

# Pick n Play

## CHAG SAMEACH to all our Jewish customers

PESACH GUIDE 5775/2015

Issued by the Kashrut Division of the Beth Din



UNION OF  
ORTHODOX SYNAGOGUES  
OF SOUTH AFRICA

איחוד בני הכנסת האורתודוקסית בדרום אפריקה



THIS BOOK MUST BE TREATED WITH THE SAME RESPECT AS A SIDUR.

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# FOREWORD

The Kashrut Department of the Beth Din of Johannesburg is pleased to provide this Pesach Guide and hope that it will assist you in your observance of the festival.

Any queries should be referred to your local Rabbi or the Kashrut Department during office hours:

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58 Oaklands Road  
Orchards, 2192  
Johannesburg, South Africa  
Phone: 010 214 2600  
General Kashrut Fax: 086 610 3464

Cape Town Kashrut Department  
191 Buitenkant Street  
Gardens, 8001  
Cape Town, South Africa  
Phone: 021 461 6310  
General Kashrut Fax: 021 461 8320



Kosher Desk

[www.uos.co.za](http://www.uos.co.za)  
[info@uos.co.za](mailto:info@uos.co.za)

The Kashrut Department will be closed during Chol HaMoed Pesach. Please call **ADELE JOFFE for any PESACH PRODUCT QUERIES: 079 117 3980**

Chol HaMoed: 8:30 am and 5 pm  
Erev Yom Tov: 8:30 am and 3 pm.

Please do not leave a message on this phone.

Please Note: Erev Pesach is on Friday 3 April 2015.

This guide is also available on our website:  
[www.uos.co.za](http://www.uos.co.za)

The Kashrut Department wishes to thank all of those persons involved in compiling The Pesach Guide 2015/5775.

**We wish the entire community a Chag Kosher v'Sameach.**



UNION OF  
ORTHODOX SYNAGOGUES  
OF SOUTH AFRICA  
איחוד בתי הכנסת האורתודוקסים בדרום אפריקה

## OUR VISION

*A Vibrant South African Jewish Community*



*based on Torah Values*



Kosher Desk



בית דין צדק דק"ק יוהנסבורג והמדינה  
BETH-DIN OF JOHANNESBURG  
(JEWISH ECCLESIASTICAL COURT)

— COMMUNITY —  
DEVELOPMENT



OFFICE OF THE CHIEF RABBI

# MESSAGE FROM THE CHIEF RABBI OF SOUTH AFRICA

## RABBI DR WARREN GOLDSTEIN

Dear Friends

The Pesach Guide is a symbol of great pride for our community. It showcases the Beth Din and its Kashrut Department's remarkable and sustained efforts in providing the South African Jewish Community with a great variety of kosher products of the highest quality, under one united hechsher. It is a logistical triumph requiring many months of work undertaken by the Kashrut Department's dedicated staff, who have overseen approximately 60 different factories and establishments around South Africa and overseas (while also analysing the ingredients of about 550 different medicines and vitamins). The end result is a staggering 1.6 million items of food – enabling us to enjoy not just a kosher Pesach, but a comfortable, enjoyable and convenient Pesach as well. This easy availability of just about any kind of Pesach-appropriate foodstuff is a privilege and luxury, certainly our forbearers never had – and we do not take it for granted.

The guide also highlights our respect for the will of Hashem; how careful we are, especially on Pesach, to eat only what G-d has permitted to us, and how conscientiously we remove all chometz in accordance with His will. This exemplifies one of Judaism's central messages: that G-d is interested in the way we live our lives, and that by observing His mitzvot, everything we do – even the seemingly mundane – takes on significance and becomes suffused with meaning.

Pesach is synonymous with many things – matzah obviously, and telling over the powerful and inspirational story of our birth as a nation. But it is also about caring for, and thinking of, others. And not just our families and those in our immediate midst, but all those less fortunate than ourselves. Similarly, The Rambam writes: "...when a person eats and drinks he is obligated to feed the stranger, orphan and widow together with the downtrodden poor. But one who locks the doors of his courtyard and eats and drinks with his children and wife and does not provide likewise for the poor and the bitter of spirit – such joy is not a celebration of G-d's commandments but rather a celebration of his stomach ... and is disgraceful." (Rambam, Laws of Yom Tov, 6:18).

Let us, at this time, also pay tribute to all those women (and men), who work so hard in their homes and kitchens preparing the meals and removing the chometz. They are involved in Hashem's holy work of bringing the joy and inspiration of Pesach to their families. Of course, preparation for Pesach is not only physical. We should all spend time studying the Hagaddah before the Seder, deepening our understanding, so that we can experience the greatest possible inspiration on those nights.

Gina and I wish our entire community a kosher and joyous Pesach!

# ***The Jewish Women's Benevolent Society***



*Has so much  
to sing about  
So much to  
grin about!  
Here's to our  
delicious  
kiddush wine*

*L'Chaim*  
*l'Chaim, l'Chaim, to life!*

# MESSAGE FROM THE CHAIRMAN OF THE UOS

## MR JONATHAN LEVITT

The Union of Orthodox Synagogues is the central spiritual structure attending to all matters and requirements essential to the preservation of Jewish religious life, providing guidance for the overall Orthodox direction of Jewish South Africa. This is our 78th year of organised Kashrut in South Africa, which in itself is a major accomplishment. Furthermore, we are proud that the Kashrut Division is acknowledged and recognised both locally and internationally as a trusted certifying body.

The Pesach Guide is one example where the Kashrut Division provides our community with the vital information and tools necessary to make Pesach practical and enjoyable. The Pesach Guide not only details the large list of Kosher for Pesach products that are available, but is also a guide for the practical Halachot and detailed instructions necessary to prepare for the Chag.

Once again we would like to thank Pick n Pay for their continued support and their sponsorship of this invaluable Pesach Guide. We are certain that over the coming years we will continue to be committed to providing these invaluable services – ensuring that Jewish life is properly maintained and will continue to flourish throughout South Africa.

Please feel free to contact the Kashrut Division with any queries, we are always pleased to be of service.





# AI

# ADAM INTERNATIONAL

*wishes all our loyal customers a Chag Kasher V'Sameach*

Proudly  
Made in  
the U.S.A



Tel: 011 466 2994 | Fax: 011 466 1719 | Unit 1 Tuscan Place, 138 Dytchley Road, Kyalami  
[www.adaminternational.co.za](http://www.adaminternational.co.za) | [yehudah@adamint.co.za](mailto:yehudah@adamint.co.za)

# MESSAGE FROM THE CUSTOMER DIRECTOR OF PICK N PAY

**MR JONATHAN ACKERMAN**

Pick n Pay would like to wish our Customers a safe and Kosher Passover.

May it be filled with the joy of family.

We trust that this guide will be a useful tool to all Jewish families as they prepare to celebrate this traditional festival.

Chag Sameach

*"The message of Passover remains as powerful as ever.*

*Freedom is won not on the battlefield but in the classroom and the home.*

*Teach your children the history of freedom if you want them never to lose it."*

-- Chief Rabbi Lord Sacks



ONE CUP OF TEA  
YOU SHOULDN'T  
PASS OVER.



CHAG SAMEACH



UNION OF  
ORTHODOX SYNAGOGUES  
OF SOUTH AFRICA

איחוד בתי הכנסת האורתודוקסים בדרום אפריקה

## Pesach 5775, proudly brought to you by the Kashrut Department of the UOS

The UOS Kashrut Department supervises the production of kosher foodstuffs to the highest possible standard. There are approximately 1400 companies, 12 000 products and over 70 000 ingredients under constant Kashrut supervision controlled by the Beth Din. This is an ongoing process, which is carried out by our busy Kashrut department.

The UOS is more than just Kashrut... Each Day, in Some way, we are working for you...

The Office of the Chief Rabbi provides unified national leadership for the South African Jewish community through Torah principles and values. The Chief Rabbi engages with the national network of UOS Shuls, as well as many communal organisations, in order to strengthen and guide Jewish life in all areas. As a national religious leader representing the Jewish community and Torah values, the Chief Rabbi is involved with the South African government, media, and civil society, with the aim of sanctifying G-d's name, fostering tolerance and peace, and contributing to moral regeneration.

The UOS maintains an internationally recognised **Beth Din**, which provides a comprehensive range of specialist services essential to the preservation of Jewish religious life. These include marriage, divorce (GET), conversion, adoption, legal disputes, as well as maintaining religious standards and providing guidance for the overall Orthodox direction of Jewish South Africa.

The UOS publishes a regular magazine, **The Jewish Tradition**, which highlights synagogal activities, and issues of religious importance and moral concern to the Jewish public.

The Union of Orthodox Synagogues (UOS) is the coordinating organisation of Orthodox Synagogues throughout South Africa. It is the largest Jewish religious organisation in the country, catering to the needs of our entire community.

The UOS fights missionaries, cults and all pernicious groups targeting our community for conversion. **Jews for Judaism** is an international outreach organisation aimed at countering these insidious endeavours and is truly effective in "bringing Jews home"

The **Community Development Division** is solely dedicated and committed to enabling and supporting our affiliated Synagogues to meet the needs of their members and potential members in order to secure their future.



**With its essential range of services, the UOS is instrumental in ensuring Jewish life is properly maintained and will continue to flourish throughout South Africa.**

Only the finest

# taste Pure Gold



**Pure gold deliciousness! Pure gold sweetness! Goldcrest Honey lets you enjoy nature's gold at its best this Passover.**

Our honey delivers to all standard quality markers. Thick, smooth and subtly fragrant, it is rich in natural floral taste with citrus undertones and a hint of nuttiness – for the authentic honey taste and texture you want. Beautifully light amber in colour and slow-granulating, Goldcrest Honey is the perfect complement to crisp, fresh apples – and is just as delicious in baking, marinades and salad dressings.

**Goldcrest wishes all our loyal Jewish customers chag sameach.**

Goldcrest Honey is Kosher. It carries the PAREV logo as honey is not considered an animal product. Our honey has been certified by the Beth Din of Johannesburg.

[www.goldcrest.co.za](http://www.goldcrest.co.za)  
Tel: 011 226 8800



 **GOLDCREST**

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# PESACH OBLIGATIONS

## The Torah and the Rabbis obligate us with the following:

1) To not have any Chametz (leaven) found in your possession or to own any Chametz (even if it is totally out of sight, e.g. in a drawer or cupboard, and even if it is off the premises). Not having any Chametz in your possession can be achieved by selling your Chametz to a non-Jew via the Beth Din (or your local Rabbi). [NB! The sale of Chametz forms must reach the Beth Din **before 9:00 am on Friday 3 April 2015** (even though you will be permitted to consume and own the Chametz until slightly later – see times related to the eating and destruction of Chametz below).]

2) Not to eat Chametz (leaven) – or mixtures containing Chametz – throughout the Festival of Pesach. This restriction begins on the day preceding Pesach (**Friday morning 3 April 2015**) at:

Johannesburg: 9:45 am  
Cape Town: 10:25 am  
Bloemfontein: 10:20 am  
Durban: 9:35 am  
East London: 9:50 am  
Plettenberg Bay: 9:55 am  
Port Elizabeth: 9:55 am

3) We are also obligated to dispose of all Chametz (which has not been sold via the Beth Din or your local Rabbi to a non-Jew) by the morning preceding Pesach. This year, all Chametz must be destroyed by **Friday morning 3 April 2015** at:

Johannesburg: 10:45 am  
Cape Town: 11:35 am  
Bloemfontein: 11:20 am  
Durban: 10:35 am  
East London: 11:00 am  
Plettenberg Bay: 11:05 am  
Port Elizabeth: 11:05 am

4) To eat **Matzah** at the Seder.

5) To relate the story of the Exodus from Egypt at the Seder.

6) To eat **Marror** at the Seder.

7) To drink four cups of wine at the Seder.

# DATES, DAYS AND TIMES RELATING TO THE YEAR 2015/5775

Erev Pesach is on Friday 3 April 2015.

Fast of the first born is observed on Friday 3 April 2015.

Kashering and the changeover to Pesach must be completed by the **Burning of the Chametz**.

The **sale of Chametz** by the Beth Din is Friday morning, 3 April 2015. The sale of Chametz forms must reach the Beth Din **before 9:00 am** on Friday 3 April 2015.

Please find the specific times for your city for the festival of Pesach below.

		Johannesburg	Cape Town	Durban	Bloemfontein	Plettenberg Bay	Port Elizabeth	East London
1. Not before								
2. From an existing flame								
3. Not after								
2 Apr	Bedikat Chametz	6:32pm	7:10pm	6:20pm	6:39pm	6:57pm	6:41pm	6:32pm
3 Apr	Chametz may not be eaten	9:45am	10:25am	9:35am	10:20am	9:55am	9:55am	9:50am
3 Apr	Burning of Chametz	10:45am	11:35am	10:35am	11:20am	11:05am	11:05am	11:00am
3 Apr	1st night of Pesach candle lighting	5:46pm	6:15pm	5:33pm	5:52pm	6:01pm	5:53pm	5:44pm
	Chatzot (midnight)*	12:10am	12:49am	11:59am	12:18am	12:29pm	12:20am	12:11am
4 Apr	2nd night of Pesach <sup>1,2</sup> candle lighting	6:34pm	7:11pm	6:22pm	6:41pm	6:51pm	6:43pm	6:33pm
	Chatzot (midnight)*	12:10am	12:49am	11:58am	12:18am	12:29pm	12:20am	12:11am
5 Apr	Sunday evening – Havdalah <sup>1</sup>	6:33pm	7:10pm	6:21pm	6:40pm	6:50pm	6:41pm	6:32pm
9 Apr	Thursday evening candle lighting – 7th night of Pesach	5:40pm	6:13pm	5:26pm	5:46pm	5:53pm	5:45pm	5:36pm
10 Apr	8th night of Pesach candle lighting <sup>2,3</sup>	5:39pm	6:12pm	5:25pm	5:44pm	5:52pm	5:43pm	5:35pm
11 Apr	Motzei (termination of) Shabbat, Yom Tov – Havdalah <sup>1</sup>	6:27pm	7:02pm	6:14pm	6:33pm	6:42pm	6:34pm	6:25pm

\*The time by when one should have already eaten the Afikomen.

**NB!** Those persons who have sold their Chametz to a non-Jew on Erev Pesach may only start consuming these Chametz products from 1 hour after Motzei (termination of) Yom Tov – end of Pesach – due to the Beth Din needing to repurchase the Chametz from the non-Jew. However, Chametz products may be immediately purchased from a shop that is owned by a non-Jew.

# CHAMETZ (LEAVEN)

The prohibition of Chametz on Pesach applies to any foodstuff made from the five major grains – **Wheat, Rye, Barley, Oats and Spelt** – all of which can become Chametz as a result of coming into contact with water. (Heat and other additives may speed up the leavening process.) Chametz may not be eaten during Pesach, nor may it be owned or fed to pets or other animals.

Some examples of foods forbidden as Chametz are: bread, biscuits, cakes, cereal, flour, pasta, beer and whiskey.

# KITNIYOT

## What does 'Kitniyot' mean?

Kitniyot, sometimes referred to generically as "legumes", includes various grains and pulses.

## Can Kitniyot be Chametz?

Kitniyot can never technically become Chametz. The reason for the custom to prohibit Kitniyot was to prevent any confusion between Kitniyot and genuine Chametz, as both were used to make bread. In addition, Chametz and Kitniyot were very often grown in close proximity and Chametz would frequently become mixed with Kitniyot during harvesting and packaging.

In light of the above, the Rema prohibits Kitniyot on Pesach and therefore, Ashkenazic communities (who follow his ruling) do not eat Kitniyot during Pesach.

By contrast, the Beit Yosef permits the consumption of Kitniyot on Pesach, which is why Sephardic communities (who follow his ruling) may eat Kitniyot.

## Are Kitniyot derivatives also prohibited?

The Halachic Authorities differ on this point. Some are lenient and permit the use of Kitniyot derivatives, while others prefer the stricter approach of including such derivatives in the same category as Kitniyot themselves. In certain cases, the Beth Din allows the use of Kitniyot derivatives (such as sunflower oil), but in consideration for those who follow the stricter option of not using any kitniyot derivatives, such ingredients are clearly labeled or mentioned in the Pesach Product List printed in this guide.

## Are peanuts considered Kitniyot?

Halachic Authorities also differ on the matter of whether or not peanuts should be considered Kitniyot. Peanuts were not known in Ashkenazic countries at the time when the prohibition was made, and as such were not included in this prohibition according to a long-standing policy of the Beth Din. See also Igrot Moshe 3:63 where Rabbi Moshe Feinstein too, is lenient on this.



Obviously peanut derivatives (e.g. peanut butter and peanut oil), under Beth Din supervision with a Pesach Hechsher, are certainly permitted according to this policy. Once again, products containing such ingredients are clearly labeled or mentioned in the guide in consideration for those who prefer to follow stricter opinions.

