAPSULES	K		NK
OSTEVIT-D ORAL DROPS FOR CHILDREN	NI		NI
OSTEVIT-D TABS	P	M	
PANADOL C&F & DECONGESTANT CAPLETS	K		NK
PANADOL C&F RELIEF ORIGINAL FORMULA TABLETS	K		NK
PANADOL CHILDREN'S CHEWABLE TABLETS	CH		NK
PANADOL COLOUR-FREE BABY DROPS 1 MTH-2 YEARS ONLY	P		NK
PANADOL EXTRA CAPLETS	K		NK
PANADOL MINI CAPS	K		NK
PANADOL OPTIZORB FORMULATION CAPLETS	K		
PANADOL OSTEO MODIFIED RELEASE CAPLETS	K		NK
PANADOL RAPID CAPLETS	NI		NK
PANADOL TABS	K		NK
PANAMAX 240 ELIXIR	CH		NK
PANAMAX TABS	K		NK
PARAFFIN LIQUID – PURE (ALL BRANDS)	P		
PHENERGAN ELIXIR	CH		
PHENERGAN TABLETS	K	M	
QUICKEZE	NI		
RENNIES – ALL VARIETIES <sup>2</sup>	CH		
SEKOT DUAL RELIEF TABS <sup>2</sup>	P		
SM33 GEL	P		
SM33 LIQUID	CH		
SOLPRIN TABS	NI		
SPA TONE NATURAL IRON SUPPLEMENT <sup>2</sup>	P		
SPREN ASPIRIN TABS	NI		
SUDAFED PE NASAL DECONGESTANT TABS	NI		
SUDAFED PE SINUS DAY/NIGHT TABS	NI		
TELFAS DECONGESTANT TABS	K		NK
TELFAS TABS	K		
TRAVACALM ORIGINAL	CH		
TUMS REGULAR, SMOOTHIES <sup>9</sup>	K		
URAL SACHETS	NI		
VASELINE	P		
VOLTAREN TABS (25MG, 50MG)	K	M	
ZANTAC DOUBLE STRENGTH RELIEF	P		NK
ZANTAC TABS (150MG)	P		NK
ZOVIRAX COLD SORE CREAM	P		NK
ZYRTEC ORAL DROPS FOR INFANTS	P		NK
ZYRTEC ORAL SOLUTION	CH		NK
ZYRTEC TABS	P	M	

**WARNING: A FEVER IN CHILDREN IS CONSIDERED TO BE DANGEROUS AND EVEN PRODUCTS CONTAINING CHOMETZ MAY BE USED. CONSULT YOUR RABBI.**

## TOILETRIES & COSMETICS

### BABY CARE

#### TOPICAL

All topical products are acceptable<sup>7,8</sup>.

#### BABY WIPES

It is recommended to use baby wipes that do not contain alcohol.

### DEODORANTS - ROLL ON/STICK

All products are acceptable<sup>7,8</sup>.

### DEODORANTS - SPRAY

Spray deodorants may contain ethanol which can be derived from wheat. The following brands sold in Australia have been investigated for 2018. Note that pump sprays generally contain alcohol and are not recommended – please check ingredients.

#### ADDIDAS

#### BRUT

**BODY CRYSTAL** Crystal Mist Deodorant

**CHARLIE<sup>2</sup>** All Body Sprays

#### DOVE

#### DOVE MEN

#### DRY IDEA

Note: Baby Powder contains alcohol is Not OK

**FEMFRESH** Feminine Deodorant Spray

#### L'OREAL MEN

**LYNX** Deodorant Sprays ONLY Note: Body Spray Is Not Recommended

#### MUM

#### NIVEA

#### NIVEA MEN

#### NORSCA

#### NORSCA MEN

#### REXONA

#### REXONA MEN

### EYE CARE & CONTACT LENS CARE PRODUCTS

All products are acceptable<sup>7,8</sup>.

### FACIAL CARE

All products are acceptable<sup>7,8</sup>. NOTE: Items Containing Oat Milk or Oats should be avoided.

## HAIR CARE & SHAMPOO

All products are acceptable<sup>7,8</sup>. NOTE: Items Containing Oat Milk or Oats should be avoided

## HAND & NAIL CARE

All products are acceptable<sup>7,8</sup>.

All nail polishes and removers are acceptable

## LIP PRODUCTS

All NEWLY purchased unperfumed products are acceptable<sup>7</sup>. The following products have been checked for 2018. We have no information on other brands.

