

Passover Greetings and Updates

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



Kosher Check is pleased to advise that we are making arrangements to bring in a Sofer (scribe) to check Tefillin and Mezuzas. As soon as this visit has been finalized a notice will be sent out with more details to the Jewish Community. As in previous years, we at Kosher Check make ourselves available to you, the Kosher consumer during this busy time of year. No matter your question, please feel free to call, email, text, or post a message on our Facebook page. No matter your question large or small we are here to help! Please also visit our YouTube page to check out an informative video we made to assist you in making your kitchen Kosher L'Pesach.

www.youtube.com/user/bckkosher

Wishing you and your families a Chag Kasher V'Sameach,

Richard Wood

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Questions for the Rabbi

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 Cornstarch, 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.

Do Dried Fruits require Kosher L'Pesach Certification?

Dried Fruits are often coated in either dextrose, flour or oil to stop them from 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.

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. If purchased before Pesach, wash well.

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.

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.



Can I use Canola Oil on Pesach?

Canola Oil is produced from the Canola Seed. In addition to pressing the Oil generally goes through a refining, bleaching and deodorizing process. Prior to shipping Anti Oxidant's are added to the oil which may be produced from Chametz. In addition many authorities view Canola Oil as Kitniyot. Kosher Check certifies a cold pressed Canola Oil from Mountainview Farms which is suitable for use by Sephardim on Pesach.

Does Coconut Oil require Kosher L'Pesach Certification?

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

Can I purchase regular Kosher certified Milk for use on Pesach?

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

Questions for the Rabbi

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.

Can I prepare Rice Cereal for my infant 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. ¼ 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

What Seeds/Spices are not considered Kitniyot?

The following seeds/spices are not considered Kitniyot:

Anise, Chia Seeds, Coriander, Cottonseed, Cumin, Flaxseed, Saffron

They require checking and should not be purchased as a fine powder, since they could contain an anti-caking agent.



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 **Chilliwick River Honey** is acceptable to use on Pesach.

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.

Does Instant Coffee require Kosher L'Pesach 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 Regular Coffee** and **Folders Special Roast Instant Coffee** bearing an OU is acceptable to use on Pesach providing it has been purchased before.

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, Così, Volluto, Diavolitto, 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.

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.

Do you have a question about a product, a hechsher or just a general question about kashrus? Contact Rabbi Mendy at mendy@koshercheck.org

Going the extra Dalet-Amous

BY RABBI LEONARD BOOK, PHD



Travelling for Kosher Check can be rewarding in more ways than one. It can also be full of surprises and on this occasion – near misses! Boruch HaShem, I returned to Eretz Yisroel one week before my last Kashrut excursion was hit by cyclone Enawo, reaching 230 kph - the worst storm in over thirteen years to hit Madagascar.'

I suppose I must also offer my thanks to HaShem for the fact that an automatic-pilot was fitted into Noah's Ark! Had it, like myself, landed in Tundura – don't ask where that is, just believe me that it is somewhere in darkest Africa, some 400 kilometres from the nearest airport, Mtwara – and don't even think of asking where this is, I promise you would not have been too happy.

A majority of the roads are only for the strongest and the brave to travel along. It's not that they are not classified, but rather that some are unclassifiable. How would you classify a road containing potholes so big that I feel we should have employed the services of a man with a red flag to go before us, just like the early days when a motor vehicle was

considered a hazard and was preceded by a red flag to warn the unsuspecting pedestrian – have things really changed? The driver said that they did once employ such a guide, but unfortunately he kept disappearing in the potholes.

Tundura is definitely not listed as one of those places which is a 'must' to visit before one leaves this earth. Having said that Kosher Check certifies the largest Cashew processor in Tanzania.

Back to the adventure. When I left the small airport, having said my 'Goodbyes' to Wilbur and Orville Wright, within the first few kilometres I passed a sign saying, 'King David school', Sagani Road, Mtwara. For the first time in my life the Evil Inclination (*Yetser HoRa*) suggested that I should go out and see if there was the possibility of a minyan. Up pops the Good Inclination (*Yetser HaTov*) and suggests that before you leave the safety of your vehicle I think you should inform the *Chevra Kaddisha* exactly where you are.

Further along the road I noticed that several of the thatched roofs of the mud huts had their roofs replaced with sheets of gleaming corrugated metal. What a pity, I thought, there goes another 'Custom of their Forefathers' through the roof!

I left Tanzania having accomplished the purpose for which I was requested to travel there, and continued my journey to Antananarivo (Tana), capital of Madagascar, to visit an Essential Oil Facility for Kosher Check.

Madagascar is the fourth largest island in the world – even if my local Israeli Post Office thought that there was no such place when I attempted to post a letter there. When I showed them the Visa in my Passport I asked them, "Then where did I just come back from – Disneyland"?

When I first visited Tana a year ago I was not aware that there was a small Jewish Community in the town. On this occasion, with the information that I received through a Jewish Organization in New York, I made contact with them. I was requested to take some *seforim* which they needed, such as a *Shulchan Aruch*, *Siddurim* and various Jewish appurtenances. As the seasoned traveller will be aware, one's baggage cannot be over-weight and books weigh heavy, besides the fact that I, too, had to take food. In any event, I took one or two required *seforim*.

The Malagasy Jewish Community, so I was informed, consisted of one-hundred and twenty souls. Some were born Jews and some were converted to Judaism through an Orthodox *Beis Din*.