### **What about Kitniyot in baby food, medicines and other commodities?**

See the Sections on MEDICINES, VITAMINS, BABY FOOD, COSMETICS AND TOILETRIES on page 16 and a full list from pages 54 to 77.

### **Must Kitniyot be disposed of like Chametz?**

Despite the fact that Ashkenazic Jews do not eat Kitniyot during Pesach, Kitniyot do not have the same Halachic status as Chametz. It is therefore not necessary to dispose of, or sell Kitniyot before Pesach, and Kitniyot may be fed to animals. Kitniyot kept during Pesach may also be eaten after the Pesach Festival. Customarily and practically, however, Kitniyot should be kept out of easy reach, to eliminate the possibility of any mistakes.

### **Examples of Kitniyot**

Kitniyot includes common food products such as rice, beans, and corn. In today's world, because of the complex food industry, many products may contain Kitniyot or their derivatives. Therefore, even if a product has a reliable Hechsher for Pesach, one must check whether the imported product contains Kitniyot (in light of the fact that Sephardic communities allow Kitniyot as above).

### **Examples of Kitniyot, Kitniyot Content or Kitniyot Derivatives include:**

Ascorbate	Ascorbic Acid
Beans	Calcium
Caraway Seeds	Castor Sugar
Chickpeas	Citric Acid
Corn (Mielies)	Custard Powder
Dextrose	Glucose
Green Beans	Icing Sugar
Lecithin	Maize
Maize Starch	Millet
Peas	Rice
Sesame Seeds	Soya Beans
Sunflower Seeds	Tofu

# EGG MATZAH

Chametz is only created by the fermentation of flour from one of the five major grains in the presence of water. Fermentation in the presence of all other liquids – such as fruit juices, wine or eggs – cannot become Chametz. The mixture commonly known as Egg Matzah (although it is usually made today with apple or grape juice) may therefore be eaten during Pesach without any concerns of Chametz **as long as no water is added**. If even a drop of water is added to the mixture or to any of its ingredients, the mixture becomes Chametz almost immediately.

It is for this reason that the custom among Ashkenazim is to refrain from using Egg Matzah during Pesach, unless it is absolutely necessary for children or the elderly who would have difficulty eating regular Matzah; and even then, they may not fulfil the Mitzvah of eating Matzah at the Seder with Egg Matzah.

# FRUIT AND VEGETABLES

All fresh fruit and vegetables should be able to be eaten during Pesach, except for those listed as Kitniyot. Certainly all fruit and vegetables used on Pesach should be thoroughly washed first and checked for insect infestation, and many have the custom to peel the skin from all fruits and vegetables.

All dried fruits and vegetables require a reliable Kosher for Pesach hechsher.

Canned/frozen fruit and vegetables also require a reliable Kosher for Pesach hechsher.

Instructions for checking and cleaning produce can be found in the Beth Din's Kashrut Guide and on the UOS website.

# MEDICINES, VITAMINS, BABY FOOD, COSMETICS AND TOILETRIES

**Medicines:** Please see list of medicines on pages 58 to 77

**Vitamins:** Kosher vitamins require a Pesach hechsher. There are no locally-produced Kosher for Pesach vitamins.

**Baby Food:** Only baby food that is Kosher for Pesach should be used during Pesach. If you cannot obtain such baby food, formulas based on Kitniyot (for example rice flour, corn flour and soya) that are GLUTEN FREE may be used in separate vessels with separate utensils and washing-up facilities (that will not be used with Kosher for Pesach food items and utensils).

**Cosmetics and Toiletries:** Lists of Kosher for Pesach cosmetics and toiletries are on pages 54 to 55.



# PREPARING THE HOME FOR PESACH

The whole house and all outbuildings must be thoroughly cleaned of Chametz. After cleaning, care must be taken that no Chametz is brought back into these areas. **Special care** must be taken to clean all areas where Chametz is used during the year, for instance the entire kitchen (including cupboards, oven, fridge and freezer) and dining room, and only then to clean other areas that could have been exposed to Chametz throughout the year.

Crumbs less than a kazayit in size (a unit of Talmudic measure roughly equal to the size of an average olive) that are dirty or spoiled to the extent that a person would not eat them, need not be destroyed. Similarly, Chametz that has become inedible even by a dog, is no longer considered Chametz. In any event, even Chametz that is not fit for consumption by a dog is still prohibited for consumption by a person.

## Some Areas that Require Careful Cleaning (and Searching – see Bedikat Chametz below)

Attics	Bars
Behind major appliances	Bird cages
Briefcases/Attaché Cases	Bookcases
Cabinets	Cars (including cubbyholes, boots, seats)
Cosmetics boxes	Cots
Cupboards	Desks
Drawers	Garages
High chairs	Kennels and Cat Baskets
Knapsacks	Luggage
Medicine chests/cabinets	Pantry
Picnic baskets	Playpens
Pockets and cuffs of clothing (unless not worn since last laundering)	Porch/Verandah
Prams	Purses and Handbags
Rubbish bins	School cases, desks and lockers
Shelves	Shopping baskets
Storage areas for computer discs, CDs, tapes, etc.	Storerooms
Studies	Toys and toy chests
Wendy houses	Workshop/Office
Zozo Huts	

## MECHIRAT CHAMETZ (see page 95 and 96)

### THE SEARCH FOR LEAVEN

The Search for Chametz must be made on the night of Erev Pesach, which this year falls on **Thursday evening 2 April 2015** (see page 13 for times in your city). By this time, the house should be ready for the Festival. Be on the lookout for crumbs of all sorts, and hidden stashes of crunchy chocolate and fermented drinks (nearly all of which are made with grain). Chametz required for eating purposes or for the search (see below) should be kept well secured and should be wrapped so that crumbs will not fall out.

#### **Procedure for the Search (Bedikat Chametz) is as follows:**

The custom is to use a single candle to see into all the nooks and crannies, a feather, a wooden spoon and a receptacle of some description (such as a paper bag or cardboard box). Since use of a candle could be dangerous – for instance, when looking under beds or searching the car – it is preferable in those specific areas, to use a flashlight (torch).

Many have the custom that the members of the house plant 10 pieces of bread in the rooms to be searched. It is advisable that:

- a) Each piece should be smaller than the size of an average olive;
- b) Each piece should be carefully wrapped; and
- c) A detailed list should be made of the places where all the pieces have been hidden, and, at the end of the search, a check should be made to ensure that all pieces have been found.

A genuine **Bedikat Chametz** must be conducted, making sure that all areas have been cleaned thoroughly and checking that all packages and bits of Chametz have been removed from both the refrigerator and freezer.

The Search should take place as soon as possible after nightfall (please refer to the date/time on page 13 for the applicable time in your area for this year). All who join the search should be present at the beginning when the blessing is made. The owner of the property should conduct the search personally, but another person(s) can be appointed to search on his behalf. There may not be any interruption between the blessing and the beginning of the search. Likewise, one should avoid any interruption until after the full search has been completed and the declaration following the search has been made – unless the interruption is relevant to the search.

### The Blessing:

ברוך אתה יי א-להינו מלך העולם אשר קדשנו במצותיו וצוננו על ביעור חמץ.

“BARUCH ATA . . . MELECH HA-OLAM ASHER KIDESHANU B'MITZVOTAV V'TZIVANU AL BIUR CHAMETZ.”

“BLESSED ARE YOU, OH LORD OUR GOD, KING OF THE UNIVERSE, WHO HAS SANCTIFIED US WITH HIS COMMANDMENTS AND HAS COMMANDED US CONCERNING THE REMOVAL OF LEAVEN.”

The Search should then proceed through the entire house, with the Chametz found being placed in the receptacle.

Upon completion of the search, a Declaration of Annulment (Bittul) is made as follows:

כל חמירא וחמיעא דאיכא ברשותי דלא חמתיה ודלא בערתיה ודלא ידענא ליה לבטל ולהוי הפקר כעפרא דארעא.

Those who do not understand Aramaic, must say the following in English:

“ALL MANNER OF LEAVEN IN MY POSSESSION NOT SEEN OR NOT REMOVED OR NOT KNOWN, SHALL BE NULLIFIED AND BECOME OWNERLESS AS THE DUST OF THE EARTH.”

The receptacle containing the Chametz should be placed in a **conspicuous** place, so that its burning on the following morning is not forgotten. The candle, feather and wooden spoon used to search it out should also be burned at the same time.

## BURNING THE CHAMETZ

Burning of the Chametz must take place and be completed by the relevant time indicated on the date/times on page 13.

At the time of burning, the following Declaration is recited:

כל חמירא וחמיעא דאיכא ברשותי דחזתיה ודלא חזתיה דחמתיה ודלא חמתיה דבערתיה ודלא בערתיה לבטל ולהוי הפקר כעפרא דארעא.

Those who do not understand Aramaic, must say the following in English:

**“ALL MANNER OF LEAVEN IN MY POSSESSION, NOTICED OR NOT, SEEN OR NOT, REMOVED OR NOT, SHALL BE NULLIFIED AND BECOME OWNERLESS AS THE DUST OF THE EARTH.”**

Although a declaration was made at the end of the Bedikat Chametz the night before, the Chametz must be nullified again as it is burned, this time nullifying even Chametz that has been noticed or seen.

## KASHERING

All kashering – the process that prepares a non-kosher vessel for kosher use, or a Chametz vessel for use during Pesach – must be completed before the time Chametz may not be eaten (see page 13 for times). Ideally one should have dedicated crockery and culinary equipment for Pesach, however where necessary, Halacha (Jewish law) allows for certain items to be kashered.

There are two basic methods of kashering – fire and water.

### 1. METHOD 1 – FIRE

- A) Method 1A – LIBUN GAMUR (complete burning until red hot);
- B) Method 1B – LIBUN KAL (light burning);
- C) Method 1C – LIBUN KAL B'YOTER (very light burning).

### 2. METHOD 2 – WATER

- A) Method 2A – HAG'ALAH (immersing into vigorously boiling water, which has reached boiling point and has large bubbles surfacing);
- B) Method 2B – IRUY 1 (pouring boiling water from the kettle **whilst it is still boiling**);
- C) Method 2C – IRUY 2 (pouring boiling water from a container **in which it was boiled**).

# METHOD 1 – KASHERING WITH FIRE

## Method 1A – LIBUN GAMUR

Since *Libun Gamur* can cause permanent damage through warping or staining, this would not be advisable; rather, an item that requires *Libun Gamur* should be replaced for Pesach. Alternatively, *Libun Gamur* can be done in a furnace. Gauteng residents can contact Cecil Zlotnick of PH Heat Treatment in Germiston on 011 822 2704 for a quotation.

## Method 1B – LIBUN KAL

The surface of the item has to be heated until it is so hot that a straw or tissue on the opposite side of the vessel will turn brown when touching the surface.

## Method 1C – LIBUN KAL B'YOTER

The surface of the item reaches a temperature of 71°C (*Yad Soledet bo*).

**NOTE:** *Kashering with fire does not require that you wait a 24-hour period. Libun can also be done even if the item is not 100% clean (though this could result in a lot of staining, and therefore is not advisable).*

It is not possible to quantify the precise amount of time needed for the item to be subjected to fire in order for it to be kashered. It depends on the nature and thickness of the material as well as on the intensity of the flame.

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# METHOD 2 – KASHERING WITH WATER

Any kashering with water is only effective if:

- the item has had no contact with hot *Chametz* for at least 24 hours prior to the kashering; and
- all the items must be spotlessly clean, for at least 24 hours before the process.

Immediately after kashering, the items should be rinsed with cold water. If this is impractical, or if this step is forgotten, then the kashering is not invalidated.

Unless there are special circumstances it is not generally permitted to kasher using steam.

## Method 2A – HAG'ALAH

Hag'alah should be performed in either a Pesach container (one kept specifically for this Pesach use) or in a Chametz container that has been cleaned, left unused for 24 hours and kashered (see POTS under the alphabetical section).

The *Ha'galah* requires that the item must be immersed in water that is boiling vigorously. The item must remain immersed for a few moments with the water boiling vigorously.

Care should be taken not to try and kasher too many items at once. It is also important that items are dry before they are immersed.

Kashering can be done in sections for larger items, provided that each and every section is completely immersed in vigorously boiling water and then rinsed with cold water *immediately after the boiling and before the next section is kashered*.

After all the required items have been kashered, the container used for the kashering *must then itself be re-kashered* if it is going to be used during Pesach (refer to POTS in the alphabetical section). For this re-kashering it is acceptable simply to top up the water immediately (without waiting for 24 hours), and the water must be allowed to overflow.

## Method 2B – IRUY 1

The water for pouring should be boiled in either a Pesach container or in a kashered Chametz container. The surface to be kashered must be completely dry when using Iruy, and the water must be poured liberally directly over the item.

To ensure that the water is boiling whilst being poured, it is advisable to use an electric kettle. In order to prevent the kettle from switching itself off one would take its lid off or keep the lid open.

Alternatively, one can keep the water boiling on the surface of the item being kashered by using a very hot stone (around 100°C) placed on the surface, known otherwise as an *Even Meluban* or with a hot metal (e.g. a waterproof steam iron passed over the film of water after it has been poured).

After kashering, rinse the surface with clean, cold water.

If using a kettle which has to be refilled a number of times, work in sections. Rinse the section that has just been kashered with cold water. Wipe away any water on the surface that has not yet been kashered, and proceed.

### Method 2C – IRUY 2

Everything should be the same as for Iruy 1. However, the kettle does not need to be switched on when the water is poured nor is there a need for an *Even Meluban*, but there should nevertheless be a direct, uninterrupted stream of boiling water that reaches every part of the item being kashered. It is not sufficient for the water to flow from one part of the item to another.

With Iruy 1 or 2, it is not necessary to re-kasher the container from which the boiling water was poured, even if it is to be used for Pesach.

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# GENERAL NOTES ON KASHERING

- Dirt that does not come off or cannot be reached must have *Libun Kal* applied to it and if the item in question cannot be subjected to fire (e.g. a wooden vessel etc.) then it cannot be kashered.
- All cracks and crevices have to be cleaned thoroughly.
- Materials that can be kashered include metal, natural rubber and wood.
- Materials that cannot be kashered include anything made of bone, horn, ivory, china, porcelain, clay, ceramic, cork, earthenware, Teflon or enamel (this includes items with handles that are made from any of these materials).
- Items that cannot be kashered include an item that is badly worn or chipped, is rusty, is painted on the inside (which includes Teflon or enamel coating), a gap (such as an item made in two or more parts), and a lip (this does not apply to a Kiddush Cup).
- Dishwashers and microwaves with non-metallic interior walls, and microwaves with convection or browning features and non heat-resistant or ovenproof glass cannot be kashered
- Deep fryers, electric frying pans, woks, electric waffle makers, toasters, toaster ovens, colanders, graters, sieves and George Foreman grills cannot be kashered.
- Plastics should not be kashered for Pesach, however, an item that only has a plastic handle may be kashered.

Though china or glazed earthenware etc. cannot be koshered in the regular way as above, they can be koshered by heating in a kiln at the same temperature as it was originally manufactured at, if the item can withstand kiln firing. (This is a slow and expensive process, please allow for sufficient time!) Some contact numbers of persons with kilns: **Mr. Kobie Cohen 072 239 3981** or **Mrs. Isabel Mailich in Glendower 083 267 1074.**

The following items should be replaced if possible but can be kashered in cases of great need:

- Baby bottles and synthetic rubber
- Duralex and Pyrex, or **crocker**y made of corningware or corelle, would require kashering 3 times with Hag'alah (Method 2A), using fresh water each time and drying it well prior to each Hag'alah. Refer to GLASS in the alphabetical section.

# PRACTICAL APPLICATIONS

**NOTE:** 'Detergent' refers to any strong detergent, household cleaner or bleach.

## A, B

### **Aprons**

See 'Tablecloths'.

### **Baby High Chair**

Thoroughly clean the entire chair, then cover the table section with contact paper.

### **Baby Bottles**

It is preferable to replace baby bottles and nipples. If a baby is unduly attached to his/her bottle(s) and replacement will cause distress, the bottle(s) can be kashered by Hag'alalah (method 2A). The baby bottle steriliser can be used if it has been thoroughly cleaned.

### **Baby Rattles**

See 'Toys'.

### **Bechers; Benching Cards**

See 'Books'.

### **Blech**

Must be replaced.

### **Books**

Any books that are regularly used in the kitchen or at the table will inevitably be full of Chametz, and must be shaken thoroughly before being locked away for the duration of Pesach; books used only occasionally with Chametz may be used during Pesach, but should not be put on the table.

