IT'S KOSHER
FOR PESACH

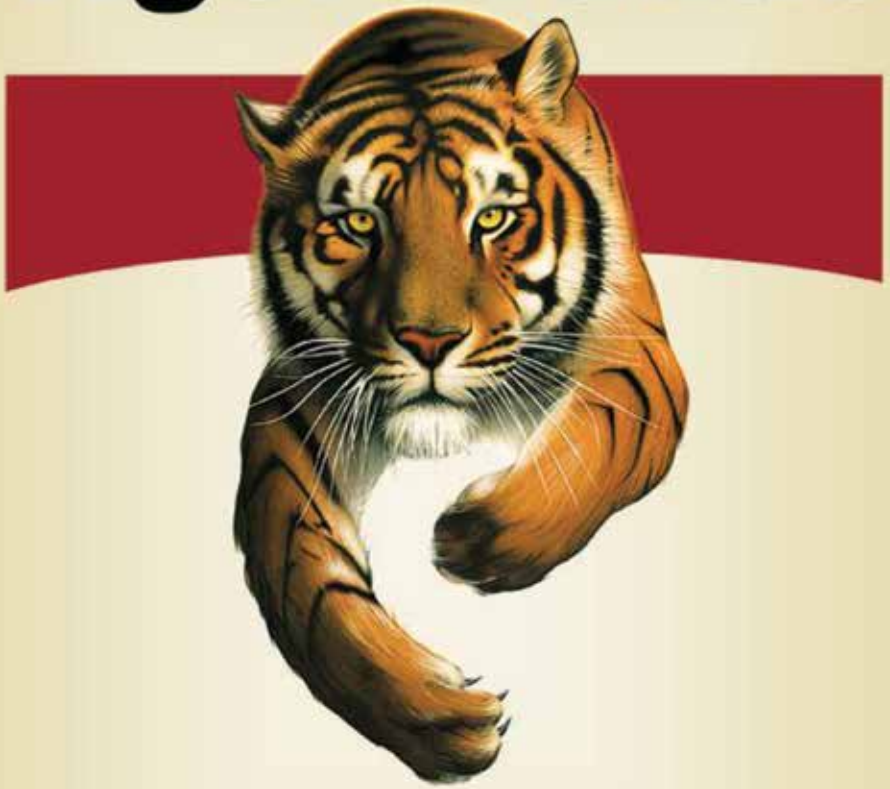
Chag Sameach

to all our Jewish customers
2020/5780

it's kosher

Pick n Pay

Tiger Brands



Wishing all our Loyal Customers a Happy and Healthy Passover

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This book must be treated with the same respect as a siddur.

ONE CUP OF TEA
YOU SHOULDN'T
PASS OVER.

CHAG SAMEACH

MESSAGE FROM
CHIEF RABBI WARREN GOLDSTEIN

Dear friends

What is the message of matzah? The Torah tells us we eat matzah because when the Jewish people left Egypt, there wasn't enough time for the bread to rise. But this raises questions. Surely Hashem could have coordinated things better so that there was enough time for the bread to rise? Can you imagine – leading three million Jews out of the land of Egypt into the desert and, of all things, not getting the catering right, leaving the people with nothing but matzah? Just think of the complaints that were directed at Moshe!

Rabbi Samson Raphael Hirsch answers that, of course, Hashem planned it to happen this way. It was necessary that the bread wouldn't have time to rise so that the matzah could be the symbol of our redemption for all time, because it shows that we did not liberate ourselves. The matzah shows that we were in the depth of slavery, we were quickly – and without time to prepare our food – whisked out to freedom by G-d. It all happened so fast, which shows that we didn't do it ourselves because we didn't prepare or plan for it. The matzah represents this speed and our lack of control. It shows us that absolutely nothing other than Divine intervention could have saved us. On Pesach, we celebrate and give thanks to Hashem for our freedom.

Thanks to the resolute commitment of the Kosher Department, we can truly experience the joy of Pesach, and our freedom, as well as our gratitude to Hashem, because we are spoiled for choice when it comes to the variety and quality of Pesach products on the shelves once again this year. The Kosher Department works passionately, scouring ingredients lists and working with companies and factories to bring you the finest Pesach products from around the world.

I want to thank those in the Kosher Department for their dedication and effort leading up to Pesach, and for making kosher food accessible to our community. On behalf of our entire community – to Rabbi Dovi Goldstein, head of Kosher Department, to the dayanim of the Beth Din, and the team of Rabbi Baumgarten, Rabbi Klein, Rabbi Liberow, Rabbi Rabin and Rabbi Salzer, and to Galya Falkson and all our dedicated mashgichim – a heartfelt thank you from all of us for all you do.

Wishing our entire community a chag kasher vesame'ach, a kosher and joyous Pesach.

Chief Rabbi Warren Goldstein

MESSAGE FROM
RABBI DOVI GOLDSTEIN

Dear friends

The last year has seen tremendous growth at the BD Kosher Department thanks to our highly motivated office teams, additional RFRs (Rabbinic Field Representatives) and hundreds of hours of additional training for our mashgichim. We have engaged extensively with the community via WhatsApp, newsletters and our public communications, ensuring that our community is kept up-to-date with the latest developments in the Kosher space.

We began Pesach planning from last July by reviewing all our internal processes and seeing which areas we can improve on. We reached out to many of the companies that we certify from September and the first Pesach productions began soon afterwards. At the BD Kosher Department, an enormous amount of work goes into working with companies, retailers and community members, to ensure that the best possible Pesach is brought to the South African Jewish community and beyond (our matzahs can be bought throughout South Africa as many locals love the unique taste).

We provide the highest level of Kashrus for Pesach and all year round. Every product has its ingredients scrutinized by our ingredient specialists, every factory inspected by our highly qualified RFRs and for Pesach, every production run supervised by our mashgichim.

We heard you last year and the latest PnP Pesach Guide contains even more up-to-date information to make your Pesach as convenient as possible. We have also updated the "Green List" in the latest guide. Our team has spent many hours researching common products used over Pesach and investigated our current Kosher manufacturers, ingredients and processes to establish which products do not require a special Pesach Hechsher. Based on the feedback from last year, we believe that this assists the community with Pesach preparations by making it easier and more cost-effective to prepare for Pesach.

This year, we are also adding extra hours to our Kosher Desk WhatsApp hotline, to assist you with your Pesach and general Kosher queries. Please use our WhatsApp hotline on 063 693 9417, so we can make your Pesach planning as smooth as possible.

I would like to thank our incredible team who have worked with over 60 local companies and food services to bring Pesach to you. We exist to serve the community and to provide you with the latest and most up-to-date Kosher information and our vision is for more people to eat more kosher more often for less.

I would like to thank Pick n Pay and their outstanding team for going above and beyond to ensure that the Jewish community is well taken care of and making sure the Pesach guide is readily available for you.

I hope that you and your families will be blessed with a Pesach filled with joy, kindness and freedom.

Rabbi Dovi Goldstein

MESSAGE FROM
PICK n PAY

Dear all

As we plan for the annual festival of Pesach, we would like to wish you a happy and peaceful Seder with family and loved ones.

May this be an opportunity for us all to recognise and remember the freedom we celebrate every day as a community and a nation.

We at Pick n Pay would like to thank you for your loyal support over the past 52 years. We trust that the kosher for Pesach offering our team has worked so hard to deliver, will make Pesach 2020/5780 a memorable and happy one.

We wish the entire community a Chag Kasher VeSame'ach.

Warm regards
Suzanne and Jonathan Ackerman

EXPLANATION OF
CHAMETZ AND KITNIYOT

What is chametz?

Chametz is any food product made from wheat, barley, rye, oats or spelt that has come into contact with water and has been allowed to ferment and rise.

The Torah forbids the consumption of chametz on Pesach; in addition, it may not be owned or fed to animals.

Some examples of chametz are bread, cake flour, pasta, beer, and whiskey.

Is egg matzah considered chametz?

Chametz is only created when flour from one of the five major grains – wheat, barley, rye, oats and spelt – is fermented in water. When fermentation occurs with other liquids – such as fruit juice, wine, or eggs – the product is not chametz.