**CLINIQUE**<sup>9</sup> Almost Lipstick, Different Lipstick, Colour Surge Lipstick, Vitamin C Lip Smoothie

NOTE: SUPERBALM LIPSTICK is not recommended

**ESTEE LAUDER**<sup>9</sup> All-Day Lipstick, Pure Color Crystal Lipstick, Pure Color Envy Matte Sculpting Lipstick, Pure Color Envy Liquid Lip Potion, Pure Color Lipshine, Pure Color Multi-Shimmer Gloss, Automatic Lip Pencil Duo

**MAC**<sup>9</sup> Baroque Boudoir Lipgloss, Baroque Boudoir Lipstick, Dare To Wear Lipgloss, Dazzle Lipstick, Lip Glass All Shades, Lip Mix, Lipmix All Shades, Lipmix Gloss, Lustre Lipstick, Ma Couture Lip Glass, Ma Couture Lipstick, Matte Lipstick, Mattene Lipstick, Monogram Lipgloss, Pro Lip Erase Lip Balm, Pro Longwear Lip Colour, Pro Longwear Lip Crème, Pro Longwear Lip Gloss, Pro Longwear Lip Pencil, Pro Longwear Lipstain Marker, Pro Longwear Lustre Lip Colour, Retro Matte Lipstick, Satin Lipstick, Sheen Supreme Lipgloss, Sheen Supreme Lipstick, Slim Shine Lipstick, Studio Touch Up Lipstick, Stylistics Lip Glass, Tricolour Lip Glass, Upscale Lipstick.

**MAYBELLINE**<sup>9</sup> Baby Lips Moisturizing Lip Balm, Baby Lips Moisturizing Lip Gloss, Color Sensational Color Elixir Lip Lacquer, Color Sensational Lip Liner, Color Sensational Powder Matte

**MICHAEL KORS**<sup>9</sup> After Sun Lip Balm, Island Bermuda Lip Gloss, Lip Lacquer, Lip Luster

## ORAL CARE

**Toothbrushes** should be changed for Pesach.

**Dentures and plates** should be thoroughly washed (some Kasher them with boiling water).

Most **mouthwashes** contain sorbitol, ethanol or citric acid that may be *Chometz* derived. Only Kosher for Pesach mouthwash should be used.

**Hydrogen Peroxide** is acceptable for Pesach use

Most locally made **toothpastes** contain sorbitol which may be *Chometz* derived. Toothpastes bearing Kosher for Pesach certification are available at many specialist Kosher retailers. The following items are *chometz* & *kitniyos* free but are not formally certified and may contain kitniyos derived ingredients.

**POLIDENT** Denture Adhesive Cream, Flavour Free Denture Adhesive, Fresh Active Denture Cleanser Tablets, Whitening Cleanser Tablets

**REACH** Dental Floss – Waxed, Dentotape – Waxed

**STERADENT** Active Plus Denture Care Paste, Denture Paste, Ultra 3 Denture Fixative Cream, Denture Cleaner Tablets Extra (K), Denture Cleansing Powder

**WOOLWORTHS** All Smiles Denture Tablets

## PERFUMES & COLOGNES

The following have been approved for 2018. Some perfumes contain denatured alcohol that are allowed by some Rabbinic authorities.

**CLINIQUE**<sup>9</sup> All Perfumes  
**ESTEE LAUDER**<sup>9</sup> All Perfumes  
**FREDERIC MALLE**<sup>9</sup>  
**MICHAEL KORS**<sup>9</sup>  
**TOMMY HILFIGER**<sup>9</sup>

## SKIN PRODUCTS

All products are acceptable<sup>7</sup>. Items Containing Oat Milk or Oats should be avoided.

## SOAPS & WASHES

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

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

AQIUM Handwash is acceptable for use. All QV wash products are acceptable for use.

