

## GENERAL AND PASSOVER FOOD GUIDELINES AT MAKOM SHALOM

As a Renewal congregation, we at Makom Shalom try to understand the traditional mitzvot (commandments) in ways that make sense to us today, while at the same time passing on the traditions of our ancestors.

This is both an individual and a communal undertaking. As individuals, we each have religious, ethical, personal and medical reasons to avoid certain foods. As a community, we need a simple yet meaningful shared standard to enable us to eat together.

Therefore, the most important rule is:

1) Label your dishes with all the ingredients they contain. Pens and index cards will be available for your convenience.

The food standards we follow all year round, including Passover, are:

2) The following are NOT permitted at any Makom function: pork or any pork product; shrimp, scallops or any other type of shellfish; or any dish that contains milk (or any milk product) and meat or chicken in the same dish.

Finally, we have specific rules for Passover.

3) The following items are NOT permitted at the Makom Seder: Items containing any of the "five grains" (wheat, spelt, rye, barley, or oats); first-degree relative of these grains, such as kamut and farro; any type of flour made from these grains; or any product made from these grains. Therefore, the following are NOT permitted: anything (bread, pizza, pasta, etc.) made from these grains, and products such as wheat berries, couscous, tabbouleh, barley soup, etc.

At Passover we eat only unleavened bread. According to the rabbis of tradition, a food becomes leavened when the "five grains" listed above are used in cooking. Matzo is made from the five grains, with water alone, and baked for less than 18 minutes to prevent leavening. Similarly, matzo meal, which is matzo that has been baked before crushing, cannot become leavened.

You may have grown up in a tradition which forbids *kitniyot* on Passover, meaning rice, corn, beans, sesame. In those traditions you can't eat tofu (soy beans), hummus (garbanzos) and so forth on Passover.

However other Jewish traditions can eat Kitniyot, and this practice is widely adopted in Israel. Makom Shalom accepts kitniyot in Passover dishes, but remember rule 1 is to label the ingredients for the benefit of people who choose not to.