The mixture commonly known as egg matzah (although it is nowadays usually made with apple or grape juice) may therefore be eaten during Pesach without any concerns – **as long as no water is or has been added**. When a drop of water is added to the mixture or to any of its ingredients, it becomes chametz immediately.

It is for this reason that the custom among Ashkenazim is to refrain from eating egg matzah during Pesach. If, however, it is absolutely necessary for children or the elderly, who might have difficulty eating regular matzah, then it may be consumed. However, they may not use egg matzah to fulfil the mitzvah of eating matzah at the Seder.

Matzah Ashira (Matzah products baked with eggs, juice or honey instead of water) products are recommended for those of Sephardic descent, but not for those of Ashkenazic heritage with the exception of small children and the infirm.

What is kitniyot?

Kitniyot (loosely translated) means "legumes". It is not chametz and does not have the same Halachic statutes as chametz. Therefore, it is not required to be disposed of or sold before Pesach, and it may be fed to animals. For practical reasons, though, it is advised to keep kitniyot out of reach to prevent the possibility of any mistakes.

Examples of kitniyot and kitniyot derivatives
Kitniyot includes common food products like rice, beans, and corn. Today, because of the complexity of the food industry, many products may contain kitniyot. Even if an imported product has a reliable hechsher for Pesach, one must still check if it contains kitniyot (due to the fact that Sephardic communities allow kitniyot, as mentioned below).

The Rama prohibits the eating of kitniyot on Pesach because it:

1. can be confused with forbidden grains that are made into flour, and

2. is often grown in fields next to forbidden grains and could get mixed up.

In contrast, the Beit Yosef permits the consumption of kitniyot on Pesach. Sephardim, therefore, eat them, while Ashkenazim do not.

Halachic authorities differ on whether kitniyot derivatives are also prohibited. Some place them in the same category as kitniyot, while others do not. In certain cases, the Beth Din allow kitniyot derivatives (such as sunflower oil), but there are those who follow stricter guidelines.

The following are examples of kitniyot and kitniyot derivatives:

Amaranth	Cumin	Liquorice	Sodium citrate
Anise	Dextrose	Linseed	Sodium erythorbate
Ascorbic acid	Emulsifiers	Lucerne	Sorbitan
Aspartame (NutraSweet)	Erythrobic acid	Lupine	Sorbitol
Beans	Fennel seeds	Maize	Soy beans
BHA (in corn oil)	Fenugreek	Maltodextrins	Soy lecithin
BHT (in corn oil)	Coriander	Millet	Soy oil
Black-eyed peas	Flax seeds	MSG	Stabilizer
Buckwheat	Glucose syrup	Mustard flour	Starch
Calcium Ascorbate	Green beans	Peas	String beans
Caraway	Guar gum	Polysorbates	Sunflower seeds
Cardamom	Hemp seeds and pods	Popcorn	Tofu
Chickpeas	HVP	Poppy seeds	Vetch
Citric acid	Isolated soy protein	Rape seed	Vetching
Confectioners' sugar	Isomerised syrup	Rice	Vitamin C
Corn	Kasha	Rice flour	Wild rice
Corn oil	Kimmel	Saffron	Xanthan gum
Corn starch	Lecithin	Sesame seeds	
Corn syrup	Lentils	Snow peas	

Are peanuts considered kitniyot?

Halachic authorities also differ on whether peanuts are kitniyot or not. Since peanuts were not known in Ashkenazic countries at the time when the original prohibition was made, there are opinions that are lenient. There is a long-standing Beth Din policy to permit peanuts on Pesach, and Rabbi Moshe Feinstein (in Igrot Moshe 3:63) is lenient in this regard, too.

In light of this, peanut derivatives (e.g. peanut butter and peanut oil) are permitted under Beth Din supervision with a Pesach hechsher, but there are those who follow stricter guidelines.

For more information
Please see section 6 on page 35 for information about kitniyot in medicine, vitamins and baby food.

PREPARING FOR **PESACH**

1. Kashering explained

The prescribed method depends on the utensil and how it was used. Generally, the item is kashered in the same way it is used. For example: a braai grid that has been used on an open fire needs to be kashered with fire at a high temperature, or a spoon that has been used in liquid needs to be kashered using boiling water.

All kashering should be completed before the time when chametz may not be eaten. Ideally, one should have dedicated crockery and utensils for Pesach, but if not, Halacha (Jewish law) allows for certain items to be kashered.

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

Method 1: **Fire**
There are three processes:

a) Libun gamur (burning until red-hot)	Only for items used over a fire (like a braai grid). Since libun gamur can cause permanent damage through warping or staining, it is not recommended. An item that requires libun gamur should, therefore, be replaced for Pesach. Libun gamur can also be performed in a furnace.
b) Libun kal (light burning)	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 item will turn brown when touching it.
c) Libun kal b'yoter (very light burning)	The surface of the item should reach a temperature of 71 °C (yad soledet bo).

Note: When kashering with fire, the 24-hour waiting period (see Method 2: Water) does not apply. Libun can also be performed if the item is not 100% clean, but this could result in a lot of staining and is, therefore, not recommended.

It's not possible to quantify the amount of time needed for each object to be subjected to fire in order for it to be kashered. This would depend on the material and intensity of the flame to get to the required heat.

Method 2: **Water**
Kashering with water is only effective if:
- the item has had no contact with hot chametz for at least 24 hours prior to kashering, and
- all the items are spotlessly clean for at least 24 hours before the process.

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

There are three processes:

a) Hagalah (immersing items into vigorously boiling water, i.e. water with large bubbles on the surface)	• Hagalah should be performed in either a Pesach container (one used specifically for Pesach), or in a chametz container that has been cleaned, left unused for 24 hours, and kashered. • Hagalah requires that the item must be immersed in water that is boiling vigorously. The item must remain immersed for a few moments while the water is boiling. • Take care not to kasher too many items at once. It is also important that items are dry before they are immersed. • Kashering can be performed in sections, provided that each and every section is completely immersed in the boiling water and then immediately rinsed with cold water 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. For this re-kashering it is acceptable to simply top up the water immediately (without waiting for 24 hours) and allow it to overflow.
b) Iruy 1 (pouring boiling water from a kettle while it is still boiling)	• The water should be boiled in either a Pesach container or in a kashered chametz container. The item must be completely dry before performing iruy and the water must be poured liberally over the item. • To ensure that the water is boiling while pouring, it is advisable to use an electric kettle. In order to prevent the kettle from switching itself off, take off its lid or keep it open. • Alternatively, keep the water boiling on the surface of the item by placing a very hot stone (around 100 °C, otherwise known as an even meluban) on the item's surface, or use a hot metal (e.g. a waterproof steam iron) over the water after it has been poured. • After kashering, rinse the surface with clean, cold water. • If you use a kettle that 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, then proceed.
c) Iruy 2 (pouring boiling water from any container in which it was boiled)	• Everything is the same as 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. • In the case of both iruy 1 and 2, it is not necessary to re-kasher the container from which the boiling water was poured, even if it will be used during Pesach.

General notes on kashering:

1. 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.
2. All cracks and crevices have to be thoroughly cleaned.
3. Materials that can be kashered include metal, natural rubber and wood.
4. 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).
5. Though china or glazed earthenware etc. cannot be kashered in the regular way as above, they can be kashered 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). If you would like to do this, please contact Mrs. Isabel Mailich on 083 267 1074.
6 Items that cannot be kashered includes 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).
7. 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.
8. Deep-fryers, air fryers, electric frying pans, woks, electric waffle makers, toasters, toaster ovens, colanders, graters, sieves and George Foreman grills cannot be kashered.
9. Plastics should not be kashered for Pesach, however, an item that only has a plastic handle may be kashered.

2. Preparing your home
Kitchen

Nutribullets

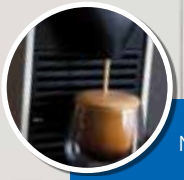
If no sharp items were used in the machine (such as onion, lemon, radish etc), then it can just be washed thoroughly with a new sponge and detergent.
If it has been used for sharp items then the blade should be removed and kashered by hagala method 1, and the plastic cups should be kashered using Iruy 1.

