

Young Israel Shomrai Emunah of Greater Washington

HaShomer

PESACH 2020/5780

ניסן תש"פ

בס"ד



Dear Friends:

In the challenging circumstances that we are all grappling with, the Shul's regular Hashomer newsletter will not be coming out in its standard format. Though we do plan on sending various parts of the publication, I did want to send out the parts which are Halachically relevant as soon as possible. I am also including some other documents which I normally distribute separately.

To facilitate convenient use, I wanted to give you a sense of what is included in this document, in the order in which it appears:

- From the cRc Pesach Book 2020 - This is the CRC's buying guide for what products do or don't require Pesach certification.
- From the cRc Pesach Book 2020 - This is the CRC's basic halachic guidelines for the types of medicines, cosmetics, and toiletries that do or don't need to be ascertained as Chametz free. This is a matter of much halachic discussion, and I encourage you to follow the position of the CRC.
- Star-K Quick-Pick Medicine List. This is a basic list the Star-K makes available online of medications that are not Chametz concerns. **I am of the opinion that not all the medications on this list need to be Chametz free, per the guidelines of the CRC.** Please also be aware that this is only a partial list, and if you have further questions you should feel free to contact me closer to Pesach.
- Star-K Quick-Pick Personal Care List. This is a basic list the Star-K makes available online of personal care items that are not Chametz concerns. Please see above regarding the CRC's position.
- From the cRc Pesach Book 2020 - This is a list based on the research of the OU provided by the CRC that provides information about medical nutritional supplements, infant formulas, and milk substitutes. **Please note that these items, unless marked otherwise, should only be used if they have an OU, though not bearing any P marking. Also, most of these items are Kitniyos, which means that Ashkenazim should only use them if they are for an ill person or it's very important for someone's nutritional needs (young or old). Utensils in which these products have been used should be washed at a sink other than that at which standard Pesach utensils are washed.**
- Star-K Pet Food List. This is lists from the Star-K regarding acceptable pet foods for Pesach use and FAQs on that issue.
- A review of appropriate kashering of kitchen appliances and other items for Pesach.
- From the cRc Pesach Book 2020 - This is a list from the CRC of what types of countertops may be Kashered. This is a matter of much Halachic discussion, and I encourage you to follow the position of the CRC.
- A review of laws relevant to Erev Pesach.
- A very general review of measurements relevant for the Seder.
- A list of stores where Chametz may or may not be purchased after Pesach

Pesach is always a challenging holiday to prepare for, particularly this year. Please don't hesitate to contact me at rdrosenbaum@yise.org or 301-593-4465, ext. 405 or Rabbi Silver at 917-363-5840 or rbsilver@yise.org with any questions.

Chag Kasher Vesameach.

Rabbi Dovid Rosenbaum



Shopping Guide

PESACH 2020

Recommendations are for items produced in the United States

This list of products is marked as follows:

- ✓ **Acceptable without Pesach Certification**
 Food items in this section should preferably be purchased before Pesach
- ▲ **Must bear reliable Pesach Certification**
- ✘ **Not acceptable for Pesach**
 Sephardim should contact their local Sephardic rabbi regarding issues of kitnios

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
Alcohol		For drinking ▲ Denatured ✓ Isopropyl alcohol ✓
Alfalfa	✘	Kitnios
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	▲	Amaranth is not kitnios but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	✘	Kitnios
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also requires Pesach certification
Apple sauce	▲	
Aspartame	▲	
Baby carrots		Raw are acceptable if they contain no additives Canned, cooked or frozen ▲
Baby food	▲	Includes jarred or canned
Baby formula		See nutritional supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is kitnios
Baby oil	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes	✓	
Bags	✓	
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	✘	Kitnios

Product	Status	Notes
Bean sprouts	✘	Kitnios
Benefiber	✘	Chametz
Beverages	▲	
Bicarbonate of soda	✓	
Bird food		See pet food pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's yeast	✘	Chametz
Brown sugar	▲	
Buckwheat	✘	Kitnios
Buckwheat pillow	✓	One may own and derive benefit from kitnios
Butter	▲	
Candles	✓	Scented are also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	✘	Kitnios
Caraway	✘	Kitnios
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See pet food pages
CBD Oil	✘	Kitnios
Charcoal	✓	Includes "plain", easy-light, apple, hickory, and mesquite
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See medicine letter (page 3)

SHOPPING GUIDE – PESACH 2020

Product	Status	Notes
Chewing tobacco	▲	Contains flavors and other sensitive ingredients
Chickpeas	✘	Kitnios
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's is acceptable except for Special Dark
Coconut (shredded)		Sweetened or flavored ▲ Unsweetened & unflavored ✓
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See medicine and cosmetic pages
Colonoscopy drink		See medicine and cosmetic pages
Confectioners' sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander seeds	✘	Kitnios
Corn & corn products (e.g. corn oil, corn syrup)	✘	Kitnios
Corn remover	✓	
Cosmetics		See medicine and cosmetic pages
Creams (cosmetics)	✓	
Crock pot liner	✓	
Cumin	✘	Kitnios
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant	✓	
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✘ (Kitnios) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	▲	
Edamame	✘	Kitnios
Eggs		Cooked or liquid ▲ Whole and raw (including pasteurized) ✓

Product	Status	Notes
Ensure		See nutritional supplement page
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds ✘ (Kitnios) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not kitnios; see spices
Flour	✘	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See nutritional supplement page
Formula for infants		See baby formula
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✘	Kitnios
Gum (chewing)	▲	
Hair gel	✓	
Hairspray	✓	
Hemp, hemp oil	✘	Kitnios
Herbal tea	▲	
Honey	▲	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	
Ice cream	▲	
Ices	▲	
Infant formula		See baby formula

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

SHOPPING GUIDE – PESACH 2020

Product	Status	Notes
Insecticide sprays	✓	Some traps contain chametz
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
Kasha	✘	Kitnios
Ketchup	▲	
Kimmel	✘	Kitnios
Lactaid		Lactaid milk may be used if purchased before Pesach Chewable pills ✘ Non-chewable pills ✓
Latex gloves		Powder free ✓ Powderless or with powder ▲
Laundry detergent	✓	
Laxatives		See medicine and cosmetic pages
Lemon juice	▲	Concentrate also requires Pesach certification
Lentils	✘	Kitnios
Lip products		See medicine letter (page 3) and see www.ASKcRc.org for updated information
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See medicine letter (page 3)
Liquor	▲	
Listerine PocketPaks	✘	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See medicine and cosmetic pages
Margarine	▲	
Mascara	✓	
Matzah	▲	
Mayonnaise	▲	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Medicine		See medicine letter (page 3)
Milk	▲	If certified is unavailable, buy before Pesach
Millet	✘	Kitnios
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium glutamate	▲	
Mousse (for hair)	✓	

