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י'ז אדר תשע"ט
APRIL 2019

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Message from

RABBI AVRAHAM
FEIGELSTOCK

A

As Pesach approaches, we begin our preparations to celebrate the holiday commemorating our freedom from Egyptian bondage and our becoming a Nation.

Yet, Jews around the world watch in horror at the rise in anti-semitism resulting in acts of terror and violence throughout the world. How can we sit down to our seder tables and calmly recount our freedom from oppression? How can we experience the Passover holiday to its fullest while we are fully aware of the reality that we are currently facing?

This question is answered in the very narrative of the account after Moshe demands that Pharaoh let the Jews go. Pharaoh increases the workload of the Jews to an unprecedented level of oppression and the Jews can no longer listen to Moshe's promises of redemption, "Due to hard work and shortness of spirit."

When Hashem tells Moshe again to go deliver a message to Pharaoh to send the Jew from his land, Moshe responds, "Behold, the Jewish People didn't listen to me, how then should Pharaoh listen to me?"



In response to Moshe's question, Hashem spoke to Moshe and Aharon regarding the Jews and Pharaoh, instructing them to deliver the Jews from Egypt. How is this an answer to Moshe's question?

This is in reality a message to the Jewish People. G-d is telling them that the Egyptian bondage is due to "hard work and shortness of spirit." In order for them to experience freedom from their physical labor "their hard work", they must first correct the cause of this physical labor; "shortness of spirit." When we cease to focus on our spiritual growth, we become 'enslaved' to the physical to the point that we can no longer hear the spiritual message being conveyed. Hashem is telling the Jewish Nation that they need to now focus on their soul and redemption from the physical redemption will follow.

It is for this reason that He instructed them to withdraw from the idol worship of the Egyptians, to which they had been enslaved due to years of assimilation and to return their focus to their soul; their spiritual growth. This is the meaning of the paragraph "הִנֵּה אַתָּה שׁוֹמֵד" in the Haggadah. We state "and this is what stood for us and our fathers (throughout the ages and kept us alive)" ... "that in every

generation they arise against us and try to destroy us".

At first glance, this seems like an odd statement. When nations rise up against us we survive as a nation? Anti-semitism is what has stood us in good stead throughout the ages? The answer is, yes! When we are reminded by the nations of the world that we are different from them; when they threaten our safety as a nation, then we realize that we ARE different and we must focus on our spiritual essence and our unique connection with Hashem. Only then can we remain focused on our true mission and purpose in this world.

Ironically, it is the hostility shown to us by the nations of the world that help us to realize that our true freedom comes from our connection to our spiritual selves and as a result to G-d. And He will continue to protect us now as He has throughout the ages.

Wishing you and your families a happy and kosher Passover.

RABBI AVRAHAM FEIGELSTOCK

TEAM

BETH DIN

Rabbi Avraham Feigelstock
Av Beth Din

Rabbi Andrew Rosenblatt
Congregation Schara Tzedeck

Rabbi Shlomo Gabay
Congregation Beth Hamidrash

KOSHER CHECK TEAM

RICHARD WOOD

Director, Business & Marketing
richard@koshercheck.org
(604) 716-2770

RABBI MENDY FEIGELSTOCK

Director of Kashrus
mendy@koshercheck.org
(604) 781-2324

RABBI BINYAMIN GORDON

Rabbinic Field Representative
binyamin@koshercheck.org
(604) 782-0410

RABBI MENACHEM MATUSOF

Rabbinical Representative
(403) 714-9009

PHILIP WOLF

Mashgiach – Calgary
philip@koshercheck.org
(587) 700-1946

VANCOUVER KOSHER ESTABLISHMENTS

CAFÉ 41 - DAIRY chalav yisrael
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NAVA Creative Kosher Cuisine
DAIRY (Not Chalav Yisrael) & Pareve
950 W. 41st Ave, Vancouver
Tel: (604) 676-7579

41 CATERING - MEAT
5750 Oak St, Vancouver
Tel: (604) 440-2259

OMNITSKY KOSHER BC
MEAT & Pareve
5775 Oak Street, Vancouver
Tel: (604) 321-1818

CLASSIC
IMPRESSIONS CATERING
785 W. 16th Ave, Vancouver
Tel: (604) 551-5378

SABRA BAKERY
MEAT & Pareve
3844 Oak Street, Vancouver
Tel: (604) 733-491

GARDEN CITY BAKERY
360 – 9100 Blundell Rd, Richmond
Tel: (604) 244-7888

KOSHER FOOD WAREHOUSE
612 Kingsway (rear), Vancouver
Tel: (604) 709-9889

KAREN'S CAFE
DAIRY (Not Chalav Yisrael)

MAPLE GRILL
1967 W. Broadway, Vancouver
(604) 568-4885

1607 90th Ave SW, Calgary
Tel: (403) 255-5311

MENDELSON
KOSHER GOURMET
MEAT & DAIRY (Not Chalav Yisrael)
998 West 26th
Avenue, Vancouver
(604) 734-2507

CARRIAGE HOUSE HOTEL
(BAKERY – Marked Items only)
PAREVE & MEAT
9030 Macleod Trail S, Calgary
Tel: (403) 253-1101

DESIGNED BY
RACHEL GABAY
INSTAGRAM / RACHGABZ

Q&A with the rabbi

**DO YOU HAVE A QUESTION
ABOUT A PRODUCT, A HECHSHER
OR JUST A GENERAL QUESTION
ABOUT KASHRUS?
CONTACT RABBI MENDY AT
MENDY@KOSHERCHECK.ORG**

Q IS ICING SUGAR ACCEPTABLE TO USE FOR PASSOVER?

Icing Sugar, also known as Confectioners Sugar, is made up of regular granulated sugar that is then further ground up into a smooth powder. An anti-caking agent, usually corn starch is added to ensure the sugar does not clump up. Since corn starch is Kitniyot, Ashkenazic custom is to refrain from using this on Passover.

Q DO DRIED FRUITS REQUIRE KOSHER FOR PASSOVER CERTIFICATION?

Dried Fruits are often coated in either dextrose, flour or oil to stop them sticking together. We have seen

facilities in Asia where employees make their own oil at home and then bring to work to use in coating the fruit. Since both Dextrose and Flour are Kitniyot or could even be Chametz, Dried Fruits require Kosher L'Pesach supervision and regular supervision during the year.

Q CAN I PURCHASE FROZEN FISH TO USE DURING PESACH?