I volunteered to spend an extra week in Tana teaching in the evenings and on Sunday mornings, besides attending the Shabbat services. I even travelled to another small centre on a Thursday for a triple Bar-Mitzvah, i.e. one set of twins and the local Baal *Tephilo's* son.

Without expanding, there is much still to be taught. I was asked by one over-enthusiastic member if I could explain the *Aleph-Bet* as per *Sefer HaBahir*. I thought, surely the blessing *Bourei N'phashous* – unknown to most of them, comes before esoteric studies. I replied, let us keep our feet on the ground, so that we can approach HaShem slowly.

I hope the reader is aware that when a community contains several converts, the concept of '*Tinok Shenishbar*', i.e. 'A Child that has Been Captured', referring to one who knows no better and inadvertently transgresses mitzvous is applied. Firstly, whether this is a '*Halachik*' term is debatable, it is more a 'descriptive' term.

Going the extra Dalet (continued)

However, it does not apply to converts.

My few hours I spent reaching, whilst being rewarding, also touched me emotionally and were tinged with a little sadness. I found people who were thirsting for Jewish knowledge and lacked the facilities, basic books, teachers, and funding. Goodwill in plenty does not always suffice the need in-hand.

I left them with the knowledge that Jews were in Madagascar many centuries ago. They possibly may have moved down the African coast after the Romans destroyed the second *Beis HaMikdosh*. Some suggest that they may have been some of the Israelites who escaped from the Egyptian bondage. Whatever the reason may be, one proof I showed them, besides that of a Jewish tombstone* over one thousand years old is the similarity with the Malagasy language and Hebrew.

(*Google shows the old Jewish cemetery in Madagascar, which is, in fact, a photo of the Prague *Beis Olom!* – No wonder the Chassidim call it 'Giggle')

Below is a small sample of Malagasy words that possess a Hebrew root. (Hebrew in *italics*). There are many more, proving that they are not simply 'loan words'.

ASA – *asa* = to make

MANAHOANA – *manoah* = rest

ENY – *ain* = yes

AURA – *or* = light

MATY – *met* – dead

MINENA – *min* = reduce

RANO – *nar* = river/water (metathesis 321)

ZOZRO – *rats* = rush

RATSY – *ratson* = EVIL

KiBo – *keivo* = stomach

These roots are not imitations of Hebrew words or loan words. Further research has shown that it is safe to say that Hebrew was spoken at one time in Madagascar.

A personal '*Yashar Koach*' to Kosher Check who normally have me shipped out on the first boat, for allowing me a little time to realise the fact the *Kol Yisroel Araivim Zeh La-Zeh!*

But there again Kosher Check have always gone that extra *Dalet Amous!*

Rabbi Leonard Book, Phd
Ashkelon, Israel



Making Canadian Hummus from Saskatchewan Chickpeas



Rabbi Kats Koshering an Oven



Yohannes Petros (Left), Richard Wood (Centre), Rabbi Kats (Left)
After completing the Koshering of Hanes Hummus

Saskatchewan, centrally located on the Canadian Prairies is affectionately known as the bread basket of Canada. It is home to many grains and pulses including majority of Canada's Wheat, Flax, Rye, Oats, Peas, Lentils, Chickpeas, Barley and Canola. You would not believe it, but in 2014 Saskatchewan exported over 5.4 million kilos of Canadian Chickpeas to Israel! In 2015 Saskatchewan exported over 2.4 million tone of Pulses to India!

In early January I received a phone call from Rabbi Raphael Kats in Saskatoon asking if we could assist him in making a local Saskatoon Hummus company Kosher. After speaking with the owner of Hanes Hummus, Yohannes Petros, I found out that he has recently been taken to court by the Hanes clothing company for trademark infringement and successfully won his case. I explained to him that becoming Kosher Certified should be easier than winning his court case.

Born in Eritrea, East Africa Yohannes came to Canada as a child. As a university student at UBC Yohannes started making Hummus at home for himself, and often got great complements from friends on the taste. What was Yohannes secret, he says "using only fresh ingredients and no preservatives".

In 2009, Yohannes moved back to Saskatoon. A family member who worked at a local restaurant brought his hummus for herself to enjoy. The rest of the staff began immediate inquiries as to the availability of the delicious hummus. Once informed that her cousin produced it an order was placed by the establishment, which became the first customer and Hanes Hummus was born. Yohannes continued to produce his hummus for that single business out of his home kitchen. As word and demand increased, he outgrew the capabilities of his

small home operation. This required the transfer of operations to a licensed commercial kitchen.

Today Hanes Hummus has their own facility in Saskatoon and produce a few different varieties all using fresh ingredients. Hanes Hummus is available for purchase in

- Federated Co-op
- Wholefoods
- Choices, to name a few!



HANES
Hummus

Screamin Brothers

Hidden on a small farm South of Lethbridge Alberta, two young brothers J.R. and Dawson Wikkerink have built a company that is fast becoming one of Western Canada's fastest growing Non-Dairy Ice Cream Brands. It started back in 2010, Joseph had already joined the Wikkerink family from his native Haiti and was settling into family life in Southern Alberta. Meanwhile his brother David was still stuck in Haiti when the earthquake struck. Forced from his home to live in a tent and while homeless developed cholera.