## HOUSEHOLD & KITCHEN

### DISHWASHING LIQUIDS

**ASTORIA PAPER PRODUCTS (P#)** Apple Dishwashing Detergent, Automatic Dishwashing Liquid,

**DAWN**<sup>7</sup> All detergents

**EARTH CHOICE** Lemon, Aloe

**MORNING FRESH** Advanced, Antibacterial Lemon, Lemon, Lime, Original, Passionfruit & Pear

NOTE Product of Indonesia

**TRIX** Apple, Lemon, Mint

### DISHWASHING POWDER

**EARTH CHOICE** Dishwasher Powder

**ASTORIA PAPER PRODUCTS (P#)** Automatic Dishwashing Powder

## CLEANING PRODUCTS

**Air Fresheners** – alcohol free only

**Bicarbonate of Soda (Baking Soda)** – All brands

**Floor cleaners** (including ammonia) - All brands

**Metal polishes** - All brands

**Oven cleaners** - All brands

**Rubber/latex gloves** - All brands POWDER FREE ONLY

**Soap-free sponges & scourers** - All brands

**Surface spray** - All brands

WARNING: Methylated Spirits & Vinegar may be derived from wheat based ethanol and should be avoided for use on kitchen counters and food surfaces. Coles Vinegar is wheat derived and should be avoided for kitchen use.

**AMWAY**<sup>3</sup> L.O.C. Multi-Purpose Cleaner, L.O.C. Kitchen Cleaner  
**ANSELL** Rubber gloves (NOT Disposable Handy Gloves)  
**ASTORIA PAPER PRODUCTS (P#)** General Purpose Cleaner  
**ASTRA** General Purpose Silver lined Pink Rubber Gloves  
**CHUX** All-Purpose Scrub Sponge, Cloths, Heavy Duty Scourer Pad, Multipurpose Disposable Gloves Vinyl (NOT Extra Grip Disposable Gloves), Multi-purpose Gloves Vinyl, Robuste, Rubber latex Gloves, Sponge, Superwipes  
**GODDARDS**<sup>7</sup> All cleaning products. Available from **Rishon Foods**.  
**HAGERTY**<sup>7</sup> All silver cleaning products ( @ must be present on the pack)  
**JEX** Steel Wool without soap  
**MILTON'S** Liquid, Tablets  
**OATES** Scourers, Sponges, Scourer/Sponges (only products without soap)  
**SCOTCH BRITE**<sup>7</sup> Sponges  
NOTE must be marked "Made in USA" or "Made in USA, Packed in Korea".

## **DISPOSABLE PLASTIC & PAPER PRODUCTS**

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

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

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

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

**Aluminium Foil Rolls** - All Australian Made

**Bags, Plastic** - All brands

**Bowls, Plastic** - All brands

**Cling Wrap** – All brands

**Cups, Paper** - All Australian Made

**Cups, Plastic** - All brands

**Cups, Polystyrene** - All varieties

**Cutlery, Plastic** - All brands

**Plates, Paper** - Must have Pesach approval

**Plates, Plastic** - All brands

**Semi-Rigid Aluminium Foil Products** – Some authorities suggest that they should be rinsed prior to use just in case they have in contact with *Chometz*

**Tablecloths, Plastic (powder film free)** - All brands

**Tissues, facial and/or toilet, unscented** – All brands

**Towels, Paper including serviettes** – Many authorities allow the use of all paper towels on Pesach even if starch is used in the preparation of the paper.

**ALPEN PRODUCTS**<sup>1</sup> Napkins

**BI-LO**<sup>1</sup> Oven Bags

**BIOPAK** cutlery, bowls, cups, & plates

**CAFÉ EXPRESS** hot cold cups (available at Costco)

**CAPRAL**<sup>1</sup> Aluminium Foil  
**CAPRICE**<sup>1</sup> Serviettes, Table Covers, Paper Towel  
**CASTAWAY**<sup>1</sup> Easy-bake, Enviroboard (Food Clams, Plates & Bowls)  
**COLES** Baking Paper, Paper Towels, Serviettes, SmartBuy Foil (even made in China)  
**CONFOIL** All semi-rigid aluminium foil products, All paper tray products  
**CREATIVE EXPRESSIONS**<sup>1</sup> All products  
**DEEKO** Paper Towels, Serviettes  
**DETPAK** Hot Cups (all)  
**GILBERT**<sup>1</sup> Aluminium foil  
**GLAD** Freezer Go Betweens (All), Oven Bags and Baking Paper (All), Plastic Bags (All)  
**HANDEE**<sup>1</sup> All products including paper towels & serviettes  
**KAAL**<sup>1</sup> Aluminium foil, All semi-rigid aluminium foil products  
**KINGFOIL**<sup>1</sup> Aluminium foil, All semi-rigid aluminium foil products  
**MULTIX** All products  
**OSO** Oven bags (All)  
**PAREGO**<sup>1</sup> Napkins  
**SCOTT**<sup>1</sup>: Paper Towels  
**SPECIAL OCCASIONS**<sup>1</sup> All products  
**THICK & THIRSTY** Paper Towels  
**VIVA** Paper Towels

## **LAUNDRY PRODUCTS**

All laundry bar-soap, powders, pre-wash stain removers and liquid detergents may be used for laundry purposes ONLY. Ironing sprays may contain starch. **CRISP & FABULON** are chometz free.