Product	Status	Notes
Mouthwash		See medicine and cosmetic pages
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✘	Kitnios
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements		See nutritional supplement page Peanuts are kitnios ✘ Pecans (all shelled) ▲ Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Nuts		
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ Other types, including extra light ▲
Oil (cooking)	▲	
Orange juice	▲	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	▲	
Peanuts	✘	Kitnios
Peas	✘	Kitnios
Pecans (all shelled)	▲	
Perfume	✓	When produced in the USA
Pet food		See pet food pages
Petroleum jelly	✓	
Pickles	▲	
Pills		See medicine letter (page 3)
Pineapple (canned)	▲	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam May be used for hot or cold
Play-doh	✘	May contain chametz
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	
Popcorn	✘	Kitnios

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

SHOPPING GUIDE – PESACH 2020

Product	Status	Notes
Poppy seeds	✘	Kitnios
Potato chips	▲	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Pumpkin seeds		Not kitnios; acceptable if raw and without additives
Quinoa	▲	Quinoa is not kitnios but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	✘	Kitnios Rice milk may contain chametz; see milk alternatives page
Saffron		Some have a custom not to use saffron for Pesach See Spices
Salads (bagged)	▲	If certified is unavailable, and contains no kitnios or sensitive additives; buy before Pesach
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	✘	Kitnios
Shampoo	✓	
Shaving lotion	✓	
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	✘	Kitnios
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorghum	✘	Kitnios
Soup mix	▲	
Soy products	✘	Kitnios Soy sauce and soy milk may contain chametz; see milk alternatives page
Spices		Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are kitnios ✘ Other spices are acceptable in whole form, but ground spices require certification
Splenda	▲	
Stain remover	✓	
Star anise		Star anise is not kitnios; see Spices
Stevia	▲	

Product	Status	Notes
Stick deodorant	✓	
String beans	✘	Kitnios
Styrofoam	✓	
Sugar		Brown sugar and confectioners' sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✘	Kitnios
Sunscreen	✓	
Suppositories	✓	
Syrups	▲	
Tea		Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	✘	Kitnios
Tomato-based products	▲	
Toothpaste		See www.ASKcRc.org for updates
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	✘	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	▲	
Turmeric		Turmeric is not kitnios; see spices
Vanilla	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads - see Salad (bagged) Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not kitnios (see listing for individual vegetables) and do not contain additives other than sugar
Vegetable wash	▲	
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Wax for braces	✓	
Wax paper	✓	
Whitener (for coffee)	▲	
Wild rice	✘	Kitnios
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

Chicago Rabbinical Council

2701 West Howard Street
Chicago, IL 60645
(773) 465-3900
www.crcweb.org

Rabbi Sholem Y. Fishbane
Kashruth Administrator



פסח תש"פ / Pesach 2020

MEDICINES, COSMETICS & TOILETRIES FOR PESACH

This letter refers to *Pesach*-specific concerns; Please consult your Rabbi regarding the use of medicines, cosmetics, and toiletries on *Shabbos* or *Yom Tov*.

MEDICINES


- All pill or non-chewable tablet medication— with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon]. Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill.

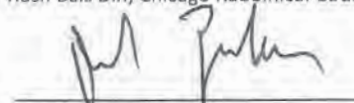
Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

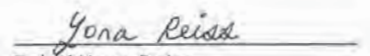
- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

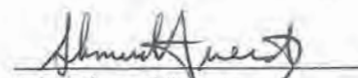
COSMETICS & TOILETRIES

- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, sunscreen, and wipes contain denatured alcohol, and therefore should only be used on *Pesach* if they do not contain alcohol or the alcohol is known to be free of *chametz*. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.
- Lipstick, mouthwash and toothpaste which contain *chametz* should not be used.


Rabbi Gedalia Dov Schwartz
Rosh Beis Din, Chicago Rabbinical Council


Rabbi Dovid Zucker
Rosh Kollel, Chicago Community Kollel


Rabbi Yona Reiss
Av Beis Din, Chicago Rabbinical Council


Rabbi Shmuel Fuerst
Dayan, Agudath Israel of Illinois

2020 QUICK-PICK MEDICINE LIST

A SAMPLE OF **CHOMETZ-FREE AND KOSHER MEDICINES LISTED BY CATEGORY, FOR USA ONLY, UNDER THE BRAND NAMES INDICATED. PRODUCTS MAY CONTAIN KITNIYOS (see pages 40 & 185)**

For a full list of *chometz*-free medicines, see list starting on page 46.

Note: At the time of printing, some major companies still had not responded.

For updates, visit www.star-k.org

COLD, ALLERGY & DECONGESTANTS

Adwe- Tussin
Allegra-D- 12 hr. Tablets
Benadryl Allergy- Ultratab Tablets,
Benadryl Children's Allergy- Dye Free Liquid (Bubble Gum), Liquid (Cherry),
Plus Congestion (Grape)
Claritin-D – 12 hr. Tablets (Dairy), 24 hr. Tablets

GASTROINTESTINAL REMEDIES

Adwe- Stool Softener
Alka-Seltzer- Original Tablets
Dramamine- Original Formula (Dairy), Less-Drowsy Tablets (Dairy), Chewable Tablets (Orange)
Konsyl Powder Original Formula- Unflavored (no *kitniyos*)
Metamucil- Original Coarse Powder (no *kitniyos*)
Metamucil- Orange Smooth Powder (Regular & Sugar-Free)
Miralax Powder
Pepto Bismol- Original Liquid, Original Chewables, Original Caplets
Phillips' Milk of Magnesia- Original Liquid [no *kitniyos*], Mint Liquid
Senokot- Tablets, Senokot-S Tablets
Tums- See page 70

PAIN RELIEVERS & FEVER REDUCERS

Advil Tablets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Advil Caplets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Advil- Jr. Strength Swallowable (NOT Chewable)
Adwe- Pain Relief Children Liquid Acetaminopen, Pain Relief Infant Liquid Acetaminopen
Aleve- Caplets (Blue Pill)
Bayer Aspirin- Genuine Tabs, Low-Dose Chwbl. 81mg (Cherry, Orange)
Motrin - IB Coated Caplets
Motrin- Infant Drops (Dye-Free Berry), Children's Suspension (Berry, Dye-Free Berry, Bubble Gum)
Tylenol- Regular Strength Tablets, Extra Strength Caplets
Tylenol- Children's Suspension (Cherry), Infants Oral Suspension (Grape)

2020 QUICK-PICK PERSONAL CARE LIST

A SAMPLE OF CHOMETZ-FREE PERSONAL CARE PRODUCTS LISTED BY CATEGORY.