Meanwhile back in Lethbridge, J.R. had recently celebrated his birthday and was given an Ice Cream Maker as a gift. J.R. had started making Coconut Milk Ice Cream for his younger brother Dawson who was lactose intolerant. He started using coconut milk because it gave a rich texture and because it was not an allergen. J.R. was convinced that there must be something he could do to help his adopted brother David in Haiti who was still at the orphanage. "I wanted to do something to help the orphanage" says J.R. He used the money from the profits he raised to send money back to Joseph and David's orphanage. Today Screamin Brothers

donates 5% of their net profit to various children's charities including BC'S Children's Hospital.

Initially J.R. and Dawson started selling to family and friends, then they started selling at the local Farmers market, where they sold out every time they bought their frozen treats. With a shortage of Dairy free Ice Cream J.R. and Dawson heard many comments about how much a product like theirs is needed in the marketplace. They moved from a small ice cream maker to a larger ice cream maker to keep up with demand. This was Dawson's idea "to make it bigger so we can help more children"

The increase in production has created changes for the Wikkerink family farm in southern Alberta. What used to be a beef and poultry operation has become a Dairy Free Frozen Dessert plant, with parents Wayne and Ann Wikkerink taking on roles to assist the boys. When asked how did you come up with your name, the boys answer **"because David and Joseph like to scream."**

Today over 200 retail stores across Canada sell Screamin Brothers Dairy Free Desserts.



They are available in British Columbia, Alberta, Ontario and Quebec. Including leading supermarkets such as Coopers Market, Thrifty's and Save on Foods.

Kosher Check is a globally accepted Kosher Certification and provides Kosher Certification to companies throughout the Province of Alberta. Alberta is home to two of Canada's largest cities – Calgary and Edmonton. With a continually expanding energy sector, a massive beef industry, and an important grain industry, Alberta is a national economic leader. Kosher Check can help assist companies tap into that explosive economic growth. Kosher Check provides Kosher Certification to leading manufacturers across the province including Bakemark Ingredients, Sunny Boy Foods, Lucerne Foods, Rock Ridge Dairy and Screamin Brothers.

What's going on with Canadian Whisky?

Canada and the Canadian Jewish Community have a long proud history of producing and consuming Canadian Whisky or Rye Whisky which goes back over 200 years. Canadian Whisky featured prominently during the American Alcohol Prohibition, when bootleggers used boats to smuggle whisky across the Detroit River, from the Hiram Walker Distillery in Windsor, Ontario to Detroit, Michigan. Canadian Whisky has long been a favourite at many a Simcha and Shabbat Kiddush.

Since Canadian whisky is mostly made from corn, why is it known everywhere as "rye?" History, culture, and national pride blend in the distillery. Two centuries ago, Canadian flour millers began making whisky from their excess wheat. This was when wheat was the predominant grain for Canada's pioneers. Along the way, someone decided to spice up their whisky by adding a small amount of rye grain to it and a distinctly Canadian whisky

style was born. Driving across the Ontario corn-belt today, you would never suspect that these hardy varieties of corn were not even developed until the 1950s. Before that, when corn was used for whisky-making it was imported from the U.S. But why corn? Quite simply, corn produces more alcohol than wheat does. And by adding even a small amount of rye-grain whisky, distillers can still maintain that traditional and distinct Canadian whisky flavour. In general Canadian Whisky is lighter and smoother than other whiskies in part due to the Alcohol produced from Corn.

The Canadian Food and Drug Regulations for Canadian Whisky states that Canadian Whisky must be produced from

- 1) A Mash of cereal grain
- 2) Fermented by the action of yeast
- 3) Aged in wood barrels for a minimum of three years.

- 4) Possess the aroma, taste and character generally attributed to Canadian Whisky.
- 5) Contain no less than 40% Alcohol by volume.
- 6) Canadian Whisky may contain caramel and flavourings with no legal limit.

It has become standard practice by many large distilleries to blend non-kosher wine into the product. Wine is used as a flavouring agent to give the Whisky a smoother taste that it otherwise will not have. In general up to 1/6 the average Canadian Whisky is generally composed of Wine.

It has been confirmed through research done by the COR that the following Canadian Whiskies do not contain any wine: Canadian Club 100% Rye, Lot 40 100% Rye, Alberta Distillers 100% Rye. Kosher Check also certifies Whisky produced by Shelter Point Distillery in Campbell River that is available in several local liquor stores.

How often do I need to have my Mezuzos and Tefillin checked?

The Shulchan Aruch says Mezuzos need to be checked twice in every seven years. Tefillin which are used on a daily basis, as long as the Batim look Kosher from the outside you can assume that the inside Parshios are fine, for Tefillin have a chazaka that if they were put in Kosher they will remain Kosher forever.

Why does the Mezuzah need to be checked at least twice every seven years but the Tefillin don't?

Answer, Years ago they didn't have sturdy plastic waterproof Mezuzah covers like we have today. As a matter of fact one of my teachers who is from Casablanca Morocco once mentioned to me that when he was a child he remembers the Mezuzos in his home were hung on the doorways with only a piece of cloth hanging over to protect them.

So maybe that would be a good reason why the Mezuzos have to be checked more often than Tefillin for the Batim of the Tefillin are sturdy and therefore very protective, so if anything were to get ruined the Batim would be the first to go while the parchment inside would be fine for example if the Tefillin were in the heat for an extended period of time, the Batim would warp indicating a problem requiring a checking of the actual Parshios, but if the Batim are fine one can assume the Parshios are fine as well.

The truth is let's flip the Halacha around, who says this implies that the Tefillin need to be checked less often than Mezuzos? It can quite possibly mean that they need to be checked even more often because the Batim are not just a cover for the Parshios like a plastic cover is to a Mezuzah they are an essential part of the Mitzvah there are many detailed halachos in regards to the Batim they need to be exactly square and black and so on....