# KASHERING

Rabbi Mordechai Gutnick, Rabbinic Administrator

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

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

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

## KASHERING: METHODS OF CLEANING & KASHERING

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

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

### METHOD #1: CLEANING

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

Items in this category include pantry shelves and refrigerators.

### METHOD #2: COVERING

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

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

### METHOD #3: "MILUY VIRUY" - SOAKING

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

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

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

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

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

- e) A number of items may be immersed in the vessel at the one time. However care should be taken that each item is immersed in such a manner that the boiling water completely surrounds each item. Dropping them in one at a time helps facilitate this requirement.
- f) If the water cools off and stops boiling during the immersion of the utensil it should be allowed to resume boiling while the item remains immersed.
- g) The item should then be removed from the boiling water. (One may not pour out the boiling water leaving the item inside the utensil.)
- h) Once removed from the boiling water the item should immediately be rinsed in cold water.

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

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

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

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

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

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

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

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

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



e) This method of kashering can be used as a substitute for items requiring the “*hagala* –scalding” method of kashering (Method #4) if they are able to withstand the heat generated.

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

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

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

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

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

**GENERAL CLEANING:**

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

**THE KITCHEN:**

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

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

**KASHERING: PREPARING KITCHEN & HOUSEHOLD ITEMS**

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

ITEM	METHOD OF PREPARATION
Baking pans and other utensils used in the oven with little or no liquid	Method #7. As this is usually impractical, it is recommended that these not be <i>koshered</i> and new ones purchased for Pesach.
BBQ (Plates and grates):	Method #7
Benchtops (Formica Laminex or other synthetic materials):	Method #2 or according to a number of authorities Method #5
Benchtops (Granite/Stone)	Method #5
Benchtops (Metal):	Method #5 or #6
Caesarstone	See Benchtops (Granite/Stone)
Candlesticks & candlestick trays	Method #1. Some then place foil underneath the tray.
China ware	Cannot be <i>kashered</i>
Corelle	See Glass
Corningware	See Glass
Crockery	Cannot be <i>kashered</i>
Crystal (used mostly with cold liquids)	Method #3
Cupboards	Method #1

ITEM	METHOD OF PREPARATION
Cutlery (Metal with joints or deep engravings that cannot be cleaned properly.)	Should not be <i>kashered</i> unless the joints or engravings are subject to Method # 6 (by means of an open flame) in which case they should then be fully <i>kashered</i> with Method # 4.
Cutlery (Metal without joints)	Method #4
Dishwashers	Some authorities allow the kashering of dishwashers with stainless steel interiors by Methods #4 or #5. Others also allow kashering with plastic interiors but not enamel. This can be a complicated procedure. New baskets are usually required. Please check with your Rabbi for details.
Duralex	See Glass
Earthenware and Ceramic	Cannot be <i>kashered</i>
Electric jug	Method #4
Food processor (Attachments)	Method #4
Food processor (Base)	Method #1 and then cover it with plastic or foil
Formica	Many authorities permit kashering with Method #5
Frying pans and other utensils used on the stove with little or no liquid	See Baking pans.
General areas including chairs, floors, cupboards etc	Method #1
George Forman Grill	Should not be <i>kashered</i> .
Glass (When used with hot <i>Chometz</i> in an oven or on a stove)	Should not be <i>kashered</i> . (Sephardim permit using and/or kashering glass - check with your Rabbi)
Glass (When used with hot or cold liquids not taken directly from an oven or stove flame)	Some authorities do not allow <i>kashering</i> of glass for Pesach Others allow Method # 3
Granite	Method #5
Grill	Method #7 – as this can damage or destroy the item it is recommended not to <i>kasher</i> it.
Hot plates	See stoves or Shabbos hot-plates
Kiddush Cups (metal)	Method #4
Laminex	See Plastic
Melamine	See Plastic
Melmac	See Plastic
Microware Oven (convection)	See Oven (not self cleaning)
Microwave Oven (non-convection)	See separate section MICROWAVE OVENS
Mixers	See food processors
Ovens (not self cleaning) - Interior and walls	Method #6
Ovens (not self-cleaning) - Grates and shelving that come in direct contact with Pesach utensils or food	Method #7 in the first instance – if this will damage or destroy the item method #6 is acceptable if a piece of foil or a metal tray is later placed between the shelf and the Pesach item placed in the oven.
Ovens (self cleaning)	Remove all grates & clean them and surface area where food may fall replace grates and then turn on self cleaning cycle.
Pantry	Method #1. Some also cover the shelves.