ANTIPERSPIRANTS/DEODORANTS

Arm & Hammer
Arrid- Antiperspirant [All], Cream [All], Clear Gel [All], Solid [All], Spray Deodorant
Irish Spring - Deodorant & Antiperspirant [All]
Lady's Choice
Lady Speed Stick- Deodorant [All]
Mennen- Speed Stick Deodorant [All], Speed Stick Antiperspirant [All]

CREAMS & OINTMENTS

A & D- Ointment
Calamine Lotion (Signature Care Brand)
Chapstick- Classic Original, Classic Strawberry, Medicated, Moisturizer
Coppertone Lotions - Spf 4-70+
Desitin- Max Str. Original Paste, Multi-Purpose Ointment
Neosporin
Tinactin- (Liquid & Powder Sprays, Cream)
Vaseline Petroleum Jelly- Original

MOUTHWASH

Colgate - Mouthwash [All] [All use Vegetable Glycerin]
Listerine- Cool Mint Antiseptic, Total Care Zero, Ultra Clean Antiseptic, Zero
Scope [All]

SHAMPOO, CONDITIONER, HAIRSPRAY

Head and Shoulders Shampoo- Classic Clean (Shampoo, 2-in-1),
 Deep Clean (Shampoo, Conditioner, 2-in-1), Dry Scalp Care 2-in-1
Herbal Essences Hairspray- Bio Renew Flexible Airspray Alcohol-Free
Pantene Pro-V- Classic Clean (Shmp, Cond), Daily Moisture Renewal (Shmp, Cond), Smooth
 & Sleek (Shmp, Cond), Sheer Volume (Shmp, Cond), Airspray AF Hair Spray Extra Strong
 Hold, Smooth Airspray AF Hair Spray, Style Series Air Spray AF Hair Spray
Pantene- Airspray Flexible Hold Hairspray #2, Airspray Smooth Hairspray, Stylers Airspray
 Flexible Hairspray, Thermal Heat Protect Spray, Airspray Extra Strong Hold Hairspray #4
Prell- Classic Clean Shampoo
Suave - Deep Moisture Hydrating Shampoo
Suave Kids- 3 in 1 Watermelon Wonder (Shmp, Cond & Body Wash)
Tresemme - Botanique Nourish & Replenish Coconut Milk & Aloe Vera Shmp, Moisture Rich (Shmp)
VO5 - Strawberries & Cream with Soy Milk Protein (Shampoo & Conditioner)

SOAP/WASHES

Dial- Bar Soap [All], Liquid Hand Soap
Ivory Bar Soap- Regular, With Aloe
Ivory Liquid Hand Soap
Irish Spring- Bar Soap, Body Wash [All]
Softsoap- Body Wash [All], Liquid Soap [All], Shower Gels

TOOTHPASTE

Aim [All]
Close Up [All]
Colgate [All] [All use Vegetable Glycerin]
Pepsodent [All]
Ultradent [All] [All use Vegetable Glycerin]

SUPPLEMENTS, INFANT FORMULAS, & MILK SUBSTITUTES – PESACH 2020

The OU has researched the following nutritional supplements, infant formulas, and milk substitutes and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo, unless otherwise stated below.

Most of these products contain kitnios, and for some that is the primary ingredient.

With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for *Pesach*, and (b) use a liquid supplement instead of a powdered one.

MEDICAL NUTRITIONAL SUPPLEMENTS*

Products with an asterisk (*) contain oat fiber that is not *chametz*.

Abound	Ensure Plus HN	Resource Diabetic (Nestle Nutrition)
Arginaid	Ensure Plus Next Generation	Resource Thicken Up (Nestle Nutrition)
Arginaid Extra	Ensure Shake	Resource Thickened Water and Juice Products (Nestle Nutrition)
Benecalorie	Ensure Twocal	Thick & Easy Food and Beverage Thickener (Hormel)
Beneprotein	Fibersource HN	Thick & Easy Thickened Water and Juice Products (Hormel)
Boost Glucose Control	Glucerna 1.0	Thick-It Original Food & Beverage Thickener
Boost High Protein	Glucerna 1.2*	Thick-It Clear Advantage Food & Beverage Thickener
Boost Nutritional Pudding	Glucerna 1.5*	Vital
Boost Plus	Isosource	Vivonex Pediatric
Diabetishield	Isosource HN With Fiber	Vivonex Plus
Diabetisource AC	Jevity 1.0	Vivonex Ten
Enfamil Human Milk Fortifier Powder	Jevity 1.2*	
Enlive	Jevity 1.5 *	
Ensure Compact	Nepro	
Ensure Complete Nutrition Shake	Nepro HP	
Ensure Healthy Mom Shake	Nepro LP	
Ensure High Calcium Shake	Nepro Vanilla	
Ensure High Protein Shake	Nepro With Carb Steady Flavored	
Ensure HN	Novasource Renal Nutren (Product Line)	
Ensure Homemade Shake	Osmolite 1.0, 1.2, 1.5	
Ensure Plus	Osmolite HN (Unflavored)	
Ensure Plus Advance	Perative	
	Portagen	
	Promote (Except Promote with Fiber)	
	Pulmocare	

PEDIATRIC SUPPLEMENTS

Boost Kid Essentials, 1.0, 1.5
 Boost Kid Essentials with Fiber
 D-Vi-Sol
 Enfamil 5% Glucose Water
 Fer-In-Sol Drops
 Poly-Vi-Sol Drops
 Tri-Vi-Sol Drops
 Resource Just for Kids with Fiber

Pediasure Compleasure
 Pediasure RPB
 Pediasure Peptide
 Pediasure Vanilla Powder
 Pediasure Shakes

PEDIATRIC ELECTROLYTES

Bright Beginnings
 Comforts for Baby
 Cottontails
 CVS Pharmacy
 Enfamil Enfalyte Oral Electrolyte Solution
 Goodness
 H-E-B Baby
 Home 360 Baby
 Meijer
 Mom to Mom
 Naturalyte
 ShopRite
 Parent's Choice
 Pedialyte (all flavors)
 Top Care
 Walgreen's
 Western Family

