

PESACH check

MY VISIT TO
INDONESIA

BENEFITS OF
DRINKING
wine

MEDICINES

GUIDELINES FOR
MEDICINES &
ORAL CARE

CREATED BY:



TODAY THERE IS A HUGE SELECTION OF KOSHER WINE

Q&A
with
the
Rabbi

WHAT DOESN'T
REQUIRE A
HECSHER
FOR PESACH

**FREEDOM OF
PESACH**

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Message from **Rabbi AVRAHAM FEIGELSTOCK**



Several months before the holiday of Pesach, companies begin koshering their premises, store owners start cleaning off their shelves to make room for the Pesach orders and mashgichim begin working overtime to supervise the Pesach production.

Several weeks before Pesach, individual homes are scrubbed, closets emptied from chametz and replaced with items that are Kosher for Pesach.

Why? Why all this work? Because the Torah tells us that this is how we celebrate "זמן חרותנו", "The time of our freedom"; our Exodus from Egypt!

The question many people ask themselves this time of year is what kind of freedom is this?

I work hard to get rid of chametz, I am restricted in what I am allowed to eat for a whole week, and not only do I need to refrain from eating chametz, but, like the name the Torah gives this holiday, המצות חג, the holiday of matzos, I must also eat matzo for the first two nights at the Seder! This is a novel way of celebrating freedom! In Egypt we were not allowed to eat whatever we wanted. Why not celebrate with the freedom to eat whatever we please?

Let's talk about chametz and matzo. The nature of chametz is to rise. Our

Rabbi's explain that this symbolizes the potential for allowing our ego to be our focus; which of course could lead to arrogance. The problem with that is that we are right back where we started! In bondage. This time we are enslaved to our ego.

For this reason chametz is forbidden for the entire week and any amount, even a miniscule amount is forbidden. We take this week of Pesach, when we became Hashem's nation, to eradicate this negative character completely. We hope that this will help us to stay focussed throughout the year when we return to our normal lifestyle.

Matzo, on the other hand does not rise. It symbolizes humility. The mitzvah of eating matzah is in order to focus on subjecting our ego to a higher Being. When Moshe stood in front of the burning bush, Hashem said to him, "I am taking this nation out of bondage so that they can serve Me."

Did we go from one servitude to another?

True freedom comes when we are not restricted to serving another human being, not even ourselves. Our Neshama, a part of Hashem, must be free to connect to its Source. Only then is she free.

Our Rabbi's teach, אין לך בן חורין אלא מי, "שעוסק בתורה". "We can only be free when we study the Torah and keep its

mitzvot, because then we are connecting with Hashem Who is infinite, and not restricted buy human limitations.

Kosher helps us to maintain this connection throughout the year. The food we eat, becomes a part of who we are. There are foods that obstruct this connection. Those are the foods we avoid. Instead of being restrictive, they actually allow us to go beyond all limitations and connect to the Infinite. We are taught that in every generation, we are required to view ourselves as if we ourselves were redeemed from Egypt.

While we celebrate the holiday of our freedom, the Exodus from מצרים, (Egypt) let us remember that the Hebrew word for Egypt, מצרים, means limitations. When Hashem redeemed us from Egypt, He gave us the opportunity to rise above all limitations by connecting ourselves to Him through His Torah.

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Q&A with the Rabbi

DO YOU HAVE A QUESTION ABOUT A PRODUCT, A HECHSHER OR JUST A GENERAL QUESTION ABOUT KASHRUS? CONTACT RABBI MENDY AT (604) 781-2324 MENDY@KOSHERCHECK.ORG



Q IS ICING SUGAR ACCEPTABLE TO USE FOR PASSOVER?

Icing Sugar, also known as Confectioners Sugar, is made up of regular granulated sugar that is then further ground up into a smooth powder. An anti-caking agent, usually corn starch is added to ensure the sugar does not clump up. Since corn starch is Kitniyot, Ashkenazic custom is to refrain from using this on Passover.

Q DO DRIED FRUITS REQUIRE KOSHER FOR PASSOVER CERTIFICATION?

Dried Fruits are often coated in either dextrose, flour or oil to stop them sticking together. We have seen

facilities in Asia where employees make their own oil at home and then bring it to work to use in coating the fruit. Since both Dextrose and Flour are Kitniyot or could even be Chametz, Dried Fruits require Kosher L'Pesach supervision and regular supervision during the year.

Q CAN I PURCHASE FROZEN FISH TO USE DURING PESACH?

During the processing of Frozen Fish it is common for food manufacturers to glaze the fish in corn syrup. This is done to increase the shelf life of frozen products. It is advisable to avoid packaged frozen fish during Pesach. Please purchase before Pesach and wash well prior to the start of the holiday.

Q CAN I USE FROZEN FRUIT DURING PESACH?

Frozen Fruit can be used without certification, as long as it is not sweetened or cooked. In addition, you should check the ingredient declaration to ensure that it does not contain Ascorbic Acid or Citric Acid as both of these are Kitniyot.

Q DO RAW NUTS REQUIRE KOSHER L'PESACH CERTIFICATION?

Any unroasted tree nuts in-shell do not require Kosher L'Pesach certification. Any nuts out of shell such as Almonds or Cashews etc. do not require Kosher L'Pesach



Certification as long as they are not roasted and do not have any additional additives or preservatives like BHA or BHT. This applies to raw nuts in any format including whole, sliced, crushed or slivered.

Q DOES COCONUT OIL REQUIRE KOSHER L'PESACH CERTIFICATION?

Coconut Oil is produced typically in South East Asian Countries including Thailand, Philippines, Indonesia, India and Sri Lanka. Typically manufacturers will also produce other products including products derived from Chametz in the same facility.



Therefore Coconut Oil will require Kosher L'Pesach certification. We have confirmed that Nutiva, Spectrum and Viva brands of Virgin Coconut Oil bearing the OU are acceptable for Passover. Trader Joe's Virgin Coconut Oil bearing a BCK is acceptable for Passover.

Q CAN I PURCHASE REGULAR KOSHER CERTIFIED MILK FOR USE ON PESACH?

Milk contains added vitamins that may contain small amounts of chametz. Therefore it is advisable to purchase Kosher L'Pesach Chalav Yisrael Milk. If this is not available one should purchase milk before Pesach at which time any chametz will be nullified.