During the processing of Frozen Fish it is common for food manufacturers to glaze the fish in Corn Starch. This is done to increase the shelf life of frozen products. It is advisable to avoid packaged frozen fish during Pesach.

Please purchase before Pesach and wash well prior to the start of the holiday.



Q DOES COCONUT OIL REQUIRE KOSHER L'PE- SACH CERTIFICATION?

Coconut Oil is produced typically in South East Asian Countries including Thailand, Philippines,



Q CAN I USE FROZEN FRUIT DURING PESACH?

Frozen Fruit can be used without certification, as long as it is not sweetened or cooked. In addition, you should check the ingredient declaration to ensure that it does not contain Ascorbic Acid or Citric Acid as both of these are Kitniyot.

Q DO RAW NUTS REQUIRE KOSHER L'PESACH CERTIFICATION?

Any unroasted nuts in-shell do not require Kosher L'Pesach certification. Any nuts out of shell such as Almonds or Cashews etc. do not require Kosher L'Pesach Certification as long as they are not roasted and do not have any additional additives or preservatives like BHA or BHT. This applies to raw nuts in any format including whole, sliced, crushed or slivered.

Q DOES COCONUT OIL REQUIRE KOSHER L'PE- SACH CERTIFICATION?

Indonesia, India and Sri Lanka. Typically manufacturers will also produce other products including products derived from Chametz in the same facility. Therefore Coconut Oil will require Kosher L'Pesach certification. We have confirmed that **Earth's Choice Virgin Coconut Oil**, Coconut Flour and Unsweetened Coconut available from Choices bearing the KLBD is acceptable for Passover. **Trader Joes Coconut Oil** bearing a BCK are all acceptable for Passover.

Q CAN I PURCHASE REG- ULAR KOSHER CERTI- FIED MILK FOR USE ON PESACH?

Milk contains added vitamins that may contain chametz. Therefore it is advisable to purchase Kosher L'Pesach Chalav Yisrael Milk. If this is not available one should purchase milk before Pesach at which time any chametz will be nullified.

Q DOES MAPLE SYRUP REQUIRE KOSHER L'PESACH CERTIFICATION?

Often consumers assume that Maple Syrup contains no additives, however this is not the case. Maple Syrup can contain anti foaming agents, flavours or corn syrup which would be problematic for Passover. We understand that some manufacturers even use bacon for flavour. Therefore Maple Syrup is only recommended when purchased bearing Kosher L'Pesach certification.



Q CAN I PREPARE FOR MY INFANT RICE CEREAL DURING PESACH?

Rice is considered Kitniyot, but is permitted to be consumed by infants. Manufactured Baby rice cereals can contain Chometz and therefore should be avoided. When preparing home made Rice Cereal it should be done using specially designated pots and utensils. Rice should be carefully checked before preparing.

Below is a recipe to prepare Rice Cereal at home:

1. $\frac{1}{4}$ cup rice powder (brown or white (non enriched) rice ground in blender, food processor or coffee grinder.
2. 1 cup water
3. Bring liquid to a boil in saucepan. Add rice powder

- while stirring constantly.
4. Simmer covered for 10 minutes, mix in formula/ milk and fruits if desired.
 5. Serve Warm

Q WHAT SEEDS/SPICES ARE NOT CONSID- ERED KITNIYOT?

The following seeds/spices are not considered Kitniyot:
Anise, Chia Seeds, Coriander, Cottonseed, Cumin, Saffron. They do require checking and should not be purchased as a fine powder, since they could contain an anti-caking agent.

Q DOES HONEY REQUIRE KOSHER L'PESACH CERTIFICATION?

Some Honey producers add flavours to their honey, which may be derived from Chametz. In addition some honey may contain corn syrup. We can confirm that Chilliwack River Honey is acceptable to use on Pesach.

Q DOES GREEN TEA REQUIRE KOSHER L'PESACH CERTIFICATION?

Pure Green Tea leaves without any additives or flavours do not require Kosher L'Pesach Certification. This does not include Matcha Green Tea.



Q ARE ANY KEURIG K CUPS ACCEPTABLE TO USE ON CHOL HAMOED PESACH?

We have confirmed that any unflavoured K cups (not decaffeinated) are acceptable to use during Chol Hamoed Pesach when bearing an OU. Please note that your Keurig Machine should be koshered prior to Pesach by Iruy.

Q DOES INSTANT COFFEE REQUIRE KOSHER L'PE-SACH CERTIFICATION?

It is common for Instant Coffee to contain additives or thickening agents including Maltodextrin, which is derived from corn. It is also possible for the Instant Coffee to be extracted using solvents derived from Chametz. Therefore Instant Coffee requires Kosher L'Pesach Certification. **Starbucks Via Instant Coffee** and **Folgers Special Roast Instant Coffee** bearing an OU is acceptable to use on Pesach providing it has been purchased before.

Q ARE ANY NESPRESSO PODS ACCEPTABLE FOR USE ON CHOL HAMOED PESACH?

We have confirmed with the Basel Rabbanut that the following list of Nespresso products are acceptable to use during Chol Hamoed Pesach. Please note that your Nespresso Machine should be koshered prior to Pesach by Iruy.

Nespresso Classic (NC) range:

Ristretto, Arpeggio, Roma, Cosi, Volluto, Diavolito, Altissio, Voltesso, Stormio, Odacio, Melozio, Elvazio, Capriccio, Livanto, Kazaar, Dharkan, Half Caffeinato, Deca Intenso, Decaffeinato, Vivalto Decaffeinato, Volluto Decaffeinato, Arpeggio Decaffeinato, Dulsão do Brasil, Indriya from India, Rosabaya de Colombia, Limited Edition, Special Club, Special Reserve.

Lungo range:

Decaffeinato Lungo, Vivalto Lungo, Finezzo Lungo, Fortissio Lungo, Linizio Lungo, Bukeela Ka Ethiopia

Nespresso Professional (NP) range:

Espresso Forte, Espresso Leggero, Espresso Decaffeinato, Espresso Origin Brazil, Lungo Lungo Decaffeinato, Lungo Origin Guatemala Ristretto, Ristretto Forte, Lungo Leggero, Intenso, Ristretto origin India, Limited Edition, Special Club, Special Reserve.