INFANT FORMULAS

365 Everyday Value
 Ameribella
 America's Choice for Baby
 Babies R US
 Baby Basics
 Baby's Choice
 Bear Essentials

Belacta
 Belacta Premium
 BelactaSure
 Berkley & Jensen
 Bright Beginnings
 Cottontails
 CVS
 Daily Source
 Discount Drug Mart
 Earth's Best
 EleCare
 EnfaCare
 Enfagrow
 Enfagrow NeuroPro
 Enfagrow Premium
 Enfagrow Toddler Transitions Gentlease
 Enfalac
 Enfamil
 Enfamil A.R.
 Enfamil Enspire
 Enfamil NeuroPro EnfaCare
 Enfamil Premature High Protein 24 Cal per fl oz
 Enfamil ProSobee
 Enfamil Reguline
 EnfaPort
 Enfapro
 Food Lion
 Full Circle
 Fulton Street Market
 Gerber Good Start
 Giant
 Giant Eagle Baby
 Hannaford

H-E-B
 Heinz Nurture
 Home 360 Baby
 Hy-Vee
 Isomil
 Kirkland Signature
 Kuddles
 Laura Lynn
 Life Brand
 Little Ones
 Meijer Baby
 Member's Mark
 Mom to Mom
 Moo Moo Buckaroo
 Mother's Choice
 My Organic Baby
 Nature's Place
 Nestle Good Start
 Next Step
 NutraEnfant
 O Organic Baby
 Parent's Choice
 Premier Value
 President's Choice
 Price Chopper
 PurAmino
 Publix
 Rite Aid - Tugaboos
 Shopko
 Similac
 Similac Advance Plus
 Similac Comfort
 Similac Gold w/HMO
 Similac LeMehadrin
 Similac Neosure

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. Most of these products contain kitnios, and for some that is the primary ingredient.

Similac Spit Up/AR
Similac RTF
Similac Special Care RTF
Simply Right
Stop & Shop
Sunrise
Supervalu
Target
Tippy Toes by TopCare
Top Care
Topco
Up & Up

Vermont Organics
Walgreens
Wegmans
Well Beginnings
Western Family

BABY FOOD

Gerber (when bearing OU symbol)

- Carrots, Squash - acceptable for Pesach *l'chatchila* (even for adults)
- Green Beans, Peas – *kitnios*

MILK SUBSTITUTES*

*Only in shelf-stable, non-refrigerated containers

Almond Breeze Original
Rice Dream Classic Original
Soy Dream Original Enriched

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. Most of these products contain kitnios, and for some that is the primary ingredient.

2020 PET FOOD LIST

The following is a list of pet foods approved for Passover 2020 when produced in the U.S. Products with identical names from foreign countries may have different formulations, thus compromising their Passover status. Since formulas are subject to change, make sure to check all labels. There should be no *chometz* listed. A product listing both meat and dairy ingredients may not be used any time during the year. (See “Feeding Your Pet: Barking Up the Right Tree” at www.star-k.org for more information)

CATS

Blue Freedom Grain Free Indoor (canned)—Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty Gravy, Chicken for Mature Cats

Evanger’s: When bearing cRc Passover approval.

Friskies (canned): Paté Chicken and Tuna Dinner, Paté Classic Seafood Entrée, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner

Kirkland (Costco) (dry): Healthy Weight Indoor Adult, Maintenance Chicken & Rice, Natures Domain Salmon Meal & Sweet Potato

Merrick Grain Free Limited Ingredient Diet (canned): Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna

Merrick Purrfect Bistro Grain-Free (dry): Adult (Healthy Weight, Real Chicken and Sweet Potato), Healthy Senior, Healthy Kitten

Merrick Purrfect Bistro Grain-Free (canned): Chicken Casserole Morsels, Chicken Divan Morsels, Salmon Paté, Tuna Paté

Prescription Diet: a/d, d/d except duck, m/d canned only, r/d, s/d, t/d, z/d.

Wellness Core Grain-Free (dry): Adult, Indoor, Kitten, Original

Wellness Core Grain-Free Classic Paté (canned): Indoor, Kitten, Whitefish & Salmon & Herring

FISH

Fish food and vacation blocks often contain *chometz*. The following are acceptable: Zoo Med Laboratories Giant Plankton Banquet Block Feeder and Tetra Tropical Slow Release Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days). Goldfish and tropical fish can be given the following items, provided they do not contain fillers: Tubular worms, frozen brine shrimp, and freeze dried worms.

STAR-K 2020 PESACH DIRECTORY

DOGS

Alpo Chop House (canned): Filet Mignon and Bacon Flavors cooked in Savory Juices, Prime Rib Flavor cooked in Savory Juices, Roasted Chicken and Top Sirloin Flavors cooked in Savory Juices, T-Bone Steak and Ribeye Flavors cooked in Savory Juices

Blue Freedom Grain Free (canned): Chicken Recipe (Small Breed, Puppies), Grillers (Hearty Lamb, Hearty Chicken, Hearty Turkey)

Blue Wilderness Grain Free (canned): Duck & Chicken Grill, Salmon & Chicken Grill, Beef & Chicken Grill

Evangers: When bearing cRc Passover approval.

Kirkland (Costco) Natures' Domain (dry): Salmon Meal and Sweet Potato, Turkey Meal and Sweet Potato

Mighty Dog: (canned no gravy): Chicken Egg & Bacon Country Platter, Chicken & Smoked Bacon Combo, Hearty Beef Dinner, With Lamb and Rice.

Prescription Diet: a/d, d/d, h/d, s/d, u/d, r/d.

Wellness Core Grain Free (dry): Ocean, Original, Reduced Fat, Small Breed Original.

Wellness Core Grain Free (canned): Beef & Venison & Lamb, Puppy, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring

Wellness Core Grain Free Ninety Five Percent (canned): Beef with Carrots, Chicken with Broccoli, Turkey with Spinach

BIRDS

(Parrots, Parakeets, Cockatiels, Macaws)

STAR-K would like to express appreciation to Dr. Aaron Weissberg, z"l for his contribution of the following guidelines.

- Millet and sorghum as main diet.
- Peanuts, sunflower seeds, and safflower seeds can be given.
- 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 (see above for list).
- Smaller birds can also have pure alfalfa pellets; crush before feeding.
- Can supplement with cottage cheese, rice cakes (birds like to eat these), small pieces of lean meat, *matzah*, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster shells (calcium) or mineral block.
- The greater the variety, the better.