As well it is very possible to have wear and tear on the Batim even in a short period of time. For example during the summer it is common to sweat while wearing the Tefillin which can cause the Tefillin to warp, or forgetting your Tefillin in the car in the heat of the day, these are things that cannot happen to Mezuzos. As well the fact that we take our Tefillin with us where ever we go sometimes they get banged around unintentionally.

The truth is both Mezuzos and Tefillin, if you suspect something is amiss, like if water splashed on them or they were placed in a sunny spot, they need to be checked as soon as possible.

Unknown to many the Kitzur Shulchan Aruch Says that optimally Tefillin and Mezuzos should be checked on a yearly basis During the Month of Elul. I recently checked a pair of Tefillin and found that one of the Parshios had been mistakenly inserted upside down which is invalid according to many opinions. Luckily this person gets his Tefillin checked yearly, if not he could have gone years with

out fulfilling the Mitzvah. As well during the course of a year it is possible that letters have faded or cracked.

Rosh Hashanah and Yom Kippur are the most important days in the Jewish persons life and everyone wants to be inscribed and sealed for a good year. How is this accomplished? Chazal tell us do Teshuva and Hashem will forgive you. That is why the month of Elul (the month preceding Rosh Hashana) is known as the month of repentance/Teshuva.

Our sages also promise us that if we fulfill the Mitzvos of Tefillin and Mezuzos properly we will not come to sin, obviously it's not that simple, you need your own effort too, however once our Mezuzos and Tefillin are examined and ascertained to be Kosher there is extra Strength from Hashem to help us in our Avodah. That is why the first step in Teshuvah is to have your Tefillin and Mezuzos examined.

RABBI SHALOM KASS



For over thirty years Kosher Check has provided Kosher Supervision to companies throughout North America and around the World. Being ideally situated in Vancouver with the shortest flying routes to many Asian cities has made Kosher Check a first choice in Kosher Certification for many food manufacturers across the Asia Pacific gateway and beyond.

Vietnam, located in South East Asia is bordered by China to the north, Laos to the northwest,

Cambodia to the southwest and Thailand across the gulf. Vietnam has a rich history, ruled by the Chinese for over one thousand years. Followed by a period of Independence, Vietnam was conquered by the French in the later part of the 19th century. The southern part of Vietnam first came under French rule and was named, Cochinchina. After France conquered the whole country in 1887, they renamed it French Indo-China. Today there remain several buildings in Ho Chi Minh City (formerly Saigon) that were built in the traditional French colonial style.

Vietnam, a NEXT ELEVEN Country (as defined by Goldman Sachs), is the World's largest producer of Cashews. Vietnam annually produces a quarter of the world's cashew crop and is also the World's largest producer of Black Pepper and second largest exporter of Rice and Coffee. Maybe not so well known as Vietnamese Cashews are the Tropical Fruits grown in Vietnam. Kosher Check has been providing Kosher Certification in Vietnam for over 17 years.



Rabbi Feigelstock (Left), Company Representative,
Richard Wood, Company Representative (right)



Dan On Foods

In 1999 Mr. Dan On, a Vietnamese refugee to Canada who originally fled Ho-Chi Minh City by boat returned to Vietnam to establish Dan On Foods, a division of Dan-D-Pak. Known as the "Cashew King", Dan On Foods Vietnam produces many Cashew products, in addition to other savoury snacks. Dan On provides employment to over 350 locals. Dan-D-Pak products can be found on supermarket shelves throughout North America, including Safeway, Sobeys, Walmart and beyond.

Tien Giang Fruits and Vegetables



Established in 1977 Tien Giang Fruits is one of the leading processors of Canned Fruits and Vegetables in Vietnam. The Hot Tropical Climate and abundant rainfall in Vietnam are ideal growing conditions for a variety of fruit which, are among the most diverse to be found anywhere. The most common fruit found in Vietnam includes Coconut, Banana, Pineapple, Mango, Guava, Durian, Mangosteen and Dragon Fruit to name a few. In northern Vietnam and central highland areas, where the temperature is cooler with four separate seasons, farmers also grow temperate fruits such as apple, strawberry, cherry, grape, peach, or pear, making the collection of fruits in Vietnam an extremely rich one.

I-Mei Food Co.

Located outside Vietnam's capital city of Hanoi, I-Mei Foods produces traditional Asian Rice Crackers. Vietnam is one of the leading producers of Rice in Asia. I-Mei produces several varieties of Rice Crackers including, Nori, Sushi Rolls, Wasabi to name a few.



A Real Health Benefit in Charoset



We can't wait to dip into the charoset on Seder night to offset the bitterness elicited from the bitter herbs. A good charoset is made mostly with apples and walnuts or pecans together with added cinnamon, sugar, honey & red wine or grape juice. In this article we will discuss the benefits of Walnuts, Honey and Cinnamon.

WALNUTS

Walnuts are considered a very high value crop not only for their food value but also by the pharmaceutical and cosmetic industries. The annual production of walnuts exceeds 1,500,000 metric tons with China, the USA, and Iran accounting for 25%, 20% and 11%, of world production, respectively. They are an excellent nutritional source of both proteins and lipids. Walnuts contain from 52-70% oil of which 50-59% are polyunsaturated fatty acids (PUFAs). In addition to linoleic acid, the oil is also rich in the omega-3 fatty acid, linolenic acid. Other bioactive minor components identified include phenols, tocopherols and phytosterols. Together, these may be responsible for the ability of walnut oil to reduce blood cholesterol and prevent cardiovascular diseases. In addition, walnut consumption has also been reported for the treatment of diabetes as well as for improving the blood lipid profile.