### **Braces, dentures and plates**

These must be cleaned thoroughly; they must not be used for hot Chametz for 24 hours, then they should be kashered by Iruy 2 (method 2C) if possible. It is advisable to consult a dental practitioner to make sure this would not damage the fitting in question. If boiling water is impossible, use water heated to at least 71°C (preferably 80°C), or as hot as possible.

### **Bridgework**

Must be cleaned very thoroughly indeed.

## **Brooms and Brushes**

It is preferable to purchase new brooms and brushes for Pesach; alternatively, carefully clean away any pieces of Chametz and then wash thoroughly with household cleaner.

# **C**

## **Candlesticks, Vases and other Household Décor**

Those that are usually placed on the table during the year should not be placed directly on Pesachdike surfaces. You can place them on a tray that is not usually on the Chametz table, or cover the bottom surface with cling wrap, etc. Alternatively, kasher with Iruy 2 (method 2C).

## **Chairs**

Those that are upholstered must be cleaned particularly well, preferably shampooed (if that is possible without damaging the fabric). Any removable parts must be checked thoroughly, because that is where Chametz will be caught.

## **Cooling Racks**

If possible, replace. In cases of need, clean very thoroughly, refrain from using with anything hot for 24 hours, and then kasher with Iruy 1 (method 2B).

## **Corkscrew**

Clean thoroughly. Preferably it should not be brought to the Pesach table.

## **Cutlery**

It is extremely difficult to clean cutlery properly, so it is highly recommended to have a dedicated Pesach set. If that is difficult, it must be cleaned thoroughly, taking special care to clean between the tines of the forks and in the serrations of the knives to remove every possible trace of dirt or food particles. The cutlery must then be left out of use for 24 hours, and kashered by Hag'alah (Method 2A). Note that it is not possible to kasher any cutlery where there is a gap at the point where the handle joins, where food particles could get trapped. Cutlery with plastic handles can be kashered only if the plastic is heat-resistant and there are no gaps, while cutlery with ivory or horn or bone handles cannot be kashered.

## **Cutting Board**

Must be replaced.

## D

### Dish Racks

If possible, replace. In cases of need clean thoroughly, refrain from using with anything hot for 24 hours, and kasher with Iruy 2 (method 2C).

### Dish Towels

See 'Tablecloths'.

### Dishwashers

In a case of great need, only dishwashers with interior panels made of metal can be kashered. The inside must be cleaned by removing any crumbs or food sticking to any surface. If there is a removable filter, it must also be removed and cleaned. Thereafter, it may not be used for 24 hours, after which one must run the dishwasher on the hottest possible setting. If the racks are made from plastic they must be replaced and cannot be kashered.

### Drinking Glasses

See Glass Vessels.

### Dummies

Clean thoroughly. Try to ensure that they do not fall onto the Pesach Table.

### Dustbins

Thoroughly clean all dustbins used during the year, but if possible replace those used in the kitchen for Pesach.

NOTE: Do *not* throw any Chametz into the dustbins after the last collection before Pesach. Rubbish containing Chametz must be taken to the dump before the time period of the Burning of Chametz erev Pesach (please consult the relevant time for your area on page 13 ), or flush any Chametz down the toilet.

## E, F

### Floors

All floors – wooden, carpeted, tiled, covered with linoleum or anything else – must be swept completely clean. It is not necessary to scrape out any crumbs or dirt caught in the corners or between floorboards. Any food or cutlery that falls on the floor during Pesach should be rinsed before eating or using; anything which cannot be rinsed (such as Matzah) should not be eaten.

### Food Mixers/Processors/Mincers

Those made of metal can be kashered in cases of need as follows:

**Body:** Thoroughly clean the body of the machine from the outside and, if easy to open, from the

inside too. Keep the body of the machine covered as much as possible, and do not place it directly onto a Pesach surface.

**Attachments:** Preferably replace. If this is not possible, then you can kasher bowls, beaters, blades, and mincers by Hag'alah (method 2A) after burning out all of the following: joints and parts that are difficult to clean, including the mincing screen (impossible if these are housed in plastic), alternatively, they can be kashered with *Libun Kal 1* (method 1B), impossible if these are made from plastic.

### **Fridges and Freezers**

All detachable parts should be removed and washed – as well as the interiors and exteriors of the appliances – with detergent, then rinsed and dried. Take particular care with doors and handles, which will be touched frequently during Pesach. All surfaces that come into direct contact with food should be covered. In order to maintain air circulation, which is vital, plastic netting can be used.

### **Frying Pans**

Metal pans can be kashered by *Libun Kal* (method 1B), but since warping is a definite danger it is better to replace them for Pesach. Non-stick frying pans, electric frying pans and frying pans with wooden or synthetic handles cannot be kashered.

## **G**

### **Glass Vessels**

You may kasher glass provided that it was never used for:

1. Hot Chametz; or
2. Storing Chametz liquid for 24 hours.

Submerge the glasses in cold water (no need to wait 24 hours after Chametz use) and leave them standing for three periods of at least 24 hours each, changing the water between each period. Also rinse with cold water at the end of the last period.

### **Grater**

Must be replaced.

## **H, I**

### **Hand Blender**

Must be replaced.

### Hostess Trolley

Begin by thoroughly cleaning all sections of the appliance, making sure to clean all grooves and corners. Since it is not possible to use a corrosive cleaner or blowtorch, use plenty of detergent and elbow grease until there is no possibility of any dirt remaining. Then switch on to the highest heat and leave on for a full hour after the maximum temperature has been reached. Even after this process, a metal insert should be customised to fit into the oven section, or food going into the trolley should be double-wrapped (on all sides). Ovenproof glass dishes and any polycarbonate lids must be replaced for Pesach, and the sliding top must be covered with oven-lining foil.

### Hot Tray

Clean thoroughly and heat at the highest temperature for one hour. Then pull out the plug, cover the electric socket and kasher immediately by Iruy 1 (Method 2B), while the appliance is still hot. Using the heat of the hot plate itself is more effective than using a hot stone or steam iron, so it is only necessary to pour liberally, and allow sufficient time to dry before use. It is then preferable to cover either the hot tray or the bottom of each pot with oven-lining foil.

## K

### Kettles and Urns

Appliances made of metal can be kashered. Begin by using a cleaner (available from supermarkets) to remove any calcium deposits, then kasher the whole urn or kettle by allowing the kettle to boil and overflow. *Electric outlets must not be exposed to water, or touched when water is present.* Taps of urns should be replaced if possible; if not, they should be cleaned very carefully and thoroughly. At the end of the kashering process, open the tap of the urn and allow the still boiling water to flow through for a few seconds.

### Kiddush Cups

Clean as well as possible, leave out of hot use for 24 hours, and then kasher with Hag'alah (method 2A).

### Kitchen Surfaces

Clean thoroughly and refrain from using the surfaces with anything hot for 24 hours and then kasher by Iruy 1 (method 2B). It is recommended to then cover all of these surfaces. If you will be using a hard-wearing material (e.g., formica or linoleum) cut to size to cover the surfaces, you need only clean the surfaces thoroughly and not kasher them.

### Kitchen Table

If the tabletop is wood, metal or real stone, it can be kashered by Iruy 2 (method 2C) and then covered. Any other substance should be cleaned well with detergent and must be completely covered with something waterproof.



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## Knife Sharpener

Must be replaced.

## M

### Microwave Convection Ovens

Kasher in exactly the same way as a regular oven – see below.

### Microwave Ovens

Clean all surfaces thoroughly. Leave out of use for 24 hours. Boil water in a polystyrene container for half an hour (refill it if it dries out). You must either cover all 6 sides (including door!) with paper, wax paper, or cling wrap, or else double-wrap the food from all sides. Replace the revolving plate, or at least apply Haga'lah (Method 2A) to the revolving plate and then cover it with plastic or Styrofoam.

## N, O

### Ovens, Electric and Gas

1. Thoroughly clean the whole oven – all six sides (including the door) – especially in all grooves and corners. For a regular oven, use a corrosive cleaner (e.g. Zeb) until there is no possibility of any dirt remaining. Use a blowlamp to help burn out accumulated dirt. Disregard stubborn spots that remain after cleaning twice. A self-cleaning oven is supposedly self-cleaning – just carefully check that the oven is really clean afterwards! [A flashlight (torch) is recommended for this purpose.]
2. Wait 24 hours.
3. Switch on to the highest heat and leave it on for one hour.
4. Preferably have dedicated racks for Pesach. Otherwise, clean them very thoroughly and leave them in the oven for the duration of the kashering process.

## P, Q

### Pots and Pans

It is preferable to have a dedicated Pesach set because of the difficulty involved in cleaning off all food particles, including engrained ones. Pots and pans tend to build up a residue during use and to collect particles under the handles (including the handles of the lids), and it is only possible to kasher if an item is perfectly clean.

This means the handles must either be removed to clean underneath them, or the dirt must be burned out – which is impossible if the handles are wooden, plastic or synthetic (in which case, the pots and pans cannot be kashered). Once totally clean and after being left out of use for 24 hours, all joints must be subjected to Libun Kal (method 1B) to burn out any particles of food before the pots and pans are kashered by Hag'alah (method 2A).

Do not forget to include lids, which must also be immersed.

Alternatively, instead of immersing pots and pans, they can be filled to the brim with water which is then boiled, as long as the boiling water overflows all sections of the rims. This can be achieved in either of two ways:

- i) By placing a hot stone or piece of hot metal (at least 100°C) into the pot or pan while the water is boiling; or
- ii) By pouring rapidly-boiling water from a kettle over all sections of the rim while the water inside is boiling. To maintain the boil in an automatic kettle, keep its lid off.

Enameled pots and pans cannot be kashered.

## R

### Recipe Books

See 'Books'.

### Rings

Rings that are worn whilst handling Chametz must be very carefully cleaned (ammonia is excellent for this) and preferably kashered with Iruy 2 (method 2C).

## S

### Shelves

Shelves should be cleaned thoroughly – especially in grooves and corners – and then lined with new shelf paper if Pesach food is going to be placed on them. Food in boxes and other containers may be placed on unlined, cleaned shelves.

### Shopping

Many supermarkets line the shelves where they display Pesach provisions, but thereafter the items are placed in an unlined trolley and passed over a dirty surface at the tillpoint. It is a good idea to wipe over Pesach shopping when it gets home, before it is stored. Please note that you must check each item that you purchase for a Kosher for Passover sticker.

### Sinks (metal)

Clean thoroughly. Use a corrosive drain cleaner. Leave out of hot use for 24 hours (it is okay to use with cold water). Kasher with Iruy 1 (method 2B). During Pesach preferably wash up in bowls, which should be placed on a rack or board in the sink. Alternatively, one may line the sink instead of washing up in bowls.

### Sinks (porcelain)

A porcelain sink cannot be kashered. It must be cleaned as thoroughly as possible before a plastic insert is introduced; this must be slightly raised, so that it is not sitting directly in the sink. Use a rack or two pieces of wood for this.

**Sink Taps:** Clean the taps very thoroughly. You should leave the hot water tap open until hot, and then do Iruy 1 (method 2B) on the spout. During Pesach, do not immerse the taps into a hot Pesachdike container. It is recommended that you get 'tap swirls' dedicated for Pesach on your taps.

### **Soda-making Machines**

Clean thoroughly, but make sure not to place on the Pesach Table or surfaces. Use Pesachdike concentrates, gas and bottles for the duration of Pesach.

### **Steam Extractors above a Stove**

Clean thoroughly to remove any fat or substances of food.

### **Stoves**

NB! Every switch and knob should ideally be replaced with a dedicated Pesach set. Otherwise, they must all be removed and cleaned with exceptional care, and then covered.

#### ***Electric Stoves***

1. Clean the whole surface properly.
2. Switch on the plates to maximum until they are red hot. If they do not get red hot, leave them on the maximum heat for half an hour.
3. The enamel surfaces between the plates must be thoroughly cleaned, then do Iruy 1 (method 2B). Finally, cover them with oven-lining foil.
4. If your stove has a lower surface to collect spilling, clean it thoroughly and cover with foil.

#### ***Glass Top Stoves***

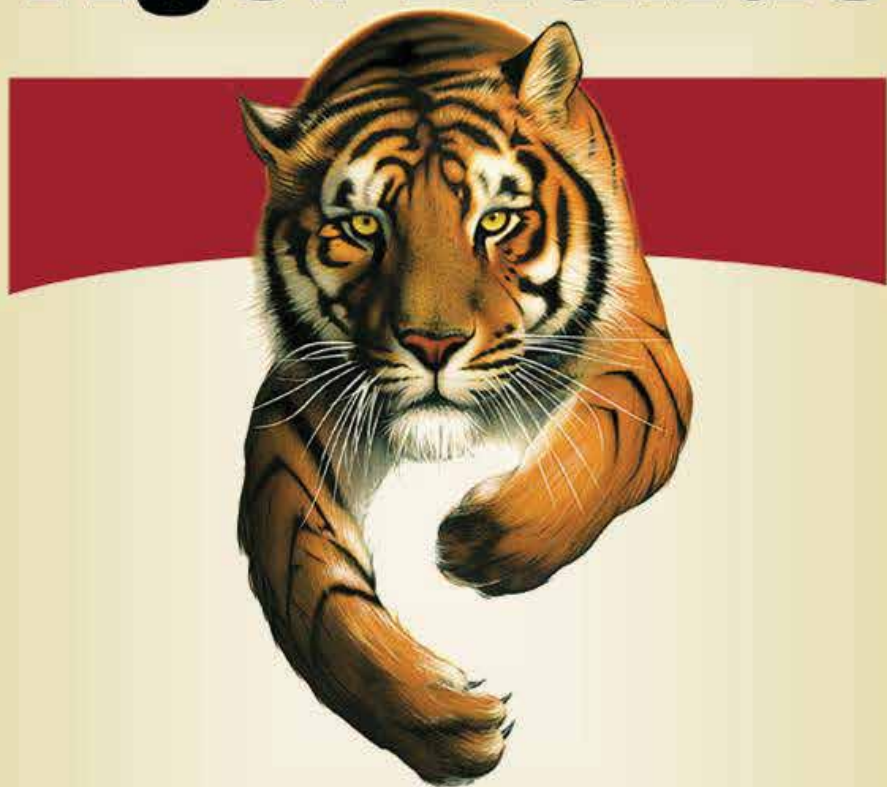
Clean, then heat at the highest temperature for half an hour. When still hot, do Iruy 2 (method 2C). (The hot stove will be more effective than a red-hot stone, so just pour liberally.) After kashering, cover either the stove-top or the bottom of each pot with oven-lining foil.

NB! If you are considering purchasing a Glass Top Stove, we strongly advise against it, as it creates many Halachic problems.

#### ***Gas Stoves***

1. Clean all parts and surfaces well, then keep burners on maximum heat for at least ten minutes.
2. After thoroughly cleaning the grates, apply Libun Kal (method 1B) throughout. (Ideally one should purchase dedicated grates for Pesach.)

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3. The enamel surfaces between the grates must be thoroughly cleaned, then do Iruy 1 (method 2B). Finally, cover them with oven-lining foil. If there are stainless steel surfaces between the grates, these must be thoroughly cleaned, then apply Libun Kal (method 1B), OR wait 24 hours and then do Iruy 1 (method 2B). It is still preferable to then cover these surfaces with oven-lining foil.
4. If your stove has a lower surface to collect spilling, clean it thoroughly and cover with foil.

## T

### **Tablecloths**

It is preferable to have special Pesach tablecloths, but if this is not possible it is permissible to use regular tablecloths of any fabric – including terylene – after they have been laundered in hot water with detergent or dry cleaned. The same applies to aprons and dish towels. Plastic tablecloths must be replaced.

### **Tables**

See 'Kitchen Tables'.

### **Thermos**

Must be replaced.

### **Tin Openers**

Replace for Pesach. If this is not possible, clean thoroughly.

### **Toasters**

Remove all crumbs and clean thoroughly before putting them away with the Chametzdiike vessels.

### **Toothbrushes**

Replace for Pesach.

NOTE: If Chametz is eaten on Erev Pesach, teeth should be brushed afterwards with a Chametzdiike toothbrush.

### **Toys**

Care should be taken to remove proper Chametz (e.g., playdough and children's handiwork made from pasta, noodles, etc.). The toy box/cupboard needs to be checked for Chametz, as children often leave Chametz with their toys. Generally, toys need not be scrubbed, but they should not be placed onto Pesachdike tables or surfaces.

### **Trays (Serving)**

Clean wooden or metal serving trays carefully. Where the trays have had Chametz placed directly upon them, after cleaning, do not use with hot Chametz for 24 hours, and then kasher by Iruy 1 (method 2B).

## U

### Urns

See 'Kettles and Urns'.

## V

### Vacuum Cleaners

Empty bag and clean.

## W, X

### Waffle Machine

Cannot be kashered.