Water coolers

If one cannot replace the taps, one should first clean the machine using a new sponge and detergent and then run the hot water through the hot water tap for a few seconds.

Bibos

If one cannot replace the taps, one should first clean the machine using a new sponge and detergent and then run the hot water through the hot water tap for a few seconds.



Nespresso machines

1. Clean the outside of the machine thoroughly with a new sponge and detergent.
2. Make sure there is NO pod in the machine.
3. Fill the water canister.
4. Turn on the machine.
5. Run a cycle without a pod until the water that comes out is clear. This will clean the inside of the machine.
6. Do not use the machine for 24 hours.
7. After 24 hours, fill the water canister to the top again.
8. Turn on the machine.
9. Kasher the machine by running a cycle without a pod.

Nespresso milk frothers

Clean well and kasher with Iruy 1.

This book must be treated with the same respect as a siddur.
This book must be treated with the same respect as a siddur.

Kitchen

Aprons, tablecloths, and dish towels
Replace, launder or dry-clean.

It is preferable to have special Pesach items for materials that come in contact with food. If this is not possible, it is permissible to use regular items of any fabric, including Terylene, after they have been laundered in hot water with detergent, or dry-cleaned. Plastic tablecloths must, however, be replaced.

Kiddush cups
Clean thoroughly and hagalah.

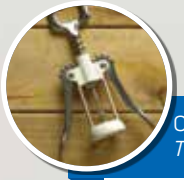
Clean as thoroughly as possible, do not use for 24 hours, and then kasher through hagalah.

Blechs, cutting boards, graters, hand blenders, and thermos flasks
Replace.

These must be replaced.

Books, benches, and benching cards
Cleaned or locked away.

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.



Corkscrews
Thoroughly cleaned.

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

Cutlery, silverware, and other small items
Hagalah.

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 not be used for 24 hours and kashered through hagalah. Note that it is not possible to kasher any cutlery with gaps at its handle, 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, horn or bone handles cannot be kashered.

Glass vessels and drinking glasses
Submerge in cold water.

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

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, replacing the water between each period. Also rinse it with cold water at the end of the last period.

Floors
Clean thoroughly.

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 it; anything that cannot be rinsed (such as matzah) should not be eaten.

Kitchen

Food mixers, processors and mincers

Clean thoroughly and hagalah or libun kal.

In case of need, metal food mixers, processors and mincers can be kashered 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 them. If this is not possible, then you can kasher bowls, beaters, blades and mincers through hagalah, after burning out all the parts that are difficult to clean, including the mincing screen (impossible if these are housed in plastic). Alternatively, it can be kashered through libun kal (impossible if these are made from plastic).

Fridges and freezers

Clean thoroughly and cover all areas that come into direct contact with food.

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

Replace or libun kal.

Metal pans can be kashered through libun kal, but since warping is a definite concern, 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.

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Microwave ovens

Clean thoroughly.

Clean all surfaces thoroughly. Do not use for 24 hours. Boil water in a polystyrene container for half an hour (refill it if it vaporises). You must either cover all six sides (including the door) with paper, waxed paper, or cling wrap, or else double-wrap the food from all sides. Replace the revolving plate, or at least apply hagalah to it, then cover it with plastic or styrofoam.

Microwave convection ovens

1. Thoroughly clean the whole oven (all six sides including the door), especially in all grooves and corners. Use a corrosive cleaner (e.g. Zeb) until there is no possibility of any dirt remaining. Use a blowtorch to help burn out accumulated dirt (disregard stubborn spots that remain after cleaning twice). Clean the racks thoroughly and place them in the clean, but not yet kashered oven.
2. Wait 24 hours.
3. Switch on to the highest heat and leave it on for 1 hour.
4. Food should not be placed directly on the oven shelves.

Tap of an urn that cannot be removed

Urn taps 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 boiling water to flow through for a few seconds.

Kettles and urns

Remove calcium build-up and boil while overflowing.

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. Urn taps 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 boiling water to flow through for a few seconds.

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2. Preparing your home
Kitchen

Kitchen surfaces
Clean thoroughly and kasher (iruy 1), then cover surfaces.

Clean thoroughly and refrain from using the surfaces with anything hot for 24 hours, then kasher (iruy 1); it is recommended to then cover all of these surfaces. If you will be using hard-wearing material (e.g. Formica or linoleum), cut it to size to cover the surfaces; you need to only clean them thoroughly – not kasher them.

Ovens (electric and gas)
Clean thoroughly, wait 24 hours and heat to its highest temperature for one hour.

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. Zep) until there is no possibility of any dirt remaining. Use a blowlamp to burn and dislodge accumulated dirt. Disregard stubborn spots that remain after cleaning twice. Carefully check that the oven is clean afterwards; a flashlight is recommended for this.
2. Wait 24 hours.
3. Switch it to its highest temperature 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.

Pots and pans
Replace or libun kal and hagalah.

It is preferable to have a dedicated Pesach set because of the difficulty involved in eliminating all food particles, including engrained ones. Pots and pans tend to build up a residue during use and collect particles under its handles (including lid handles), and it is only possible to kasher them 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 not using it for 24 hours, all its joints must be subjected to libun kal to eliminate any particles of food, before they are kashered through hagalah. 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. The boiling water should overflow to all sections of the rims. This can be achieved in either of two ways:

1. 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
2. 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.

Enamel pots and pans cannot be kashered.

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Stoves
Replace switch and knob or clean thoroughly.

Very important: 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.

Stoves (electric)
Clean thoroughly. Turn to maximum temperature. Kasher (iruy 1) enamel pieces.

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

Stoves (gas)
Grates: Clean thoroughly and libun kal.
Enamel: Clean thoroughly, iruy 1 and cover.
Stainless steel: Clean thoroughly, libun kal and cover.

1. Clean all parts and surfaces well, then leave the burners on their maximum temperature for at least 10 minutes.
2. After thoroughly cleaning the grates, apply libun kal throughout. Ideally one should purchase dedicated grates for Pesach.
3. The enamel surfaces between the grates must be thoroughly cleaned, then kashered (iruy 1). Finally, cover them with oven-lining foil.
4. If there are stainless steel surfaces between the grates, they must be thoroughly cleaned, then kashered (libun kal), or wait 24 hours and then apply iruy 1. It is still preferable to then cover these surfaces with oven-lining foil.
5. If your stove has a lower surface that collects spilling, clean it thoroughly and cover it with foil.

Stoves (glass-top)
Clean thoroughly, turn to maximum temperature, kasher (iruy 2) and cover.

Clean, then turn to the highest temperature and leave for half an hour. When still hot, kasher (iruy 2). The hot stove will be more effective than a red-hot stone, so just pour liberally. After kashering, cover either the stovetop or the bottom of each pot with oven-lining foil.

Very important: If you are considering purchasing a glass-top stove, we strongly advise against it, as it creates many possible Halachic problems.

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2. Preparing your home
Kitchen

Shelves
Clean thoroughly and cover.

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.

Soda-making machines
Clean thoroughly.

Clean thoroughly but make sure not to place it on a Pesach table or surfaces. Use Pesachdik concentrates, gas and bottles for the duration of Pesach.

Steam extractors (above a stove)
Clean thoroughly.

Clean thoroughly to remove any fat or food substances.

Tin openers
Replace or clean thoroughly.

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

Toasters
Clean thoroughly and pack away.

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

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 (pouring boiling water from the kettle whilst it is still boiling).

Warming drawers
Advisable not to use during Pesach.

The complexity – in many cases, the impossibility – of kashering a warming drawer is the reason why it is advisable not to use 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 eliminate accumulated dirt. Any stubborn spots or discolouration 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). Afterwards, check with a flashlight to ensure that it is really clean. Then, wait for 24 hours and switch it on; when it reaches its maximum temperature, leave it on for a full hour. 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
Replace or clean thoroughly.

Preferably replace them. If necessary, clean very thoroughly.

2. Preparing your home
Wash-up area

Vacuum cleaners

Empty bag and clean well.