Q DOES MAPLE SYRUP REQUIRE KOSHER L'PESACH CERTIFICATION?

Often consumers assume that Maple Syrup contains no additives, however this is not the case. Maple Syrup can contain anti-foaming, flavours or corn syrup which would be problematic for Passover. Therefore Maple Syrup is only recommended when purchased bearing Kosher L'Pesach certification.

Q DO LEMON OR LIME JUICE PRODUCTS REQUIRE KOSHER L'PESACH CERTIFICATION?

ReaLemon, Lemon juice, and ReaLime Lime juice certified by the OU are acceptable for use on Passover.

Q CAN I PREPARE FOR MY INFANT RICE CEREAL DURING PESACH?

Rice is considered Kitniyot, but is permitted to be consumed by infants. Manufactured Baby rice cereals can contain Chametz and therefore should be avoided.

When preparing home made Rice Cereal. It should be done using specially designated pots and utensils. Rice should be carefully checked before preparing. Below is a recipe to prepare

Rice Cereal at home:

1. ¼ cup rice powder (brown or white (non enriched) rice ground in blender, food processor or coffee grinder.
2. 1 cup water
3. Bring liquid to a boil in saucepan. Add rice powder while stirring constantly.
4. Simmer covered for 10 minutes, mix in formula/ milk and fruits if desired.
5. Serve Warm

Q WHAT SEEDS/SPICES ARE NOT CONSIDERED KITNIYOT?

The following seeds/spices are not considered Kitniyot: Anise, Chia Seeds, Coriander, Cottonseed, Cumin, Saffron. They do require checking and should not be purchased as a fine powder, since they could contain an anti-caking agent.

Q DOES HONEY REQUIRE KOSHER L'PESACH CERTIFICATION?

Some Honey producers add flavours to their honey, which may be derived from Chametz. In addition some honey may contain corn syrup. We can confirm that Chilliwack River Honey is acceptable to use on Pesach.



**NEWLY
CERTIFIED
BY**

NAME	COUNTRY	PRODUCTS
Agrocorp Processing Ltd	Canada	Pea Protein
Al Reda For Food Industries	Egypt	Olives
Apeiron Lanka (private) Limited	Sri Lanka	Essential Oils
Bean Envy	USA	Coffee
Caffe D'arte	USA	Coffee
Cocoa Products (Ile-Oluji) Limited	Nigeria	Cocoa Products
CV Mente Bali Sejahtera	Indonesia	Snack Products
DG Global Inc.	Canada	Pulses
Dr. Ma's Laboratories Inc	Canada	Health Products
Drak Tsp Company (pty) Ltd	South Africa	Soy
Elherzawy For Food Industries And Cooling	Egypt	Fruit And Vegetable Products
Enrich Tea & Food Exports Pvt Ltd	Sri Lanka	Coconut Products
Enzyme Technologies (pty) Ltd	South Africa	Enzymes
Frozen Tropicals Pvt Ltd.	India	Fruit And Vegetable Products
Fruit Nation Co	Egypt	Fruit And Vegetable Products
Kohinoor Food Industries	India	Spices
Lions Gate Fisheries	Canada	Fish
Loon River Honey Ltd	Canada	Honey
Mikes Organic Foods	USA	Coconut Products
Molino Del Genil SL	Spain	Olive Oil
Naked Coconuts	Canada	Coconut Oil
Natural Agro Foods	India	Spices
Omega-wholefoods	Canada	Prunes
Orion Food Industries	Egypt	Fruit Products
Petchtara Co Ltd	Thailand	Tapioca Starch
Prime Health	Canada	Health Products
Prograin Distribution (pty) Ltd	South Africa	Grain
PT East Indian Agency Products	Indonesia	Spices
PT Hongxin Algae International	Indonesia	Carrageenan
PT Rote Karaginan Nusantara	Indonesia	Carrageenan
PT Saraswati Coconut Product	Indonesia	Coconut Products
PT Sumber Wahana Sejati	Indonesia	Filter Aids
PVD International Company Limited	Thailand	Tapioca Starch
Retaj For Advanced Food Industries	Egypt	Spices
Royal Macadamia (pty) Ltd	South Africa	Macadamia Nuts
Samurai Tradex	India	Sesame Seeds
SC Apicola Readivas Srl	Romania	Honey
SDS Spices	Sri Lanka	Spices
Sercom Italia Di Pisano Bruno	Italy	Citrus Peels
Starpro Sanwa Ayutthaya Modified Starch Co	Thailand	Tapioca Starch
Starpro Starch (Thailand) Co.	Thailand	Tapioca Starch
Timini Sarl	Burkina Faso	Dried Mango
Vancouver Island Brewing	Canada	Beer
Vertex Agro	Nigeria	Cashew Nuts
Virco International Pvt Ltd	Sri Lanka	Fruit And Vegetable Products
Wanescos Land For Medical Plants	Egypt	Spices

Q DOES GREEN TEA REQUIRE KOSHER L'PESACH CERTIFICATION?

Pure Green Tea leaves without any additives or flavours do not require Kosher L'Pesach Certification. This does not include Matcha Green Tea.

Q DOES INSTANT COFFEE REQUIRE KOSHER L'PESACH CERTIFICATION?

It is common for Instant Coffee to contain additives or thickening agents including Maltodextrin, which is derived from corn. It is also possible for the Instant Coffee to be extracted using solvents derived from Chametz. Therefore Instant Coffee requires Kosher L'Pesach Certification.

Starbucks Via regular Instant Coffee and Folgers Decaffeinated or Regular Instant Coffee bearing an OU is acceptable to use on Pesach.

Q ARE ANY NESPRESSO PODS ACCEPTABLE FOR USE ON CHOL HAMOED PESACH?

We have confirmed with the Basel Rabbanut that many of the espresso products are acceptable to use during Chol Hamoed Pesach. Please note that your Nespresso Machine should be koshered prior to Pesach by Iruy (pouring boiling water). Please check with us if you would like to check if specific variations are okay for Pesach.

Q ARE ANY KEURIG K CUPS ACCEPTABLE TO USE ON CHOL HAMOED PESACH?

We have confirmed that any unflavoured K cups (not decaffeinated) are acceptable to use during Chol Hamoed Pesach When bearing a Kosher Check or OU logo. Please note that your Keurig Machine should be koshered prior to Pesach by Iruy.