GECKO

Gecko: Repashy Crested Gecko Meal Replacement Powder

HAMSTERS, GUINEA PIGS, GERBILS & RABBITS

- 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.
- Can supplement with mixture of cut-up fruits and vegetables – carrots, broccoli, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, cabbage. Can also give some *matzah*. If not accustomed to these items, give sparingly.
- Guinea pigs especially will benefit from kale, parsley and oranges.
- Hamsters especially will benefit from apples.
- Guinea pigs need vitamin C added to diet.

ADDITIONAL PET FOOD INFORMATION

- ✦ Mixes sold in stores often contain *chometz*. It is advisable for pet owners to slowly wean their pets off their regular *chometz* pet food diet. This is accomplished by mixing regular and *Pesach* food between one and two weeks prior to *Pesach* before switching completely to *Pesach* food. The ratio of regular and *Pesach* food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.
- ✦ Pure Timothy Hay is not *chometz* and may be used.

**PET STORES IN BALTIMORE METROPOLITAN AREA
WHERE *CHOMETZ* PET FOOD MAY BE PURCHASED
AFTER *PESACH***

Petco	PetSMART
-------	----------

FAQS REGARDING PETS ON PESACH

Rabbi Zvi Goldberg, STAR-K Kashrus Administrator

Q. Are “grain-free” pet foods acceptable?

A. There has been a proliferation of “grain-free” dog and cat foods on the market. While we still recommend checking the ingredient panel on those foods, they are a good place to start your search for an appropriate food.

Q. Is it necessary to buy a new food bowl for your pet for Pesach?

A. No. However, the bowl used year-round should be thoroughly cleaned before Pesach.

Q. If I am going away for Pesach, what should I do with my fish?

A. Vacation blocks often contain *chometz*. One can purchase a block without *chometz* or use an automatic fish feeder and fill it with non-*chometz* food.

Q. During a Pesach visit to the zoo, may one purchase the animal feed?

A. No. This feed is often *chometz* and should not be purchased or fed to the animals during Pesach.

Q. Must pet food with *chometz* be put away and sold before Pesach?

A. Yes.

Q. Can *kitniyos*, such as rice and beans, be fed to animals on Pesach?

A. Yes.

Q. What are some common *chometz* ingredients in pet food?

A. Wheat (cracked, flour, germ, gluten, ground, groats, middlings, starch), barley (cracked, flour), oats (flour, groats, hulled), pasta, rye, and brewer’s dried yeast. Any questionable ingredient should be reviewed by a competent rabbinic authority.

Q. What are some common ingredients which may be *kitniyos* but are permitted in pet food?

A. Beans, buckwheat, brewer’s rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, sesame, soybeans, soy flour, and sunflower.

Q. Is pet food “with gravy” permitted?

A. Most often, gravy contains *chometz*. Read the ingredient panel carefully.

Q. Are the vitamins or minerals in pet food *chometz*?

A. They may be *chometz*, but are *batel* (nullified) due to the small amount added.

KASHERING FOR PESACH

THE OVEN

IN A CONVENTIONAL OVEN, gas or electric, an oven cleaner may be necessary to remove baked on grease. If a caustic-type oven cleaner (Easy-Off, etc.) was used to clean the oven and some stubborn spots remain after the cleaner has been applied a second time with similar results, the remaining spots may be disregarded. Once the oven & racks have been cleaned it may be kashered by turning the oven to the broil setting for 40 minutes or the maximum setting for an hour. The oven should not be turned to the broil or maximum setting until it has been unused for 24 hours.

IN A CONTINUOUS CLEANING OVEN, one cannot assume that such an oven is clean just because the manufacturer claims it to be continuously clean. A visual inspection is required. If it has grease spots, they will usually disappear if the top layer of grease is cleaned with Fantastic and a nylon brush, then the oven should be turned to 450F for an hour so that the continuous clean mechanism can work. If the spots do not disappear, since a caustic or abrasive cleaner may not be used without damaging the continuous clean properties of the oven, the Rabbi should be consulted as to the proper procedure needed to clean the oven. The oven should not be turned to the broil or maximum setting until it has been unused for 24 hours.

IN A SELF-CLEANING OVEN, the self-cleaning cycle will clean and kasher the oven simultaneously.

THE BROILER

It is complicated to kasher the broiler and normally discouraged.

THE STOVE TOP

GAS TOP

The cast iron or metal grate on which the pots on the gas range sit, may be kashered by setting the burners on high for 5-10 minutes after they have been thoroughly cleaned and not used for 24 hours. They also may be inserted into the oven and kashered together with the oven. The drip pans should be cleaned. The rest of the stove top should be covered with a double layer of heavy duty aluminum foil.

GLASS, CORNING, HALOGEN, OR CERAN TOP

Kashering this type of range top is very difficult. The elements of the stove should be turned on after not having been used for 24 hours until they come to a glow and then the burner areas are considered kosher. However, the rest of the cooktop presents a problem. Pots and the like should not be placed directly on the cooktop when taken off of the burners. Rather, trivets should be placed between the pots and the cooktop.

ELECTRIC TOP

In an electric cooktop, one should clean the burners and drip pans and then put the burners on the high setting after not having been used for 24 hours until they have come to a glow. The rest of the stovetop should be covered with a double layer of heavy duty aluminum foil.

SINKS

Sinks are generally made from either china, porcelain or stainless steel. China sinks cannot be kashered at all. Porcelain sinks should also be considered like a china sink since there is a controversy over whether a porcelain sink can be kashered. Therefore, they should be completely lined with contact paper or other appropriate material. In addition, dishes that are to be washed in such sinks (china and porcelain) must be washed in a Pesach dish pan placed on a Pesach rack. It is also necessary to have separate dish racks for milchig and fleishig. Stainless steel sinks can be kashered by not using or pouring hot water in the sink for 24 hours prior to kashering, (it is recommended that the hot water valve under the sink be shut off 24 hours before kashering), cleaning them thoroughly (cold water only) and

then pouring boiling hot water over every part of the stainless steel sink from the Pesach kettle/pot which has been boiling on the fire. Since the stream of boiling water must cover every part of the sink including the drain and the spout of the water faucet, it is likely that the kettle/pot will need to be refilled a few times before the kashering can be completed.

NOTE: Corian sinks and counter tops should be treated like any porcelain sink or countertop and should be thoroughly cleaned and covered.

REFRIGERATOR/FREEZER Thoroughly clean. DOES NOT NEED TO BE LINED.

BLENDER/FOOD PROCESSOR New or Pesachdik receptacle (anything in which food makes direct contact) required. Thoroughly clean motor.

CAN OPENER (Manual or electric) -Clean thoroughly.