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

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

## MICROWAVE OVENS

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

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

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

## NESPRESSO MACHINES

Suggested method to Kasher a Nespresso machine.

1. If non-Kosher for Pesach Pod varieties have been used, do not recommend kashering.
2. Assuming only Kosher for Pesach Pod varieties were used then:
  - a. Clean thoroughly
  - b. Remove nozzles from steamer
  - c. Replace washers with new washers
  - d. Reassemble
  - e. Fill with fresh water and steam right through

## THERMOMIXES

Suggested method to Kasher a Thermomix machine.

There are two models of the Thermomix on the market, the older TM31 and newer TM5, both can be kashered in a similar fashion.

1. Dismantle all parts, including rubber seals under the lid and the sealing ring of the mixing knife and clean thoroughly.
2. Do not use for 24 hours prior to kashering
3. Immerse all parts – bowl, varoma, lids, spatulas etc as per normal hagola guidelines (except the base unit of course) (do not leave the plastic parts, especially the mixing bowl lid in the hot water for too long).
4. Clean the base unit with a damp clean cloth (no water or dirt should enter the base unit).
5. Reassemble (ensure the sealing ring of the knife is in place properly and the contact pins of the mixing bowl are thoroughly dried) and heat 2L (TM31)/2.2L (TM5) of water to highest temperature).
6. Cover the base unit with glad wrap as best as possible.

## PESACH LAWS

Please Note: Due to the multitude of laws governing the Pesach Yom Tov and its preparation, the digested laws that follow should be viewed solely as a summary of the *halachos* pertaining to the proper observance of the holiday. Contact your local Orthodox Rabbi for further information concerning any doubtful halachic decision. All times referred to below can be found in the chart at the start of this booklet for times where you live.

## CHOMETZ

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

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

Ashkenazi Jews refrain from partaking of legumes (beans, corn, rice, peas) known as '*Kitniyos*' and their admixtures during Pesach.

## REMOVAL OF CHOMETZ

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

### MECHIRAS CHOMETZ (THE SALE OF CHOMETZ)

All forms of *Chometz* not destroyed must be transferred to a Gentile before the end of the "fifth hour" on the 14<sup>th</sup> Nissan. This is normally done through the sale of *Chometz* via the Rav as appointed agent for this sale. The sale is bona fide in nature and transfers possession of all *Chometz* to the Gentile accompanied by the sub-leasing of the property on which the *Chometz* is to be found. The non-Jew should be allowed free access to the property and items he has purchased.

*Chometz* utensils are rented and its contents are sold.

The Mechiras *Chometz* form can be downloaded from our website and completed and faxed back to either (03) 9527 5665 or scanned and emailed to [rabbi.mordechai.gutnick@kosher.org.au](mailto:rabbi.mordechai.gutnick@kosher.org.au) no later than **5pm Monday 26<sup>th</sup> March, 2018**.

There are also online applications that can be used such as <http://community.yeshivahcentre.org/Chometz.php>. Please note that if you are travelling overseas and your *Chometz* is situated locally it is strongly recommended that you sell your *Chometz* in Australia. Rabbi Gutnick has advised that for the *Chometz* he sells the 'buy back'

after Pesach takes into account people who are overseas. (See 'GUIDELINES FOR LEAVING HOME BEFORE PESACH')

## **BEDIKAS CHOMETZ (THE SEARCH)**

After tzais hakochavim (appearance of 3 stars) on the evening of 14<sup>th</sup> of Nissan one must diligently search for *Chometz* in all areas in which it may have been stored or eaten. This search is not ceremonial in nature and must include such places as: closets, toasters, medicine cabinets, clothes, cars, toy chests, vacuum bags etc. As such, proper time must be allotted to the search.

No work, study or meal should be begun within ½ hour prior to the search.

The search should be facilitated by the aid of a single-wick candle.

Prior to the search the blessing *al biyur Chometz* is recited. It is a custom for some to scatter 10 pieces of bread throughout the house prior to the *bedikah* and to collect them during the search. The mere collection of these pieces should not be misconstrued as the fulfilment of the search.

