# **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 *matza* properly made and supervised according to Jewish law is *kosher* 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.

#### Yeast

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

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