Brooms and brushes
Replace or clean thoroughly.

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

Dish racks and cooling racks
Replace or iruy 2.

Replace, if possible. In case of need, clean thoroughly, refrain from using with anything hot for 24 hours, and iruy 2.

Dishwashers
Don't use it, or clean on its hottest setting.

In 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 its hottest possible setting. If the racks are made of plastic, it must be replaced and cannot be kashered.

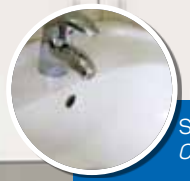
Dustbins
Clean thoroughly and remove any chametz.

Thoroughly clean all dustbins used during the year.

Note: Do not throw any chametz into the dustbins after the last collection before Pesach. Rubbish containing chametz must be taken to a dump before the burning of chametz on Erev Pesach (please enquire when this is in your area), or flush any chametz down the toilet.

Sinks (metal)
Clean thoroughly, wait 24 hours, and iruy 1.

Clean thoroughly. Use a corrosive drain cleaner. Do not use hot water for 24 hours (cold water is fine). Iruy 1. During Pesach, preferably wash up in bowls, which should be placed on a rack or board in the sink. Alternatively, line the sink.



Sinks (porcelain)
Cannot be kashered; use a rack.

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

Sink taps
Clean thoroughly and iruy 1.

Clean taps very thoroughly. You should leave the hot water tap open until hot, and then iruy 1 the spout. During Pesach, do not immerse the taps into a hot Pesachdik container. It is recommended that you get "tap swirls", dedicated for Pesach, on your taps.

This book must be treated with the same respect as a siddur.

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Dining room

Candlesticks, vases, and other household decor
Cover contact surface or iruy 2.

Items that are usually placed on the table during the year should not be placed directly on Pesachdik 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 (iruy 2).

Chairs
Clean thoroughly or launder.

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

Tables
Clean thoroughly and cover or iruy 2.

If a table top is made of wood, metal or real stone, it can be kashered (Iruy 2) and then covered. Any other substance should be cleaned well with detergent and must be completely covered with something waterproof.

Hostess trolleys
Clean thoroughly and cover.

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 the trolley, set it to its highest temperature, and when it reaches its maximum, leave it on for a full hour. 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 trays
Clean thoroughly and iruy 1.

Clean thoroughly and heat to the highest temperature for one hour. Then pull out the plug, cover the electric socket and kasher immediately by Iruy 1, 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.

2. Preparing your home
Bathroom

Removeable braces, dentures, plates and bridgework
Clean thoroughly or iruy 2.

These must be cleaned thoroughly; they must not be used for hot chametz for 24 hours, then iruy 2, 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 thoroughly cleaned.

Toothbrushes
Replace for Pesach.

Note: If chametz is eaten on Erev Pesach, teeth should be brushed afterwards with a chametzdik toothbrush.

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2. Preparing your home
Kids' room

Baby bottles
Replace or hagalah.

It is preferable to replace baby bottles and baby-bottle nipples. If a baby is unduly attached to his/her bottle, kasher with hagalah. Baby-bottle steriliser can be used if it has been thoroughly cleaned.

Baby rattles/toys
Remove any evident chametz.

Care should be taken to remove proper chametz (e.g. play dough 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 Pesachdik tables or surfaces.

Dummies
Clean thoroughly.

Thoroughly clean dummies and ensure they don't fall onto the Pesach table.

High chairs
Clean thoroughly.

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

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3. Pesach green list: Products that don't need a special Pesach hechsher

In the interest of assisting the community with their Pesach requirements, the BD Kosher Department has done extensive research on many products and we are so pleased to be able to provide this list to the community.

These products may be used on Pesach with a regular BD logo unless stated otherwise and DO NOT require a special Pesach logo.

This list is **only** for Pesach 5780/2020 and will be subject to review annually.

The following items must be new and unopened:

- **Fresh and long-life milk and cream.** This should preferably be bought before Pesach, however, some are meticulous to use only Chalav Yisrael milk for Pesach as it is under full-time supervision. Lactose-free milk requires a Pesach Hechsher.
- **Butter from Clover, Mooiriver and Springbok,** both salted and unsalted.
- **Extra virgin olive oil,** with or without BD logo.
- **Avocado oil**, unflavoured with a BD logo.
- **Eggs,** with or without BD logo.
- **Raw unprocessed honey.** Processed honey poses a risk as some companies adulterate honey with corn syrup. Therefore, with regards to any packed or processed honey, even honey with the words "pure honey" on the label, require a Pesach Hechsher.
- **All iodated or non-iodized salt.** Iodized salt would need a reliable Pesach Hechsher as ascorbic acid may be used in the process which is either from kitniyot or chametz origin.
- **Plain Himalayan salt** that contains no additives.
- **Bicarbonate of soda,** must state "B.P" on the packaging, as this confirms that no additives have been added.
- **Cream of Tartar,** must state "B.P" on the packaging, as this confirms that no additives have been added.
- **Whole spices,** such as bay leaves, cinnamon sticks, whole cloves and peppercorns.
- **Quinoa and chia seeds,** with or without BD logo. Due to the fact that quinoa and chia seeds are often grown in close proximity to chametz, these products need to be carefully checked for other grains before Pesach.
- **All unflavoured still water,** however, sparkling water requires a reliable Pesach Hechsher as it may be carbonated using CO^2 from a brewing (grain) source which would constitute as chametz.
- **Aquazania, Aquartz, Nestlé, Vode and Bene** sparkling water is acceptable for Pesach with or without BD logo. **SodaStream** gas cylinders are acceptable to use for Pesach without a BD logo.
- **Ice** purchased from a reputable supplier is acceptable to use for Pesach without a BD logo.
- **Unflavoured coffee beans and ground coffee that is dry-roasted, as long as they are not decaffeinated,** with or without BD logo. Instant coffee, freeze-dried coffee, coffee pods and capsules require a reliable Pesach Hechsher.
- **All unflavoured teas,** rooibos, green tea, chamomile and herbal tea. Fruit and flavoured teas require a reliable Pesach Hechsher.

- **I&J and Sea Harvest,** plain frozen, whole and filleted hake only, with or without BD logo.
- **Woolworths frozen filleted hake,** with a regular BD logo.
- **Fruit and vegetables.** All fresh fruit and vegetables are fine to eat during Pesach with or without BD logo as long as they are not kitniyot or known to be infested. They should preferably be thoroughly washed first prior to use. Some also have the custom to peel the skin from all fruits and vegetables.
    - Pre-cut fresh vegetables are fine to use, including sharp items when purchased from any reputable supplier such as Pick n Pay, Woolworths and Checkers and should preferably be rinsed before use. However, it is ideal to purchase from a supplier that has a Pesach Hechsher as it has been supervised by a full-time supervisor.
    - Dried fruit requires a reliable Pesach Hechsher.
- **McCain's frozen vegetables,** with the regular Beth Din certification are fine to use as long as they do not contain kitniyot in the ingredients, such as peas, corn and beans – once purchased the contents should be checked for kitniyot. Any potato products, such as wedges and chips, require a reliable Pesach Hechsher.
- **Nuts in their shell,** with or without BD logo. However, any nuts that are not in a shell or are processed, require a reliable Pesach Hechsher as the same packing lines may be used for chametz or kitniyot.
- **Foil products**, with or without BD logo.
- **Wax paper,** with or without BD logo.
- **Baking paper** (available locally) manufactured by Sylko, Twinsaver, Glad and the PnP brand are fine to use with or without BD logo, however, imported baking paper (with the exception of Glad) requires a reliable Pesach Hechsher.
- **Paper plates and cups,** and all other paper products with or without BD logo.
- **Dishwashing liquid,** with or without BD logo.
- **Toothpaste,** with or without BD logo.
- **Dental floss (unflavoured),** with or without BD logo.

4. Precautionary allergen statement on foodstuffs

The Beth Din kosher status of a product – milk, meat, parev, and kosher – for Pesach overrides any allergy statements or disclaimers. Allergy statements are often precautionary with no Halachic significance. Products with allergy statements have been thoroughly investigated and have no Halachic significance whatsoever regarding the kosher status of these products.

