

# 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*.