Pharaoh that used his passport



My visit to Alexandria

MY VISIT TO EGYPT
IN FEBRUARY 2019
BY RICHARD WOO



The Talmud in tractate Yoma 69a mentions that Alexander the Great was approaching Jerusalem

and the Temple in order to destroy it. Shimon HaTzaddik who was the High Priest at the time came to know about this. He promptly dressed himself in his priestly garments and together with noblemen of the time travelled at night to meet Alexander. When the delegation arrived, Alexander the Great asked who are these people coming to meet us? He was informed that this was a bunch of Jews who had rebelled against him. When the two groups finally met, he (Alexander) descended from his chariot and bowed before Shimon HaTzaddik, the High Priest. His guards said to him, why should such an important King such as you bow to this Jew? He replied that it is this man's face

that appears before me on the battle fields when I am victorious. He then asked Shimon HaTzaddik why have you come? He responded that he had come to ask that the Temple not be destroyed. Alexander the Great granted Shimon HaTzaddik his request. Unfortunately Alexander the Great, the Macedonian empire and the capital city of Alexandria that he founded did not fare so well.

Over the past few years I have had the opportunity to visit several countries in the Middle East including Israel (of course), Egypt, Turkey and the United Arab Emirates to name a few. Last year I almost visited a company in Beirut but after investigation it turned out that we would not be able to certify the company due to kashrus reasons. When planning the trip to Lebanon I did speak to a family friend who works for MI6 who told me that at the time of my trip it would have been safe to travel, Halevai!

Visiting Egypt always brings with it a new adventure. On one of my most recent flights from Tel Aviv to Cairo there was an Israeli tour group in addition to an Archaeological tour. Upon landing there was the traditional clapping of the hands by the Israeli tour group. I am then greeted by the company representative. We have met before so this time we hug and exchange Salaam Aleikums. Driving from Cairo out of the city is an arduous process. First you need to leave the airport, then you need to drive through several districts to cross the river Nile. Once you cross the River Nile you are now in Giza. Driving from Giza to Alexandria can take 2-3 hours. Before entering the port city of Alexandria we need to go through a security check point and pay a toll. I notice to my right hand side that there is an armoured car with a military officer

overhead checking out all the cars. Once through the check point we stop and visit a company before I am dropped at my hotel for the night.

The next couple of days we visit several companies in the area. The coastal region of Egypt is very fertile so there are many producers of Fruits and Vegetables nearby. One of the companies that I visit is a leading producer of Tomato Paste in Egypt. I meet with the son of the owner, Moustafa. Moustafa tells me that he studied Business at Concordia University and returned to Egypt a few years ago to help in the family business. I ask him how

China! I told him that there is great demand for Kosher in the United States. We then proceed to tour the company. Many of the companies that I have visited in Egypt, India and other countries around the world are family run. Often at least 2-3 generations of the same family will work in the business. During my visit I hear the third call of the day to prayer at 3pm. My hosts, excuse themselves at which time I let them know that I will also take the opportunity to daven Mincha. On my journey the next day we try and make a stop at the burial site of Rabbi Yaakov Abu Hasira, the grandfather of the Baba Sali. Abu Hasira passed away while travelling through Egypt

we have met before so this time we hug and exchange Salaam Aleikum's

business is and he tells me that thanks to the current USA – China trade dispute that the US is now purchasing Tomatoes and Tomato products from Egypt instead of

and is buried in Damanhour, outside of Alexandria. After having difficulty finding it my driver tells me that he will do some more research before I visit again after Pesach!



RICHARD WOOD
WITH MUSTAFA
EL-NAGGER,
GREAT FOODS
CO. (CENTRE)

HORSERADISH BITTERNESS & BENEFITS

5 AWESOME BENEFITS OF HORSERADISH YOU MAY NOT KNOW ABOUT!

1

An ancient plant

It is an ancient plant belonging to the same Cruciferae family as cabbages, broccoli, and brussel sprouts. Although a perennial, it is grown commercially as an annual crop for its highly valued fleshy root. The latter is usually grated, mixed with salt and vinegar, and used extensively as a condiment in many dishes around the world.

anti cancer activites

2

isothiocyanates

The pungent flavour (smell and taste) of horseradish has been extensively studied over the years and is attributed to a group of compounds known as isothiocyanates (ITCs). On cutting the root, ITCs are formed from secondary metabolites in horseradish, glucosinolates, by the action of an enzyme known as myrosinase. Both myrosinase and glucosinolates are normally stored in separate compartments in the plant cell, but following cellular disruption they are brought into direct contact with each other. Over 35 different glucosinolate degradation products have been identified, mainly ITCs together with thiocyanates and nitriles. A recent study by German scientists identified several new compounds in horseradish, a lactone and a pyrazine, that both contribute to the high potency of its aroma.

3

more than a strong flavour

It is clear that horseradish has more to offer than just its strong bitter flavour. What it does demonstrate is the amazing complexity of nature, with horseradish as just one example. There is nothing simple in nature and we need to be thankful for the wonderful complex world that was created for us. Wishing you all a kosher and a Freilichen Pesach!



4

peroxidase

Horseradish is also a very rich source of an enzyme known as peroxidase. This enzyme is extracted on a large commercial scale for use in a wide range of enzyme assays, chemiluminescent assays as well as in the treatment of waste water. Peroxidase is also an important reagent in many clinical diagnostic kits providing a simple and reliable way of measuring cholesterol, glucose, uric acid as well as in pregnancy tests.

5

Anti-cancer activities in ITC

Besides their role in the flavour of horseradish, ITCs are now recognized as anticancer and antimicrobial agents. Studies have shown ITCs not only inhibit the development of cancer cells but they can also destroy cancer cells. The anticancer activities of ITCs on breast cancer cell lines, animal models of breast cancer, and a limited number of human clinical trials, conducted over the past two decades, were summarized in a recent publication. Based on the overall results, many of these ITCs were very effective, showing great promise as anticancer therapeutic agents. The ability of ITCs to destroy bacteria such as *Helicobacter pylori*, *Escherichia coli* and *Staphylococcus aureus* has also been reported. In particular, the antibacterial effects of ITCs may be related to their anticancer properties, as *Helicobacter pylori* is considered one possible cause of stomach cancer.