My visit to Indonesia

BY RABBI MENDY FEIGELSTOCK



RABBI MENDY FEIGELSTOCK WITH SANG KETUT MAHARDIKA (DIKA) THE PRODUCTION MANAGER AT CV MENTE BALI SEJAHTERA (EAST BALI CASHEWS)

In my capacity as Director of Kashrus for Kosher Check, I have travelled all over the world visiting many different manufacturing facilities. However, I have never had the opportunity to travel to Indonesia and my first trip to the country was an eye-opening experience. I met new Kosher Check clients in the country and connected with a Jew from the U.S. who established a company that produces cashews in Bali (One of Indonesia's most famous regions) to benefit locals.

My journey began in Italy, where I visited a factory called Sercom Italia, a manufacturer of orange peels for various uses in the baking and dessert industries. The factory is located in Southern Italy, in the Calabria region, a region that is famous for its very high quality citrus fruits including high-quality Etrogs that are shipped to Jews all over the world for use during the holiday of

Sukkot. From Italy, I travelled to Latvia to visit a large manufacturer of pasta products called Dobeles Dzirnavnieks and from Eastern Europe, I visited Petchtara Co, a manufacturer of tapioca starch in Nakhon Ratchasima, Thailand. The last leg of my journey took me to Indonesia where I would spend the next week.

Kosher Check has been certifying companies in Indonesia for three years and usually, one of our Rabbinical Field Representatives from Melbourne will fly to the country to inspect the factories there on our behalf. However, this time around, there were three new companies in the country that were newly certified with Kosher Check and I wanted to use the opportunity to meet them in person. In addition, I spent some time in Jakarta to educate our sales partners about Kosher rules and requirements making it worthwhile to spend a week in the country.

My week started off on the western tip of the province of East Nusa Tenggara on the island of Timor where I visited a company called PT Rote Karaginan Nusantara, a producer of carrageenan, an organic and healthy thickener derived from raw seaweed. Their location between the islands of Timor and Rote gives them great access to lots of seaweed growing all around the islands. After visiting PT Rote Karaginan Nusantara, I travelled to Jakarta, where I spent a few hours with our sales partners and taught them the basics of kosher laws and the rules and processes for companies to get kosher certification. The idea of Kosher is actually very easy for them to understand as they are all familiar with the rules of Halal since Indonesian laws require

all manufacturers to be Halal certified. From Jakarta, I traveled to Makassar to get a few hours of sleep before an early morning flight to Poso in Central Sulawesi. From Poso, I had a beautiful long drive along the water to a company called PT Saraswati Coconut Product, a producer of coconut water concentrate for export to many large international beverage companies. I then travelled to Bali, the country's most famous province to visit a company called CV Mente Bali Sejahtera. Located in a remote area of Bali, CV Mente Bali Sejahtera produces a unique product called Pili Nut butter as well as a variety

Bali in late 2011 as a medical volunteer after living all over the U.S.

Two months after Aaron arrived in Indonesia, he founded the plant based company that produces cashews, cashew granola, cashew popcorn and coconut chips. The goal was to improve the living and working conditions for the residents of the remote and impoverished region where the factory is located. In fact, to that end, there is a school with 50 kids at the factory, a farmer education program and seeding programs. This philosophy aligns with Aarons's values who says that; "We try to live as I was taught with Tzedakah" (in

We try to live as I was taught with Tzedakah

of natural nut and granola products. After visiting the company's factory and ensuring that all the ingredients for the products in the factory were kosher, I had a discussion with the Plant Manager and he mentioned to me that the owner of the company was someone named Aaron Fishman, whose name sounded very Jewish.

Upon asking the manager of the plant if Aaron was indeed Jewish, I was met with a blank stare because he had no idea what a Jew was! So, we texted Aaron who confirmed that he was indeed Jewish (and had a bar mitzvah in Connecticut) and he had the idea to start up the company to help the folks who live in the region. In fact, the company he founded has provided hundreds of jobs for the residents of the region and significantly improved the quality of life for them. It was part of Fishman's plan after he arrived in

Indonesia, he notes they say Zakat).

I never did actually meet Aaron during my time in Bali (which also included a memorable Shabbat spent at Chabad of Bali.) However, we did speak on the phone after returning to Vancouver and right after our conversation, to my amazement, I saw the East Bali Cashew product displayed in the window of a store in Richmond! I took a picture of it and sent it to Aaron in Bali telling him that I have never before seen his product in Vancouver and it was obviously meant to be. In fact, sometime after Passover, East Bali Cashews will be certified Kosher in Vancouver and all around the world thanks to Kosher Check and a visionary Jew from the U.S. whose wonderful idea has helped a remote community in Bali with the highest form of tzedka, providing a way for people to make a living for themselves.

Drinking wine on Pesach

ARE THERE ANY BENEFICIAL EFFECTS?

During the Seder service we are obligated to drink four glasses of wine.

Because wine is considered a royal drink, it symbolizes freedom. Each glass of wine thus represents one of the four terms of redemption used by Hashem to deliver the Children of Israel from slavery in Egypt. These include, taking us out; rescuing us; redeeming us; and bringing us out. Other than reciting Kiddush and Havdalah, there is no other Rabbinic commandment that requires us to drink so many glasses of wine. The actual amount of wine to be drunk from each glass is defined as a Revi'it. However, this amount varies from 2.4 to 5.1 fluid ounces depending on the particular Rabbinic authority.

Today, there is a huge selection of excellent quality kosher wines



Nevertheless, 3.2 fluid ounces or 96.4 millilitres is generally recognized as an acceptable amount. This is still quite a large volume so that drinking just over a half or 1.7 fluid ounces, around 50 millilitres, would be the minimum required to fulfil this obligation. Of course, children, adults on medications, and pregnant women can substitute grape juice instead. When I was growing up the selection and quality of Kosher wines was very limited. Today, there is a huge selection of excellent quality Kosher wines produced in Israel, Europe, United States and South America. In terms of health benefits, red wines are generally considered superior to white wines. The inclusion of the skin of the grape in the fermentation process provides many antioxidants. A recent review of wine and health summarized many studies that confirmed the benefits of the regular and moderate consumption of red wine. These studies concluded that wine consumed in moderate amounts was beneficial to human health. Such benefits were attributed to the presence of potent phenolic antioxidants some of which also exhibited anticancer, anti-inflammatory and antimicrobial properties. One such phenolic compound in red wine, resveratrol, prevents heart disease as well as inhibits platelet aggregation, and alters eicosanoid synthesis by modulating lipid and lipoprotein metabolism.