For those leaving their home before Pesach please see the section 'GUIDELINES FOR LEAVING HOME BEFORE PESACH' on how to conduct the search for *Chometz*.

*Bedikas Chometz* takes place this year on Thursday 29<sup>th</sup> March after nightfall.

## **BITTUL HECHOMETZ (NULLIFICATION)**

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

The English translation of the Aramaic formula for *Bitul Chometz* recited after the burning follows: I HEREBY DECLARE ALL LEAVEN AND *CHOMETZ* IN MY POSSESSION THAT I HAVE NOT DISCOVERED OR HAVE NOT REMOVED AND NOT AWARE TO BE NULLIFIED AND OWNERLESS LIKE THE DUST OF THE EARTH.

## **BIUR CHOMETZ (DESTRUCTION OF THE CHOMETZ) & EREV PESACH**

In gratitude to the Almighty for having been spared during the slaying of the Egyptian first-born, first-born males fast on Erev Pesach. A father fasts on behalf of a son too young to fast and a mother fasts for her *b'chor* when the father is a first-born as well. Firstborns may participate in a *Seudas Mitzvah* which enables them to eat during the remainder of the day. Fast of the First Born commences at dawn and ends at nightfall. If completing the fast. For times this year, see the chart in the beginning of the book (page 6).

Finish eating *Chometz* (& *Kitniyos*) at the times listed in the chart.

Remove *Chometz* & recite *Kol Chamira* about an hour later as listed in the chart.

It is forbidden to eat *matzoh* or consume wine on Erev Pesach. One may eat fish, fruit and meat in moderate amounts that will not detract from one's appetite for the *Seder Matzoh*. Tedious and or profitable work should not be engaged in after *chatzos* (halachic midday) on Erev Pesach.

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

The Rabbinic prohibition for eating *Chometz* begins with the commencement of the halachic fifth hour of the day.

## CHOMETZ DISCOVERED DURING PESACH

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

## THE LAST DAY OF PESACH

Pesach finishes this year on Saturday night 7<sup>th</sup> April. *Chometz* may be eaten after approximately a half hour later by which time the Rabbi would have had time to buy back the *Chometz* from the non-Jewish owner. See times in the Chart.

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

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

## SEDER SHOPPING LIST

Rabbi Aryeh Citron (Chabad.org)

- Matzah

It is preferable to use handmade Shmurah Matzah. Every person at the Seder with their own Seder plate will need three matzahs per Seder. Those who don't have their own plate need approximately two matzahs per Seder.

- Matzah covers

- Wine and/or grape juice

It is preferable to use wine, but if one cannot, one may use a mixture of grape juice and wine, or even pure grape juice. If necessary, one may add up to 1/3 of the cup of water. If this also is not possible due to medical reasons, discuss with your doctor and rabbi.

- Wine goblets

- Horseradish

One may purchase kosher for Passover ground horseradish, but it can only be used for the seder if it has no other ingredients.

- Romaine lettuce (for bitter herbs)

Each should eat the volume of an olive of the combination of Romaine lettuce and horseradish. A large lettuce leaf is approximately the size of an olive.

- Haggadahs

Ideally with translation to the vernacular.

- Ingredients for Charoset

The custom is to use wine, ground walnuts, apples & pears. Others add: Partially ground cinnamon & ginger, figs, dates, pomegranates, and/or almonds.

- Shankbones for all of the Seder plates.

Some have a custom is to use the neck of a chicken. Others use the leg of a chicken or an actual shankbone.

- Eggs

Ashkenazi custom is to serve eggs as the first course of the meal (Shulchan Orech), in addition to having one egg on each Seder plate.

- A vegetable for Karpas

Some customs use a piece of a potato or onion. Others use celery, radishes, or parsley.

# PESACH: GUIDELINES FOR THOSE LEAVING HOME BEFORE PASSOVER

Rabbi Mordechai Gutnick

## BEDIKAS CHOMETZ — SEARCH FOR CHOMETZ

Anyone leaving home before the traditional evening of bedikat chometz must carry out the search in their home on the night before he or she departs. However since this is not the normal evening for the search no brocha is recited.

Another option is to appoint a sheliach — agent — to perform the search at the normal time.