COUNTER TOPS (plastic/formica/corian) -Clean and cover. Many types can be kashered, and need not be covered over Pesach. Contact Rabbi Rosenbaum with specific questions about counter tops.

DENTURES, BITE PLATES, BRACES- Clean thoroughly after finishing eating chometz. There are those who are stringent and do not eat hot chametz for 24 hours before Pesach.

HIGH CHAIR- Clean thoroughly and cover tray.

TABLECLOTHS & TOWELS- Tablecloths and towels that are used during the year may be used on Pesach after they have been laundered with soap and hot water.

KASHERING MICROWAVE OVENS

If one has used the microwave for prolonged periods of time (20 minutes or more), allowing the walls of the oven to get hot, more than 120F, from steam given off from the food, it should NOT be kashered. If, however, it is used for short periods, as in reheating foods, or cooking vegetables, it may be kashered for Pesach by the following method: The microwave should not be used for at least 24 hours prior to kashering. Thoroughly clean all surfaces in the oven. The insert glass tray should be changed or covered with a new piece of glass, plastic, or cardboard. Styrofoam could also be used, but it is not recommended if the microwave will be used for a prolonged period of time. Place a clean utensil (Pyrex, Corningware, Visions, or any glass material that can withstand the heat) filled with water inside and turn on at high power, bringing the water to a boil. Keep the water boiling for at least **20-30 minutes**. If a Pesachdike pot is used, it should not be set directly on the glass tray; paper towels should cover the tray first.

The above method is effective whether the walls of the oven are metal or plastic. THERE ARE SOME AUTHORITIES that do not allow koshering if the walls of the microwave are plastic.

Microwave-Convection ovens follow the same kashering process as regular ovens.

COUNTERTOPS

The following listing indicates whether different types of countertops can be *kashered* for Pesach.

BRAND NAME OR MATERIAL	CAN IT BE KASHERED?	COMMENT
Acrylic	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Avonite	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Blue Louise	Yes	
Buddy Rhodes	No	Must be covered for Pesach.
Butcher Block	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Caesar Stone	Yes	
Cambria	Yes	
Cement	No	Must be covered for Pesach.
Ceramic tile	No	Must be covered for Pesach.
Cheng Design	No	Must be covered for Pesach.
Concrete	No	Must be covered for Pesach.
Copper	Yes	
Corian	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Cosmos	Yes	
Craftart	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Curava	No	Must be covered for Pesach
Dekton	No	Must be covered for Pesach
Fireclay Tiles	No	Must be covered for Pesach
Formica	Yes	Carefully clean seams before <i>kashering</i> .
Gibraltar	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Glass tile	No	Must be covered for Pesach.
Granite	Yes	
HanStone	Yes	
John Boos	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Hi-Macs	Yes	
Laminam	No	Must be covered for Pesach.

BRAND NAME OR MATERIAL	CAN IT BE KASHERED?	COMMENT
Laminate (plastic)	Yes	Carefully clean seams before <i>kashering</i> .
Limestone	Yes	
Marble	Yes	
Marmoglass	No	Must be covered for Pesach.
Megacore	Yes	
Monestone	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Nanoglass	No	Must be covered for Pesach.
Neolith	No	Must be covered for Pesach.
Nevamar	Yes	Carefully clean seams before <i>kashering</i> .
Pionite	Yes	Carefully clean seams before <i>kashering</i> .
Plastic Laminate	Yes	Carefully clean seams before <i>kashering</i> .
Porcelain	No	Must be covered for Pesach.
Pyrolave	No	Must be covered for Pesach.
QStone	Yes	
Quartz Resin	Yes	
Quartzite	Yes	
Silestone	Yes	
Silgranit	Yes	
Slate	Yes	
Soapstone	Yes	
Spekva	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Stainless Steel	Yes	
Staron	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Surrell	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Swanstone	Yes	May be <i>kashered</i> if there are no scratches or stains; otherwise cover.
Wood	Yes	May be <i>kashered</i> if there are no cracks; otherwise sand or cover.
Zinc	Yes	
Zodiaq	Yes	

MECHIRAS CHOMETZ (SELLING OF CHOMETZ)

Any *chometz* in the possession of a Jew during the days of Passover is forbidden to be used forever. Therefore, if one has *chometz* and cannot dispose of it before the holiday, he should make arrangements for its sale to a non-Jew. All *chometz* in your possession should be collected and stored in a locked closet or room together with the *chometz* utensils, and the Rabbi should be authorized to arrange for its sale. At the end of the holiday, the *chometz* is bought back from the non-Jew. If it is not feasible for you to sell your *chometz* through our on-line form, please contact Rabbi Rosenbaum as soon as possible at rdrosenbaum@yise.org or 301-593-4465 ext. 405 so that he may arrange the sale for you. For this reason, it is also necessary to check with the Rabbi after Passover if you are not certain that your Jewish grocer or baker has sold his *chometz*. This transfer of possession will take place this year on Wednesday morning, April 8^h at 11:40AM.

FAST OF THE FIRST BORN

This is the fast observed by all first-born males the day before Passover. This year the fast will be observed on Wednesday, April 8th. Those who wish to avoid fasting may attend the *Siyyum*. We will plan to have a *Siyyum* accessible remotely. Details will be circulated closer to *Pesach*. Those who would otherwise be obligated to fast should partake of something immediately following the *Siyyum*. When the first-born is not yet a *Bar Mitzvah*, it is obligatory for his father to attend the *Siyyum* on his behalf.

BEDIKAS CHOMETZ (SEARCHING FOR CHOMETZ)

The search for *chometz* is performed the night before Passover. It takes place this year on Tuesday evening, April 7th. At that time, we search the entire house for crumbs or particles of *chometz* with the help of a candle. A special blessing is said before the beginning of the search. The blessing is found in the *Haggadah*. At the conclusion of the search the *KOL CHAMIRA* is recited for the first time. Those who will leave their homes before *bedikah* night should perform it the last night before departure. Though the standard blessing at the beginning of the search is not said, the *KOL CHAMIRA* is said upon its conclusion.

LATEST TIME OF EATING CHOMETZ

Chometz may be eaten this year on Wednesday April 8th until 10:33AM.

BURNING OF THE CHOMETZ

The *chometz* found during the search and all other particles of *chometz* left over (which are not sold) should be burned on April 8th before 11:51 AM and the *KOL CHAMIRA* should be recited at that time. Though burning is the preferred method, it is also acceptable to dispose of the *chometz* in other ways, such as flushing it down the toilet.