Besides being an excellent source of essential fatty acids and tocopherols, walnuts are a rich source of the antioxidant melatonin. In fact walnuts are recognized as one of the two highest ranked tree nut sources of antioxidants. They contain a variety of polyphenolic compounds particularly ellagitannins, hydrolysable tannins. Many of these components are attributed for the neuroprotective benefits associated with the consumption of walnuts as well as memory and cognition improvements. Studies on prostate cancer in mice reported significantly smaller and slower growing prostate tumors when fed the equivalent of 2.4 ounces of walnuts for 18 weeks. Other studies reported walnuts exerted anti-breast cancer properties.

It is obvious that many health benefits can be derived from the consumption of walnuts and because of their low glycemic index they make an excellent snack. Walnut oil is very expensive, so it is often adulterated with lower-priced edible oils such as soybean or sunflower.

HONEY

Honey is recognized as a natural sweetener, it has been used for over four thousand years by the ancient Egyptians, Assyrians, Chinese, Greeks and Romans for treating wounds as well as diseases of the intestine. Aristotle described pale honey as being "good for sore eyes and wounds." While the main components of honey are sugar and water there are also close to 200 minor compounds present. These include amino acids, vitamins, minerals and enzymes. Some of these compounds, flavonoids, phenolic acids, ascorbic acid, tocopherols, superoxide dismutase (SOD) and peptides, are powerful antioxidants that can work together synergistically.

During the First World War, the Russians used honey to heal wounds and prevent infections. The Germans treated ulcers, burns, fistulas, and boils with a combination of honey and cod liver oil. The ability to cleanse wounds, stimulate tissue regeneration, and reduce inflammation were all part of honey's unique healing properties.

There are more than 300 different types of honey in North America based on the different nectar source of flowers visited by the honey bees. For example, in Utah, Nevada, Idaho, Oregon and most of the western United States, alfalfa is ranked the most important honey plant. The white or extra light amber colour and fine flavour makes alfalfa honey an excellent table honey. In Canada, the best Canadian white honey is usually a blend of mostly clover, canola or alfalfa. In France, consumers prefer honey harvested from lavender flowers while honey from the wild thyme plant is preferred in Greece. The composition of these honeys will differ depending on the nectar flower source.

Over the past several decades considerable research has been carried out to identify and establish the therapeutic properties of honey. Such studies have shown honey to have antioxidant, antiinflammatory, antibacterial and anti-ulcer activities as well as antihyperlipidemic, antidiabetic and anticancer properties. Its effectiveness in treating wounds is attributed to its strong antibacterial properties. Manuka honey, the most widely researched honey, is derived from the Manuka tree in New Zealand and southern Australia. It has been reported to

be very effective against the most common wound-infecting microorganisms. Manuka honey was recently shown to be an inexpensive and effective topical medication for treating soft tissue wounds. One of the active ingredients identified in Manuka honey was methylglyoxal.

A recent review of the antimicrobial properties of honey showed it was very effective against microorganisms responsible for skin disorders. The authors pointed out that further examination of the strong antimicrobial properties of honey is needed in order to deal with the present global concern regarding the resistance of many pathogenic bacteria to antibiotics. A recent review of the treatment of burns, suggested that honey dressings promoted better wound healing than silver sulfadiazine, the gold standard for topical burn treatment.

CINNAMON

Cinnamon, produced from the bark of trees from the genus *Cinnamomum*, is used domestically and industrially in the preparation of foods. Cinnamon has long been used in traditional medicine for treating a variety of ailments. A recent comprehensive review of the scientific literature on the efficacy and safety of cinnamon for treating diabetes showed numerous benefits. These included glycemic control, a reduction of insulin resistance, potentiation of the action of insulin and reduction in some of the complications associated with the disease.

ARTICLE BY: PROFESSOR MICHAEL ESKIN

an internationally recognized Food Biochemist, is the author and co-author of 14 books and over 125 scientific publications. He is the recipient of a number of major awards including the prestigious Stephen S. Chang Award in Lipid and Flavor Science by the Institute of Food Technologists (USA) and the Alton S. Bailey Medal in Lipids by the American Oil Chemists' Society (AOCS). In 2016 he received the Order of Canada for his important scientific contributions that led to the success of the Canadian canola oil industry. He is the 2017 recipient of the Herbert J. Dutton Award by the American Oil Chemists' Society for his significant contributions to the analysis of fats, oils and related products.

Pesach Recipes

The following recipes have been provided by Pamela Reiss of Winnipeg. For further information please check out Pam's website pamelareiss.com

MEDITERRANEAN BLACK COD

Black cod (also known as Sable fish) is one of my favourite fish but it can be hard to find. If you can't access it, substitute a meaty white fish like halibut.

3 Tbsp. | 45 mL olive oil
4 oz. | 115 g red onion, peeled and thinly sliced (½ small)
4 oz. | 115 g fennel bulb, core removed, thinly sliced (½ small)
¾ tsp. | 4 mL salt plus more for seasoning the fish
¼ tsp. | 1 mL black pepper plus more for seasoning the fish
4 oz. | 115 g red or yellow bell pepper, cored, seeded and thinly sliced (1 small)
1 lb. | 454 g plum tomatoes, cored and diced small (4-5 tomatoes)
4 large garlic cloves, crushed
1 cup | 235 mL dry white wine
1 ½ lbs. | 680 black cod fillets (4-5 fillets)
2 Tbsp. | 30 mL fresh lemon juice

Heat the olive oil in a large frying pan or wide-bottomed pot over medium high heat.