If one is selling one's home or other premises together with all chometz then the accepted ruling is that the house does not require a specific search. However in order to fulfil the obligation of the removal of chometz one should do a search for chometz on the night before Pesach (with a brocha) wherever they may be staying over Pesach. This should be done in a rented home or hotel room or in a guest room of a private house where one is staying. In the latter case permission should be sought from the owner of the house to either act on his or her behalf by searching that guest room or else by purchasing with a nominal sum the rights to that or any other room in the house and thereby becoming its "owner".

In all circumstances on the morning of Erev Passover (**Friday 30<sup>th</sup> March 2018**), the statement of bitul should be pronounced wherever one is before the time of removal of the chometz.

## SELLING THE CHOMETZ

When someone travels before Pesach westward from Australia to Europe to Israel or to the United States for Pesach (or even from an eastern time zone to other western time zones in Australia) the festival will begin for them after it has already commenced in the home community.

If the chometz is sold where the traveller is spending Pesach this would result in a situation where the sale did not yet take place while it was already Pesach in the place where the chometz is found. The traveller would therefore own the chometz while it was already Pesach in the home community. For this reason these travellers should arrange prior to leaving home for their chometz to be sold in their home town in Australia at the correct time as applicable to where the chometz is stored. Any chometz still in their possession at the place they are staying after the time of the sale in their home community should then either be destroyed or sold before the appropriate time for removal of Chometz at the place where they are staying.

In such circumstances as Pesach will finish for the traveller later than in their home community the rabbi who organises the sale of the Chometz in their home community should be asked that when he purchases back the chometz after Pesach he should specifically not acquire back the chometz on behalf of the traveller until Pesach is over at the place where the traveller is.

Those travelling for Pesach from Australia to New Zealand or from the Central or Western Australian time zones to the Eastern states where Pesach commences earlier than in the home community (or for those travelling from Europe, Israel, or the US to Australia where Pesach also begins earlier than in the home community) should arrange for the sale of their chometz before the time for removal of chometz at the (earlier) time at the place where he or she is staying to ensure that no Chometz belongs to them anywhere at the time of the removal of chometz where they are staying. In such circumstances it is then also halachically preferable to ensure that when the Chometz is purchased back after Pesach the traveller specifically make a condition not to accept back ownership of the chometz left at home until Pesach finishes in the home community where that chometz is stored. Another option when travelling in any direction is to transfer before leaving home all the chometz left at home as a gift to someone else who remains in the home community. The recipient of the gift would arrange the sale of the chometz at the correct time for that home community. The traveller would then sell or remove any chometz actually with them at the place of their stay before the appropriate time for removal of chometz at that place.

It is advisable to contact your Rabbi before leaving home to ensure that the most valid and appropriate method has been chosen in order to ensure that no chometz inadvertently remains in one's possession during any of the time that it is not permitted to possess chometz.



# THE SEDER: FOOD TYPES & QUANTITIES USED

## MATZOH

### SUITABLE MATZOS:

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

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

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

### THE MINIMUM QUANTITIES:

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

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

## MOROR (BITTER HERBS)

### SUITABLE VEGETABLES:

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

1. Romaine or Cos Lettuce stalks or leaves;
2. Pure Horseradish.

If neither horseradish nor Cos lettuce variety are available then the next preference should be given to ordinary lettuce (the "crisp-head" or "iceberg" variety) and the appropriate blessing over the *moror* may still be recited. In reality it is actually lettuce that is the most preferred type of *moror* even if it is not bitter. The fact that it may not have been as commonly used as horseradish was for the practical reasons that lettuce was difficult to find in Europe at the end of winter at Pesach time and/or that if it was found it was very difficult to remove the infestation found in such lettuce. The usual custom is to eat a proportionate mixture of both these varieties (lettuce and horseradish) though of course either one alone is perfectly acceptable.

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

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

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

### THE MINIMUM QUANTITIES:

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

### HOW TO CHECK ROMAINE (COS) LETTUCE FOR INSECT INFESTATION

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

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

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

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

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

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

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

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

## WINE

### SUITABLE BEVERAGES:

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

1. Red wine (unless one has a white wine of superior quality) that is not sweetened with sugar (i.e. it should be naturally sweet or "dry") so that one tastes the natural taste of pure wine. It should also in the first instance not be "mevushal" (cooked or pasteurised).

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

#### THE MINIMUM QUANTITIES:

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

### PESACH CLEANING PRIMER

Rabbi Mordechai Becher (Ohr.edu)

The following instructions are by no means a complete halachic guide for Pesach. A Rabbi should be consulted for any questions and doubts that arise, and refer to the many books available that present the halachos in detail. The following instructions are based on classes given by Rav Chaim Pinchas Scheinberg, Z'L.