5. Cosmetics

In the absence of supervised products, in general all facial cosmetics, nail varnish removers, antiperspirants, deodorants, hair sprays, shampoos, shower gels, baby wipes, soaps, lipsticks, makeup, perfumes and aftershaves may be used as they are inedible. Ideally it is better to avoid products which mention the following ingredients on the primary packaging:

1. Any ingredient which mentions barley, oats, or wheat in their names
2. Amino peptide complex
3. Hordeum or Triticum vulgarae
4. Phytophingosine extract

6. General guidelines on medication, vitamins and baby food

1. Exercise extreme caution and consult with your doctor and rabbi *before* you decide not to take your medicine.

2. The kosher department has analysed an extensive range of the most commonly prescribed and used medications, which can be found on the following pages.

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

4. 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 contains chametz).

5. Unless an equivalent alternative is available, medicinal items that contain kitniyot are permitted for people who are ill.

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

7. 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).

One should preferably use baby formula that is kosher for Pesach, but unfortunately, no kosher for Pesach baby formula is produced locally. The following baby formulas, although containing kitniyot, may therefore be used.

The Beth Din Logo is not required on any of these products as long as the label states "Product of South Africa". Please check carefully, as some of these products are being produced overseas as well as locally.

Local formulas

- INFASOY SOYA1 (PAREV)
- INFASOY SOYA2 (PAREV)
- INFASOY SOYA3 (PAREV)
- INFACARE SOYA1 (PAREV)
- INFACARE SOYA2 (PAREV)
- LACTOGEN 1 (MILCHIK)
- LACTOGEN 2 (MILCHIK)
- LACTOGEN 3 (MILCHIK)
- NAN OPTIPRO 1 (MILCHIK)
- NAN OPTIPRO 2 (MILCHIK)
- NAN OPTIPRO 3 (MILCHIK)
- NAN PELARGON

Imported formulas

- ISOMIL WITH AN OU D
- NOVALAC 1
- NOVALAC 2
- NOVALAC AR1
- NOVALAC AR2
- SIMILAC TOTAL COMFORT (from Spain)

Please note, the formulas must be used in separate vessels with separate utensils and totally separate washing-up facilities, outside of your kitchen.

6. Medicine list

Product	Dairy content	Kitniyot	Chametz
ACC 200 effervescent tablet			
Accord metformin			
Actifed			
Activelle			
Adalat retard		✓	
Adco-alzam	✓		
Adco-atenolol		✓	
Adco-cyclizine		✓	
Adco-dapamax			
Adco-dol			
Adco-linctopent			
Adco-omeprazole			
Adco-retic (50 mg/5 mg)	✓	✓	
Adco-simvastatin			
Adco-synaleve			
Adco-zetomax		✓	
Adco-zolpidem hemitartrate			
Advantan			
Advil CS			
Alapren		✓	
Alchera		✓	
Alcophyllex syrup			
Aleve	✓		
Allecet		✓	

Product	Dairy content	Kitniyot	Chametz
Allergex			
Allerway			
Altosec			
Amiloretic (50 mg/5 mg)		✓	
Amloc		✓	
Amuco effervescent tablet			
Andolex-C (22,5 mg/18 mg/30 ml)			
Angeliq	✓		
AP loratadine (tablet)			
AP loratadine (syrup)			
Arcoxia	✓		
Arem	✓		
Arthrexin	✓		
Asacol			
Aspavor			
Aspelone liquid			
Asthavent ecohaler (200 dose)			
Ativan SL	✓	✓	
Augmentin			
Augmentin ES-600 liquid			
Augmentin SR			
Avamys (120 dose)			
Avelon	✓		
Azapress	✓		
Azor	✓	✓	

Product	Dairy content	Kitniyot	Chametz
Bayer aspirin cardio			
Benylin 4 flu syrup			
Be-tabs prednisone		✓	
Betanoid syrup			
Betanoid			
Bevispas	✓	✓	
Bezalip retard			
Bigsens		✓	
Bilocor	✓		
Bisolvon linctus DA liquid			
Brazepam			
Brintellix			
Buscopan		✓	
Buscopan (compound)			
Calciferol			
Calpol (syrup)			
Camcolit			
Cardicor		✓	
Carloc		✓	
Carvetrend	✓		
Cataflam D (dispersible tablets)			
Celebrex			
Celestamine		✓	
Celestone soluspan (1 ml vial)			
CellCept		✓	

Product	Dairy content	Kitniyot	Chametz
Cialis	✓		
Cilift		✓	
Cipalat retard			
Cipla-simvastatin		✓	
Cipralex			
Ciprobay		✓	
Citro-soda			
Clopamon		✓	
Cloxin		✓	
Co-Diovan			
Concerta	✓		
Concor			
Co-pritor (80 mg/12,5 mg)	✓	✓	
Corenza C effervescent tablet			
Coryx effervescent tablet			
Coversyl	✓		
Coxflam		✓	
Cozaar			
Crestor			
Cymgen			
Dalacin C			
Dazit			
Demazin (syrup, alcohol-free)			
Deselex tablet	✓		
Detrusitol			

Product	Dairy content	Kitniyot	Chametz
Diaglucide MR		✓	
Diamicron MR	✓		
Dilinct syrup			
Diovan			
Disprin cardiocare (formerly Disprin CV)			
Dopaquel			
Dormicum		✓	
Dormonoct	✓	✓	
Duolin respules (solution for inhalation)			
Ecotrin			
Eltroxin		✓	
Epilizine CR			
Epitec		✓	
Estrofem			
Ethipramine		✓	
Euthyrox		✓	
Fexo		✓	
Flixonase (nasule)			
Flomist (120 dose) spray			
Florinef			
Fluanxol			
Flusin			
Flutex capsule			
Fosavance			
Foxair accuhaler (60 dose 50/250)			

Product	Dairy content	Kitniyot	Chametz
Foxair accuhaler (60 dose 50/500)			
Gaviscon			
Gen-Payne capsule			
Glucophage			
Glucophage forte			
Glucophage XR			
Hyospasmol		✓	
Iliadin (metred, 0,05%, adult)			
Imodium			
Inderal			
Inza	✓	✓	
Ismo			
Ivedal		✓	
Kantrexil tablet			
Kantrexil (suspension) tablet			
K-Fenak		✓	
Kliogest			
Lamictin			
Lancap		✓	
Lantus SoloSTAR (disposable pen, 3 ml)			
Lasix			
Lexamil		✓	
Librax			
Lipitor			
Lomanor		✓	
Lorien			

Product	Dairy content	Kitniyot	Chametz
Lyrica			
Melodene			
Mercilon			
Methotrexate		✓	
Microval	✓	✓	
Minerva			
Minesse			
Minulette			
Mirelle	✓		
Monte-air	✓		
Motilium			
Movicol			
Moxypen			
Mybulen tablet			
Mylan diclofenac liquid			
Mylan furosemide			
Mylan indapamide			
Mylan metformin			
Mylocort			
Mypaid			
Mypaid forte		✓	
Myprodol			
Natrilix SR	✓		
Nexiam			
Nexmezol		✓	
Norflex Co			

Product	Dairy content	Kitniyot	Chametz
Norvasc			
Nurofen for children (strawberry) syrup			
Nurofen period pain (formerly Nurofen extra strength)			
Nuzak		✓	
Omez			
Orelox junior syrup			
Panado		✓	
Pearinda	✓		
Pearinda plus (4 mg/1,25 mg)	✓		
Pharmapress		✓	
Pharmapress Co (20 mg/12,5 mg)		✓	
Pholtex forte syrup			
Plenish K			
Ponstan			
Premarin			
Preterax	✓		
Prexum		✓	
Prexum plus (4 mg/1,25 mg)		✓	
Prexum plus (5 mg/1,25 mg)		✓	
Primolut N			
Pritor			
Prospan cough syrup			
Pulmicort (nebuliser, suspension)			
Purata	✓	✓	