A

After the reciting of מה נשתנה (Ma Nishtana) by the youngest child, the next highlight of the Family Seder Service

is partaking of מרור (marror), the bitter herbs. While the Mishnah lists five bitter herbs, the most generally accepted ones are romaine lettuce and horseradish. For most of us, romaine lettuce will more than suffice, but for the dedicated few, an actual slice of horseradish root will be consumed. The importance of the raw horseradish root is its ability to elicit a very pungent and powerful lachrymatory odour and taste that is certainly not for the faint of heart. Symbolically, it is suppose to remind us of the Temple by way of the preparation of the paschal lamb offering . In reality, however, it represents the bitter times Israelites were subjected to in Egypt during their many years of slavery. While horseradish is viewed negatively for its bitterness, it is a remarkable plant with many health benefits as well as medical applications.

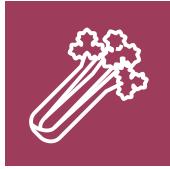
PROFESSOR N. A. MICHAEL ESKIN, an internationally recognized food biochemist, is the author and editor of 15 books, 60 chapters, and over 140 research publications. He is the recipient of many awards including the 2018 prestigious Stephen S. Chang Award for his contributions to lipids by the American Oil Chemists' Society. In 2016 he was awarded the Order of Canada for his pioneering research that contributed to the success of canola oil as a marketable product. In 2017 he was voted Professor of the Year by the student body in his faculty. Dr. Eskin recently celebrated 50 years at the University of Manitoba where he still teaches, does research and is busy working on his 16th book.

THE SEDER PLATE

REASONS WHY WE EAT WHAT WE DO AT THE SEDER.
BY RICHARD WOOD

Over the past several years I have incorporated into my Pesach message an explanation of particular minhagim of the Seder. This has ranged from vegetables used for Karpas at the beginning of the seder, to spilling wine for the twelve plagues. It has always intrigued me the reasoning for certain customs that we perform at the Seder. I hope that this article will arouse your curiosity to ask more questions at this year's Seder.

It has always intrigued me the reasoning for certain customs that we perform



KARPAS

One of the first things we do at the beginning of the Seder is the dipping of the Karpas (Vegetable) into salt water or vinegar. The Jerusalem Talmud queries the exact plant which is used for karpas and defines it as Petrozel, commonly known today as Parsley (Shevi'is 9:1)

According to one's custom celery or parsley are usually used however other customs include boiled potato, raw onion, cucumber or radish. We eat the Karpas to arouse the curiosity of the children so that they might ask "Why is this night different?" Some have explained that we do this to symbolize Joseph's brothers, who sold him into slavery and whose robe was dipped into the blood of a slaughtered goat (Genesis 37:31). The dipping itself reminds us of this event, the karpas itself is dipped into salt or vinegar and turns from a sweet taste to sour. Just as

Joseph's freedom was sweet and then became sour after being sold into slavery. Other commentators mention that karpas was used an appetizer to stimulate the appetites of the nobility in ancient Rome. On Seder night we use it as a symbol of our freedom.

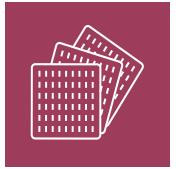


SPILLING WINE FOR THE 10 PLAGUES

One interesting custom is the spilling of sixteen drops of wine from one's cup during the Seder. This is done at three intervals during the Seder. The first three drops are removed when we mention the three plagues brought down in the book of the prophet Joel (Blood, Fire and Pillars of Smoke). The next ten drops are removed for the more familiar Ten Plagues. Lastly Three drops are removed for Rabbi Yehudah's three word Acronym for the plagues.



Since wine is a symbol of joy, we removed a drop from our glass each time we mention another plague. Rabbi Isaac Luria was particular that one should not use any finger, rather spill out the wine onto a saucer. The famous Ashkenazi authority Rabbi Moses Isserles states in his Darchei Moshe (473:18) "Because it represents the finger of G-d, one should use a forefinger and not a little finger. Some Sephardim and Chassidim are more particular about this wine. All wine used for the sixteen drops is collected in a bowl and then disposed of. According to Kabbalah, the reason we do not use this wine is because we are mentioning the plagues with which G-d punished the Egyptians while we are spilling out the wine. Since the wine now represents punishment and anger, we do not want to ingest it.



THREE MATZOT

During the year on Shabbat and Chaggim we

place two Challot on the table. This represents the Lechem Mishneh, the double portion of manna that would fall in the wilderness before the Sabbath and Festivals. On Pesach the third piece of Matza, the middle Matza represents the Lechem Oni "the bread of our affliction" or "Poor man's Bread".

There are two reasons why we break the middle matza. The first is that we eat matza in place of the offering in the temple. The Afikoman is eaten at the end of the meal just as the paschal offering was eaten at the end of the meal. The second reason is, since matza is called "Poor man's Bread", a poor man would not generally know where his next meal would come from. Therefore he would save a portion of his food for his next meal.

There are two other suggestions for the Three Matzot at the Seder. The first is that the three matzot represent the three divisions of the Jewish people, Kohen, Levi and Yisrael. Another suggestion is that the three Matzot represent the three measures of flour taken by Abraham to bake cakes for the three angels (Genesis 18:6). According to Rashi, the day of their visit was Pesach. Among some Sephardim there is a custom to keep a piece of the Afikoman throughout the year to ward off the evil eye. Preserving a piece throughout the year represented good luck.



MAROR

Before we start our festive meal on Seder Night we eat Bitter Herbs dipped

in Charoses, to remind us of the bitter lives our ancestors experienced in Egypt. The Mishna (Pesachim 39a) lists five vegetables that one can use for Maror. They are Chazeret, Tamchah, Charchavina and Ulshin. Most authorities identify Chazeret with lettuce and Tamchah with Horseradish.

There are differing customs as to what vegetable to use for Maror. In the times of the Mishnah lettuce (Chazeret) was commonly used. In northern and eastern Europe where it was difficult to obtain lettuce, horseradish was used instead. Some Sephardim also use green onions or curly parsley. The Shulchan Aruch states that in order for one to fulfill their obligation the flavour of the maror must be unadulterated by cooking or preserving. Nowadays many of us use both Romaine and Horseradish. Using Romaine at this point for the Maror and Horseradish for the Hillel Sandwich which is next to come.

CHAROSET

One of the last symbolic acts of the Seder before partaking of the meal, is dipping the Maror into the Charoset. Jewish custom preferred to choose ingredients that had a symbolic meaning or an association to verses from the Tanach. The Kitzur Shulchan Aruch explains the recommendation of ingredients for the Charoset, "one should choose fruits that were originally grown in Israel" (118:4).