### Warmer Drawers

The complexity – in many cases, the impossibility – of kashering a warming drawer makes it advisable to avoid using it during Pesach. If it is considered *absolutely vital*, however, the process is difficult and time-consuming. Start by removing the drawer and cleaning it thoroughly with a corrosive oven cleaner, making sure to pay special attention to all grooves and corners. Use a blowtorch to burn off accumulated dirt. Any stubborn spots or discoloration remaining after cleaning twice can be disregarded. Attention must then be turned to the surface above the warming drawer, which must also be cleaned thoroughly (regardless of how difficult it is to access). Check afterwards with a flashlight (torch) to ensure that it is really clean. After that, wait for 24 hours and then switch on to the highest possible temperature and leave on for a full hour after the maximum temperature has been reached. A customised six-sided metal insert must then be fitted into the drawer (consisting of five fixed sides and a hinged top, to allow access). Alternatively, double-wrap the food on all sides.

### Washing Cups

Preferably replace, if necessary clean very thoroughly.

## Y, Z

### Zemiroth Books

See 'Books'.

# COOKING ON SHABBAT AND YOM TOV

## Shabbat Cooking

All types of cooking – including baking, frying and microwaving – are prohibited on Shabbat. In order to have hot food on Shabbat, all preparation and cooking must be completed (including the placing of the food on the stove, in the oven or in the warmer AND the setting of the temperature controls) **before** candle-lighting time.

Gas flames or hotplates must be covered with a *blech*. Any pots or pans removed from the *blech* on Shabbat can only be put back on under specific conditions, as follows:

- 1) The food is fully cooked;
- 2) The food is still hot;
- 3) The pot was removed with the intention of replacing it; AND
- 4) The pot is being held continuously, even if placed on a surface.

These laws do not apply to an oven, which may only be opened if it is on. This means the indicator light must be on (showing that the element is on). A non-Jew can be asked to open an oven in any event.

No food may be returned to the oven. If it is noticed before removing it from the oven that the food is not fully cooked, the oven door cannot be closed again.

## Yom Tov Cooking

Cooking is permitted on Yom Tov, but only for that specific day (a day being calculated from the previous nightfall to sunset). Even cold food may be placed directly on a pre-lit heat source. Food may be served directly from the pot while the pot remains on the fire.

## Use of Stoves and Ovens on Yom Tov

A **gas stove or oven** may only be lit on Yom Tov from an existing flame. On Yom Tov, a gas flame may be turned higher, but not lower.

In the case of an **electric stove or oven**, the temperature controls must be switched on and set before Yom Tov, and may not be turned higher or lower .

Ideally one should not rely on a non-Jew to switch on cooking appliances on Yom Tov. However, in cases where the stove cannot be left on for extended periods and cannot be set before Yom Tov, it is permissible to instruct a non-Jew to switch on a cooking appliance, so long as this is necessary for the meal of the day (a day being calculated from the previous nightfall to sunset). Note: this applies to Yom Tov only and not to Shabbat.



# Chag Pesach Sameach



**We wish the Community a Happy and  
Kosher Passover**

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# CANDLE-LIGHTING FOR PESACH

Candle-lighting, is the privilege and responsibility of the woman of the house. If she is unable to fulfill this duty, it is the responsibility of the husband or another member of the family.

There are various customs regarding the number of candles lit, the minimum being two. It is customary to give Tzedaka (charity) before lighting candles on Erev Shabbat or Erev Yom Tov.

On the second night of Pesach, candles must be lit only after nightfall and only from an existing flame. On the eighth night of Pesach, candles must be lit before accepting shabbat and from an existing flame.

The blessing of lighting candles on Shabbat and Yom Tov can be found in a Siddur (prayer book).

For candle lighting times, please refer to page 13 for your area listing dates/times.

# ERUV TAVSHILIN

This year, the seventh day of Pesach falls on Friday.

Generally speaking, we are prohibited to prepare foods from one day of Yom Tov for the following day. However, with an Eruv Tavshilin this is permissible.

It is the function of the Eruv Tavshilin to indicate that the preparation for Shabbat actually began **before** Yom Tov commenced. Food is set aside before the Holy Day begins (in this case, Thursday afternoon) and is then eaten on Shabbat. The preparation that we do on Yom Tov (Friday) is then simply a continuation of what we began before Yom Tov.

The ritual of Eruv Tavshilin is found in most siddurim. It is simple and is performed as follows:

On Erev Yom Tov (Thursday afternoon), before Yom Tov begins, take a matzah with a cooked food (such as an egg, a piece of chicken, or fish etc) and set it aside to be eaten on Shabbat. While holding both foods, recite the Bracha:

Baruch atah ad-nai, eloh-nu melech ha'olam, asher kideshanu bemitzvotav ve'tzivanu al mitzvat eruv.

(Blessed are You L-rd our G-d King of the universe who has sanctified us with His commandments and commanded us in the mitzvah of eruv.)

We then recite the following Aramaic declaration:

“Bahadayn aruva yehay sharay lanah la’aphoyay ulevashoolay uleatemoonay oleadelookay sheragah uletakana uleme’ebad kol tzarecanah, miyomah tavah leshabetah”

It is important to understand what you are saying, so if the Aramaic is not understood, the following English translation is also recited:

“With this Eruv, it will be permitted for us to bake, cook, insulate, kindle flame, and do all necessary things on Yom Tov for the sake of Shabbat.”

## THE SEDER

Seder, meaning ‘order’ or ‘procedure’, signifies the order of events by which the first and second nights of Pesach are celebrated.

Most of the preparation for the Seder should be completed before the onset of Yom Tov. It is permissible to set the Pesach Table after the Festival has begun, but it is preferable for it to be done before the Festival commences. The table should be set with the best Pesachdike crockery and silverware as well as other beautiful vessels and utensils in honour of this important Festival.

### ITEMS NEEDED FOR THE SEDER:

#### WINE

All kinds of kosher wine and grape juice can be used for the ritual cups during the Seder meal, although it is preferable to use **red** wine (sweet, semi-dry or dry). Kosher sparkling wine is also permissible. Kosher grape juice, either for mixing with wine or drinking alone, is acceptable for those unable to drink wine. It is vital, however, for all wine and grape juice to have a reliable hechsher for Pesach.

Every time the wine is served (see below), more than half the cup must be drunk while reclining to the left side, although it is preferable to drink all of the wine in the cup, especially for the fourth cup of wine. This means consideration should be given to the size of the cups, because it is better to have smaller cups (and drink it all) than larger cups (and leave some wine or grape juice unfinished).

Each member of the family should have a kiddush cup that holds the minimum shiur (quantity) of 86ml. Since this year the first Seder falls on Shabbat, it is preferable for the first of the four cups of wine, at the Seder on the first night, to hold a minimum shiur (quantity) of 140ml.

The four times when wine or grape juice should be drunk are:

- 1) At the start of the Seder, following the Kiddush (blessing);
- 2) Just before the meal, after reciting the Haggadah story and the first part of Hallel;
- 3) Following the Grace After the Meal; and
- 4) After completing the rest of Hallel.

## **MATZAH**

Enough matzot should have been purchased not only for the Seder/Sedarim, but also for the entire Pesach Festival. Make sure that there is sufficient shmurah matzah m'sha'at ketzirah (which is different from regular matzah, because it is supervised from the harvesting stage), either handmade or machine-made, for the Sedarim. Some people have the custom of eating this matzah the entire festival of Pesach. Ensure that the product used has a reliable hechsher for Pesach. Rakusen's Regular and Shmura Matzah, as well as Mosmark's Matzah, are made under the supervision of the Johannesburg Beth Din.

There are three times during the Seder meal when matzah must be eaten:

- 1) In the early part of the meal, when special blessings are made over the Matzah;
- 2) Together with the Maror (bitter herb), when it is eaten as a sandwich (Korech); and
- 3) At the very end of the meal, for the Afikoman (Tzafun).

The required amount of matzah to be eaten at these times is:

- 1) At the early part of the meal after washing (Rachtzah), 20g (2/3 of an average square matzah). It is preferable to eat 30g (1 whole matzah). [In the case of someone elderly or infirm, 10g (1/3 of an average square matzah) is sufficient.]
- 2) For the Hillel sandwich (Korech), 10g (1/3 of an average square matzah).
- 3) For the Afikoman (Tzafun), 20g (2/3 of an average square matzah). [In the case of someone elderly or infirm, 10 g (1/3 of an average square matzah) is sufficient.]

**NB!** Unlike Shabbat, the eating of the first kezayit of matzah is in fulfillment of a mitzvah min haTorah. The matzah should be eaten reclining and within 9 minutes at the most, since otherwise this would no longer be considered an 'achilah' (eating), but rather nibbling, and the Torah requires specifically that the matzah be eaten.

One should refrain from unnecessary conversation from the time that he begins consuming the required amount of matzah until after he has consumed the maror and the Hillel sandwich (Korech).

**MAROR** – Lettuce (preferably Romaine), Raw Horseradish, Endives

The required amount of Maror (lettuce) to be eaten is 17g, both on its own and again in the Hillel sandwich (Korech).

***NB! Instructions for checking and cleaning from infestation can be found on the UOS website: [www.uos.co.za](http://www.uos.co.za).***

## ROASTED EGG

## SHANK BONE

A bone (many people use the neck of a chicken) which should be well roasted.

**KARPAS** – Parsley, potato, onion, celery, radish, etc.

The required amount of Karpas to be eaten is less than a Kezayit (the size of an average olive).

**CHAROSET** – This is a mixture of ground nuts, spices, wine and fruit

## SALT WATER

## HARD-BOILED EGGS

## A SEDER PLATE

## HAGGADOT

Each member of the family should have his own haggadah. The Jewish bookshops have a variety of Haggadot with excellent translations, explanations, and diagrams for a more meaningful Seder.



**Hulett's Sugar  
is proud to  
be associated  
with the 5775  
Pesach Guide  
Chag  
Samaech**

# COUNTING THE OMER

On the second night of Pesach, we commence the Mitzvah of counting the Omer, when we count the number of days leading up to the festival of Shavuot, which commemorates the day upon which the Torah was given.

The Mitzvah serves to recall the purpose of our exodus from Egypt, that being to receive the Torah at Mount Sinai. Interestingly, there is no command to count the days between any other Yomim Tovim (Festivals) except between Pesach and Shavuot, which makes it clear that what transpired on Shavuot is indeed the climax of the events that began on Pesach.

The blessing and counting of the Omer can be found in most standard Siddurim after the Evening Service.

Below is a table indicating the dates of the counting of the omer this year.

	Motzei Shabbat	Sunday Night	Monday Night	Tuesday Night	Wednesday Night	Thursday Night	Shabbat Evening
Week 1	16 Nissan 4 April 1	17 Nissan 5 April 2	18 Nissan 6 April 3	19 Nissan 7 April 4	20 Nissan 8 April 5	21 Nissan 9 April 6	22 Nissan 10 April 7
Week 2	23 Nissan 11 April 8	24 Nissan 12 April 9	25 Nissan 13 April 10	26 Nissan 14 April 11	27 Nissan 15 April 12	28 Nissan 16 April 13	29 Nissan 17 April 14
Week 3	30 Nissan 18 April 15	1 Iyar 19 April 16	2 Iyar 20 April 17	3 Iyar 21 April 18	4 Iyar 22 April 19	5 Iyar 23 April 20	6 Iyar 24 April 21
Week 4	7 Iyar 25 April 22	8 Iyar 26 April 23	9 Iyar 27 April 24	10 Iyar 28 April 25	11 Iyar 29 April 26	12 Iyar 30 April 27	13 Iyar 1 May 28
Week 5	14 Iyar 2 May 29	15 Iyar 3 May 30	16 Iyar 4 May 31	17 Iyar 5 May 32	18 Iyar 6 May 33	19 Iyar 7 May 34	20 Iyar 8 May 35
Week 6	21 Iyar 9 May 36	22 Iyar 10 May 37	23 Iyar 11 May 38	24 Iyar 12 May 39	25 Iyar 13 May 40	26 Iyar 14 May 41	27 Iyar 15 May 42
Week 7	28 Iyar 16 May 43	29 Iyar 17 May 44	1 Sivan 18 May 45	2 Sivan 19 May 46	3 Sivan 20 May 47	4 Sivan 21 May 48	5 Sivan 22 May 49

# LAWS OF COUNTING THE OMER

The blessing and the counting are said after nightfall, while standing.

If one forgot to count at night, one can still count on the following day (until sunset), but without a blessing, and may then recite the blessing on the following nights thereafter. If one forgets to count an entire day, then for the remaining period one continues to count, but without making a blessing beforehand. If one is in doubt as to whether or not one counted the previous night, one may then continue to count on the following nights with a blessing. One should avoid counting before reciting the blessing. Consequently, if one is asked after sunset, "How many days do we count tonight?" He should answer, "Yesterday was so-and-so days."

## LAWS CONCERNING MOURNING DURING THE SEFIRAH TIME

During the Sefirah time, there is a period of semi-mourning, commemorating the death of 24,000 students of Rabbi Akiva and other tragedies at this time. There are different customs as to the actual period when the semi-mourning is observed. In our community it is the custom to observe the restrictions on weddings between Rosh Chodesh Iyar (the second night of Rosh Chodesh) until Rosh Chodesh Sivan. The other observances are from Rosh Chodesh Iyar until before Shavuot.

The various observances are:

1. No weddings.
2. No hair cutting or shaving (those who are required to do so for business should consult with their Rabbi).
3. No joyous music.

Please note that even though the general semi-mourning period is customarily observed until Rosh Chodesh Sivan only, one may not cut/shave hair or listen to music until Erev Shavuot.

The period of semi-mourning is interrupted by: Lag B'Omer<sup>1</sup>, Yom Ha'atzmaut<sup>2</sup>, and Yom Yerushalayim<sup>3</sup>.

- On Lag B'Omer all the prohibitions above are lifted.
- On Yom Ha'atzmaut and Yom Yerushalayim **only** functions pertaining to the celebration of these days may be held, and music may be played at these functions (however, weddings and cutting hair/shaving are NOT permitted).

<sup>1</sup> Lag B'Omer begins on Wednesday evening 6 May and continues all day Thursday 7 May 2015.

<sup>2</sup> Yom Ha'atzmaut begins on Wednesday evening 22 April and continues all day Thursday 23 April 2015.

<sup>3</sup> Yom Yerushalayim begins on Motzei Shabbat 16 May and continues all day Sunday 17 May 2015.





