# **PASSOVER: FOOD ITEMS**

### **Cumin**

Cumin is not used on *Passover* due to its similarity to *kitniyot*. This is a custom.

### Flour (raw)

Raw flour is suspected of being *chametz* and therefore may not be owned during *Passover*.

# **Frozen Vegetables**

Frozen vegetables, such as spinach or broccoli, may not be used on *Passover* unless certified as *kosher* for *Passover*.

### Matza (Oat)

There is no question that oat <u>matza</u> properly made and supervised according to Jewish law is <u>kosher</u> for eating on *Passover*.

# Matza (Unopened)

Kosher for Passover matza in unopened packages stays kosher for Passover and may be used in subsequent years.

### Quinoa

Quinoa is not *chametz* because it does not ferment without adding yeast and it is not one of the original *Five Grains*.

### **Seltzer**

Plain seltzer (with no additives other than water and carbon dioxide) that has been produced before *Passover* does not need *kosher* supervision.

If produced during Passover, it might need kosher supervision.

### Water (Plain)

Plain water (in the USA) never needs *kosher* supervision, not even for *Passover*.

#### Veast

Yeast is not normally *chametz* but may not be used on *Passover*.