

gathered *chametz* is taken outside and burned – traditionally by 10 am. This would take place on Wednesday this year.

Mechirat Hametz: The Sale of Leaven.

Since tradition prohibits the possession of *chametz* in one's home, the rabbis allowed Jews to isolate their *chametz* in a separate part of their home and "sell" it (on paper) to a non-Jew; and then buy it back at the end of *Pesach*.

What is *Chametz/Leaven*?

Chametz is any food or drink made from or with any of 5 types of grain: wheat, spelt, barley, oats, rye (Sephardi tradition). Ashkenazi Jews later added *kitniyot* (legumes) including rice, corn, maize, millet, peas, beans, and other podded vegetables (such as peanuts) to those foods classified as *chametz*.

Why Isn't *Matzah Chametz*?

Matzah is the prescribed unleavened bread in the Torah. In the baking process, special precautions

Sweeteners. Corn syrup, confectioner's sugar (if it contains corn starch), honey (prohibited by some, allowed by most).

Yeast, Baking Soda, Baking Powder.

Soy Products: Soy oil, soy sauce, tofu.

Corn Products: Corn oil, corn starch, popcorn.

Grain Vinegars.

Baby Food & Dog Food Containing *Chametz*

"Hidden" Ingredients in Condiments:

Margarine (may contain corn oil)

Vanilla Extract (contains grain alcohol)

Ketchup (may contain corn syrup)

Mayonnaise (may contain vinegar)

So, What Can I Eat?

Meat, Chicken Turkey, Fish.

Fresh Fruits & Juices.

Most Vegetables: String beans are allowed according to the Conservative movement.

Potatoes, Dairy Products. Eggs.

Coffee, Tea, Wine, Brandy, Tequila.