Health Canada recommends limiting the daily consumption of alcoholic drinks to 2 drinks a day for women and 3 drinks a day for men consistent with Canada's Low-Risk Alcoholic Guidelines. A recent study conducted at the University of Victoria, however, questioned the health benefits of such recommendations. This study,

however, included all alcoholic beverages and not just wine. Drinking excessive amounts of alcohol affects one's ability to drive safely, and such an addiction can have devastating effects on both the family and community. For women, consuming even moderate levels of alcohol, prior to and during pregnancy, is a serious risk to the developing fetus. This can lead to a condition known as Fetal Alcohol Syndrome. Such detrimental effects to the fetus can result in moderate to very serious mental impairments. During the past decade I have been collaborating with researchers at the Hebrew University in examining this phenomenon. Unlike cancer where billions of dollars are spent to find an effective cure, the remedy for preventing Fetal Alcohol Syndrome is simple, don't drink. Sadly, this phenomenon affects millions of children born throughout the world and is costing billions of dollars in managing those affected.

For those who drink grape juice, are the beneficial effects from grape juice similar to red wine? A nutritionist with the Mayo Clinic pointed out that some studies suggest that red and purple grape juices may elicit similar heart benefits to those of red wine by lowering the risk of blood clots, reducing the bad or LDL cholesterol, preventing damage to heart blood vessels, and maintaining healthy blood pressure. Such benefits were consistent with epidemiological studies linking the consumption of grapes with a reduced risk of chronic diseases including certain types of cancer and cardiovascular disease. Consequently, there are health benefits associated with drinking either red wine or grape juice. However, for the consumption of wine, following Health Canada's recommendation is strongly advised.

Benefits

DRINKING RED WINE (OR GRAPE JUICE) IN MODERATION CAN HAVE THE FOLLOWING HEALTH BENEFITS:



Lowers the risk of blood clots



Helps **maintain healthy** blood pressure



Reduces the bad (LDL) cholesterol



Prevents damage to heart blood vessels



Reduced risk of cancers and cardiovascular disease.

PROFESSOR N. A. MICHAEL ESKIN, an internationally recognized Food Biochemist, is the author and co-author of 15 books, 60 chapters and over 140 scientific publications. He is the recipient of many prestigious awards including the 2020 Supelco American Oil Chemists' Research Award for outstanding original research in fats, oils, lipid chemistry and biochemistry. In 2016 he was awarded the Order of Canada for his pioneering research that contributed to the success of canola oil as a marketable product. In 2017 he was voted Professor of the Year by the student body in his faculty. In 2018 Dr. Eskin celebrated 50 years at the University of Manitoba where he still teaches, does research and is completing his 16th book.

Freedom of Pesach

BY RABBI SCHNEUR



This holiday we celebrate our freedom and are commanded to remember, and tell

over the story of our Exodus from Egypt. But we are also commanded to remember the Exodus of Egypt every day. So why are we commanded to commemorate the Exodus of Egypt every day if we already have a whole Holiday and a different commandment to commemorate it on Pesach?

First we have to analyze what freedom is. To start, we can't say that freedom is the lack of chains or the fact that my body is free to do whatever it likes for

2 REASONS:

1 We discuss on the Seder night that if G-d hadn't taken us out of Egypt we would still be enslaved today. But how can this be if G-d promised Abraham to liberate the Jews from Egypt after 400 years?

2 As Jews, who we truly are doesn't begin and end with our physical bodies rather the soul that existed before the body was even created and will exist long after the body has decayed. For we are part of G-d and therefore our identity isn't our physicals bodies.

So if by freedom we are not talking about freeing our physical bodies from the bondage of Egypt what are we talking about?

As we just discussed a Jewish person's identity isn't defined by his physical body but rather the Soul within us which is a part of G-d, that G-d entrusted to our physical bodies to preserve while it comes down to the world below. So real freedom isn't talking about our body but rather freeing our inherent self which is our soul which connects us to G-d. So in order to truly be free we have to free our soul which is our true selves. Now the only thing that can truly be free is something that is not bound by anything whatsoever and has the ability and capability to do as it wishes beyond any construct of anything.

Following this logic the only thing that can be truly free is G-d who exists outside of any construct and limitations, and has the capability to do absolutely anything and also has the ability to do absolutely nothing. Therefore the only truly free being in existence is G-d. Consequently the only part of us that can truly be free is our soul, being as it is part of G-d. So for us to be truly free we must connect our physical selves to our Soul which is truly free as it's a part of G-d.

In this we can find the answer as to why we have to commemorate our freedom every day and not only once a year on Pesach. Because as we concluded the only way to be truly free is by being connected to our G-dly Soul. And that is an everyday occurrence which we have to be proactive in. We can't expect to connect with our inner G-dly selves by sitting around a table once a year. Rather we have to work every day to connect our physical selves to our G-dly selves which in turn allows our

a Jewish person's identity isn't defined by his physical body but rather the Soul within us which is a part of G-d

physical bodies to attain a level of true freedom it hadn't before.

This connection and elevation comes through our observance of Judaism and fulfilling G-ds commandments every single day anew, which he commanded us for the purpose of allowing us to connect to G-d.

Therefore we say on the Seder nights if G-d hadn't liberated us then we would still be slaves today, because although our physical bodies may not have been enslaved we still wouldn't be free. Because the only way for us to be truly free was for G-d to connect to his people and bring us up from Egypt and allow us to connect to G-d which makes us truly free.

So this year as we sit around the Seder table, let's put aside for a moment our physical selves and let's focus on connecting our true selves to G-d. And by attaining this true freedom may we merit the redemption and celebrate next year in Jerusalem.