## **BUTTER**

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Genuine Foods (Chalav Yisrael)

## **CHEESE, FRESH CREAM AND YOGHURT**

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Genuine Foods (Chalav Yisrael)

Lancewood Cottage Cheese (Chalav Yisrael when displaying Kosher for Pesach label)

## **CHOCOLATES**

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Chocolate Tree

Sweet Treats

## **COFFEE**

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Nescafé Classic

## **CRISPS**

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Freshfellas – Vege crisps (sunflower oil)

Selwyn Segal – Vege crisps (sunflower oil)

Kavallier – (palmolein oil)

## **CUT UP FRUIT AND VEGETABLES**

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Freshfellas

## **DELICATESENS**

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Avron's Place

Checkers – Sea Point

Checkers – Balfour Park

Feigels Kosher Delicatessen

**Pick n Pay – Claremont**

**Pick n Pay – Fairmount**

**Pick n Pay Hypermarket – Norwood**

**Pick n Pay – Killarney**

**Pick n Pay – Sea Point**

Shelley Geffen

Spar in Savoy

Spar Sea Point

## **DETERGENTS**

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Gardel Products

Salt Sales

**Pick n Pay Lemon Dishwashing Liquid**

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## DRIED FRUIT

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### Dried Fruit Direct – **PLAIN ONLY**

(apples, apricots [local], peaches, pears and prunes)  
Exotique

### Montagu Dried Fruit – **PLAIN ONLY**

(apple rings, apricots [excluding Turkish apricots], peaches, pears, prunes, raisins and raw nuts in shells and shelled)

### S.A.D. – **PLAIN ONLY** (apples, apricots

(excluding Turkish Apricots) peaches, pears, prunes and raisins)

The Scoop

The Nut Lady

Tulbagh Dried Fruit – **PLAIN ONLY** (apple rings, apricots (local), whole dates, peaches, pears)

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## FISH PRODUCTS

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Adam International Tuna in Brine (with Passover BD mark)

BM Foods T/A Mediterranean Delicacies

Checkers Sea Point fish counter – fresh and fried

Delavi

Goldcrest tuna in brine (with Passover BD mark)

Mayfair tuna in brine (with Passover BD mark)

**Pick n Pay fish products – kippers, smoked salmon and smoked salmon trout**

**Pick n Pay – Claremont**

**Pick n Pay – Fairmount**

**Pick n Pay Hypermarket – Norwood**

**Pick n Pay – Killarney**

**Pick n Pay – Plumstead: fish counter – fresh fish only**

**Pick n Pay – Sea Point: fish counter – fresh and fried**

Royal Oak – *smoked salmon*

Scansa Trading – *smoked fish*

Spar – Savoy

Spar – Sea Point: **fish counter – fresh and fried**

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## GIFT PRESENTATIONS

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Gift Time (Cape Town)

Jaffa (Pretoria)

JWBS Gifts (Johannesburg)

Selwyn Segal (Johannesburg)

The Nut Lady (Johannesburg)

The Scoop (Johannesburg)

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## HIRE - CROCKERY AND CUTLERY

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Kosher Function and Event Hire

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## HONEY

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Gardelia

Goldcrest

Selwyn Segal

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## JAMS AND PRESERVES

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Jenny's Foods

Selwyn Segal

## JELLY

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Simply Delish Sugar Jelly

Simply Delish Zero Jelly

## MARGARINE

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Helios Original Margarine (sunflower oil)

## MATZAH AND MATZAH PRODUCTS

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Mosmarks Matzah

Rakusen's Superfine Matzah

Mosmarks Matzah Crackers

Rakusen's Shmura Matzah

Mosmarks Cake Meal

Rakusen's Matzah Crackers

Mosmarks Matzah Meal

Rakusen's Matzah Meal

## MILK (Chalav Yisrael)

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Dewfresh Long Life

Montic Long Life Milk

Genuine Foods

Tolla's Dairy Fresh Milk Cape Town

## NUTS

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Messarís

The Nut Lady

Pick n Pay

The Scoop

## OIL

---

Antonio's Olive Oil Spray

Ritebrand Sunflower Oil

Helios Sunflower Oil

Spar Sunflower Oil

Housebrand Sunflower Oil

Willowcreek Olive Oil

Morgenster Olive Oil

Vesuvio Estates Olive Oil

Pick n Pay Sunflower Oil

## PEANUT BUTTER

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Black Cat (no sugar added) - *(contains peanuts)*

Selwyn Segal Peanut Butter  
*(contains peanuts)*

## PICKLES AND CONDIMENTS (including mayonnaise, horseradish, salad dressings, sauces, etc.)

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Berkies

Glens

Bon Appetit

Jenny's Foods

Delavi

Sauce-a-licious Schmaltz

Feigels Kosher Delicatessen

Selwyn Segal

## POTATO FLOUR

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Gardel Products

Sweet Treats

Southern Spice

## RESTAURANTS

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Avron's Place (Cape Town)

Delicious To Go

## SALT

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Cerebos

## SPICES

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Freddy Hirsch

Pick n Pay Spices

Gardel Products

Southern Spice

## SUGAR

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Chocolate Tree

Selati

Huletts (Please note packaging was printed with 2014 in error.  
This product has been manufactured for Pesach 2015)

## SWEETENERS

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Enjoy

Suki

## SYRUP

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Illovo

## TEA

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Five Roses Tea

My-T-Chai

## VINEGAR

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Berkies

Vinegar Tree (*also brown*)

## WHIPPED CREAM

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Orley Whip

## WINE AND GRAPE JUICE

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Aaron Joffe Vintage

Klein Draken – *Entire Range*

Backsberg (**MUST** bear *Beth Din sign*)

Le'Chaim

Hild'Arrie



100 YEARS OF THE

COCA-COLA BOTTLE

**CHAG SAMEACH**

**Wishing all our Customers a  
happy and Kosher Passover  
Chag Sameach**



**Pick n Play**

## SOME PRODUCTS NOT REQUIRING SUPERVISION

Bicarbonate of Soda (must state B.P.)

Contact Lens Solution

Dental Floss (unflavoured)

Eggs

I&J Frozen Hake

Sea Harvest Frozen Hake

## ALLERGEN STATEMENTS ON LABELS

Please note that some products have a disclaimer printed on the labels, which conform to the food regulations regarding warnings on allergens. This would include products which are approved by the Beth Din as being “Kosher”, “Parev”, “Kosher for Pesach”, etc. It is well known that contact with even the minutest amount of certain allergens can be the cause of devastating and even fatal allergic reactions in some people. For example, wording such as “this product may contain traces of milk” must be used when there is even the remotest possibility that some parts per million of milk may be present in the product – even though dairy-based products are not actually used or listed as an ingredient, but rather are present in the same factory.

Such traces are now mentioned as present because of the mere possibility that there may be some traces left on machinery or equipment even after cleaning or kashering. Alternately, where dedicated equipment is used, there may be product-dust in the air from other products or ingredients used elsewhere in the factory, which could settle in minute amounts on the dedicated equipment or ingredients used. The possibility of the presence in even such minute amounts needs to be printed on the label to protect people from allergic reactions, and the manufacturer from potential legal action.

However, the Beth Din assures Kosher consumers that the very minute amounts referred to in the statement “this product may contain traces of milk” (or fish, or crustacea, or soya, or wheat, etc.), have no Halachic significance whatsoever regarding the Kosher status of these products.

## “PESACH SECTION” IN RETAIL STORES

Please note that the “Pesach section” in retail stores is **not** under Beth Din supervision. Our certification extends only to the products, and we have no control over how independent retailers pack their shelves. Please check the labels **very carefully** to ensure that the products are properly certified for Pesach.

# COSMETIC/TOILETRIES/MEDICINES LIST: 2015/5775

## JOHANNESBURG BETH DIN PESACH COSMETIC/TOILETRIES/MEDICINES LIST: 2015/5775 As at the time of going to print. SUBJECT TO CHANGE.

### COSMETICS

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In the absence of supervised products, in general all facial cosmetics, nail varnish removers, antiperspirants, deodorants, hair sprays, shampoos, shower gels, baby wipes (alcohol free) and soaps, may be used as they are inedible. Regarding lipsticks, perfumes and aftershaves, please see below.

In practice, it is better to avoid products that mention the following ingredients on the primary packaging:

- Any ingredients that mention barley, oat, or wheat in their names.
- Amino-peptide complex
- Hordeum or Triticum vulgareae
- Phytophingosine extract
- Aveena sativa
- Sulfosuccinate

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### CONTACT LENS CARE

All products are approved

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### LIPSTICKS AND PERFUMES/AFTERSHAVES

Many Halachic Authorities are of the opinion that lipsticks, perfumes and aftershave are permissible as they are inedible. In consideration for those Halachic Authorities who are of the opinion that these products must be free from Chametz (since in the case of lipsticks they come into contact with the lips, and perfumes/aftershave contain alcohol that could possibly be rendered edible), an approved list of lipsticks, perfumes and aftershaves can be found below.

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#### Lipsticks:

Almay	Max Factor
Clinique	Rimmel

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#### Perfumes/Aftershaves/Colognes:

Aramis	Calvin Klein
Boss	Chanel



## Perfumes/Aftershaves/Colognes (cont.):

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Chloé	Guerlain
Christian Dior	Hermès
Clinique	Lacoste
Estée Lauder	Lagerfeld
Giorgio Armani	Tommy Hilfiger
Givenchy	

## DENTAL CARE (e.g. mouthwash, toothpastes, etc.)

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Aquafresh	Macleans
Listerflor	Mentadent P
Listermint	Oraldine
Listerine	Sensodyne

The above list contains information about products for which we were able to obtain information. The absence of any other product from this list does not necessarily mean that it is prohibited. PLEASE CONSULT YOUR OWN RABBI REGARDING YOUR SPECIFIC QUERIES.



# MEDICINES

The Kashrut Department has analysed an extensive range of the most commonly prescribed and used medications for use on Pesach.

The sheer number of different medications available makes it impossible to list each and every alternative.

As a general rule, creams and non-chewable pills may be used during Pesach for someone that is medically ill (even if it is not life-threatening) even if these pills contain Chametz. The reason is because the Chametz is not being eaten in its regular way, as well as appearing in an inedible form.

Nevertheless, we customarily try to avoid pills that contain Chametz if an alternative Chametz-free pill is available. If this is not possible, it is recommended that the pill should be swallowed, wrapped in a piece of lettuce or single ply tissue.

If a liquid medication (syrup) or chewable pill that contains Chametz is required (if it is not life-threatening), it is **necessary** to replace it with a non-chewable alternative (even if this non-chewable pill may contain Chametz).

Medicines which contain Kitniyot are permitted on Pesach.

In all cases, **DO NOT MAKE ANY CHANGES** to any of your normal prescribed medication (whether pills or liquids) without first consulting both your doctor and your Rabbi.

## How to understand the medicine list:

- Items designated “**KFP**” are Kosher for Pesach and may be taken without any restrictions.
- Items marked “**Chametz**”, see above. Please note the difference between non-chewable pills and liquid medications.
- Items that have been prescribed by a doctor and are marked as “**Unknown**” or do not appear on this list, may be taken if a suitable alternative is unavailable. It is recommended that such tablets be swallowed, wrapped in a piece of lettuce or single ply tissue.
- “**Kitniyot**” is permitted as mentioned above.
- Items marked “**DC**” have Dairy Content.



***Clover***

***Way Better***<sup>TM</sup>

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIYOT
A				
Actifed	Tabs		KFP	
Activelle	Tabs		KFP	
Actos	Tabs	DC	KFP	KITNIYOT
Adalat Ret	Tabs	DC	KFP	KITNIYOT
Adco-Cyclizine	Tabs		KFP	
Adco-Dol	Tabs		KFP	
Adco-Linctopent	Syrup		KFP	
Adco-Omeprazole	Caps		KFP	
Adco-Sinal CO	Tabs		KFP	
Advil CS	Caplet		KFP	
Advil Liquid Caps	Caps		KFP	
Agiobulk	Granules		KFP	
Agiolax	Granules		KFP	
Akineton	Tabs	DC	KFP	
Alchera	Tabs	DC	KFP	KITNIYOT
Aleve	Tabs	DC	KFP	
Amaryl	Tabs		KFP	
Amiloretic	Tabs	DC	KFP	KITNIYOT
Amiloretic HS	Tabs	DC	KFP	
Amitryptaline	Tabs	DC	KFP	
Amoxicillin	Susp		KFP	
Amoxicillin 250	Caps		KFP	
Anadin/Extra	Tabs		KFP	KITNIYOT
Anafranil	Tabs	DC	KFP	
Angeliq	Tabs	DC	KFP	
Angised	Tabs		KFP	
Antizid	Caps		KFP	KITNIYOT
Ap-Loratidine	Tabs		KFP	
Ap-Loratidine	Syrup		KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Arava	Tabs		KFP	
Arem	Tabs	DC	KFP	
Aricept	Tabs		KFP	
Arovit	Tabs	DC	KFP	
Arthrexin	Capsules	DC	KFP	
Asacol	Tabs		KFP	
Asic	Tabs	DC	KFP	
Aspavor	Tabs		KFP	
Assasantin Ret	Caps		UNKNOWN	
Atenolol	Tabs	DC	KFP	
Atarax	Syrup		KFP	
Ativan	Tabs	DC	KFP	
Ativan SL	Tabs	DC	KFP	KITNIYOT
Augmaxcil	Tabs		KFP	
Augmaxcil	Susp		KFP	
Augmentin	Tabs/Susp		KFP	
Autrin	Caps		Chametz	
Avandia	Tabs		KFP	
Avelon	Tabs	DC	KFP	
Avomine	Tabs		Chametz	
Azapress	Tabs	DC	KFP	
Azor	Tabs	DC	KFP	KITNIYOT
<b>B</b>				
Bayer Aspirin	Tabs		KFP	
Bayer Aspirin CV	Tabs		KFP	
Benylin	Tabs		KFP	
Benylin	All syrup		KFP	
Berocca	Eff Tabs		KFP	
Berotec	Syrup		Chametz	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIYOT
Besenol	Tabs		KFP	
Betanoid	Syrup		KFP	
Betanoid	Tabs		KFP	
Bevispas	Tabs	DC	KFP	KITNIYOT
Bezafibrate	Tabs	DC	KFP	
Bezalip	Tabs		KFP	
Bezalip Retard	Tabs		KFP	
Bilron	Caps		UNKNOWN	
Biltricide	Tabs		KFP	KITNIYOT
Biocharge AFR	Tabs		KFP	
BioPlus	Eff Tabs		KFP	
Biral	Tabs	DC	KFP	
Bisolvon	Linct		KFP	
Bisolvon Solution	Liquid		UNKNOWN	
Blistex	Lip Balm		KFP	
Blocadren	Tabs		KFP	
Brazepam	Tabs		KFP	
Bromazepam	Tabs	DC	KFP	
Bronkese	Linctus		KFP	
Buscopan	Tabs		KFP	KITNIYOT
Buscopan	Syrup		KFP	
Buscopan Co	Tabs	DC	KFP	
<b>C</b>				
Cafergot	Tabs		KFP	
Cal-C-Vita	Eff Tabs		KFP	
Cal-C-Vita Immune	Tabs		UNKNOWN	
Calpol	Syrup		KFP	
Caltrate +	Tabs		KFP	
Caltrate +	Chew		KFP	
Caltrate D	Tabs		KFP	
Caltrate Mint	Tabs		KFP	KITNIYOT
Camcolit	Tabs bs		KFP	

Passover  
**5775**

Chag  
Sameach!

May you have a  
happy and kosher  
passover.



# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIYOT
Carbamazepine	Tabs		KFP	
Cataflam D	Tabs		KFP	KITNIYOT
Cefaclor	Tabs		KFP	
Cefaclor	Granules		KFP	
Cefaclor	Caps		KFP	
Cefuroxime	Tabs		KFP	
Celestamine	Syrup		KFP	
CellCept	Caps		KFP	KITNIYOT
Centrum/50+	Tabs		KFP	
Cepacol Cough	Loz		KFP	
Cephalexin	Caps	DC	KFP	
Cephalexin	Susp		KFP	
Cetirizine	Tabs	DC	KFP	
Chela-Fer	Tabs		KFP	
Chela-Preg	Tabs		KFP	
Chloramphenicol	Caps		KFP	
Chloropect	Susp		KFP	
Chloroquine PO4	Tabs		KFP	
Cialis	Tabs	DC	KFP	
Cilift	Tabs	DC	KFP	KITNIYOT
Cimetidine	Tabs		KFP	
Cinnarizine	Tabs		KFP	
Cinnarizine	Tabs	DC	KFP	
Cipalat Ret	Tabs		KFP	
Cipralext	Tabs		KFP	
Cipramil	Tabs		KFP	
Ciprobay	Tabs		KFP	KITNIYOT
Ciprobay	Susp		KFP	
Clarityne	Tabs		KFP	
Clarityne	Syrup		KFP	
Clarityne D	Tabs	DC	KFP	
Clicks Magnesium Chelate	Tabs		KFP	KITNIYOT



# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Clopamon	Tab	DC	KFP	
Cloxin	Caps		KFP	KITNIYOT
Clusivol	Syrup		KFP	
Co-Amoxiclav	Tab		KFP	
Co-Diovan	Tab		KFP	
Colchicine	Tab	DC	KFP	
Colofac	Tab		KFP	
Co-Micardis	Tab	DC	KFP	KITNIYOT
Complenatal	Caps		KFP	
Compral	Tab		KFP	
Concerta	Tab	DC	KFP	
Concor	Tab		KFP	
Controloc	Tab		KFP	
Controloc	Tab		KFP	
Convulex	Caps		KFP	
Convulex	Syrup		KFP	
Copegus	Tab		KFP	KITNIYOT
Corenza C	Eff Tab		KFP	KITNIYOT
Corgard	Tab	DC	KFP	
Corgaretic	Tab	DC	KFP	
Cortogen	Tab		KFP	
Co-Trimoxazole	Tab		KFP	
Coversyl Plus	Tab	DC	KFP	
Coxflam	Tab		KFP	
Cozaar	Tab		KFP	
Creon	Caps		KFP	
Cyclimycin	Caps		KFP	KITNIYOT
Cymbalta	Caps		KFP	
Cytotec	Tab		KFP	
<b>D</b>				
Dalacin C	Caps		KFP	
Daonil	Tab	DC	KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Demazine	Syrup		KFP	
Depuran	Caps		KFP	
Dequadin	Paint		UNKNOWN	
Deselex	Tab	DC	KFP	
Deselex	Syrup		KFP	
Detrusitol	Tab		KFP	
DF 118	Tab		KFP	
Diamicron/DR	Tab	DC	KFP	
Diamox	Tab		KFP	
Diane 35	Tab	DC	KFP	
Diazepam	Tab	DC	KFP	
Dimetap P	Syrup		KFP	
Diovan	Tab		KFP	
Disipal	Tab	DC	KFP	
Dixarit	Tab	DC	KFP	KITNIYOT
Dolorol/Forte	Tab		KFP	KITNIYOT
Doloxene/Co	Caps		KFP	
Donnatal	Elixir		KFP	
Dormicum	Tab		KFP	KITNIYOT
Dostinex	Tab		KFP	
Doxycyl	Caps	DC	KFP	
DS-24	Veg cap		KFP	
Dulcolax	Tab	DC	KFP	KITNIYOT
Duovent	MDI		KFP	
Duphalac	Syrup	DC	KFP	
Duphaston	Tab		KFP	
Dyazide	Tab		KFP	
Dyna-Jets	Chew Tabs		KFP	
<b>E</b>				
Ecotrin	Tab		KFP	
Ecotrin	Tab		KFP	
Edronax	Tab		KFP	

make a difference  
one bite at a time.