The choice of Apples comes from the verse "Under the apple tree I will awaken thee" (Song of Songs 8:5). The Rabbi's understood this as referring to the Israeli wives who went out into the orchards to give birth under the shade of the apple trees, thus in defiance of Pharaoh's decree. The use of nuts is suggested based on the verse "Into the nut garden I descended" (Song of Songs 6:11). Figs are recommended based on the verse "When the green figs will ripen on the fig trees" (Song of Songs 2:13). The Midrash views this as an allusion to the basket of first fruits brought into the Temple on Shavuot. Pomegranate and Dates are also recommended. In Sephardic communities it is common to make Charoset from dates. Cinnamon (bark) and Ginger are also recommended since they cannot be chopped up too fine. Thus they become reminiscent of the straw which the Israelites had to go out and collect and that was added to the mortar. Wine or Vinegar is added, of course symbolic of the blood that was shed.

PESACH RECIPES

DON'T LET THE LONG LIST OF INGREDIENTS SCARE YOU. THERE MAY BE A LOT OF INGREDIENTS IN THIS RECIPE, BUT THE PREPARATION IS FAIRLY SIMPLE AS MOST OF IT GETS CHOPPED IN THE FOOD PROCESSOR.



SERVES 4

Chicken in Mango Chutney



Ingredients

8 OZ. 225 G RED ONION, peeled and roughly chopped (1 medium)	3 TBSP. 45 ML SUGAR
4 LARGE GARLIC CLOVES	1/4 TSP. 1 ML GROUND NUTMEG
2 JALAPENO PEPPERS, cored and seeded	1/2 TSP. 2 ML SALT
1 TBSP. 15 ML FRESH GINGER, minced	1/2 TSP. 2 ML GROUND CINNAMON
1 TBSP. 15 ML CHOPPED FRESH CILANTRO	2 OZ. 55 G DRY APRICOTS, roughly chopped (1/4 cup 60 mL)
3 TBSP. 45 ML FRESH LEMON JUICE	3-4 LBS. 1.4-1.8 KG CHICKEN, cut into 8 pieces
3 TBSP. 45 ML FRESH LIME JUICE	SALT AND PEPPER
6 OZ. 170 G APPLE, peeled, cored and cut in quarters (1 medium Fuji, Gala, Macintosh or similar)	2 TBSP. 30 ML OLIVE OIL
	12 OZ. 340 G RIPE MANGO FLESH, CUT INTO 1/2-INCH 1-CM CUBES (FROM 2 LARGE MANGOES)
	3 OZ. 85 G GOLDEN RAISINS (1/2 CUP 120 ML)
	1 CUP 235 ML WATER

Directions

- ➲ For the chutney, place the red onion, garlic, jalapeno, ginger, cilantro, lemon juice, lime juice, apple, sugar, nutmeg, salt, cinnamon and dry apricots into the bowl of a food processor. Process everything until it is finely chopped. Set aside.
- ➲ Season the chicken with salt and pepper.
- ➲ Heat a large Dutch oven over medium heat and add the olive oil. Brown the chicken pieces, about 3-4 minutes per side. Do this in batches if you can't fit all the pieces in a single layer. Remove the chicken pieces once they are browned.
- ➲ When all the chicken is browned, return it to the pot and add the chutney, mango, raisins and water and stir everything together.
- ➲ Reduce the heat to low and simmer, covered for 25 minutes. Stir every few minutes making sure that nothing is sticking to the bottom. Uncover and cook another 10 minutes.
- ➲ Check the chicken for doneness. Continue cooking if the chicken isn't done. Once it's cooked through, if the sauce is very loose, remove the chicken pieces, set aside and continue to simmer the sauce until it's thickened, about 10 minutes.
- ➲ Place the chicken on a serving platter and pour the chutney over and serve.

chocolate cheesecake

THE CRUST

Ingredients

4 1/2 OZ. | 125 G FINELY GROUND ALMONDS (1 1/4 CUPS | 295 ML)
2 OZ. | 55 G SUGAR (1/4 CUP | 60 ML)
1/8 TSP. | 1/2 ML SALT
1/2 TSP. | 2 ML VANILLA
1 LARGE EGG WHITE

Directions

- ⇒ Preheat the oven to 350°F | 175°C.
- ⇒ Prepare a 10-inch | 25-cm spring-form pan by wrapping a piece of aluminum foil over the base before placing it in the pan and snapping it shut. You should have a flat piece of foil on the inside bottom, with the edges coming out the bottom sides.
- ⇒ Mix the almonds, sugar and salt together in a mixing bowl. Add the vanilla and egg white and mix until combined. Pack the crust into the bottom of the spring-form pan, forming an even layer. Wet your hands if you find that the crust is sticking.
- ⇒ Bake for 20-25 minutes or until golden brown.

PROCEED WITH LIME OR CHOCOLATE

 **SERVES 10-12**
DAIRY



THE CAKE

Ingredients

CRUST – SEE CHEESECAKE CRUST
2 LBS. | 910 G CREAM CHEESE, softened

10 OZ. | 20 G SUGAR (1 1/4 cups | 295 mL)
1/4 TSP. | 1 ML SALT
1/2 OZ. | 15 G COCOA POWDER, sifted (2 Tbsp. | 30 mL)
1 TSP. | 5 ML VANILLA
4 LARGE EGGS
1/2 CUP | 120 ML WHIPPING CREAM
6 OZ. | 170 G SEMISWEET CHOCOLATE, MELTED

Directions

- ⇒ For both cheesecake flavours: Preheat the oven to 350°F | 175°C.
- ⇒ Use the paddle attachment in a stand mixer, running on medium, to mix the cream cheese, sugar and salt until smooth. Add the cocoa powder and mix until incorporated.
- ⇒ Add the vanilla and the eggs, one at a time and mix well. Stop the machine and scrape down the sides. Add the whipping cream and mix; then add the melted chocolate and mix until combined. Pour the filling over the crust.
- ⇒ Bring 3-4 cups of water to a boil in a kettle.

FRESH IS BEST

LOCATED IN KAMLOOPS,
BC PATRICK O'SULLIVAN
WITH RICHARD WOOD



LOW IN FAT



NO GMO



LOW IN SALT



Today fresh is best is a household name

with a state of the art facility in Kamloops they produce a variety of Tortilla Chips and other products.

Please note that at the current time only the Fresh is Best Tortilla Chips and Taco's are certified by Kosher Check, these can be purchased from all major Supermarkets including Safeway, Wholefoods, Sobeys, IGA to name a few.