Passover Pulled Brisket



Ingredients

- 1 (3-4 POUND) SECOND CUT BRISKET
- 1 TBSP. PREPARED HORSERADISH
- 1 TBSP. IMITATION MUSTARD
- ½-1 CUP KETCHUP, TO TASTE
- 1 CUP WATER
- 2 TSP. GARLIC, CHOPPED
- ¼ CUP BROWN SUGAR
- ¼ CUP VINEGAR
- SALT, TO TASTE
- PEPPER, TO TASTE

Directions

- ➔ Preheat oven to 425° F.
- ➔ Combine all ingredients except for the brisket in a 4-quart saucepan and cook over low heat for 10 minutes, stirring occasionally.
- ➔ Place brisket into a roasting pan; pour sauce over meat in pan. Cover and seal pan tightly. Bake for 15 minutes.
- ➔ Reduce oven temperature to 200° F. Bake overnight or at least 6 hours. Remove pan from oven and set aside until cool enough to handle. Wearing disposable gloves if desired, remove fat from meat and discard.
- ➔ Use two forks to shred the meat. Rewarm in sauce.

MEAT
TIME 60 MINUTES
DIFFICULTY EASY
HEALTH & ALLERGIES
 GLUTEN-FREE, SOY-FREE

 **SERVES 6-8**

Extreme Chocolate Drop Cookies

PAREVE
TIME 30-60 MINUTES
DIFFICULTY INTERMEDIATE
HEALTH & ALLERGIES
GLUTEN-FREE

Ingredients

12 OUNCES GOOD-QUALITY DARK CHOCOLATE (70% TO 72% CACAO), DIVIDED
1/4 CUP POTATO STARCH
1/4 TEASPOON BAKING POWDER
1/4 TEASPOON KOSHER SALT
3 TABLESPOONS MARGARINE
2 EGGS
3/4 CUP SUGAR
1 TEASPOON PASSOVER VANILLA EXTRACT
2 CUPS COARSELY CHOPPED WALNUT OR PECAN PIECES

Directions

- ➔ Preheat oven to 350°F.
- ➔ Line two baking sheets with parchment paper or Silpats.
- ➔ Chop half the chocolate finely for easy melting; chop the other half in larger chunks to stir into the cookie dough.
- ➔ In a small bowl, mix together potato starch, baking powder, and salt.
- ➔ In a heavy-bottom small pot, over very low heat, melt the 6 ounces of finely chopped chocolate with the margarine. Stir until melted. Remove from heat and cool slightly.

 **YIELDS: 3 DOZEN**



- ➔ In a heavy-bottom, 3-quart pot, whisk eggs, sugar, and vanilla over very low heat. Stir until mixture is lukewarm to the touch. Remove from heat. Add the melted chocolate mixture, and then stir in potato starch mixture. Gently fold in nuts and the remaining 6 ounces chocolate chunks.

- ➔ Scoop tablespoons of batter onto prepared pan, 1 1/2 inches apart. Bake until surface of cookies looks dry and just set but center is gooey, about 12 to 14 minutes. Cool for 5 minutes on pan, transfer to wire rack to cool completely.

CREDIT ELIZABETH KURTZ [HTTPS://GOURMETKOSHERCOOKING.COM/](https://gourmetkoshercooking.com/)



After wrapping up my Kosher Check business in Bali on Friday, I had a dilemma. I was stuck in Bali for Shabbat without knowing if there was any place that I could spend it with fellow Jews. Usually, if I need to be in Asia for Shabbat, I would be in Bangkok or Shanghai where there are established Jewish communities with a shul to daven and eat the Shabbat meals. This time however, I had to visit a company in a remote location on Friday and was forced to spend Shabbat in that beautiful part of Indonesia, alone in my hotel... or so I thought. Luckily, someone informed me that there was an under the radar Chabad House in Bali (Indonesia after all, has a Muslim majority). After checking online, I found their website. However, there was very little information and the only way to get ahold of the Rabbi was through email. So I emailed the Rabbi of Chabad of Bali and was invited to come to their Chabad House for Shabbat. I learned that the Bali Chabad Rabbi is an Israeli who grew up on a secular Kibbutz, backpacked through India, went to a yeshiva in Israel, became religious and met a girl who grew up in Bali. They moved

to Bali and established The Chabad House of Bali in her childhood home, which her father had built. So, I left my hotel on foot Friday afternoon to find The Chabad House of Bali approximately 45 minutes before Shabbat, giving me plenty of time to find it in case I got lost on the way there. Sure enough, twenty minutes into my journey, I felt like I was headed in the wrong direction. Along the way though, I passed a few bars where people wished me Shabbat Shalom as I passed. At one point, a helpful patron told me that I was indeed headed the wrong way and he tried to explain to me where the Chabad House was. However, it was too complicated and he ended up graciously accompanying me to The Chabad House. As it turns out, the helpful patron was a Jew from Texas who had been living in Bali for fifteen years and was dreaming of going to Israel and becoming religious. Perhaps this "chance" encounter in Bali might help him on his journey to connect with his Jewish roots on a deeper level in the future. This goes to show that I was never really "lost" or made a "wrong turn", I was exactly where I was supposed to be! When I arrived at the Chabad House, I met the Rabbi and his wife and approximately twenty people

I was never really "lost" or made a "wrong turn", I was exactly where I was supposed to be!

including locals, business people and travelers who decided to live in Bali for a few months for a change of scenery. All of them were treated to a scrumptious Friday night dinner and great Shabbat hospitality courtesy of the Rabbi and his wife. On Shabbat morning, I returned to the Chabad House for services and lunch. After davening mincha I took an inspiring walk along the beach, saw some big waves and watched the sunset over the ocean—a perfect way to end my visit to Bali. Not only did I get to spend a memorable Shabbat at the under the radar Chabad of Bali with fellow Jews but I met many Jews randomly during my visit who greeted me warmly. I hope that by meeting a visibly Jewish Rabbi, these Bali Jews will be reminded about G-d and Judaism and will want to connect with their roots on a deeper level at some point in the future.

Pesach with Pets

PURCHASING PET FOOD ON PESACH CAN BE TRICKY AND ONE CANNOT ALWAYS RELY ON FOOD INGREDIENT PANELS.



One of the challenges we face on Pesach is finding pet food which is Halachically acceptable. One issue pertains to Pesach itself, ensuring that the product does not contain any Chametz. The other issue pertains to the rest of the year, where food may be comprised of milk and meat together. The Torah states three times “One may not cook a goat in its mother’s milk”. From this we derive that it is forbidden to cook milk and meat together, to eat milk and meat together or to have benefited from milk and meat together.