Look out for Selwyn Segal's delicious  
range of Pesach products.



The Selwyn Segal range is created together with residents of the Selwyn Segal home for the mentally and physically disabled, offering them a chance to rise above their various challenges and discover their true potential.

**"Only Kosher for Pesach when bearing a reliable Pesach hechsher"**

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Efexor	Caps		KFP	
Elmex	T-paste/mw		KFP	
Eltroxin	Tab		KFP	
Emetrol	Soln		KFP	
Empacod	Tab		KFP	
Emvit	Caps		KFP	
Enlive Plus	Strawberry		UNKNOWN	
Enlive Plus	Grapefruit		UNKNOWN	
Enlive Plus	Lemonlime		UNKNOWN	
Enlive Plus	Orange		UNKNOWN	
Enlive Plus	Peach		UNKNOWN	
Enlive Plus	Pineapple		UNKNOWN	
Ensure + HN	Chocolate		UNKNOWN	
Ensure + HN	Coffee		UNKNOWN	
Ensure + HN	Vanilla		UNKNOWN	
Ensure w/FOS	Strawberry		UNKNOWN	
Ensure w/FOS	Vanilla		UNKNOWN	
Ensure w/FOS	Chocolate		UNKNOWN	
Ensure w/FOS	Vanilla		UNKNOWN	
Ensure w/FOS	Chocolate		UNKNOWN	
Ensure w/FOS	Banana		UNKNOWN	
Ensure w/FOS fibre	Vanilla		UNKNOWN	
Ensure w/FOS fibre	Chocolate		UNKNOWN	
Epanutin	Caps		KFP	
Ephynal	Tab		KFP	KITNIYOT
Equinorm	Tab	DC	KFP	KITNIYOT
Erythromycin	Susp		KFP	
Estrofem	Tab		KFP	
Ethambutol	Tab		KFP	
Ethipramine	Tab		KFP	KITNIYOT
Etomine	Tab		KFP	
Evista	Tab	DC	KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Expectalin	Syrup		KFP	
Expigen	Syrup		KFP	
<b>F</b>				
Famvir	Tab		KFP	
Fansidar	Tab		KFP	
Femodene	Tab	DC	KFP	
Ferrimed	Tab		KFP	
Ferrimed	Caps		KFP	
Ferrous Forte	Tab		KFP	
Filibon	Caps		KFP	
Flemex	Syrup		KFP	
Flemlite	Syrup		KFP	
Flexeze	Caps		KFP	
Florinef	Tab		KFP	
Fluanxol	Tab		KFP	
Flunitrazepam	Tab	DC	KFP	
Fluoxetine	Caps		KFP	
Flusin	Caps		KFP	
Flusin	Eff Tab		KFP	
Flusin C/DM	Syrup		KFP	
Flutex Cold and Flu	Caps		KFP	
Folic acid	Tab		KFP	
Foliglobin	Tab	DC	KFP	
Fosamax	Tab		KFP	
Fungizone	Loz		KFP	
Furosemide	Tab	DC	KFP	
<b>G, H</b>				
Gastron	Tab		KFP	KITNIYOT
Gaviscon	Liquid		KFP	
Gericomplex	Caps	DC	KFP	
Glibenclamide	Tab	DC	KFP	
Gliclazide	Tab	DC	KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Glucobay	Tabs		KFP	KITNIYOT
Glucophage	Tabs		KFP	
Glycomin	Tabs	DC	KFP	KITNIYOT
Haloperidol	Tabs		KFP	
Hyospasmol	Tabs	DC	KFP	KITNIYOT
Hypotone 250	Tabs		KFP	
Hypotone 500	Tabs		KFP	KITNIYOT
Hytrin	Tabs		KFP	
<b>I, K</b>				
Ibuprofen	Tabs	DC	KFP	
Imodium	Caps		KFP	
Indapamine	Tabs	DC	KFP	
Inderal	Tabs		KFP	
Indomethacin	Caps	DC	KFP	
Inhibace/+	Tabs		KFP	KITNIYOT
Invirase	Caps		KFP	
Inza	Tabs	DC	KFP	KITNIYOT
Ismo	Tabs		KFP	
Isordil	Tabs	DC	KFP	
Isosorbide	Tabs	DC	KFP	
Kantrexil	Susp		KFP	
Kantrexil	Tabs		KFP	
Kaostatex	Susp		KFP	
Keppra	Tabs		KFP	
Kestine	Tabs	DC	KFP	KITNIYOT
Ketazol	Tabs	DC	KFP	KITNIYOT
Kiddi	Syrup		UNKNOWN	
Kiddichoo	Tabs		KFP	
Klacid	Susp		KFP	
Klean prep	Sachets		KFP	
Kliogest	Tabs		KFP	
<b>L</b>				

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIYOT
Lacson	Syrup	DC	KFP	
Lactosec	Tab		KFP	KITNIYOT
Lamisil	Tab		KFP	
Lanoxin	Tab		KFP	KITNIYOT
Lariam	Tab		KFP	
Lasix	Tab		KFP	
Legalon	Tab		Chametz	
Lenadol	Tab		KFP	KITNIYOT
Lenamet	Tab		KFP	KITNIYOT
Lenazine Forte	Linc		KFP	
Lendormin	Tab	DC	KFP	KITNIYOT
Lenocef	Caps		KFP	
Len-VK	Tab		KFP	
Len-VK	Susp		KFP	
Leponex	Tab	DC	KFP	KITNIYOT
Lescol	Caps		KFP	
Leukeran	Tab		KFP	
Levitra	Tab		KFP	
Librax	Tab		KFP	
Lilly-fluoxetine	Caps		KFP	KITNIYOT
Lipitor	Tab		KFP	
Listerfluor	Soln		KFP	
Listerine	Mouthwash		KFP	
Locabiotol	Spray		UNKNOWN	
Logynon ED	Tab	DC	KFP	
Loperamide	Caps	DC	KFP	
Lopressor/Oros	Tab		KFP	
Lorabid	Caps		KFP	KITNIYOT
Lorabid	Susp		KFP	
Loratadine	Tab	DC	KFP	
Lorien	Caps		UNKNOWN	
LP299V	Caps	DC	KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
<b>M</b>				
Maalox	Susp		KFP	
Maxalt	Tab		KFP	
Maxalt MLT	Wafer		KFP	
Maxcil	Caps		KFP	
Maxcil	Susp		UNKNOWN	
Mebeverine	Tab	DC	KFP	
Medikeel throat	Loz		KFP	
Medrol	Tab		KFP	
Megamox	Caps		KFP	
Megamox	Susp		UNKNOWN	
Mellaril/ret	Tab		KFP	
Melodene	Tab	DC	KFP	
Menoflush	Tab		UNKNOWN	
Mercilon	Tab		KFP	
Metformin	Tab		KFP	
Meticorten	Tab	DC	KFP	
Metoclopramide	Tab	DC	KFP	
Micardis	Tab	DC	KFP	
Microval	Tab	DC	KFP	KITNIYOT
Migril	Tab		KFP	
Minerva	Tab	DC	KFP	
Minesse	Tab		KFP	
Minulette	Tab		KFP	
Mirelle	Tab	DC	KFP	
Mizollen	Tab		KFP	
<b>Mobic</b>	Tab		Chametz	
Moducare	Caps		KFP	
Moduretic	Tab		KFP	
Motilium	Tab		KFP	
Movicol	Sachets		KFP	
Moxan	Caps		KFP	



# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Moxan	Susp		KFP	
Moxyphen	Caps		KFP	
Moxyphen	Susp		KFP	
Mucaine	Susp		UNKNOWN	
Mucospect	Syrup		KFP	KITNIYOT
Myfortic	Tab		KFP	
Myprodol	Tab		KFP	
Myprodol	Caps		KFP	
Myprodol	Susp		KFP	
<b>N, O</b>				
Naproxen	Tab	DC	KFP	
Naproxen 500	Tab		KFP	
Natrilix SR	Tab	DC	KFP	
Navoban	Caps		KFP	
Neo-Mercazole	Tab	DC	KFP	KITNIYOT
Neurontin	Caps		KFP	
Nexium	tab		KFP	
Nifedipine	Caps		KFP	
Nimotop	Tab		UNKNOWN	
Nitepax	Syrup		KFP	
Nizoral	Tab	DC	KFP	
Noctamid	Tab	DC	KFP	
Nootropil	Tab		KFP	
Nootropil	Caps		KFP	
Nordette	Tab		KFP	KITNIYOT
Norflex Co	Tab		KFP	
Normacol	Granules		KFP	
Normacol Plus	Granules		KFP	
Normison	Caps		KFP	
Norprolac	Tab		KFP	
Norvasc	Tab		KFP	
Norvir	Caps		KFP	

THIS BOOK MUST BE TREATED WITH THE SAME RESPECT AS A SIDDIR.

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Novaldex	Tab		KFP	
Noveril	Tab		KFP	
Nurofen	Tab		KFP	
Nuzak	Caps		KFP	
Nystacid	Drops	DC	KFP	
O-4 Cycline	Caps		KFP	KITNIYOT
Omeprazole	Caps		KFP	
Oraldine	Mouthwash		KFP	
Orochlor	Soln	DC	KFP	
Orosept	M/wash	DC	KFP	
Oxazepam	Tab	DC	KFP	
Oxybutonin	Tab	DC	KFP	
<b>P</b>				
Paediasure		DC	KFP	
Panado	Tab		KFP	
Panado free of alcohol/sugar	Syrup		KFP	
Panamor	Tab		KFP	KITNIYOT
Panamor SR	Tab		KFP	
Pantoloc	Tab		KFP	
Parlodel	Tab	DC	KFP	
Parlodel	Caps		KFP	
Parnate	Tab		KFP	
Pax	Tab	DC	KFP	
Pediasure	Powder		UNKNOWN	
Pediasure + RTH			UNKNOWN	
Pediasure RTH/tetra			UNKNOWN	
Pegicol	Granules		KFP	
Penicillin	Susp		KFP	
Pepcid	Tab		KFP	
Permax	Tab	DC	KFP	
Persantin 200	Tab		Chametz	
Pexola	Tab		KFP	KITNIYOT

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Pharmapress	Tabs	DC	KFP	KITNIYOT
Pharmaton	Caps	DC	KFP	
Phenergan	Tabs		KFP	
Phenergan	Syrup		UNKNOWN	
Piroxicam	Caps	DC	KFP	
Plenish K	Tabs		KFP	
Polycose			UNKNOWN	
Ponac	Caps		KFP	
Ponac	Susp		KFP	
Ponac Forte	Tabs		KFP	
Ponstan	Caps		KFP	
Ponstan	Susp		KFP	
Ponstan Ft	Tabs		KFP	
Postoval	Tabs	DC	KFP	
Preflam	Syrup		KFP	
Preterax	Tabs	DC	KFP	
Primolut	Tabs		KFP	
Prinivil	Tabs		KFP	
Probiflora	Caps	DC	KFP	
Promod			UNKNOWN	
Propanalol	Tabs		KFP	
Propecia	Tabs		KFP	
Proscar	Tabs		KFP	
Protos	sachet		KFP	
Provera	Tabs		KFP	
Provigil	Tabs		KFP	
Proviron	Tabs		KFP	
Prozac	Caps		KFP	KITNIYOT
Prozac	Tabs		KFP	KITNIYOT
Prozac	Liqd		KFP	
Pulmison	Tabs	DC	KFP	
Pulmison	Soln		KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Purata	Tab	DC	KFP	KITNIYOT
Purbac	Tab		KFP	KITNIYOT
Purbac	Susp		KFP	
Pur-bloka	Tab	DC	KFP	KITNIYOT
Puresis	Tab	DC	KFP	
Puricos	Tab		KFP	KITNIYOT
Purmycin	Susp	DC	KFP	
Pyralvex	Liq		KFP	
Pyrazinamide	Tab	DC	KFP	
<b>R</b>				
Remeron	Tab		KFP	
Reminyl	Tab		KFP	
Rennies	Tab		KFP	KITNIYOT
Requip	Tab		KFP	
Risperdal	Tab		KFP	
Risperdal	Soln		KFP	
Ritalin	Tab		Chametz	
Ritalin LA	Caps		KFP	
Ritalin SR	Tab		KFP	
Rivotril	Tab/drops		KFP	
Roaccutane	Caps		KFP	
Rohypnol	Tab		KFP	
<b>S</b>				
Salazopyrin	Tab		KFP	
Sandimune	Caps		KFP	
Sandoz				
Scorbex	Tab		KFP	
Serc	Tab	DC	KFP	
Serepax	Tab		KFP	
Seroquel	Tab		KFP	
Silomat	Linct		KFP	KITNIYOT
Similac Special Care			UNKNOWN	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIYOT
Sinemet/CR	Tabs		KFP	
Singulair	Tabs/Sach		KFP	
Sinuclear	Caps		KFP	
Slow-K	Tabs		KFP	
Slow-Trasicor	Tabs	DC	KFP	
Solian	Tabs		KFP	
Solmucol	Grans		KFP	
Somnil	Tabs/Caps		KFP	KITNIYOT
Sotacor	Tabs		KFP	
Spiractin	Tabs		KFP	KITNIYOT
Spiriva	Inhalation	DC	KFP	
Spirolactone	Tabs	DC	KFP	
Stelazine	Tabs		KFP	
Stemetil	Syrup		KFP	
Stemetil	Tabs		KFP	
Stilnox	Tabs		KFP	
Stilpayne	Tabs		KFP	
Stilpayne	Caps		KFP	
Stilpayne	Syrup		KFP	
Stocrin	Caps/Tabs		KFP	
Stopayne	Syrup		KFP	
Strattera	Caps		KFP	KITNIYOT
Subutex	Tabs	DC	KFP	
Sudafed	Tabs		KFP	
Sulpiride	Caps		KFP	
Sunbrella	Tabs		UNKNOWN	
Supradyn Complete	Tabs		Chametz	
Supradyn SC			UNKNOWN	
Supradyn Vital 50+	Tabs		UNKNOWN	
Supragesic	Caps		KFP	
Symmetrel	Caps		KFP	
Syndol	Tabs		KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
<b>T</b>				
Tagamet	Tab		KFP	
Tambocor	Tab		KFP	
Tarivid	Tab		KFP	
Tarka	Caps		KFP	
Tegretol/CR	Tab		KFP	
Telfast	Tab		KFP	
Temgesic	Tab		KFP	
Temoxol	Caps		KFP	
Ten-Bloka/Chlor	Tab		KFP	KITNIYOT
Tertroxin	Tab		KFP	KITNIYOT
Theophylline	Tab	DC	KFP	
Theoplus	Tab		KFP	
Tissue salts	Tab	DC	KFP	
Tofranil	Tab		KFP	
Topamax	Tab		KFP	
Trandate	Tab		KFP	
Trileptal	Tab		KFP	
Triodene ED	Tab		KFP	
Trisequens/F	tab		KFP	
Tritace	Tab		KFP	
<b>U, V</b>				
Ulsanic	Eff Tab	DC	KFP	
Ulsanic	Tab		KFP	
Ulsanic	Susp		KFP	
Ultak	Tab		KFP	
Unat	Tab		KFP	KITNIYOT
Uralyt	Grans		KFP	
Utin	Tab		KFP	
Valium	Tab		KFP	
Vancocin	Caps		UNKNOWN	
Verapamil	Tab	DC	KFP	

# MEDICINES LIST

PRODUCT	FORM	DAIRY CONTENT	KFP	KITNIOT
Vidol	Pdr		KFP	
Viramune	Tab	DC	KFP	
Viramune	Susp		KFP	
Viramune 200	Tab		Chametz	
Vitalac	Elixir	DC	KFP	
Volmax	Tab		KFP	
Voltaren	Tab	DC	KFP	KITNIYOT
<b>X, Y, Z</b>				
Xatral	Tab		KFP	
Xenical	Caps		KFP	
Xycam	Tab		KFP	KITNIYOT
Xycam	Caps		KFP	
Xyzal	Tab		KFP	
Yasmin	Tab		KFP	
Yomesan	Tab		KFP	KITNIYOT
Zelmac	Tab		UNKNOWN	
Zinnat	Susp		KFP	
Zithromax	Susp		KFP	
Zocor	Tab	DC	KFP	
Zopiclone	Tab	DC	KFP	
Zotos	Sachet		KFP	
Zyban	Tab		KFP	
ZymafLOUR	Tab		KFP	
Zyprexa	Tab	DC	KFP	
Zyrtec	Tab	DC	KFP	
Zyrtec	Syrup		KFP	

# PET FOOD PESACH LIST 2015/5775

**PLEASE NOTE:** IT REMAINS THE PET OWNER'S RESPONSIBILITY TO CHECK THE INGREDIENTS WHEN PURCHASING PET FOODS, AS THE MANUFACTURERS CANNOT GUARANTEE THAT CHANGES WILL NOT BE MADE IN FORMULATION OF THE FOODS DUE TO THE VOLATILITY (PRICE AND AVAILABILITY) OF RAW MATERIALS. THE PRODUCTS LISTED HAVE BEEN CHECKED EXTENSIVELY BEFORE PESACH.