Add the onion, fennel, salt and pepper and sauté until the vegetables start to soften, 3-4 minutes.

Add the peppers and sauté another 2 minutes.

Add the tomatoes and garlic and cook for 4-5 minutes, until the tomatoes just start to break down.

Add the wine and bring to a simmer. Cook for 2-3 minutes, until the wine has reduced by half.

Season both sides of the fish with salt and pepper and lay them gently over the vegetables in a single layer.

Cover the pan with a lid, reduce the heat to low and cook for 10 minutes or until the fish is done – it should flake easily when you test it with a fork. Thinner fillets will take less time and thicker cuts will take more – check the fish after 6 minutes and continue to cook if necessary.

Squeeze the lemon juice over the fish and serve immediately.

Serves 4 | Parve



APPLE CRISP

I like to use crisp, tart apples for my crisps, but you can substitute any apples you like to bake with. This is great as it is but I don't know many people who would say no to a scoop of vanilla ice cream served on top.

APPLE FILLING

2 lbs. | 910 g apples, peeled, cored and sliced (Pink Lady, Fuji or other crisp and tart apples)
1 Tbsp. | 15 mL fresh lemon juice
¼ oz. | 8 g cake meal (1 Tbsp. | 15 mL)
4 tsp. | 20 mL ground cinnamon
2 oz. | 55 g sugar (¼ cup | 60 mL)

TOPPING

4 oz. | 115 g brown sugar (½ cup | 120 mL, packed)
2 ½ oz. | 60 g cake meal (½ cup | 120 mL)
4 oz. | 115 g butter or margarine, softened (½ cup | 120 mL)
¼ tsp. | 1 mL salt
2 oz. | 55 g raw slivered almonds (½ cup | 120 mL)

Preheat the oven to 350°F | 175°C.

Grease an 8 x 8-inch | 20 x 20-cm baking dish.

Put the sliced apples in a mixing bowl and add the lemon juice, cake meal, cinnamon and sugar. Mix everything together so that the apple slices are lightly coated and transfer to the baking dish.

Put all the topping ingredients, except the slivered almonds, into another mixing bowl. Use a pastry cutter or fork to work the butter/margarine into the dry ingredients. When there are no large lumps of butter left, add the almonds and mix in.

Sprinkle the topping mixture over the apples. If the topping has formed a solid dough, just crumble it up into small pieces and place on the apples.

Bake for 45 minutes or until the topping is golden brown and the apples are tender. Serve warm or at room temperature.

Serves 6 | Dairy with butter | Parve with margarine

MOCHA GELATO

Coffee and chocolate are a wonderful combination, but you can play with the recipe and use either instant coffee or cocoa instead of both.

2 ½ cups | 595 mL 2% milk
1 Tbsp. | 15 mL instant coffee
2 Tbsp. | 30 mL cocoa powder, sifted
6 oz. | 170 g sugar (¾ cup | 180 mL)
4 large egg yolks
pinch of salt

Bring the milk, coffee and cocoa powder to a simmer over high heat.

In a separate bowl, whisk together the sugar, eggs and salt until light and fluffy.

Carefully pour a little of the hot mixture into the egg mixture while whisking. Continue to combine the two mixes, whisking as you pour.

Return the mixture to the pot and simmer over medium heat for 4-6 minutes, until slightly thickened. Stir as it cooks to prevent burning.

Strain the mixture through a fine-mesh strainer into a clean bowl and refrigerate until completely chilled.

Freeze according to your ice cream machine instructions.

Once frozen, keep in an airtight container in the freezer for up to one week.

Serves 6 | Dairy

Utensils For Use On Passover



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.

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

THE FOLLOWING, CANNOT BE KASHERED:

- Colanders
- Decanters or baby bottles (due to their narrow necks)
- Filters/screens over drains in sinks
- Graters
- Knives (or other utensils) where food or dirt can get trapped between the blade and handle
- Slotted spoons
- Sponges
- 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.

DISHES & 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 hagalah 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. Remove the utensil from the water and rinse 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 certification. Ritual immersion, however, is required if they are to be used more than once.

GLASSWARE & PLASTICS

Drinking glasses (not plastic) may be kashered for Passover by soaking them in water for three days. The water should be changed every 24 hours. This method of kashering does not apply to glass ovenware, whiskey glasses, glass dishes in which hot food is served, or bottles used to store beverages which are chametz or which contained vinegar or grain alcohol. Please note however, that according to Sephardic tradition glass need not be kashered for Passover; it is sufficient to clean it well and ensure there are no remains of Chametz stuck in it.

If new, Teflon and similarly coated pots and pans, plastic, Styrofoam, coated paper dishes, serving utensils, glasses and plastic tablecloths may be used on Passover.

Tablecloths must be freshly laundered before Passover; however, no starch should be used.

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.