Purchasing pet food on Pesach can be tricky and one cannot always rely on food ingredient panels. Look out for wheat, cracked flour, germs, gluten, grouts, middlings, starch, barley, oats, pasta rye and brewers dried yeast. Should you not know the meaning of a certain ingredient, do not hesitate to contact your Rabbinic Authority. Dog and Cat food generally contain gravy or sauce which is Chametz. Kitniyot, legumes such as rice and beans may be given to animals even though these ingredients are not eaten by Ashkenazi Jews.

The following is a list of commonly found items on pet food ingredient panels **which are allowed** on Pesach.

- ➔ Beans
- ➔ Peas
- ➔ Buckwheat
- ➔ Rice
- ➔ Brewers rice
- ➔ Safflower
- ➔ Corn
- ➔ Grain sorghum
- ➔ Sesame
- ➔ Lentils
- ➔ Soybeans
- ➔ Millet
- ➔ Soyflower
- ➔ Peanuts
- ➔ Sunflower

Look out for wheat, cracked flour, germs, gluten, grouts, middlings, starch, barley, oats, pasta rye and brewers dried yeast.

Other ingredients such as Barley grass, BHA, BHT, carrageenan, cellulose, colours, eggs, Gums, kelp, lactose, linseed, milk products, molasses, oil, psyllium and whey do not pose an issue in pet food.

It is forbidden to leave a pet with a non-Jew during Pesach if one knows that the non-Jew will feed the pet Chametz. Since there are many pet foods that do not contain Chametz, one should not leave his pet at a kennel unless the kennel will supply the pet with non-Chametz food or the owner of the pet has stipulated which non-Chametz food the kennel may serve.

Where it necessitates, one may sell his animal to a non-Jew who will then take the pet into his own property and take care of it accordingly, as well as feed the pet whatever he chooses. This process should be done under the guidance of a Halachic authority.

Passover pet food

the following pet foods have been reviewed and do not contain chametz.



BIRD FOOD

Spray Millet For Birds
Alfalfa Hay and Cubes



FISH FOOD

Tetra Vacation –
Tropical Slow Release Feeder



CAT FOOD

Friskies Salmon Dinner
Friskies Chef’s Dinner
Friskies Seafood Supreme
Friskies Chicken Dinner
Fhiskas Chicken & Liver Dinner



DOG FOOD

Pedigree Meaty Loaf
Cesar with Beef
Cesar Filet Mignon Flavor
Cesar with Turkey
Cesar with Duck
Cesar with Lamb

UTENSILS FOR USE ON PESACH

Jewish law requires special dishes, cooking utensils, glassware, and silverware for Passover use, with separate meat and dairy sets. They can be made of any material, including plastic or paper. Once these are used for chametz, they may not be used again on Passover.

If it is not possible to maintain a complete set of separate utensils for Passover, it may be possible to use some year-round utensils for Passover after a special “kashering” procedure. Procedures for “kashering” common items are as follows:

To prepare for the procedure, clean all parts of the kitchen well. This involves the removal of all food, rust, dirt, calcium deposits and anything else that protrudes; it does not include the removal of discolorations. Counters, tables, ovens, stoves and refrigerator should be perfectly clean. Scrub utensils and set them aside. Twenty-four hours prior to kashering, the stove, oven and broilers should not be turned on, and hot water should not be used.

Once these are used for chametz, they may not be used again on Passover.

Items which have narrow cracks, crevices, deep scratches or other areas that cannot easily be cleaned, cannot be kashered for Pesach.

THEREFORE, THE FOLLOWING, FOR EXAMPLE, CANNOT BE KASHERED:

- ➔ Colanders
- ➔ Decanters or baby bottles (due to their narrow necks)
- ➔ Filters/screens over drains in sinks
- ➔ Graters
- ➔ Knives (or other utensils) where food or dirt can get trapped between the blade and handle
- ➔ Slotted spoons
- ➔ Sponges
- ➔ Toothbrushes

Additionally, the common custom is to cover tables, counters, refrigerator shelves and other areas where one might not have been able to clean away every trace of chametz.



REFRIGERATORS & FREEZERS

All parts of refrigerators and freezers must be thoroughly cleaned and washed, including storage bins. The shelves should be lined with plastic or foil with small perforations to allow for air circulation.

TABLECLOTHS, KITCHEN GLOVES, APRONS AND OTHER ITEMS MADE OF FABRIC

Any item made of fabric can be kashered by washing it in a washing machine set on “hot” and then checking to make sure that no pieces of food remain attached to it. Vinyl and plastic-lined tablecloths cannot be kashered.

RANGES AND OVENS

Every part of an oven or stove which may have been reached by food during the year must be completely cleansed and scraped. For the top of the range, a special metal sheet is to be provided to prevent contact with Passover utensils. The gas rings (grates) must be “glowed” or new ones used. If no glow can be produced, the metal sheet must cover them too. Blowtorches may be rented from your local hardware dealer.

Every part of the oven is then heated with a blow torch until it gets red hot. Care should be taken however, not to point the flame directly to the thermometer probe inside the oven. If this method is not possible, the oven should be heated at its highest temperature for approximately one hour, after which a fitted metal liner is placed in the interior of the oven and new grates are placed inside the oven allowing baking for Passover. The door of the oven and any parts of the oven that are still visible, should be covered with heavy-duty aluminium foil.



SELF-CLEANING OVENS

may be kashered by running it through the self-cleaning cycle. The

door must be covered with heavy-duty aluminium foil. The Sephardic custom for kashering ranges and ovens is as follows: the stovetop should be cleaned thoroughly and the grates should be dipped in boiling water. The element should then be turned on high for a few minutes. The oven should be cleaned very well (preferably by using a cleaning agent) and then the oven is left unused for 24 hours. The oven is then turned on at its highest heat for one hour. For self-cleaning ovens the only step necessary is to run it through a self-cleaning cycle.



ELECTRIC MIXERS, FOOD PROCESSORS & BLENDERS

Since the motor area of the electric mixer is often exposed to chametz and can be cleaned only with great difficulty, it is recommended that a special mixer for Passover be used. However, those food processors and blenders that have totally sealed units in their motor area, may be used if the bowls and mixers are changed.



SHELVES & COUNTERS

Special care must be taken to prevent Passover foods and utensils from coming in contact with your countertops. After thorough cleansing and scalding, new liners should be used to cover the surfaces during the entire Pesach period. This procedure is also required for tabletops made of Formica, Vendura, Avonite and Corian countertops must be thoroughly cleaned and scalded with boiling water, but may be left uncovered. Also, special dish racks, sink racks and washbasins should be used.