Product	Dairy content	Kitniyot	Chametz
Purbac		✓	
Purbac DS	✓	✓	
Pur-bloka	✓	✓	
Puresis		✓	
Puricos		✓	
Qlaira			
Ran-perindopril			
Ridaq		✓	
Risperdal			
Ritalin LA			
Ritalin (tablet 10 mg)			✓
Rivotril			
Sandoz co-amoxyclav			
Serdep		✓	
Simvacor			
Singulair			
Sinopren			
Sinucon			
Sinuend			
Sinumax allergy sinus caplets			
Sinutab sinus pain extra strength			
Solphyllex liquid			
Spiractin		✓	
Stilnox			
Stilnox MR	✓		

Product	Dairy content	Kitniyot	Chametz
Stilpane			
Storwin	✓		
Strattera		✓	
Supiroban			
Symbicort turbo (120 dose, 160 mcg/4,5 mcg)			
Symbicort turbo (60 dose, 160 mcg/4,5 mcg)			
Tareg			
Tertroxin		✓	
Texa			
Topamax			
Topzole			
Tramacet		✓	
Tramazac Co (37,5 mg/325 mg)			
Transact LAT (40 mg/pad)			
Trepiline		✓	
Trisequens			
Tritace			
Trivenz			
Trustan			
Ultak			
Urbanol	✓	✓	
Utin			
Venlor-XR			
Venteze CFC free (200 dose)			

Product	Dairy content	Kitniyot	Chametz
Verahexal 240 SR			
Vermox			
Vermox SD			
Vimovo (500/20 mg)			
Voltaren (3 ml)			
Voltaren emulgel			
Vusor		✓	
Warfarin		✓	
Wellbutrin XL			
Yasmin			
Yaz			
Zartan			
Zinnat			
Zithromax			
Zocor	✓		
Zopivane	✓	✓	
Zuvamor		✓	

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Chag Sameach!

Wishing our celebrating customers
a sweet & joyous Passover.

A little Huletts sweetness goes a long way

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7. Pet food list

It remains pet owners' responsibility to check the ingredients when purchasing pet food, as manufacturers cannot guarantee that changes will not be made in the formulation of the foods, due to the volatility (price and availability) of raw materials. The products listed have been checked extensively before Pesach.

We did not include Hill's Ideal Balance, Orijen, or Acana pet food in this year's list. Pet owners who want to use these products must check that the product does not contain wheat, barley, oats, rye, sorghum, brewer's yeast or yeast of any origin.

1. Hill's Science Diet
Dogs Prescription Diet
- Dry: The entire range is suitable – except b/d, h/d, i/d Low Fat, Metabolic Advanced Weight Solution (mini, normal, and treats), Metabolic + Mobility, c/d, 1/d Stress Mini, j/d, j/d Mini, j/d Reduced Calorie, and c/d Chicken.
- Wet: The entire range is suitable – except w/d and i/d Low Fat, as well as Metabolic Stew.

Science Plan
- Dry: The entire range is suitable – except Healthy Mobility (mini, medium, and large breed), Mature Adult (mini, medium, and large breed), Mature Adult Light, Adult Advanced Fitness (mini, medium, and large breed), and Perfect Weight (mini, medium, and large breed).
- Wet: Only the Light tinned food is suitable.

Cats Prescription Diet
- Dry: The entire range is suitable – except c/d and c/d Stress, k/d, k/d & Mobility, m/d, and Metabolic and Urinary Stress. Meat and milk together is not allowed.
- Wet: The entire range is suitable – except c/d, c/d Stress, i/d, j/d, l/d, w/d, k/d Stew, and Metabolic Stew.
- Pouches: The entire range is suitable – except i/d, c/d Stress, k/d, and c/d Multicare Chicken.
- Science Plan (Dry): The entire range is suitable – except Optimal Care Adult Chicken, Active Longevity Mature Adult Chicken, and Mature Adult Hairball Control Chicken.
- Science Plan (Wet): Kitten Mousse only.
- Science Plan (Pouches): Kitten Ocean Fish only.

2. Eukanuba / IAMS
Dogs (veterinary diets)
- Dry: Only the Dermatosis FP and High Calorie are suitable.
- Wet: Only the Intestinal, Dermatosis, Restricted Calorie and High Calorie tins are suitable.

Cats (veterinary diets)
- Dry: Renal only.
- Wet: High Calorie tins only.

3. Royal Canin
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 immediately use Sensitivity Control for sensitive pets without worrying about upset stomachs. Sensitivity Control Canine and Feline is available in dry, tins, and pouches, so even pets that are normally fed wet food can easily adapt to this diet.

Dogs (veterinary diet)
- Dry: Only 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.

Dogs (normal diet)
- Dry: Only Dachshund Adult is suitable.

Cats (veterinary diet)
- Dry: Only Hypo-allergenic Feline and Sensitivity Control are suitable.
- Wet: Only Sensitivity Control pouches are suitable.

Cats (normal diet)
- None.

4. Vets Choice
Dogs
- Only Sensitive, SVD (Ultra Dog), and Hypo-allergenic food (dry) are suitable.

5. Supermarkets
Dogs
- It remains pet owners' responsibility to check the ingredients when purchasing pet food. 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 food containing brewer's yeast (the extract is devised from wheat).

Cats
- Oceana Lucky Pet, pilchards, and sardines.

Fish
- All flaked or pellet foods contain chametz.
- The only suitable foods are Tetra (Fresh Delicia), Whole Bloodworms, Daphnia or Brine Shrimp (packaged as a box containing 16 x 3 g sachets). Tetra may be used for aquarium or cold-water fish. These products are only available at a few pet shops.
- Note: Koi can be fed over Pesach with 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 are permitted.

Rabbits, hamsters, (pet) mice, rats, and guinea pigs

- All of these pets can be fed a home-made diet consisting of green and yellow vegetables, plus maize grit and sunflower seeds. Add a probiotic called Protexin that is available at all veterinary practices and vet shops, and you need to provide a base of soil (needed for iron) and lucerne hay.
- Kosher for Pesach bird, rabbit, hamster, mice, rat and guinea pig food is available by phoning 072 203 1077, or speak to your local vet or vet shop.

The Sweetness Lingers Longer

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CHAG SAMEACH

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SEDER **COMPANION**

1. A brief guide to the Seder

There are two Torah obligations (mitzvot) and five rabbinical obligations (mitzvot) performed during the Seder:

Torah mitzvot

a) Relating the story of the Exodus (maggid – reading from the Haggadah).
b) Eating matzah.

Rabbinical mitzvot

a) Drinking four cups of wine (arba kosot).
b) Eating bitter herbs (maror).
c) Reciting psalms of praise (the Hallel).
d) Eating the afikomen (an extra piece of matzah for dessert, as a reminder of the Pesach offering).
e) Demonstrating acts of freedom (such as sitting with a pillow cushion and leaning to the left as we eat matzah and drink wine).

2. The story

Retelling the story of the Exodus is a positive biblical commandment. It is a unique opportunity to experience it and engage the entire family and guests in the narrative. Children should be encouraged to ask questions and participate in the proceedings.

3. Seder plate checklist

The Seder plate is arranged with symbolic foods as well as three matzahs. It should be prepared before the Seder and placed on the table.

The Seder plate consists of:

1. **Maror:** Bitter herbs (it may consist of pure horseradish or romaine lettuce). Each Jew is required to eat bitter herbs twice at the Seder.
2. **Charoset:** A mixture consisting of nuts, apples, wine, and cinnamon, which symbolises the bricks and mortar of Egypt.
3. **Zeroa:** A piece of roasted chicken leg, shank, or a section of a fowl's neck-bone.
4. **Beitzah:** A roasted egg.
5. **Karpas:** A vegetable, preferably a cooked potato, parsley or celery. A bowl of salt water should be placed on the Seder plate for dipping the karpas.

For the Seder, you will also need:

- **Matzah**. We are commanded to eat matzah three times during the Seder:
  1. at the beginning of the seder;
  2. for the Hillel sandwich, and
  3. for the afikomen, at the end of the meal.