SINKS

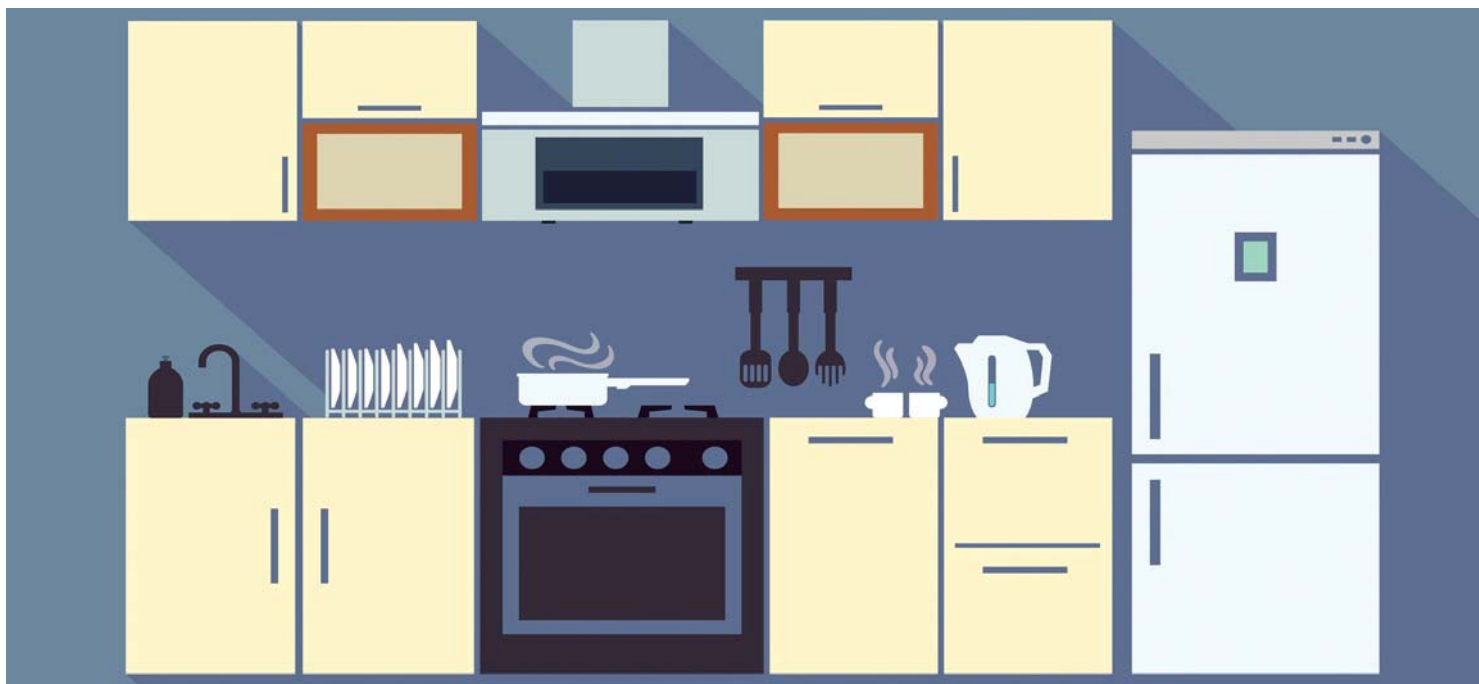
Kashering a Stainless Steel Sink:

1. If the filter covering the drain has very fine holes, remove the filter and put it away for Pesach with the chametz dishes. If the holes are larger, the filter may be kashered with the sink.
2. Clean the sink, faucet and knobs, and don’t use the sink for anything other than cold water for twenty-four hours.
3. Boil water up in one or more large pots (clean pots that have not been used for twenty-four hours). The pots may be chametz pots.
4. Dry the sink, then pour the boiling water over every spot on the walls and floor of the sink and on the faucet. One may kasher part of the sink and then boil more water for the rest of the sink. A hot iron should then be run over every side of the sink. Extreme care should be taken during this type of kashering to ensure that none of the boiling water splashes onto the person doing the kashering or others who are nearby.
5. Rinse the sink and faucet with cold water.
6. Put a new filter over the drain. One should also purchase new sponges and a fresh bottle of dishwashing liquid.

Kashering a Porcelain Sink:

Since a porcelain sink cannot be kashered, one should kasher the faucet and knobs as outlined above and, for the duration of Pesach, place a basin (or insert) into the sink. All dishes, silverware, etc., should be washed in the basin, and wash-water can be disposed of through the sink’s drain. One should be careful not to allow the sink to fill with hot water while the basin is in the sink.

Utensils For Use On Passover (continued)



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.

RANGES & 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, 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 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 aluminum foil.

SELF CLEANING OVENS may be kashered by running it through the self-cleaning cycle. The door must be covered with heavy duty aluminum 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.

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.

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 & OTHER ITEMS MADE OF FABRIC

Any item made of fabric can be kashered 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.

THE FOLLOWING MAY NOT BE KASHERED

- China, pottery, earthenware, Teflon and similarly coated pots and pans, plastic dishes, enameled 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).