REQUIREMENTS OF RITUAL FOODS & BEVERAGES FOR THE PASSOVER SEDER

WINE

1. Minimum size of wine cups - 3.3 fl. oz. **When the first seder occurs on Friday night, the first cup should hold at least 3.8 fluid ounces.**
2. Full strength without diluting is required. If for health reasons one cannot use full strength wine, then the following is the order of preference for beverages to be used for the four cups: 1) wine; 2) wine with grape juice; 3) wine with water (if necessary, the dilution ratio for New York wine is 2/5 wine to 3/5 water); 4) grape juice; and 5) grape juice and water (if necessary, the dilution ratio for New York grape juice 1/3 grape Juice to 2/3 water).

MINIMUM AMOUNT OF MATZAH TO BE EATEN

1. After reciting the Bracha *AL ACHILAS MATZAH* and for *AFIKOMEN*, a piece 7" x 4-1/2" should be eaten. *
 2. For *Korech* a piece 7" x 2-1/2" should be eaten.
- * Some opinions advise: for #1, a piece 7" x 6 1/4" should be eaten.

MINIMUM AMOUNTS OF MARROR

1. If using pure grated horseradish – an amount compacted into a vessel measuring 1.1 fl. oz. should be eaten. For *Korech*, an amount compacted into a vessel .7 fl. oz. should be eaten.
2. If using Romaine lettuce leaves - enough leaves to cover an area of 8" x 10" should be eaten.
3. If using Romaine lettuce stalks - enough stalks to cover an area of 3" x 5" should be eaten.

When one uses Romaine lettuce one must be extremely careful that there are no small insects on the leaves. Some Poskim prefer the use of regular lettuce, which should also be checked carefully.

Chametz After Pesach 2020

It is rabbinically prohibited to purchase *chametz* after Pesach from a Jew who maintained *chametz* in his possession over the course of Pesach. This is referred to in rabbinic literature as *Chametz She'avar Alav HaPesach*.

A product is defined as *chametz* if it consists of any of the five major grains, including wheat, barley, oat, rye or spelt in a significant concentration. There is no prohibition to purchase *chametz* from a non-Jew who was in possession of *chametz* over Pesach.

The list below consists of establishments where one *may* and *may not* purchase *chametz* immediately after Pesach. Stores from which one *may* purchase immediately following Pesach have no Jewish ownership or a valid sale of *chametz* — by the Jewish owner to a non-Jew under the auspices of a Rabbi — was executed. Stores from which one *may not* purchase *chametz* immediately after Pesach are Jewish owned or supplied and a valid sale of *chametz* was not performed.

The list below is the most current as we go to print. Please understand that new information may become available as Pesach approaches.

We suggest that you contact your Rabbi for any further clarification or understanding of the issue of *chametz* after Pesach.

- ***Chametz* may be purchased from all Capitol K establishments and caterers one hour after Pesach 2020.**
- ***Chametz* may be purchased from the following national stores after Pesach 2020:**

Aldi, BJ's, Costco, CVS, Food Lion, Harris Teeter, Kmart, Lidl, Petco, PetSmart, Rite Aid, Royal Farms, Save-A-Lot, Sam's Club, Shoppers Food and Pharmacy, Trader Joe's, Walgreens, Walmart, Wegmans, Whole Foods Market, Winn-Dixie

- ***Chametz* may be purchased from the following stores in our community after Pesach 2020:**

H Mart, MOM's Organic Market, ShopRite of White Oak

- ***Chametz* may only be purchased from Snider's beginning four weeks after *Pesach*, beginning Friday, May 15, 2020.**

Due to possible *chametz* distributed by a Jewish company, if one has the option of purchasing *chametz* from other stores, it is commendable not to purchase *chametz* from Giant, Safeway or Target until four weeks after Pesach, beginning Friday, May 15, 2020. Due to a potential limited supply of food due to Corona-virus, this would not be the year to be stringent on this matter if not feasible.

PESACH TIMES

The following times are relevant throughout Pesach for determining your personal Davening times, particularly if you do not Daven at the same time as your usual Minyan would meet.

Earliest Talis & Tefilin - 5:46 AM on April 8, gradually getting earlier to 5:34 AM on April 16.

Netz Hachamah (sunrise) - 6:42 AM on April 8, gradually getting earlier to 6:30 AM on April 16.

This is the ideal time to Daven the Shacharis Shmoneh Esrai and, if possible, Shmoneh Esrai should not be Davened before that time.

Latest Krias Shma - 9:54 AM on April 8, gradually getting earlier to 9:49 AM on April 16.

Earliest Mincha - 1:43 PM on April 8, gradually getting earlier to 1:42 PM on April 16.

The usual time for Mincha is a little before Shkia (sunset), about the same time as listed for lighting candles on Erev Shabbos or Erev Yom Tov. If Mincha is Davened significantly earlier then it is preferable to Daven Mincha prior to Plag Hamincha and Maariv following Plag Hamincha.

Wednesday, April 8 - Erev Pesach

Siyum via Zoom	7:00 AM/8:00 AM/9:00 AM
Meeting ID: 416 963 9000, phone 301-715-8592	
Finish eating Chametz by	10:33 AM
Recite Kol Chamira by	11:51 AM
• Remember to make an Eruv Tavshillin.	
Light Candles	7:21 PM
• <i>Even if one's Minhag is to say Hallel in Shul on Seder night, one would not say it if davening at home.</i>	
Seder starts after	8:20 PM

Thursday, April 9 - Yom Tov

- *We do not say the Tefillah of Tal on the first day of Pesach, as it is part of the Chazan's repetition. The first Shmoneh Esrai in which we stop saying Mashiv Haruach is Mincha of the first day of Pesach.*
- | | |
|---------------------|---------|
| Light Candles after | 8:21 PM |
|---------------------|---------|
- *Even if one's Minhag is to say Hallel in Shul on Seder night, one would not say it if davening at home.*
 - *Begin counting Sefiras Haomer.*

On the second night of Yom Tov (Thursday, April 9 and Wednesday, April 15), no acts of preparation may be made for the second night before the posted candle lighting time.