DISHES AND UTENSILS

Sets of dishes, pots and pans, flatware and other necessary utensils should be set aside specifically for Passover use. Certain utensils, such as flatware, metal pots and pans, etc., may be made Kosher for Passover use through Ha'galah (dipping in boiling water). Ha'galah is accomplished by:

1. Not using the utensil for anything, including non-chametz, for twenty-four hours. This also applies to the (non-Pesach) pot in which the hagalah water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be kashered is put into it, and the water must touch every surface of the utensil. Therefore, each item should be kashered individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Removing the utensil from the water and rinsing it in cold water. All new metal, aluminium and glass vessels and utensils require T'vilat Kelim (ritual immersion). New disposable aluminium pans are acceptable for Pesach without special certification. Ritual immersion, however, is required if they are to be used more than once.



MICROWAVE

ovens may be used on Chol Hamoed Pesach (not on Shabbat and Yom Tov). To kasher your microwave for the holiday, clean the inside thoroughly, fill a large paper container with water and bring to a boil, refill with water, place in another area and repeat the process. The glass tray cannot be kashered. Either a new glass tray should be purchased or paper should be used in its place.

THE FOLLOWING MAY NOT BE KASHERED



- ➔ China, pottery, earthenware, Teflon and similarly coated pots and pans, plastic dishes, enamelled pots, pans and ladles, utensils with wooden or plastic handles.
- ➔ Ceramic—all types—including brick, china, coffee mugs and enamel.
- ➔ Corningware and Corelle.
- ➔ Utensils or vessels which cannot be thoroughly cleaned, such as those having crevices in which chametz can accumulate (e.g. bottles with narrow necks, sieves, etc).
- ➔ Dishwashers. (For Sephardic law regarding kashering dishwashers, please contact your Rabbi).

Kashering a Stainless Steel Sink:

1. If the filter covering the drain has very fine holes, remove the filter and put it away for Pesach with the chametz dishes. If the holes are larger, the filter may be kashered with the sink.
2. Clean the sink, faucet and knobs, and don't use the sink for anything other than cold water for twenty-four hours.
3. Boil water up in one or more large pots (clean pots that have not been used for twenty-four hours). The pots may be chametz pots.
4. Dry the sink, then pour the boiling water over every spot on the walls and floor of the sink and on the faucet. One may kasher part of the sink and then boil more water for the rest of the sink. Extreme care should be taken during this type of kashering to ensure that none of the boiling water splashes onto the person doing the kashering or others who are nearby.
5. Rinse the sink and faucet with cold water.
6. Put a new filter over the drain. One should also purchase new sponges and a fresh bottle of dishwashing liquid. Kashering a Porcelain Sink: Since a porcelain sink cannot be kashered, one should kasher the faucet and knobs as outlined above and, for the duration of Pesach, place a basin (or insert) into the sink. All dishes, silverware, etc., should be washed in the basin, and wash-water can be disposed of through the sink's drain. One should be careful not to allow the sink to fill with hot water while the basin is in the sink.



Guidelines for Medicines on Pesach

1 CREAMS AND INJECTIONS may be owned and used on Pesach even if they contain chametz or kitniyot, since they are inedible.

2 FOR PRESCRIPTION NON-CHEWABLE MEDICATION one should consult their local Rabbi to find out if it is permissible to take on Pesach. Our office has a list of all medication that contain chametz or kitniyot.

3 LIQUID MEDICINES, CHEWABLE PILLS AND PILLS COATED WITH A FLAVOURED GLAZE

are edible and may contain chametz and/or kitniyot. Therefore:

A If possible, they should be replaced - under the direction of a doctor - with a pill that is okay to take on Pesach.

B If substitution is not possible and the person is in a state of sakanah or safek sakanah (any possible danger to human life), they may own and consume the medication. The same applies if the

condition is not yet a safek sakanah but may deteriorate to that point and there may be any delay in getting the medicine on Pesach. (A Rabbi should be consulted regarding this matter and whether it is preferable to purchase the medicine before or on Pesach. They should also check with the Rabbi as to how they should dispose of the medicine once the danger passes).

C If substitution is not possible and a doctor determines that there is no potential sakanah if the person doesn't take the medicine, a Rabbi should be consulted. He may be able to determine that the medicine does not contain chametz and/or kitniyot, or he may decide that the medicine may be consumed due to the seriousness of the patient's condition.

4 You should exercise extreme caution and consult with your doctor and Rabbi before making a decision not to take a medicine.

ORAL CARE

Kosher Check recommends purchasing Kosher L'Pesach toothpaste prior to the start of Passover.

IF THIS IS NOT AVAILABLE THE FOLLOWING BRANDS HAVE BEEN IDENTIFIED AS CHAMETZ FREE:



TOOTHPASTE

- Arm & Hammer Complete Care Toothpaste
- Colgate Toothpastes
- Crest Cavity Protection Toothpaste - Regular
- Crest Cavity Protection Toothpaste Gel
- Crest Kid's Cavity Protection Toothpaste
- Sensodyne Toothpastes



MOUTHWASH

- Crest - all Alcohol Free varieties
- LISTERINE Zero - All varieties

MASHGIACH IN FOCUS

RABBI UZAN
ABUJA, NIGERIA



When most people think of Jewish life in Africa, they think of the influential and well established South African Jewish community. However, aside from the South African Jewish community, there are several other Jewish communities on the African continent including the Jewish community of Nigeria whose spiritual needs are served by Chabad of Nigeria and Rabbi Israel and Haya Uzan.

Chabad of Nigeria is a project and branch of Chabad of Central Africa (COCA) which has its headquarters in Kinshasa, in the Democratic Republic of the Congo and is directed by Rabbi Shlomo Bentlila, who is the chief emissary of the Lubavitcher Rebbe to Central Africa. COCA has sent schluhim including visiting Rabbinical students to Jewish communities throughout Central Africa for the High Holidays and Passover to help them celebrate the holidays over the past twenty years including the Central African country of Nigeria. Due to an increase in the number of Jewish families and businesses in Nigeria, COCA decided to establish a permanent presence in Nigeria 7 years ago by sending a young Israeli couple, Rabbi Israel and Haya Uzan to serve as full time emissaries to meet the spiritual and educational needs of the growing Jewish community in that Central African country.