Guidelines for Medicines on Pesach

1. **CREAMS AND INJECTIONS** may be owned and used on Pesach even if they contain chametz or kitniot, 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 kitniot, 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

Chometz Free TOOTHPASTES

COLGATE
All except Colgate
2 in 1 liquid toothpaste

ARM & HAMMER
All

Passover Zmanim

		VANCOUVER	VICTORIA	CALGARY	EDMONTON	WINNIPEG
SUNDAY April 9	All Kashering must be done before Sunday Evening. Search for Chometz	8:46 PM	8:45 PM	9:15 PM	9:20 PM	9:04 PM
MONDAY April 10	Latest time to eat Chametz Latest time to burn Chametz Candle lighting	10:59 AM 12:06 PM 7:40 PM	11:00 AM 12:07 PM 7:39 PM	11:22 AM 12:30 PM 8:06 PM	11:18 AM 12: 27 PM 8:08 PM	11:15 AM 12: 22 PM 7:57 PM
TUESDAY April 11	Candle lighting after (from an existing flame)	8:49 PM	8:48 PM	9:19 PM	9:24 PM	9:08 PM
SUNDAY April 16	Candle lighting	7:49 PM	7:48 PM	8:16 PM	8:19 PM	8:06 PM
MONDAY April 17	Candle lighting (from an existing flame)	8:59 PM	8:58 PM	9:30 PM	9:37 PM	9:18 PM
TUESDAY April 18	Yom Tov Ends	9:02 PM	9:00 PM	9:32 PM	9:39 M	9:20 PM

Edibles Not Requiring Certification

The following items may be used on Passover without Passover certification.



Artificial sweetener – Pillsbury Sweet-10, Sucaryl

Coffee – any whole bean, Folgers Special Roast instant coffee (OU)

Eggs

Fruit – raw

Ice in Bags – plain unflavoured

Infant formula – Isomil, Similac, Enfamil (using separate utensils - some may contain Kitniyot)

Milk – Lucerne, Dairy Glen, Avalon milk, Happy Days goat milk

Nuts – any brand unroasted – whole (except peanuts) without BHA added

Olive oil – extra virgin, not lite or spray

Orange juice - frozen concentrate without additives

Salt – any brand without iodine, maltodextrin, dextrose or polysorbates

Spices – any whole, unground (except mustard)

Sugar – all Rogers sugar except icing sugar.

Tea – any brand pure, unflavoured tea leaves or tea bags – except instant or decaffeinated

Vegetables – any fresh (other than legumes)

Water, bottled – unflavoured, uncarbonated

Pesach with Pets

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 and 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, it is forbidden to eat milk and meat together and it is forbidden 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 Pet Foods have been reviewed and do not contain Chametz

Bird Food

Spray Millet For Birds
Alfalfa Hay and Cubes

Fish

Tetra Vacation – Tropical
Slow Release Feeder

Cat Food

Friskies Salmon Dinner
Friskies Chef’s Dinner
Friskies Seafood Supreme
Friskies Chicken Dinner
Whiskas Chicken and Liver
Dinner

Dog Food

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

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
Peanuts	Soybeans	Millet
Brewers rice	Safflower	Corn
Soyflower	Sunflower	Rice

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 forebidden 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 with 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.

NEW PRODUCTS UNDER CERTIFICATION

CRIO – NEW COMPANY

Available at Wholefoods, Choices
Cocoa Nibs
Crio Bru Cocoa
Pumpkin Spice

HANES HUMMUS – NEW COMPANY

Available at Wholefoods, Choices,
Federated Co-op
Original Hummus
Roasted Garlic and Dill Hummus
Hot Date Hummus

MANUKA HEALTH – NEW COMPANY

Available from Finlandia, Amazon
Manuka Honey
Manuka Honey Blend
Kamahi Honey
Tawari Honey
Rewarewa Honey

MOUNTAINVIEW FARMING – NEW COMPANY

Available from Safeway
Unrefined Cold Pressed Canola Oil

PARALLEL 49 COFFEE – NEW COMPANY

Almond Milk
Hemp Milk
Cold Brew
Iced Tea
Cascara
Espresso
Roasted Whole Bean Coffee
Filter Coffee

BROCKMANN'S CHOCOLATES

Available at London Drugs,
Save On Foods
Crunchetti Bites in Dark Chocolate
Crunchetti Bites in Milk Chocolate
Crunchetti Bites in White Chocolate

FLORA HEALTH

Available at Superstore, Finlandia,
Wholefoods
Flax-O-Mega Capsules
DHA Vegetarian Algae Capsules
Udo's Oil Omega 369 Blend

TRADER JOES

Organic Coconut Flour
Organic Unsweetened Coconut
Flakes
Organic Coconut Milk
Organic Coconut Cream
Organic Coconut Chips
Mango Juice

Community Services

The Kosher Hotline

Do you have a question about the kosher status of 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.

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.

Follow us on



Follow Kosher Check on Facebook to keep track on the latest new products and developments from the World of kosher!

Kosher for Passover Products are available in Vancouver at:

KOSHER FOOD WAREHOUSE

612 Kingsway (rear)
Tel: (604) 709-9889

CANADA SAFEWAY

At the following locations:
640 W. 41st Avenue
990 W. King Edward Avenue
4255 Arbutus Street

OMNITSKY KOSHER BC

(Precooked meals
also available)

5775 Oak Street
Tel: (604) 321-1818

SABRA

3844 Oak Street
Tel: (604) (604) 733-4912

Processed Products available Purchased before Passover from Safeway and Superstore

- Lucerne Milk (BCK)
- Rogers Sugar - except icing sugar (BCK)
- Any Safeway Brand of Frozen Fruit (BCK)
- Sifto Salt (COR P)
- Pellegrino Sparkling Water (OU P)
- Ceres Juices (Star K P)

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 2017, 5777.

Signature _____ Name _____

Address _____ City _____

Kindly complete this form and return it to:
Rabbi Avraham Feigelstock, c/o The Orthodox Rabbinical Council of BC
401 – 1037 West Broadway, Vancouver BC V6H 1E3
Fax: 604-731-1804 | E-mail: info@koshercheck.org

