

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*.