Colin and Lisa McGaffin used to make their own fresh salsa from tomatoes they grew in their garden in Kamloops. It was suggested to them by a friend who had tasted Colin's Salsa at a party that they should try selling it and they would buy it. One day Colin took

20 containers of Salsa to Kamloops farmer's Market trying to sell them. By 10am, Colin had sold nothing. He had 19 full containers and one sat open ready for people to try. Colin wanted to leave but the Market insisted that vendors could not leave until 12pm. One hour later, Colin had sold out! Later Colin and Lisa learnt that no one ever samples in the early morning after brushing their teeth! The next

week they returned with 40 salsas, this time in different heats. They realized they needed chips with which to sample the salsa with. So the next week they learned how to make their own Chips and hit the market with the samples. People asked "Where can we get these yummy chips?" so the next week they started stuffing Tortilla Chips in bags!

Pesach with Pets

PURCHASING PET FOOD ON PESACH CAN BE TRICKY AND ONE CANNOT ALWAYS RELY ON FOOD INGREDIENT PANELS.



One of the challenges we face on Pesach is finding pet food which is Halachically acceptable. One issue pertains to Pesach itself, ensuring that the product does not contain any Chametz. The other issue pertains to the rest of the year, where food may be comprised of milk and meat together. The Torah states three times "One may not cook a goat in its mother's milk". From this we derive that it is forbidden to cook milk and meat together, to eat milk and meat together or to have benefit from milk and meat together.

Purchasing pet food on Pesach can be tricky and one cannot always rely on food ingredient panels. Look out for wheat, cracked flour, germs, gluten, grouts, middlings, starch, barley, oats, pasta rye and brewers dried yeast. Should you not know the meaning of a certain ingredient, do not hesitate to contact your Rabbinic Authority. Dog and Cat food generally contain gravy or sauce which is Chametz. Kitniyot, legumes such as rice and beans may be given to animals even though these ingredients are not eaten by Ashkenazi Jews.

The following is a list of commonly found items on pet food ingredient panels **which are allowed** on Pesach.

- | | |
|----------------|-----------------|
| ⇒ Beans | ⇒ Grain sorghum |
| ⇒ Peas | ⇒ Sesame |
| ⇒ Buckwheat | ⇒ Lentils |
| ⇒ Rice | ⇒ Soybeans |
| ⇒ Brewers rice | ⇒ Millet |
| ⇒ Safflower | ⇒ Soyflower |
| ⇒ Corn | ⇒ Peanuts |
| | ⇒ Sunflower |

Look out for wheat, cracked flour, germs, gluten, grouts, middlings, starch, barley, oats, pasta rye and brewers dried yeast.

Other ingredients such as Barley grass, BHA, BHT, carrageenan, cellulose, colours, eggs, Gums, kelp, lactose, linseed, milk products, molasses, oil, psyllium and whey do not pose an issue in pet food.

It is forbidden to leave a pet with a non-Jew during Pesach if one knows that the non-Jew will feed the pet Chametz. Since there are many pet foods that do not contain Chametz, one should not leave his pet at a kennel unless the kennel will supply the pet with non-Chametz food or the owner of the pet has stipulated which non-Chametz food the kennel may serve.

Where it necessitates, one may sell his animal to a non-Jew who will then take the pet into his own property and take care of it accordingly, as well as feed the pet whatever he chooses. This process should be done under the guidance of a Halachic authority.

Passover pet food

the following pet foods have been reviewed and do not contain chametz.



BIRD FOOD

Spray Millet For Birds
Alfalfa Hay and Cubes



FISH FOOD

Tetra Vacation –
Tropical Slow Release
Feeder



CAT FOOD

Friskies Salmon Dinner
Friskies Chef's Dinner
Friskies Seafood Supreme
Friskies Chicken Dinner
Friskies Chicken & Liver Dinner



DOG FOOD

Pedigree Meaty Loaf
Cesar with Beef
Cesar Filet Mignon Flavor
Cesar with Turkey
Cesar with Duck
Cesar with Lamb

UTENSIL FOR USE ON PESACH

Jewish law requires special dishes, cooking utensils, glassware, and silverware for Passover use, with separate meat and dairy sets. They can be made of any material, including plastic or paper. Once these are used for chametz, they may not be used again on Passover.

If it is not possible to maintain a complete set of separate utensils for Passover, it may be possible to use some year-round utensils for Passover after a special "kashering" procedure. Procedures for "kashering" common items are as follows:

To prepare for the procedure, clean all parts of the kitchen well. This involves the removal of all food, rust, dirt, calcium deposits and anything else that protrudes; it does not include the removal of discolorations. Counters, tables, ovens, stoves and refrigerator should be perfectly clean. Scrub utensils and set them aside. Twenty-four hours prior to kashering, the stove, oven and broilers should not be turned on, and hot water should not be used.

Once these are used for chametz, they may not be used again on Passover.

Items which have narrow cracks, crevices, deep scratches or other areas that cannot easily be cleaned, cannot be kashered for Pesach.

THEREFORE, THE FOLLOWING, FOR EXAMPLE, CANNOT BE KASHERED:

- ➊ Colanders
- ➋ Decanters or baby bottles (due to their narrow necks)
- ➌ Filters/screens over drains in sinks
- ➍ Graters
- ➎ Knives (or other utensils) where food or dirt can get trapped between the blade and handle
- ➏ Slotted spoons
- ➐ Sponges
- ➑ Toothbrushes

Additionally, the common custom is to cover tables, counters, refrigerator shelves and other areas where one might not have been able to clean away every trace of chametz.

REFRIGERATORS & FREEZERS

All parts of refrigerators and freezers must be thoroughly cleaned and washed, including storage bins. The shelves should be lined with plastic or foil with small perforations to allow for air circulation.

tablecloths, kitchen gloves, aprons and other items made of fabric

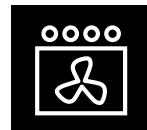
Any item made of fabric can be koshered by washing it in a washing machine set on "hot" and then checking to make sure that no pieces of food remain attached to it. Vinyl and plastic-lined tablecloths cannot be kashered.



RANGES AND OVENS

Every part of an oven or stove which may have been reached by food during the year must be completely cleansed and scraped. For the top of the range, a special metal sheet is to be provided to prevent contact with Passover utensils. The gas rings (grates) must be "glowed" or new ones used. If no glow can be produced, the metal sheet must cover them too. Blow torches may be rented from your local hardware dealer.