Rabbi Uzan (who grew up in France) and his wife provide a variety of services to meet the growing needs of the Nigerian

Jewish community. They provide Shabbat hospitality and meals, Shabbat and holiday services, educational programs for all ages as well as providing multi-lingual services and resources to Jewish businesses and individuals working in Nigeria. Their ultimate goal, with the help of their five children, is to help the fledgling Nigerian Jewish community grow and flourish by building a Jewish Community Center and Jewish communal life that serves Jewish Nigerians in every corner of the country. Based in Abuja, which has the largest Jewish presence in Nigeria, the Chabad Jewish Community Center of Nigeria is a hub for Jewish life in all of Nigeria. In fact, the Center serves the small Jewish communities of Lagos, Ibadan, Benin City and Kashimbila. Strategically located near the International school as well as major Jewish companies, The Chabad JCC of Nigeria is enabling Jewish Nigerians to connect with their heritage by providing

Chabad of Nigeria is a project and branch of Chabad of Central Africa

them with the resources and institutions that enables them to celebrate their rich heritage. In addition to Rabbi Uzan's role as a spiritual leader of the Nigerian Jewish community, he is also one of Kosher Check's African representatives visiting Nigerian and Central African companies whose products are certified with Kosher Check including Vertex Agro Ltd (a cashew manufacturer) and Cocoa Products (ile-oluji) Ltd (a manufacturer of cocoa products).

The presence of Rabbi Uzan and his growing family ensure that there is a viable Jewish presence in Nigeria that helps connects Jews in the country to their roots. Chabad of Nigeria is not only helping Jews in the country connect to their roots but is planting Jewish seeds that will hopefully flourish in the future in this Central African Country.

Rabbi Uzan and Haya are also directors and co-founders of the NGO Chabad Aid, which helps local communities in Africa with educational needs, food security, infrastructure products and employment opportunities;

see <https://www.chabadaid.org/> for more details.



RABBI UZAN WITH THE STAFF AT VERTEX AGRO LTD

Pesach schedule

VANCOUVER VICTORIA CALGARY EDMONTON WINNIPEG

TUESDAY APRIL 7	Check for Chametz (All Kashing must be done before Tuesday evening)	8:27 PM	8:27 PM	8:55 PM	8:59 PM	8:45 PM
WEDNESDAY APRIL 8	Latest time to eat Chametz	10:59 AM	11:00 AM	11:22 AM	11:18 AM	11:15 AM
	Latest time to burn Chametz	12:06 PM	12:08 PM	12:30 PM	12:27 PM	12:23 PM
	Candle lighting	7:37 PM	7:37 PM	8:04 PM	8:05 PM	7:54 PM
THURSDAY APRIL 9	Candle lighting (from an existing Flame after posted time)	8:47 PM	8:45 PM	9:15 PM	9:20 PM	9:04 PM
TUESDAY APRIL 14	Candle lighting	7:47 PM	7:46 PM	8:14 PM	8:16 PM	8:04 PM
WEDNESDAY APRIL 15	Candle lighting (from an existing Flame after posted time)	8:57 PM	8:55 PM	9:26 PM	9:33 PM	9:15 PM
THURSDAY APRIL 16	Yom Tov ends	8:59 PM	8:57 PM	9:28 PM	9:35 PM	9:17 PM

DELEGATION OF POWER FOR SALE OF CHOMETZ

KNOW YE that I, the undersigned, fully empower and permit Rabbi Avraham Feigelstock to act in my place and stead, and on my behalf to sell all Chametz possessed by me (knowingly and unknowingly) as defined by the Torah and Rabbinic Law (eg Chametz, possible Chametz and any kinds of mixtures). Also, Chametz that tends to harden and adhere to inside surfaces of pans, pots or cooking and usable utensils, and all kinds of live animals that have been eating Chametz or mixtures thereof. And to lease all places wherein the Chametz owned by me may be found, especially in the premises located at:

_____ and elsewhere.

Rabbi Avraham Feigelstock has the full right to sell and to lease by transactions, as he deems fit and proper for such time when he believes necessary in accordance with all detailed terms and detailed forms as explained in the general authorization contract which has been given this year to Rabbi Feigelstock to sell the Chametz.

The general authorization is made a part of this agreement. Also, do I hereby give the said Rabbi Avraham Feigelstock full power and authority to appoint a substitute in his stead will full power to sell and to lease as provided herein. The above power is in conformity with all Torah, Rabbinical regulations and laws, and also in accordance with the laws of the Province of British Columbia and Canada. And to this, I hereby affix my signature on the ____ day of _____ in the year of 2020, 5780.

SIGNATURE _____

NAME _____

ADDRESS _____

CITY _____

KINDLY COMPLETE THIS FORM AND RETURN IT TO:

Rabbi Avraham Feigelstock
c/o The Orthodox Rabbinical Council of British Columbia
401 - 1037 West Broadway
Vancouver BC V6H 1E3
Fax: 604-731-1804
E-mail info@koshercheck.org

HOW MUCH **KOSHER CHECK** WORKS FOR YOU!



KOSHER CHECK
CERTIFIES OVER

600

manufacturers
across Canada and
around the World

KOSHER CHECK
OFFERS A
FREE
HOME
KASHERING
SERVICE

Helping countless
families who wish to
make their kitchen kosher



KOSHER CHECK
ANSWERS
QUESTIONS
VIA TEXT,
WHATSAPP,
PHONE
EMAIL



KOSHER CHECK CERTIFIES
events

throughout the year at a low cost in
order to encourage Kosher Events to
take place in the community



KOSHER CHECK
IS A NOT FOR PROFIT
Registered Charity

COMMUNITY SERVICES

THE KOSHER HOTLINE

Do you have a question about the
Kosher status or a product, or have
used a dairy utensil for meat or vice
versa and don't know what to do?
Call Rabbi Mendy at (604) 781-2324

WHATSAPP

Grocery Shopping and unsure if an item
needs a hechsher? Join our WhatsApp
Group by texting
Rabbi Mendy (604) 781-2324

MOVING HOUSE/ BECOMING KOSHER

Are you moving or need your kitchen
kashered? We will do it for you at no
charge. Please contact Rabbi Mendy
(604) 781-2324

KOSHER CHECK,
WHERE YOU COME FIRST