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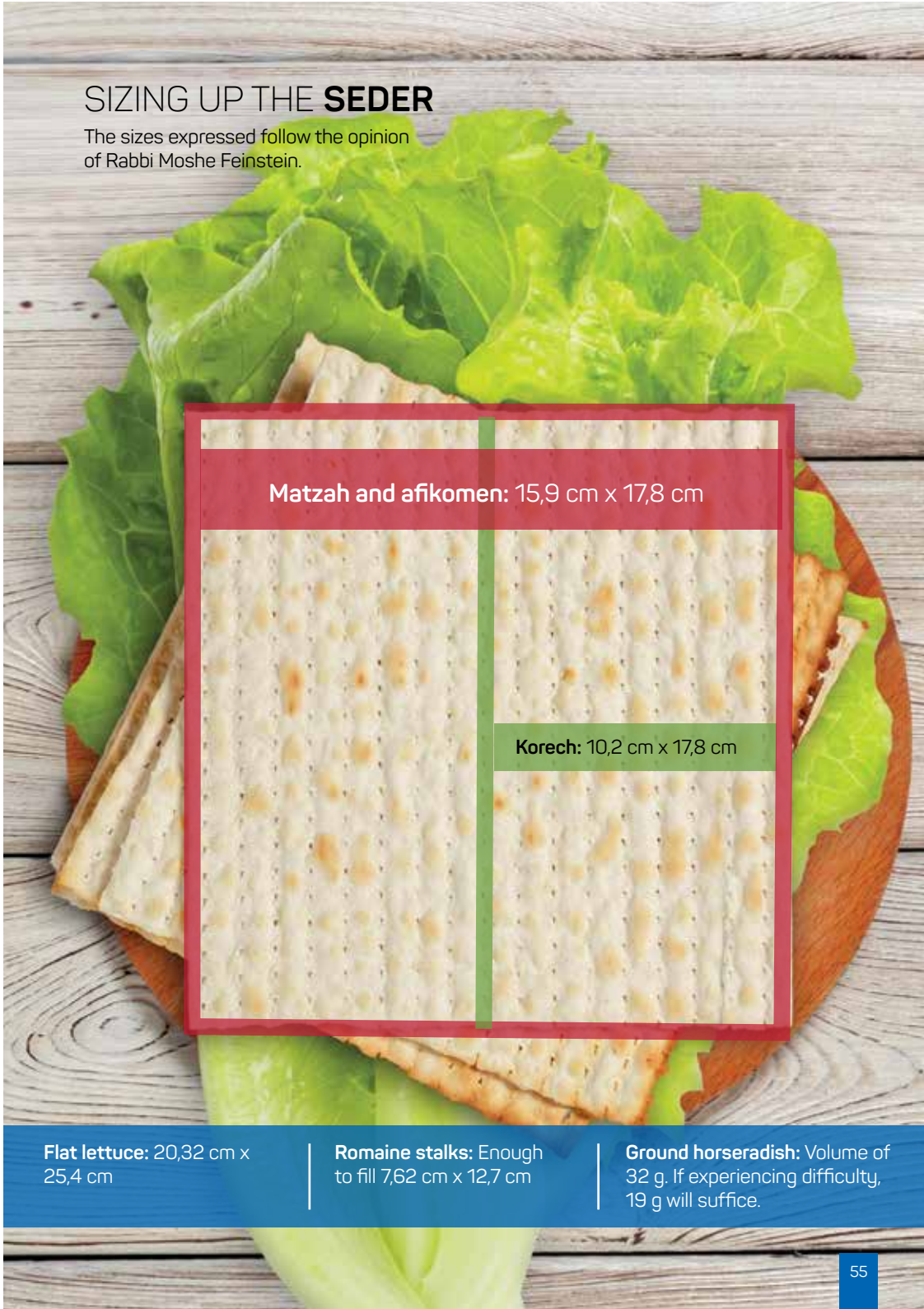
SIZING UP THE **SEDER**

The sizes expressed follow the opinion of Rabbi Moshe Feinstein.



Flat lettuce: 20,32 cm x 25,4 cm

Romaine stalks: Enough to fill 7,62 cm x 12,7 cm

Ground horseradish: Volume of 32 g. If experiencing difficulty, 19 g will suffice.

- **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. 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 hechser for Pesach.

1. at the beginning of the Seder, at kiddush;
2. prior the meal, after reciting the story of the Haggadah;
3. after the meal, on completion of Birkat Hamazon (grace after meals), and
4. at the end of Hallel.

4. Quantities

For those who prefer to use precise quantities,

Matzah: The required amount of matzah to be eaten is:

1) 27 g (almost a whole regular machine matzah) some time at the beginning of the meal, after washing (rachtzah). It is preferable to eat 30 g (a whole regular machine matzah). In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.
2. 15 g (one half of a regular machine matzah) for the Hillel sandwich (korech). In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.
3. 15 g (one half of a regular machine matzah) for the afikomen (tzafun). It is preferable to eat 30 g (a whole regular machine matzah). In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.

Important: Unlike a regular Shabbat, the eating of the first kezayit of matzah is in fulfilment of a mitzvah min haTorah. The matzah should be eaten while reclined and within 3-4 minutes at the most; if not, it would no longer be considered an achilah (eating), only nibbling, and the Torah requires specifically that the matzah be eaten. In the case of someone elderly or infirm, the kezayit of matzah may be eaten within 9 minutes at the most.

One should refrain from unnecessary conversation from the time that one begins to consume the required amount of matzah until after one has consumed the maror and the Hillel sandwich (korech).

Maror: Lettuce (preferably romaine), raw horseradish, or endives. The required amount of maror (lettuce) to be eaten is 27 g or at least 17 g, both on its own and again in the Hillel sandwich (korech).

Wine: Every time the wine is served, more than half of the cup must be drunk while reclining to the left, although it is preferable to drink all of the wine in the cup, especially for the fourth cup. This means that 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 unfinished). Each member of the family should have a kiddush cup that holds a minimum quantity of 86 ml. Since this year, the first Seder falls on Shabbat and it is preferable for the first of the four cups to hold a minimum quantity of 150 ml. Each Jew is obligated to drink four cups of wine at specific times during the Seder.

SEARCHING FOR AND THE **BURNING OF CHAMETZ**

The night before Pesach

Once the house has been cleaned for Pesach, we now follow the ritual of searching for, annulling, and then destroying any chametz.

Before the search, some have the custom to wrap 10 small pieces of bread in paper/ plastic or foil and place them around the house in different rooms (take note of where you have placed them). The custom, when searching, is to use a feather, wooden spoon, and candle. As soon as possible after nightfall, gather the family, light a candle, and say:

בָּרוּךְ אַתָּה ה' אֱל הֵינוּ מֶלֶךְ הָעוֹלָם ,אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל בִּיעוּר חָמֵץ

Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments, and has commanded us concerning the removal of chametz.

We then go from room to room searching for chametz, placing them into a bag/packet to be burnt the following morning.

Upon conclusion of the search, we recite the following in Aramaic (which should be read in English afterwards for those who do not understand Aramaic):

כָּל חֲמִירָא וַחֲמִיעָא דְאִיכָּא בִרְשׁוּתִי דְלָא חֲמִתֵּיהּ וּדְלָא בְעַרְתֵּיהּ וּדְלָא יְדַעְנָא לֵיהּ לִבְטֵל וְלֶהֱוֵי הֶפְקֵר כְּעַפְרָא דְאַרְעָא.

All leaven and anything leavened that is in my possession – which I have neither seen nor removed, and about which I am unaware – shall be considered nullified and ownerless as the dust of the earth.

Burning of the chametz

Before the beginning of the sixth halachik hour of the day (refer to the time sheet on page 62), make a fire and burn the chametz from the previous night, plus any other leftover chametz. After burning the chametz, say the following:

כָּל חֲמִירָא וַחֲמִיעָא דְאִיכָּא בִרְשׁוּתִי דַּחֲזִתֵּיהּ וּדְלָא חֲזִתֵּיהּ דַּחֲמִתֵּיהּ וּדְלָא חֲמִתֵּיהּ דְּבַעַרְתֵּיהּ וּדְלָא בְעַרְתֵּיהּ לִבְטֵל וְלֶהֱוֵי הֶפְקֵר כְּעַפְרָא דְאַרְעָא.