## HILLS SCIENCE DIET

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### 1. Dogs

#### Prescription Diet

- Dry: The entire range is suitable except: B/D, H/D, I/D Low Fat, Metabolic Advanced Weight Solution – Normal, Mini and Treats
- Wet: The entire range is suitable except: W/D and I/D

#### Normal Diet

- Dry: The entire range is suitable except: Healthy Mobility Adult – Mini, Medium and Large Breed, Sensitive Stomach, Mature Adult Senior: Mini, Medium and Large Breed (name changed to Active Longevity) and Mature Adult Senior Light (name changed to Advanced Longevity Light), Adult Advanced Fitness – Mini and Medium Breed.
- Wet: Only the Light tinned food is suitable.

### 2. Cats

#### Prescription Diet

- Dry: The entire range is suitable except: C/D Multicare and C/D Urinary Stress
- Wet: The entire range is suitable except: C/D, I/D, J/D, L/D, W/D and K/D
- Pouches: The entire range is suitable except: I/D, C/D, and K/D

#### Normal Diet

- Dry: The entire range is suitable except: Sensitive Stomach and Mature Adult Hairball Control.
- Wet: None
- Pouches: None

Contact Details: Toll Free Number 0800 228 783

## EUKANUBA/IAMS

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### 1. Dogs

#### Prescription Diet

- Dry: Only the Dermatitis and Eukanuba High Calorie are suitable.
- Wet: Only the Eukanuba Intestinal, Dermatitis and Restricted Calorie and High Calorie tins are suitable.



## 2. Cats

Prescription Diet

- Dry: None
- Wet: High Calorie Tins

Contact Details: Ms Katherine Lumb 072 299 7945

## ROYAL CANIN

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If your pet is on a Royal Canin diet that is not on the list below, Royal Canin suggests you use Royal Canin's Sensitivity Control over Pesach. This product is designed for food and skin allergies, and is safe for growing puppies and kittens. It is very easy to digest, so you can change straight on to Sensitivity Control without risking stomach upsets in sensitive pets. Sensitivity Control Canine and Feline is available in dry, tins and pouches, so even pets that are normally fed on wet food can eat this diet easily.

### 1. Dogs

Prescription Diet

- Dry: Only the Early Cardiac, Hepatic, Hypo-allergenic Dry, Renal, Sensitivity Control, Skin Support and Urinary S/O are suitable.
- Wet: Only Sensitivity Control and Urinary S/O are suitable.

Normal Diet

- Dry: Only Dachshund Adult is suitable.

### 2. Cats

Prescription Diet

- Dry: Only Hypo-allergenic Feline and Sensitivity Control are suitable.
- Wet: Only Sensitivity Control pouches are suitable.

Normal Diet

- Only Light 40 is suitable.

Contact Details: Lize Wichmann (Representative) 011 801 5000

## VETS CHOICE

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### Dogs

Only Sensitive food is suitable.

Contact Details: Reza Coetzee (Representative) 086 063 0063

### SVD (Ultra Dog)

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#### Dogs

Only Hypo-allergenic food is suitable

Contact Details: Annelise or Martin Croeser 011 411 5535

## Supermarkets

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### Dogs:

It remains the Pet Owners responsibility to check the ingredients when purchasing pet foods. Please refer to the ingredients listed on the package. Most of these products list CEREAL as a base ingredient. Please note that the species of the grain IS NOT specified, therefore, these foods are not recommended. Please avoid pet foods containing Brewer's Yeast. This extract is devised from wheat.

### Cats:

Whiskas Purrfectly Fish, Ocean Lucky Pet, Pilchards and Sardines

### Fish:

**All flaked or pelleted foods contain Chametz.**

**The only suitable foods are:** Tetra, Fresh Delicia, Whole Bloodworms, Daphnia or Brine Shrimp (packaged as a box containing 16 x 3g sachet). Tetra Fresh Delicia may be used for aquarium or cold water fish. These products are now available at most pet shops.

### Koi Fish:

Koi Fish can be fed successfully over Pesach using matzah meal.

### Birds:

Corn, carrots, potatoes, squash, dark green leafy vegetables, broccoli, cooked sweet potatoes, melons, apples, oranges, berries, bananas, pears and peaches are suitable for most types of birds. Ask your vet about specific feeding recommendations based on the type of bird you have and your bird's individual characteristics. Please note that cereals containing kitniyot (see page 15 for more information and examples) are permitted.

### **RABBITS, HAMSTERS, PET MICE, RATS AND GUINEA PIGS:**

Can be fed a homemade diet consisting of green and yellow vegetables + maize grit and sunflower seeds. Need to add an Interflora called Protexin (available at all Veterinarian Hospitals). And you need to provide a base of soil (needed for iron) and Lucerne Hay.

Kosher for Pesach bird, rabbit, hamster, pet mice, rats and guinea pigs food is available from 072 203 1077 or speak to your vet.

Thank you to Dr Robin Hodes for compiling the Pet Food Pesach List. He can be contacted for all your pet food needs, for Pesach and throughout the year, on 082 450 7626 or [vetfood@netactive.co.za](mailto:vetfood@netactive.co.za)



Wishing you a kosher and happy Pesach  
Chag Pesach Kasher VeSameach



**GEFFEN**  
WINEIMPORTS  
Importers and distributors of your favourite kosher products



# GLOSSARY

**Afikomen:** *Hebrew* from the Greek *epikomen*; the last piece of matzah eaten at the Pesach Seder, as a remembrance of the Korban Pesach, which would have been eaten at that point in the seder.

**Barech:** *Hebrew*, Literally 'blessing'; the point in the seder at which the third cup of wine is poured and Grace After Meals is said.

**Bedikat:** *Hebrew*, Literally 'to check for'; in the context of **Bedikat Chametz**, it means to search for Chametz on the night before Pesach.

**Beit Yosef:** (בֵּית יוֹסֵף) Rabbi Joseph ben Ephraim Karo's commentary on the Tur, after which he is then often alluded to throughout sifrei halacha (books on Jewish law). (1488–1575). Rabbi Karo was the author of the great codification of Jewish law, the **Shulchan Aruch** (שולחן ערוך), to which end he is often referred to as **HaMechaber** ("The Author") and as **Maran** (Aramaic: "Our Master").

**Beitzah:** *Hebrew*, Egg; the roasted or hard-boiled egg used on the Seder Plate during Pesach, as a remembrance of the Korban Chagigah (one of the festival offerings).

**Bencher:** *Yiddish*, Literally 'blesser'; the common word used for the Jewish Book of Grace After Meals (Birchat HaMazon).

**Blech:** *Yiddish*, A metal sheet placed over a gas stove (in order to allow for the warming of food on Shabbat).

**Bracha:** *Hebrew*, Literally 'blessing'.

**Chametz:** *Hebrew*, Literally 'leavened'; leavened food which may not be eaten during Pesach.

**Charoset:** *Hebrew*, Derived from the word 'cheres' meaning 'clay', it is a sweet and chunky condiment made of chopped fruit, nuts and other ingredients used on the Pesach Seder plate to represent the mortar with which the Jews were forced to build in Egypt.

**Chazeret:** *Hebrew*, a type of bitter herb, and according to most authorities this is the lettuce of today

**Chol HaMoed:** *Hebrew*, Literally 'weekday [of] the Festival'; the intermediary days of Pesach and Sukkot, on which a person is permitted to do some types of melacha (work).

**Eh-ven:** *Hebrew*, Stone.

**Eh-ven meluban:** *Hebrew*, Use of a red hot stone.

**Erev:** *Hebrew*, The day before.

**Erev Pesach:** *Hebrew*, The day before the start of the Pesach Festival.

**Fleishig:** *Yiddish*, Dishes containing meat, which cannot be served with or before milk dishes.

**Hag'alah:** *Hebrew*, Literally 'purging'; the process by which an item is kashered by submersion in boiling water.

**Haggadah:** *Hebrew*, A book containing the order of service of the traditional Pesach meal; the narrative of the Exodus from Egypt that is the main part of that service.

**Halacha:** *Hebrew*, Jewish law.

**Hallel:** *Hebrew*, Literally 'praise'; verbatim recitation from Psalms 113 – 118 as a thanksgiving and prayer on holy days and as part of the Synagogue service.

**HaMotzi:** *Hebrew*, Literally 'to draw forth'; a blessing said over bread or matzah.

**Hashgacha:** *Hebrew*, Literally 'supervision'; the kosher supervision of food production.

**Hechsher:** *Hebrew*, Kosher approval; the special marking on the packaging of products that indicate the contents have been certified kosher.

**Iruy:** *Hebrew*, Literally 'pouring'; the process by which some items are kashered by having boiling water poured over them.

**Kadesh:** *Hebrew*, Literally 'sanctification' or 'making holy'; the beginning of the Pesach Seder when the first blessing (Kiddush) is recited over the first cup of wine.

**Karpas:** The part of the Pesach Seder when a vegetable is dipped into salt water.

**Kiddush Cup:** Literally 'sanctification cup'. It is usually a beautifully and elaborately decorated wine vessel and/or goblet.

**Kazayit:** *Hebrew*, Talmudic measure approximately equivalent to the size of an average sized olive.

**Kitniyot:** *Aramaic*, Legumes; a category of foods defined by Jewish law and tradition, including some legumes and pulses, which are not eaten by Ashkenazi Jews during Pesach.

**Korban Chagigah:** *Hebrew*, Literally 'festival sacrifice'; a sacrificial lamb, goat or cow taken before noon on Erev Pesach (which we do not presently bring in the absence of the Beis HaMikdash – the Holy Temple), after which it could have been roasted and eaten as part of the Seder, so as to be able to eat the Korban Pesach when one is already satisfied.

**Korban Pesach:** The offering brought on Erev Pesach (which we do not presently bring in the absence of the Beis HaMikdash – the Holy Temple) consisting of a lamb or goat, also known as the Paschal Lamb, which was roasted and consumed on the night of Pesach.

**Korech:** *Hebrew*, Literally 'wrapper'; the part of the Pesach Seder when the Hillel Sandwich of Matzah and Maror is eaten.

**Lag Ba'Omer:** *Hebrew*, Hebrew shorthand for the 33rd day of the Omer (Lamud and Gimmel being the Hebrew letter equivalents for numeral 33); a festive day on the Jewish calendar commemorating the anniversary of the passing of the great sage and mystic Rabbi Shimon bar Yochai as well as being the day on which the students of Rabbi Akiva stopped dying.

**Libun Gamur:** *Hebrew*, Literally 'complete incineration' or 'complete torching'; the process by which an item is kashered with fire by burning until it is red hot.

**Libun Kal:** *Hebrew*, Literally 'lesser incineration' or 'lesser torching'; the process by which an item is kashered with fire by heating it until it can scorch a piece of straw that touches it from the other side.

**Maggid:** *Hebrew*, Literally 'telling'; the part of the Pesach Seder when the story of the exodus from Egypt is told.

**Maror:** *Hebrew*, Literally 'bitter'; the part of the Pesach Seder when the bitter herb is eaten following the blessing over it.

**Milchig:** *Yiddish*, Dishes containing milk or milk products, which cannot be served with or after meat dishes.

**Mishnah:** *Hebrew*, Literally 'teaching' or 'study', a term commonly referring to the Jewish oral law, specifically that codified in the Talmud.

**Mitzvah:** *Hebrew*, A precept or commandment of Jewish law.

**Motzi Matzah:** The part of the Pesach Seder when the HaMotzi blessing is said over the three matzot and the mitzvah of eating matzah at the seder is fulfilled.

**Nirtzah:** *Hebrew*, From 'appeasement', used here in the context that Hashem should be appeased with our seder; the last part of the Pesach Seder.

**Parev:** *Yiddish*, Kosher food that is neither dairy nor meat.

**Pesach:** *Hebrew*, An eight-day holiday (seven days in Israel) celebrating the Exodus from Egypt.

**Pesachdike:** *Hebrew*, Acceptable for eating on Pesach.

**Pesachim:** The volume of the Talmud dealing with the laws of Chametz, Matzah, the Korban Pesach, and the seder.

**Posek:** *Hebrew*, Literally 'decider'; a competent Rabbi who decides cases of Jewish law when previous authorities were inconclusive, or if no halachic precedent exists.

**Rabbi Moshe Feinstein:** A leading Orthodox Rabbi (1895–1986), renowned scholar and Posek (authoritative adjudicator of questions related to Jewish law) who was regarded by many as the de facto supreme rabbinic authority for World Jewry – referred to simply as "Reb Moshe".

**Rachtzah:** *Hebrew*, Literally 'washing'; the part of the Pesach Seder when the hands are ritually washed for the second time, but with the reciting of the traditional blessing.

**Rema:** (רמ"א) Abbreviation for Rabbi Moshe Isserlis (1520–1572). This eminent Polish Ashkenazic Rabbi and Posek was renowned for his fundamental work on Halacha (Jewish law) sometimes referred to as HaMapah (literally "the tablecloth"), an inline commentary on the Shulchan Aruch ("the set table").

**Rosh Chodesh:** *Hebrew*, Literally 'head of the month'; the first day of every Hebrew month, which coincides with the new moon (and, when the prior month has 30 days, then the 30th day of the previous month would also be Rosh Chodesh, i.e., a two-day Rosh Chodesh, as in the case of Rosh Chodesh Adar).

**Seder:** *Hebrew*, Literally 'order'; the ceremony on the first two nights of Pesach where the Haggadah is read prior to the Yom Tov meal.

**Sefer:** *Hebrew*, Derived from the same root as the word 'sofer', meaning 'scribe', it actually means any kind of book; among Orthodox Jews, it is used specifically for any work of Rabbinic literature (including books of the Tanach and the oral law – Mishnah and Talmud) or any work relating to Torah study.

**Shmurah Matzah:** *Hebrew*, Literally 'guarded Matzah'; Matzah that has been 'watched over' by a qualified person to ensure that the wheat does not become Chametz through contact with water, either from ketzirah (harvesting) or techinah (grinding) until the completion of the baking process. Today, this term is commonly used to express that the wheat used to produce such Matzot was watched over from the time of harvesting.

**Shulchan Arech:** *Hebrew*, Literally 'set table'; the festive meal eaten as part of the Pesach Seder.

**Siddur:** *Hebrew*, Literally 'order' or 'arrangement'; a Jewish prayer book containing liturgies for daily, Sabbath and holiday observances.

**Simcha:** *Hebrew*, Literally 'gladness' or 'joy'; a festive occasion.

**Tzafun:** *Hebrew*, Literally 'hidden'; the part of the Pesach Seder when the Afikomen is eaten. Ideally the Afikomen should be eaten before midnight.

**Tzedaka:** *Hebrew*, commonly translated as 'charity'.

**Urchatz:** *Hebrew*, Literally 'cleansing'; the part of the Pesach Seder when the hands are ritually washed for the first time, but without reciting the traditional blessing for hand washing.

**Yachatz:** *Hebrew*, Literally 'divide'; the part of the Pesach Seder when the middle matzah (of the three matzot) is broken (and the larger piece of the broken matzah is set aside for the Afikomen).

**Yom Ha'atzmut:** *Hebrew*, Day of Independence for the State of Israel, publicly proclaimed by the first Prime Minister David Ben-Gurion on the 5th day of Iyar, 5708.

**Yom Tov:** *Hebrew*, Literally 'good day'; any Jewish holy day or religious festival.

**Yom Yerushalayim:** *Hebrew*, Literally 'Day of Jerusalem'; Israeli national holiday celebrating the reunification of Jerusalem and the establishment of Israeli control over the Old City in June 1967.

**Zemirot:** *Hebrew*, Literally 'songs'; commonly refers to hymns sung during and after Shabbat meals.

**Z'roa:** *Hebrew*, Literally 'arm'; the roasted lamb or goat shankbone used during the Pesach Seder on the Seder Plate, as a remembrance of the Korban Pesach.