1. All places or articles into which chometz (leavened grain products, eg. bread, crackers, cake) is usually brought during the year must be cleansed and checked for Chometz before the evening preceding the seder. The search for Chometz (details of which can be found in the Haggadah) is started at nightfall on the evening preceding the seder.
2. Any article or place which is not used on Pesach, which is closed up and sold, does not need to be checked for Chometz.
3. Chometz which has been rendered inedible (even to an animal) by being soaked in a foul-tasting liquid such as detergent, "Draino", bleach or ammonia is not considered Chometz.
4. There is no obligation to check and destroy Chometz that is less than the size of an olive (approx. 30 grams) and is so dirty that a person would not eat it.
5. Surfaces, closets and cracks where it is possible that Chometz has entered should be washed, ensuring that detergent enters all cracks and crevices.
6. Kasherung for Pesach is done in the same way as during the year.
7. It is customary to also cover any surfaces that have been kashered and that will be used for food, or for utensils on Pesach; eg. tables, countertops, cabinets and stovetops, with plastic, linoleum or aluminium foil.
8. Any Chometz that will not be consumed or destroyed before Pesach, must be sold to a Gentile before the time of prohibition of Chometz (the time of the prohibition is printed in Jewish calendars and newspapers) for all of Pesach. The transaction should be performed by a Rabbi, since the laws are complex and a contract is necessary. The Chometz that has been sold must be stored away until after Pesach.

## FOOD OUTLETS IN MELBOURNE

For various reasons (the lack of Pesachdik cooking utensils the lack of ability or desire to kasher the kitchen or to prepare food etc.) people may not prepare their own Pesach meals.

A number of shules are hosting communal Sedorim. Please check the 2018 Kosher Australia Food Guide for a list of Orthodox synagogues in Melbourne, and recheck with the shule to confirm the event.

In addition, pre-prepared meals may be purchased from a number of outlets and caterers.

## RESTAURANT/TAKEAWAY

Kimberley Gardens Hotel (offers Sedorim – pre-bookings essential)\*

441 Inkerman St, St Kilda East 03 9526 3865 [www.pesach.com.au](http://www.pesach.com.au)

## PREPARED MEALS

Prepared Kosher for Pesach meals/dishes may be pre-ordered from the following Kosher Australia supervised producers. All foods must carry Kosher for Pesach seals.

Danelis*	P: 03 9527 7014	<a href="http://www.danelis.com.au">www.danelis.com.au</a>
Kimberley Gardens*	P: 03 9526 3865	
Klein's Gourmet*	P: 03 9528 1200	<a href="http://www.kleinonline.com.au">www.kleinonline.com.au</a>
Kosher Meals on Wheels*	P: 03 9527 4844	
Peter Unger Catering*	P: 03 8552 0300	

## RETAIL OUTLETS FOR PESACH

**ONLY purchase products carrying reliable Kosher for Pesach approval**

Coles select stores		
Continental Kosher Butchers*	155 Glenferrie Rd, Malvern	P: 03-9509 9822
Gefen Liquor	328 Carlisle St, Balaclava	P: 03-9527 1100
Kosher Kingdom*	482b Glenhuntly Road, Elsternwick	P: 03-9041 8499
Kraus Foods	62 Glen Eira Rd, Ripponlea	P: 03-9523 8463
Lenny's	636 Inkerman Rd Caulfield	P: 03-9527 5349
Pri Cut	283 Carlisle St, Balaclava	P: 0478 027 073
Rishon Foods	23 William St, Balaclava	P: 03-9527 5142
Royal Nut Company	2/148-150 Wattleree Rd, Malvern	P: 03-9509 3333
Solomons Kosher Butcher	140-144 Glen Eira Rd., Elsternwick	P: 03-9532 8855
Tempo	Shop 5, 320 Carlisle St, Balaclava	P: 03-9525 8000
The Shook	819 Glenhuntly Rd, Caulfield South	P: 03-9078 5519
Woolworths Select Stores		
Yumi's Kosher Seafood	29 Glen Eira Rd, Ripponlea	P: 03-9523 6444

\*Under Kosher Australia supervision.

חג פסח כשר ושמח

*Wishing You a Kosher & Freileichen Pesach*

לשנה הבאה בירושלים