Every part of the oven is then heated with a blow torch until it gets red hot. Care should be taken however, not to point the flame directly to the thermometer probe inside the oven. If this method is not possible, the oven should be heated at its highest temperature for approximately one hour, after which a fitted metal liner is placed in the interior of the oven and new grates are placed inside the oven allowing baking for Passover. The door of the oven and any parts of the oven that are still visible, should be covered with heavy duty aluminium foil.



SELF CLEANING OVENS

may be koshered by running it through the self-cleaning cycle. The door must be covered with heavy duty aluminium foil. The Sephardic custom for kashering ranges and ovens is as follows: the stovetop should be cleaned thoroughly and the grates should be dipped in boiling water. The element should then be turned on high for a few minutes. The oven should be cleaned very well (preferably by using a cleaning agent) and then the oven is left unused for 24 hours. The oven is then turned on at its highest heat for one hour. For self cleaning ovens the only step necessary is to run it through a self-cleaning cycle.



ELECTRIC MIXERS, FOOD PROCESSORS & BLENDERS

Since the motor area of the electric mixer is often exposed to chametz and can be cleaned only with great difficulty, it is recommended that a special mixer for Passover be used. However, those food processors and blenders that have totally sealed units in their motor area, may be used if the bowls and mixers are changed.



shelves & counters

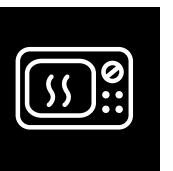
Special care must be taken to prevent Passover foods and utensils from coming in contact with your countertops. After thorough cleansing and scalding, new liners should be used to cover the surfaces during the entire Pesach period. This procedure is also required for tabletops made of Formica. Vendura, Avonite and Corian countertops must be thoroughly cleaned and scalded with boiling water, but may be left uncovered. Also, special dish racks, sink racks and wash basins should be used.



DISHES AND UTENSILS

Sets of dishes, pots and pans, flatware and other necessary utensils should be set aside specifically for Passover use. Certain utensils, such as flatware, metal pots and pans, etc., may be made Kosher for Passover use through Ha'galah (dipping in boiling water). Ha'galah is accomplished by:

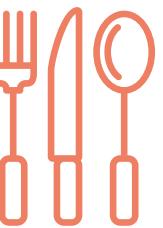
1. Not using the utensil for anything, including non-chametz, for twenty-four hours. This also applies to the (non-Pesach) pot in which the hagalalah water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be kashered is put into it, and the water must touch every surface of the utensil. Therefore, each item should be kashered individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Removing the utensil from the water and rinsing it in cold water. All new metal, aluminium and glass vessels and utensils require T'vilat Kelim (ritual immersion). New disposable aluminium pans are acceptable for Pesach without special certification. Ritual immersion, however, is required if they are to be used more than once.



MICROWAVE

ovens may be used on Chol Hamoed Pesach (not on Shabbat and Yom Tov). To kasher your microwave for the holiday, clean the inside thoroughly, fill a large paper container with water and bring to a boil, refill with water, place in another area and repeat the process. The glass tray cannot be kashered. Either a new glass tray should be purchased or paper should be used in its place.

THE FOLLOWING MAY NOT BE KASHERED



- ☞ China, pottery, earthenware, Teflon and similarly coated pots and pans, plastic dishes, enamelled pots, pans and ladles, utensils with wooden or plastic handles.
- ☞ Ceramic—all types—including brick, china, coffee mugs and enamel.
- ☞ Corningware and Corelle.
- ☞ Utensils or vessels which cannot be thoroughly cleaned, such as those having crevices in which chametz can accumulate (e.g. bottles with narrow necks, sieves, etc).
- ☞ Dishwashers. (For Sephardic law regarding kashering dishwashers, please contact your Rabbi).

Kashering a Stainless Steel Sink:

Sets of dishes, pots and pans, flatware and other necessary utensils should be set aside specifically for Passover use. Certain utensils, such as flatware, metal pots and pans, etc., may be made Kosher for Passover use through Ha'galah (dipping in boiling water). Ha'galah is accomplished by:

1. Not using the utensil for anything, including non-chametz, for twenty-four hours. This also applies to the (non-Pesach) pot in which the hagalalah water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be kashered is put into it, and the water must touch every surface of the utensil. Therefore, each item should be kashered individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Removing the utensil from the water and rinsing it in cold water. All new metal, aluminium and glass vessels and utensils require T'vilat Kelim (ritual immersion). New disposable aluminium pans are acceptable for Pesach without special certification. Ritual immersion, however, is required if they are to be used more than once.



Guidelines for Medicines on Pesach

1 CREAMS AND INJECTIONS may be owned and used on Pesach even if they contain chametz or kitniyot, since they are inedible.

2 FOR PRESCRIPTION NON-CHEWABLE MEDICATION one should consult their local rabbi to find out if it is permissible to take on Pesach. Our office has a list of all medication that contain chametz or kitniyot.

3 LIQUID MEDICINES, CHEWABLE PILLS AND PILLS COATED WITH A FLAVoured GLAZE

are edible and may contain chametz and/or kitniyot. Therefore:

A If possible, they should be replaced - under the direction of a doctor - with a pill that is okay to take on Pesach.

B If substitution is not possible and the person is in a state of sakanah or safek sakanah (any possible danger to human life), they may own and consume the medication. The same applies if the

condition is not yet a safek sakanah but may deteriorate to that point and there may be any delay in getting the medicine on Pesach. (A Rabbi should be consulted regarding this matter and whether it is preferable to purchase the medicine before or on Pesach. They should also check with the rabbi as to how they should dispose of the medicine once the danger passes).

C If substitution is not possible and a doctor determines that there is no potential sakanah if the person doesn't take the medicine, a Rabbi should be consulted. He may be able to determine that the medicine does not contain chametz and/or kitniyot, or he may decide that the medicine may be consumed due to the seriousness of the patient's condition.

4 You should exercise extreme caution and consult with your doctor and Rabbi before making a decision not to take a medicine.

ORAL CARE

Kosher Check recommends purchasing Kosher L'Pesach toothpaste prior to the start of Passover.