All leaven and anything leavened that is in my possession – whether I have seen it or not, whether I have observed it or not, whether I have removed it or not – shall be considered nullified and ownerless as the dust of the earth.

This book must be treated with the same respect as a siddur.

FORM: SALE OF CHAMETZ

Jews are not allowed to own chametz during Pesach. Where it is not possible to dispose of all chametz, the Halacha 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 (when 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 chametz will be burnt/disposed of in your area – and which must remain inaccessible for the duration of Pesach. It is also important to label these areas clearly, stating that they contain chametz that 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 chametz should ideally be done personally through your local rabbi. If you are unable to do so, please complete the form on the next page and send it to the Beth Din offices **before 9 am on the morning of Erev Pesach, Wednesday the 8th of April 2020:**

HOD Centre
58 Oaklands Road
Orchards, Johannesburg

Alternatively, e-mail it to the Beth Din at chametz@uos.co.za, or sell it via www.uos.co.za.

Very important: If chametz is not sold before Pesach and remains in your possession during Pesach, it becomes totally prohibited and my not be used – even after Pesach. It must be destroyed.

FORM: MECHIRAT CHAMETZ **2020/5780**

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: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

SIGNED at _____ this _____ day of _____ 2020/5780.

NAME: _____

SIGNATURE: _____

Please note that upon the authorisation of the sale, it is customary to make a donation via the Beth Din Charity Fund, of which the details are:

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

Dates, days and times telating to the year 2020/5780

Erev Pesach is on Wednesday the 8th of April 2020.
Fast of the first born is observed on Wednesday the 8th of April 2020.
Kashering and changeover to Pesach must be complete by the time of Burning of Chametz.
The sale of Chametz by the Beth Din is done on Wednesday (morning) the 8th April 2020.
The sale of Chametz forms must reach the Beth Din before 9:00 am on Wednesday the 8th of April 2020.

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

1. Not before 2. From an existing flame 3. Not after		Johannesburg	Cape Town	Durban	Bloemfontein	Plettenberg Bay	Port Elizabeth	East London
7 April	Bedikat chametz	6:27 pm	7:03 pm	6:14 pm	6:23 pm	6:46 pm	6:34 pm	6:25 pm
8 April	Chametz may not be eaten	9:45 am	10:25 am	9:35 am	9:55 am	10:05 am	9:55 am	9:50 am
	Burning of chametz	10:45 am	11:35 am	10:45 am	11:05 am	11:15 am	11:05 am	10:55 am
	1st night of Pesach candle lighting	5:40 pm	6:13 pm	5:26 pm	5:46 pm	5:53 pm	5:45 pm	5:36 pm
	Chatzot (midnight)*	12:09 am	12:47 am	11:57 pm	12:16 am	12:27 am	12:19 am	12:09 am
9 April	2nd night of Pesach candle lighting	6:28 pm	7:04 pm	6:15 pm	6:35 pm	6:44 pm	6:35 pm	6:26 pm
	Chatzot (midnight)*	12:09 am	12:47 am	11:57 pm	12:16 am	12:26 am	12:18 am	12:09 am
10 April	Candle lighting (Shabbot Chol Hamoed)	5:38 pm	6:11 pm	5:24 pm	5:43 pm	5:51 pm	5:42 pm	5:34 pm
11 April	Motzei (termination of) Shabbat	6:27 pm	7:02 pm	6:13 pm	6:33 pm	6:42 pm	6:33 pm	6:24 pm
14 April	Candle lighting (7th night of Pesach)	5:34 pm	6:06 pm	5:19 pm	5:39 pm	5:46 pm	5:37 pm	5:29 pm
15 April	Candle lighting (8th night of Pesach)	6:23 pm	6:57 pm	6:08 pm	6:28 pm	6:37 pm	6:28 pm	6:19 pm
16 April	Motzei (termination of) yom tov	6:22 pm	6:56 pm	6:08 pm	6:27 pm	6:36 pm	6:27 pm	6:18 pm

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

Very important: People who sold their chametz to a non-Jew on Erev Pesach may only start consuming those chametz products from one hour after (the termination of) Motzei, Shabbos, and yom tov – due to the Beth Din needing to repurchase the chametz from the non-Jew. However, chametz products may be purchased immediately from a shop that is owned by a non-Jew.

Eruv tavshilin

This year, on Erev Pesach (Wednesday the 8th of April 2020), we are required to make an eruv tavshilin. It is required when a yom tov precedes Shabbat, in order to permit cooking and other preparations for Shabbat on yom tov.

To perform an eruv tavshilin, two foods – one baked – are taken and held aloft, and the Bracha (blessing) and declaration are recited. The baked and cooked foods, for example a piece of matzah and an egg or piece of meat, are then set aside to be eaten on Shabbat.

The blessing and declaration is as follows:

בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוַת עֵרוּב

בְּהַדִין עֵרוּבָא יְהֵא שָׁרָא לָנָא לַאפוּיֵי, וּלְבַשּׁוּלֵי, וּלְאַטְמוּנֵי, וּלְאַדְלוּקֵי שְׁרָגָא, וּלְמֶעְבַּד כָּל צָרְכָּנָא מִיּוֹמָא טָבָא לְשַׁבְּתָא.

Baruch Atah Adonai, Eloheinu Melech HaOlam, Asher Kidishanu B`Mitzvotov, Vitzivanu, Al Mitzvat Eruv.

With this eruv, we are permitted to bake, cook, keep things warm and light fire, and do all that is needed from yom tov to Shabbos.

Only one person in the household needs to perform an eruv tavshilin for the houshold and their guests. If one inadvertently forgot to perform an eruv tavshilin, it is best to consult with your rabbi, as in most instances a community rabbi will perform a slightly more complicated form of eruv tavshilin (with a *zikuy*), which will extend to cover his community and all the Jews in the city.

Staffords

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a Chag Sameach

The way nature
intended

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Happy and Kosher
Pesach

Chag Pesach Kasher VeSameach

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PICK n PAY **STORES**

Store name	Telephone no.	Address
Gauteng		
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	Bramley Gardens, Cnr Corlett Drive and Helen Road, Bramley, SANDTON
Darras	011 618 3257	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 3118	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	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
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
Free State		
Noordstad	051 433 2813	Northridge Mall, Eeufees Road, Helicon Heights, Noordstad, BLOEMFONTEIN

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Store name	Telephone no.	Address
Preller Walk	051 410 4360	Preller Walk Mall, Cnr General Hertzog and Louw Wepener Street, BLOEMFONTEIN
Eastern Cape		
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
Northern Cape		
Royldene	053 832 7522	North Cape Mall, Cnr Memorial and Constantia Roads, KIMBERLEY
Western Cape		
Claremont	021 674 5908	Cnr Campground & Main Roads, Claremont, CAPE TOWN
Constantia Village	021 794 5031	Cnr Spaanschemacht & Main Roads, Constantia, CAPE TOWN
Gardens	021 461 1046	Mill street, Gardens, CAPE TOWN
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
Plumstead	021 762 1124	Gabriel Road, Plumstead, CAPE TOWN
Sable Square	021 551 5061	Cnr Sable & Bosmansdam Rd, Sable Square CAPE TOWN
Sea Point	021 434 8987	Adelphi Centre, Main Road, Sea Point, CAPE TOWN
Somerset Mall	021 852 7210	Cnr R44 & N2, Somerset West, CAPE TOWN
KwaZulu-Natal		
Musgrave	031 201 4208	Musgrave Centre, 115 Musgrave Road, Berea, DURBAN
Prospect	031 581 5300	Uitsig Road, Mangrove Park, DURBAN NORTH
Umhlanga Crescent	031 566 5667	Umhlanga Crescent Shopping Centre, No. 1 Sunset Crescent, UMHLANGA RIDGE
Umhlanga Lighthouse	031 561 6365	Shop 16, 14 Chartwell Drive, UMHLANGA

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Wishing all our customers a happy and kosher Passover.
CHAG SAMEACH
PnP
Dishwash liquid
Lemon
1 L
1 L = 750 ML + 250 ML FREE