# Chag Sameach

**Pick n Pay**  
**Pure Sunflower Oil**

**Ingredients:**  
Sunflower Oil

**Warnings:**  
Risks associated with consumption by soya and peanuts. Avoid overheating and reprocessing of oil. Over the oil darkens and develops a rancid and bitter taste when heated.

**Storage Instructions:**  
Store in a cool, dry place away from direct sunlight. Do not refrigerate.

**Nutritional Information:**

	per 100 ml (in package)
Energy	3403 kJ
Protein	92 g
Total Fat	118 g
Total Sugar	0 g
Total Sodium	0 mg

**Backed by Pick n Pay's DOUBLE YOUR MONEY BACK quality guarantee.**

*Raymond Ackerman*  
Raymond Ackerman

**750 ml**

\* Reference is per National Food Consumption Tables (NFCT).

## PnP STORES AROUND SOUTH AFRICA THAT STOCK KOSHER GOODS

STORE NAME	TELEPHONE NO.	ADDRESS
<b>GAUTENG</b>		
Bedford Centre	011 616 4004	Shop L1, 1st Floor, Bedford Centre, Cnr Smith and Kirby Roads, Bedfordview, JOHANNESBURG
Benmore Centre	011 783 1091	Ground Floor, Benmore Gardens Shopping Centre, Cnr Benmore and West Streets, SANDTON
Bramley Gardens Family	011 786 2846/7	Bramley Gardens, Cnr Corlett Drive and Helen Road, Bramley, SANDTON
Darras	011 618 3257/8	Darras Centre, Cnr of Kitchener and Juno Rd, Kensington, JOHANNESBURG
Faerie Glen Hypermarket	012 990 6500	Cnr Atterbury Road and Selikats Causeway, Faerie Glen, PRETORIA
*Fairmount	011 640 3027	Genesis Conference, George Street, Fairmount, JOHANNESBURG
*Gallo Manor	011 802 6146	Morning Glen Centre, Cnr Bowling Road and Kelvin Drive, Gallo Manor, JOHANNESBURG
Greenstone Hypermarket	011 997 0600	Greenstone Shopping Centre, Cnr Modderfontein and Van Riebeeck Avenue, Edenvale, JOHANNESBURG
Hyde Park Centre	011 325 4190/1	Hyde Park Corner, Cnr 6th and Jan Smuts Avenues, Hyde Park, JOHANNESBURG
*Killarney Mall	011 646 6883	Shop No 2, Killarney Mall, 60 Riviera Road, Killarney, JOHANNESBURG
Louis & Louis	011 485 5293	Top Spot Shopping Centre, 283 Louis Botha Ave, Orchards, JOHANNESBURG
Morningside	011 884 4220	Morning View Centre, 100 South Road, Morningside, SANDTON
*Norwood Hypermarket	011 628 0000	Cnr Grant and 6th Avenues, Norwood, JOHANNESBURG



\*UNDER BETH-DIN SUPERVISION

## PnP STORES AROUND SOUTH AFRICA THAT STOCK KOSHER GOODS

STORE NAME	TELEPHONE NO.	ADDRESS
Outspan Road Family	087 940 3887	Morningside Shopping Centre, Cnr Outspan and Rivonia Roads, SANDTON
Rosebank Mall	011 880 7757	Rosebank Mall, Baker Street, Rosebank, JOHANNESBURG
Victory Park	011 782 0125	Victory Park Shopping Centre, Cnr Rustenburg Road and 2nd Avenue, Victory Park, JOHANNESBURG
<b>FREE STATE</b>		
Noordstad	051 433 2813	Northridge Mall, Eeufees Road, Helicon Heights, Noordstad, BLOEMFONTEIN
Preller Walk	051 410 4360	Preller Walk Mall, Cnr General Hertzog and Louw Wepener Street, BLOEMFONTEIN
<b>EASTERN CAPE</b>		
George	044 871 1701	Knysna Road, GEORGE
George Family	044 884 0511	Pre-Cap Centre, 28 Courtney Street, GEORGE
Knysna	044 382 5656	Woodmill Lane Centre, Woodmill Lane, KNYSNA
Oudtshoorn	044 272 8686	Queens Mall, Voortrekker Road, OUDTSHOORN
Plettenberg Bay	044 533 4331	Market Square Shopping Centre, Beacon Way, PLETTENBERG BAY
Vincent Park	043 726 3258	Vincent Park Centre, Devereaux Avenue, PORT ELIZABETH
Walmer Park	041 367 1116	Walmer Park Shopping Centre, Main Road, Walmer, PORT ELIZABETH
<b>NORTHERN CAPE</b>		
Royldene	053 832 7522	Northcape Mall, Corner Memorial and Constantia Roads, KIMBERLEY

# PnP STORES AROUND SOUTH AFRICA THAT STOCK KOSHER GOODS

STORE NAME	TELEPHONE No.	ADDRESS
<b>WESTERN CAPE</b>		
Canal Walk	021 555 0255	Shop 129 Canal Walk Shopping Centre, Century Blvd, Century City, CAPE TOWN
*Claremont	021 674 5908	Corner Campground & Main Roads, Claremont, CAPE TOWN
Constantia	021 794 5031	Corner Spaanschemacht & Main Roads, Constantia, CAPE TOWN
Gardens	021 461 1046/7	Mill Street, Gardens, CAPE TOWN
Plumstead	021 762 1124	29 Gabriel Road, Plumstead, CAPE TOWN
*Sea Point	021 434 8987	Adelphi Centre, Main Road, Sea Point, CAPE TOWN
Table View	021 557-6180/4	Cnr Blaauwberg & Otto Du Plessis Roads, Tableview, CAPE TOWN
Waterfront	021 418 3614/5	V&A Wharf Pantry, V&A Centre, Waterfront, CAPE TOWN
<b>KWAZULU NATAL</b>		
Hyper by the Sea Durban North	031 581 5300	Uitsig Road, Mangrove Park, DURBAN NORTH
*Musgrave	031 201 4208	Musgrave Centre, 115 Musgrave Road, Berea, DURBAN
Umhlanga Corporate	031 566 5667	Umhlanga Crescent Shopping Centre, No. 1 Sunset Crescent, UMHLANGA RIDGE
Umhlanga Family	031 561 6365	Shop 16, 14 Chartwell Drive, UMHLANGA



\*UNDER BETH-DIN SUPERVISION

## BECOME A SMART SHOPPER

Pick n Pay offers a great loyalty programme to our customers.

With smart shopper you'll earn smart points each time you shop and you can quickly earn extra smart shopper points by taking advantage of in-store special offers and personalised vouchers available at kiosks.

To become a member, sign up for your smart shopper card in store and start enjoying the benefits!

## SOCIAL MEDIA

You can use the website to talk to us, you can join our Facebook fan page, or follow Pick n Pay, or Fresh Living on Twitter: @PicknPay and @Fresh\_Living.

## CUSTOMER SERVICE

What does Pick n Pay offer you?

### • Baby Rooms

Our clean, comfortable baby rooms are equipped for easy changing and feeding. Available in all Pick n Pay Hypermarkets and selected Pick n Pay stores.

### • Baby Seat Trolleys

To ensure the comfort and safety of your baby, we have introduced trolleys with specially fitted baby seats at selected stores. Please fasten your baby securely and do not leave your baby unattended at any time.

### • Courier Service

PnP teamed up with Aramex to offer a one-size, one-price, no-problem overnight courier service to customers. Aramex has installed drop boxes at selected stores around the country so customers can buy an Aramex sleeve for a flat fee of R99. Follow the easy instructions, drop your parcel in the box, and your package will be delivered to your chosen address by the following morning. Please note that outlying areas may take up to 72 hours to deliver.

### • Bill Payments

Pay your bills marked with the EasyPay or Pay@ logos including municipal accounts, traffic fines, charities, Telkom and DStv/MultiChoice subscriptions. To pay a bill, simply hand your statement to the cashier at the till or provide the reference number on the statement; the payment is made quickly and easily. Unfortunately no cheques are accepted for bill payments.

- **Cash Withdrawals**

Customers have access to withdrawing cash from any ABSA, Nedbank, Standard Bank, FNB or Capitec debit/cheque cards at out till points. This is a convenient, safe and often cheaper alternative to using an ATM.

- **Easy Entertaining**

Let us make entertaining a breeze. Order hot meals, platters, sushi, cakes and even picnic baskets from our Deli counters and enjoy easy, convenient and cost-effective entertaining. This service is available at selected stores. Please enquire at the Customer Service desk.

- **Facilities for the Disabled**

We are passionate about providing superior facilities for our disabled customers, like: dedicated parking bays, in-store wheelchairs and wider wheelchair-friendly checkout points (at selected stores), bathrooms for the disabled and Teldem-enabled telephones for the deaf on our Customer Care line.

- **Gift Cards**

Give someone special a thoughtful gift with the swipe of a card. Gift cards are available at the tills where you load the value of your choice on the card you choose. You can check and top up the balance at the till and so use the card again and again.

- **Gift Card Mall**

Choose a brand, load a gift card, and make someone's day with the best gift ever! Pick from sport and magazines to fashion, songs and apps at our gift card mall and give the gift of choice.

- **Pharmacies**

Selected stores offer a primary care clinic, a fully stocked dispensary and a comprehensive range of self-medication products (including an entire range of vitamins and supplements), all at discount prices.

- **Get it on Credit**

Credit is available in store for purchases of large-ticket items such as appliances. No deposit; for more details, enquire at the Customer Service desk. This convenient service is available at selected Pick n Pay Hypermarkets.

- **Health Hotline**

Contact our free dietary and nutritional information service available during office hours. Call 0800 11 22 88 and ask for the resident dietician, who will answer questions on food-related health issues, as well as the nutritional content or suitability of any Pick n Pay product.

- **Buy Aids**

Cards accepted in our stores.

- **Online Shopping**

Pick n Pay online shopping is a safe and convenient way to shop for groceries over the internet, without leaving the comfort of your own home or office. You can also earn smart shopper points and use your

points (rand value) to pay for your online purchases. Customers can also place their orders, let us get it ready for them, and collect their orders from selected stores, through a facility we call 'Click n Collect'. Visit [www.shop.pnp.co.za](http://www.shop.pnp.co.za) for more details or call 0860303030.

- **Rain Cheques**

Should there be an item on special that is out of stock at the time of your visit, you can receive a Rain Cheque for that item which guarantees that when you come back for the product, within a 30 day period, you will pay the advertised price. Please enquire at the Customer Service desk.

- **RCS**

RCS cards accepted in Pick n Pay stores to pay for goods.

- **RSA Retail Saving Bonds**

RSA Retail Savings Bonds offers you the opportunity to invest in accessible, affordable, secure and risk-free investment bonds. Manage your investment and watch it grow.

- **Social Grant Payouts**

Social grant beneficiaries in South Africa have been issued SASSA cards that are loaded with monthly grant payments. Pick n Pay stores accept the MasterCard SASSA cards at till points to withdraw cash as well as to purchase groceries.

- **Mobile Money**

The new and easy way to make money transfers, payments and purchases directly from your cell phone. Open a free mobile banking account, and you can send money to friends, make deposits and withdrawals, or pay for things, all by simply using your phone. No more bank queues. No more carrying cash. Register in store or visit

[http://mobilemoney.pnp.co.za/?\\_ga=1.241337920.39812030.1410768901](http://mobilemoney.pnp.co.za/?_ga=1.241337920.39812030.1410768901)

- **Save the World**

Pick n Pay's Green Bags are made from a special environmentally friendly fabric. A portion of the selling price of every Green Bag sold goes to a special environmental fund – one that has enabled the "Kids in Parks" programme to become a reality. Pick n Pay is also constantly developing its PnP Organic product range, making green items available at affordable prices and striving to reduce its own carbon footprint at all its offices and stores.

- **Recycling**

Selected stores provide recycling collection bins for used batteries, plastic containers, ink cartridges and CFC light bulbs.

- **Pick n Pay Travel**

Book your flights, hotels and car through PnP Travel, earn smart shopper points and make use of our low in store travel payment fee. You can even use your smart shopper points to pay for flights in-store. Visit <http://www.pnptravel.co.za/> for more details.

- **Buy Electricity**

- **Airtime**

Pick n Pay customers can top up their mobile and Telkom landline airtime balances at any store nationwide. Airtime is available for all major mobile networks in set denominations, with instructions on how to activate purchased airtime on the customer's till slip.

- **PnP Webtickets**

Book your tickets for festivals, expos, theatre and much more through Pick n Pay Webtickets and pay in store. Visit <http://www.webticket.co.za> for more details.

- **Mobile app**

Download the Pick n Pay mobile app for free and manage your smart shopper card, points and switches, all from your phone. Visit the mobile app store and download for free.

- **Double the Difference**

If any item scans at a higher price than displayed on the shelf and the barcode corresponds, we will give you the item at the marked price, PLUS double the difference off the first item and the subsequent items at the lower price.

**Terms and Conditions of Double the Difference:**

- o Policy is applicable only from time of purchase;
- o Double the difference does not apply to staff;
- o Barcode needs to correspond with item being queried;
- o Only the first item is given double the difference back and balance of products at the lower price;
- o If double the difference is more than the product, the customer gets the product for free.

- **Customer Service and Communication**

Our in-store Customer Service Managers, easily identified by their red uniforms, ensure that good service levels are maintained and that all in-store customer queries and complaints are managed.

It is our policy to respond to every instance of communication, however minor.

Our toll-free (from landline only) Customer Careline '0800 11 22 88' is available to customers 7 days a week. Mondays to Saturdays: 8 – 7pm. Sundays and Public Holidays 9 – 5pm.

Consultants are trained to assist customers with any queries and to resolve problems and complaints swiftly. Feel free to follow us on Facebook and Twitter as well. We look forward to hearing from you.

- **Returns Policy**

Pick n Pay strives to provide the best possible service to its customers and has put the appropriate measures in place to ensure all its staff and suppliers are fully aware of, and comply with the Consumer Protection Act. We are committed to operate our business in terms of the requirements of the Consumer Protection Act and our returns policy is aligned therewith. Please visit our website for the full policy: [www.picknpay.co.za](http://www.picknpay.co.za).



# MECHIRAT CHAMETZ 2015/5775

Jews are not allowed to own Chametz during Pesach. Where it is not possible to dispose of all Chametz, the Halachah has made provision for it to be sold to a non-Jew before Pesach.

The Beth Din undertakes this legal procedure on the morning of Erev Pesach. The Chametz that has been sold (for which ownership has legally changed hands) must be stored in a cabinet, cupboard or room that is locked on the morning of Erev Pesach by the time period for burning/disposal of Chametz applicable to your area (see date/time on page 13), and which must remain inaccessible for the duration of Pesach. It is also important to label these areas clearly, stating that they contain Chametz which has been sold to a non-Jew.

NOTE: When selling Chametz, make a list of everywhere it might be – in the house, in a holiday home, in a caravan or garage, in an office or on business premises, and in vehicles. The selling of the Chametz should ideally be done **personally** through your local Rabbi. IF YOU ARE UNABLE TO SELL YOUR CHAMETZ THROUGH YOUR RABBI PERSONALLY, YOU MAY COME TO THE UOS OFFICES TO SIGN THE FORMS FOR THE SALE OF CHAMETZ OR ALTERNATIVELY COMPLETE THE FORM ON PAGE 96 AND RETURN IT before 9:00 am on the morning of Erev Pesach, Friday 3 April, to the Beth Din offices:

**HOD CENTRE: 58 OAKLANDS ROAD  
ORCHARDS, JOHANNESBURG**

Alternatively, if necessary, one could  
FAX the form to **011 640 7528/011 485 4578/086 610 3472**

**OR**

e-mail it to the Beth Din at [chametz@uos.co.za](mailto:chametz@uos.co.za)

**OR**

sell the Chametz via a link on the UOS website ([www.uos.co.za](http://www.uos.co.za))

**NB:** If Chametz is not sold before Pesach and remains in one's possession during Pesach, it becomes totally prohibited and may not be used even after Pesach. It must be destroyed.

# MECHIRAT CHAMETZ FORM 2015/5775

## SALE OF CHAMETZ

To the Beth Din:

I hereby authorise you to sell to a non-Jew, on my behalf, all Chametz belonging to me that has not been disposed of, including Chametz that will be delivered to me any time from now until the end of Pesach. I hereby authorise you to also rent out the places where the Chametz is stored.

ADDRESS/ES:

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SIGNED at \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_ 2015/5775

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please note that upon the authorisation of the sale it is customary to make a Tzedakah donation to the Beth Din:

**BETH DIN  
STANDARD BANK NORWOOD  
BRANCH CODE: 004105  
ACCOUNT NUMBER: 201664739  
BENEFICIARY: UOS  
REF: CHAMETZ AND SURNAME**

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- 78 years of service
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Kosher Desk