Friday, April 10 - Yom Tov

Plag Hamincha	6:20 PM
Light Candles	7:23 PM

Shabbos, April 11 - Chol Hamoed

- *There is no obligation for an individual to say Shir Hashirim on Shabbos Chol Hamoed. If an individual wants to do so it is certainly acceptable to do so.*
- | | |
|--------------|---------|
| Shabbos Ends | 8:24 PM |
|--------------|---------|

Tuesday, April 14 - Erev Yom Tov

Plag Hamincha	6:22 PM
Light Candles	7:26 PM

Wednesday, April 15 - Yom Tov

Light Candles after	8:28 PM
---------------------	---------

Thursday, April 16 - Yom Tov

- *One says Yizkor on the last day of Yom Tov even when davening without a Minyan.*
- | | |
|---|---------|
| Yom Tov Ends | 8:29 PM |
| Chametz which was sold for Pesach may be used after | 9:15 PM |

CANDLE LIGHTING & SHABBOS DAVENING TIMES

Times are subject to change. Check the Shabbos Shorts for the latest information.

Friday	Parasha	Plag	Light Candles	Friday Mincha *	Shabbos Mincha **	Shabbos Ends
April 17	Shemini	6:24 PM	7:29 PM	6:05 PM/6:30 PM/7:30 PM	7:25 PM	8:31 PM
April 24	Tazria/Metzora/ Rosh Chodesh	6:29 PM	7:36 PM	6:10 PM/6:40 PM/7:40 PM	7:35 PM	8:39 PM
May 1	Acharei Mos/ Kedoshim	6:34 PM	7:43 PM	6:15 PM/6:45 PM/7:45 PM	7:40 PM	8:47 PM
May 8	Emor	6:40 PM	7:50 PM	6:25 PM/6:50 PM/7:50 PM	7:45 PM	8:54 PM
May 15	Behar/Bechukosai	6:45 PM	7:56 PM	6:30 PM/7:00 PM/8:00 PM	7:55 PM	9:02 PM
May 22	Bamidbar	6:50 PM	8:02 PM	6:35 PM/7:05 PM/8:05 PM	8:00 PM	9:09 PM
June 5	Nasso	6:58 PM	8:13 PM	6:40 PM/7:15 PM/8:15 PM	8:10 PM	9:20 PM
June 12	Behaaloscha	7:01 PM	8:16 PM	6:45 PM/7:20 PM/8:20 PM	8:15 PM	9:24 PM
June 19	Shlach	7:03 PM	8:19 PM	6:45 PM/7:20 PM/8:20 PM	8:15 PM	9:26 PM
June 26	Korach	7:04 PM	8:20 PM	6:45 PM/7:20 PM/8:20 PM	8:15 PM	9:27 PM
July 3	Chukas/Balak	7:04 PM	8:19 PM	6:45 PM/7:20 PM/8:20 PM	8:15 PM	9:26 PM
July 10	Pinchas	7:03 PM	8:17 PM	6:45 PM/7:20 PM/8:20 PM	8:15 PM	9:23 PM
July 17	Matos/Masei	7:00 PM	8:11 PM	6:45 PM/7:15 PM/8:15 PM	8:10 PM	9:18 PM
July 24	Devarim/ Shabbos Chazon	6:56 PM	8:08 PM	6:40 PM/7:10 PM/8:10 PM	8:05 PM	9:12 PM

* Friday Mincha – Nusach Sefard, Sephardi: 7:00 PM

* 1st Minyan is Plag Minyan in Social Hall, 2nd & 3rd are in the Belonofsky Sanctuary

** Sephardi Shabbos Mincha - 15 minutes before listed time; early Mincha 2:30 PM and 5:00 PM

ZMANIM & WEEKDAY DAVENING TIMES

	Talis & Tefilin (Earliest)	Krias Sh'ma (Latest)	Mincha (Earliest)	Mincha/Maariv - Ashkenazi Sephardi 5 minutes earlier
April 19 – 25	5:30 AM	9:41 AM	1:42 PM	April 19 – 23 7:35 PM
April 26 – May 2	5:19 AM	9:36 AM	1:41 PM	April 26 – 30 7:45 PM
May 3 – 9	5:09 AM	9:32 AM	1:41 PM	May 3 – 7 7:50 PM
May 10 – 16	5:00 AM	9:29 AM	1:41 PM	May 10 – 14 8:00 PM
May 17 – 23	4:52 AM	9:26 AM	1:42 PM	May 17 – 21 8:05 PM
May 24 – 30	4:46 AM	9:25 AM	1:43 PM	May 24 – 27 8:10 PM
May 31 - June 6	4:41 AM	9:24 AM	1:45 PM	May 31 – 4 8:15 PM
June 7 – 13	4:38 AM	9:24 AM	1:46 PM	June 7 – 11 8:20 PM
June 14 – 20	4:37 AM	9:25 AM	1:48 PM	June 14 – 18 8:25 PM
June 21 – 27	4:40 AM	9:26 AM	1:49 PM	June 21 – 25 8:25 PM
June 28 – July 4	4:43 AM	9:28 AM	1:50 PM	June 28 – July 2 8:25 PM
July 5 – 11	4:49 AM	9:30 AM	1:51 PM	July 5 – 8 8:25 PM
July 12 – 18	4:55 AM	9:33 AM	1:51 PM	July 12 – 16 8:20 PM
July 19 – 25	5:02 AM	9:36 AM	1:51 PM	July 19 – 23 8:15 PM
July 26 – August 1	5:10 AM	9:39 AM	1:51 PM	July 26 – 28 8:10 PM

Day	Ashkenazi 1	Ashkenazi 2	Ashkenazi 3	Ashkenazi 4	Sephardi
Sunday & selected US holidays	6:30 Belonofsky Sanctuary	7:30 Belonofsky Sanctuary	8:45 Belonofsky Sanctuary	N/A	7:30 Large Beis Medrash
Monday/Thursday	6:15 Social Hall	6:45 Belonofsky Sanctuary	7:35 Belonofsky Sanctuary	8:30 Large Beis Medrash	7:15 Large Beis Medrash
Tuesday/Wednesday/Friday	6:30 Social Hall	6:55 Belonofsky Sanctuary	7:35 Belonofsky Sanctuary	8:30 Large Beis Medrash	7:15 Large Beis Medrash
Rosh Chodesh	6:10 Social Hall	6:35 Belonofsky Sanctuary	7:35 Belonofsky Sanctuary	8:30 Large Beis Medrash	7:15 Large Beis Medrash

Shabbos Morning Minyan Times:
 7:00 – Hashkamah - Belonofsky Sanctuary 8:45 – Main – Belonofsky Sanctuary
 7:00 – Nusach Sefard – Small Beis Medrash 9:15 – Youth – Small Beis Medrash
 7:45 – Sephardi – Large Beis Medrash 9:15 – 9:15 AM – Large Social Hall
 8:00 – 8 AM – Small Social Hall

To receive the latest information on minyan times and YISE events via email, email webmaster@yise.org