IF THIS IS NOT AVAILABLE THE FOLLOWING BRANDS HAVE BEEN IDENTIFIED AS CHAMETZ FREE:



TOOTHPASTE

- ⇒ Arm & Hammer Complete Care Toothpaste
- ⇒ Colgate Toothpastes
- ⇒ Crest Cavity Protection Toothpaste - Regular
- ⇒ Crest Cavity Protection Toothpaste Gel
- ⇒ Crest Kid's Cavity Protection Toothpaste
- ⇒ Sensodyne Toothpastes



MOUTHWASH

- ⇒ Crest - all Alcohol Free varieties
- ⇒ LISTERINE Zero - All varieties

medicine does not contain chametz and/or kitniyot



MASHGIACH IN FOCUS

RABBI TZVI RIVKIN
BANGLORE INDIA
WRITTEN BY RICHARD WOOD

Over the course of the year I meet with many Mashgichim who represent and visit companies for Kosher Check around the world. Often when travelling I spend Shabbat with Mashgichim in their communities.

Rabbi Tzvi Rivkin lives in Bangalore, Karnataka with his wife Noa and their 5 children. He has represented Kosher Check in India and Sri Lanka since 2013 and visits companies throughout. Here is his story:

As a newly married man, Rabbi Rivkin

contacted different Rabbi's about positions open. He was put in touch with Rabbi Gavriel Holtzberg z'l in Mumbai who was looking for a Rabbi to come to another city in India. In 2008 Rabbi Rivkin and his wife Noa visited India for the first time. When they arrived they were really shocked and felt that they had crashed in India as opposed to landing! Rabbi Rivkin describes India with all its colourfulness as a beacon of light in the World.

When the Rivkin's arrived in Bangalore for the High Holydays, they arranged meals for Rosh Hashanah and had many visitors for the first night, but in the morning no one showed up. For Yom Kippur Rabbi



THE
REDEDICATION
OF THE MAGEN
DAVID
SYNAGOGUE IN
CALCUTTA

When they arrived they were really shocked and felt that they had crashed in India as opposed to landing!

Rivkin called Jewish families from all over Bangalore to try and arrange a minyan. Everyone said they were busy apart from three men.

Upon returning to Bombay Rabbi Rivkin met with Rabbi Holtzberg who insisted that he needed him to move to India full time. The Rivkin's turned down the job offer, and only several months later agreed to move to India on a permanent basis. Rabbi Tzvi and Noa Rivkin have lived in Bangalore for 10 years now and take care of the needs of the Bangalore Jewish Community which currently numbers 60 families, mostly made up of Israeli's working in the defense industry, in addition to the many back packers who travel through Bangalore. Rabbi Rivkin also provides assistance to the Jewish communities in Kolkata and Cochin.

pesach schedule



VANCOUVER VICTORIA CALGARY EDMONTON WINNIPEG

THURSDAY APRIL 18th	All Kashering must be done before Thursday evening.	9.01PM	8:59 PM	9:31 PM	9:38 PM	9:18 PM
FRIDAY APRIL 19th	Latest time to eat Chametz	10:52 AM	10:53 AM	11:15 AM	11:10 AM	11:08 AM
	Latest time to burn Chametz	12:02 PM	12:03 AM	12:25 PM	12:22 PM	12:18 PM
	Candle lighting	7:52 PM	7:52 PM	8:20 PM	8:24 PM	8:10 PM
SATURDAY APRIL 20th	Candle lighting after (from an existing flame)	9:05 PM	9:03 PM	9:35 PM	9:43 PM	9:23 PM
THURSDAY APRIL 25th	Candle lighting	8:02 PM	8:00 PM	8:30 PM	8:35 PM	8:19 PM
FRIDAY APRIL 26th	Candle lighting (from an existing flame)	8:03 PM	8:02 PM	8:32 PM	8:37 PM	8:21 PM
SATURDAY APRIL 27th	Yom Tov ends	9:17 PM	9:15 PM	9:49 PM	9:58 PM	9:36 PM

DELEGATION OF POWER FOR SALE OF CHOMETZ

KNOW YE that I, the undersigned, fully empower and permit Rabbi Avraham Feigelstock to act in my place and stead, and on my behalf to sell all Chametz possessed by me (knowingly and unknowingly) as defined by the Torah and Rabbinic Law (eg Chametz, possible Chametz and any kinds of mixtures). Also, Chametz that tends to harden and adhere to inside surfaces of pans, pots or cooking and usable utensils, and all kinds of live animals that have been eating Chametz or mixtures thereof. And to lease all places wherein the Chametz owned by me may be found, especially in the premises located at:

_____ and elsewhere.

Rabbi Avraham Feigelstock has the full right to sell and to lease by transactions, as he deems fit and proper for such time when he believes necessary in accordance with all detailed terms and detailed forms as explained in the general authorization contract which has been given this year to Rabbi Feigelstock to sell the Chametz.

The general authorization is made a part of this agreement. Also, do I hereby give the said Rabbi Avraham Feigelstock full power and authority to appoint a substitute in his stead will full power to sell and to lease as provided herein. The above power is in conformity with all Torah, Rabbinical regulations and laws, and also in accordance with the laws of the Province of British Columbia and Canada. And to this, I hereby affix my signature on the _____ day of _____ in the year of 2019, 5779.

SIGNATURE _____

NAME _____

ADDRESS _____

CITY _____

KINDLY COMPLETE THIS FORM AND RETURN IT TO:

Rabbi Avraham Feigelstock
c/o The Orthodox Rabbinical Council of British Columbia
401 – 1037 West Broadway
Vancouver BC V6H 1E3
Fax: 604-731-1804
E-mail info@koshercheck.org



HOW MUCH KOSHER CHECK WORKS FOR YOU!



KOSHER CHECK CERTIFIES OVER
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who wish to make their
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KOSHER CHECK ANSWERS QUESTIONS
VIA TEXT, WHATSAPP, PHONE EMAIL



KOSHER CHECK CERTIFIES
events

throughout the year at a low cost in
order to encourage Kosher Events to
take place in the community



KOSHER CHECK IS A NOT
for Profit Registered Charity

COMMUNITY SERVICES

THE KOSHER HOTLINE

Do you have a question about the Kosher status or a product, or have used a dairy utensil for meat or vice versa and don't know what to do? Call Rabbi Mendy at (604) 781-2324

WHATSAPP

Grocery Shopping and unsure if an item needs a hechsher? Join our WhatsApp Group by texting Richard (604) 716-2770 or Rabbi Mendy (604) 781-2324

MOVING HOUSE/ BECOMING KOSHER

Are you moving or need your kitchen kashered? We will do it for you at no charge. Please contact Richard at 604-716-2770