



# Vaad Viewpoint

The Official Newsletter of the Vaad HaKashrus of Tidewater

420 Spotswood Ave. Norfolk, VA 23517 Ph. 757-572-6344  
smostofsky@vaadoftidewater.com  
www.vaadoftidewater.com

## THE PESACH KITCHEN IN REVIEW

The following is a checklist reviewing items commonly found in the kitchen and how to prepare them for Pesach. Also included is a list of items that cannot be kashered.

### Definition of terms:

1. LIBBUN GAMUR: Heating metal to a glow.
2. LIBBUN KAL: Heating metal so that paper will burn on the other side of the heated utensil.
3. HAGOLA: Immersing an item in boiling water.
4. ERUY ROSCHIM: Pouring boiling water over an item.

### NOTE:

Where leburn kal helps, certainly leburn gamur is good; where hagalah helps, surely leburn kal is good; where eruy helps, certainly hagalah and leburn help. If the item cannot fit in the pot at one time it can be Kashered in sections.

**Baby Bottle** - Since they have come in contact with chometz (e.g. washed with dishes, boiled in chometz pot), new ones should be purchased.

### **Baby High Chair** -

Thoroughly clean. Preferable to cover the tray with contact paper.

**Blech** - Libbun gamur.

**Blender/Food Processor/Smoothie Machine** - New or Pesachdik receptacle (plus any part of unit that makes direct contact with food) required. Thoroughly clean appliance. The blade should be treated like any knife kashered through hagola.

### **Can Opener Manual or Electric** -

Clean thoroughly.

**Candlesticks/Tray** - Clean thoroughly. Should not be put under hot water in a kosher for Pesach sink.

### **Coffeemakers** -

Metal coffeemakers that have brewed only unflavored pure coffee. Clean thoroughly. Replace with new or Pesachdik glass carafe and new filters. Metal coffeemakers that have brewed flavored coffee should be cleaned thoroughly. Do not use for 24 hours. Pour one cup of water into chamber. Water should be heated in unit and allowed to drip over exposed metal base. Replace with new plastic filter holder, new filters, and new or Pesachdik glass carafe.

Plastic coffeemakers should not be kashered.

### **Colanders** -

Metal Libbun kal.

Plastic - Do not use.

### **Dentures, Bite Plates, Braces** -

Clean thoroughly after finishing eating chometz.

**Dishwashers** - Cannot be kashered.

### **Electric Burner, Drip Pans** -

Clean thoroughly.

### **Grater** -

Metal - Libbun kal.

Plastic - Do not use.

### **Instant Hot Devices See Water Filters.**

**Metal Wine Goblets** - Hagola.

**Metal Wine Trays** - Hagola.

**Mixer** - Do not use, even with new blades and bowls.

**Pump Pot** - Cannot be Kashered

**Refrigerator, Freezer** - Thoroughly clean. Lining shelves is not necessary. Ice trays should be put away with chometz dishes.

**Rings, Finger** - Eruy roschim.

**Rings, Napkin** - Hagola.

**Tables** - A table upon which chometz is eaten during the year may be used on Pesach if it is covered with a waterproof covering (e.g. sheet of plastic). It is preferable to put cardboard or four or more layers of newspaper on the table under the plastic covering. Table pads may be overturned and used.

**Towels, Tablecloths, etc.** - Those used during the year with chometz may be used on Pesach if they have been laundered with soap and hot water, even if the stains do not come out. The same applies to potholders, bibs, and aprons. Synthetic material, such as rayon and Terylene, that can only withstand a warm water cycle may be used on Pesach after they have gone through a washing with detergent and only if there are no visible stains after they have been cleaned. Transparent tablecloths may be coated with a powder and should be rinsed off before use.

**Vases** - Those used on the table during the year may be used on Pesach if they are washed inside and out.

### **Washing cup used in kitchen** -

Metal - Hagola.

Plastic - Put away with chometz dishes

**Water Pitchers** - Should be put away with chometz dishes.

### **Water Filters** -

Plastic water filters that are connected to the faucet should be thoroughly cleaned, including the outside and the coupling, and may be used on Pesach without changing the filters.

Metal Filters that have been consistently used since last Pesach,

## LISTING OF PRODUCTS USABLE FOR PASSOVER WITHOUT SPECIAL CERTIFICATION EXCEPT WHERE NOTED

should be left on during kashering of the spigot. If they were first attached some time after Pesach, they should be removed before kashering the spigot and kashered separately.

**Instant hot devices** and individual hot/cold water filters that are connected to the sink with a separate spigot should be kashered along with the sink. Instant hot devices should be turned on during kashering of instant hot spigot.

**Water Coolers** - Cold water coolers should be cleaned thoroughly. The hot spigot on a water cooler should not be used if it came into contact with chometz during the year.

### Water Urn

Metal (uncoated) - Hagola; both inside and outside should be kashered.

Porcelain Enameled or Plastic -

Do not use.

### KITCHEN ITEMS THAT CANNOT BE KASHERED:

Bread Machine	Porcelain (Enamel) Utensils
Crockpot	Pyrex
China	Sandwich Maker
Corning Ware	Silverstone
Dishwasher	Stoneware
George Foreman Grill	Synthetic Rubber
Knives w/ Plastic Handles	Teflon
Melmac	Toaster / Toaster Oven
Mixer	Waffle Iron
Pasta Maker	Plastic Vegetable Steamer
Plastic Utensils	



**Passover certification not required unless otherwise noted. Use only new unopened containers.**

**Acne Treatment** - All Creams, lotions and ointments may be used.

**Alcohol** - Any isopropyl alcohol may be used for external use.

**Aluminum foil products** - All disposable foil products may be used.

**Ammonia** - All may be used

**Baby Food** - All baby food and cereals require KFP certification.

**Baby Formula** - *This is a partial list if you have a specific question, please contact Rabbi Mostofsky* (separate utensils only) -

Enfamil	Food Lion
Isomil	Kirkland Signature
Lactofree	Natures Place
Next Step	Rite Aid

**Baby Powder** - All may be used for external use.

**Baby Wipes** - Any without alcohol

**Baking Powder** - Requires KFP certification.

**Baking Soda** - All may be used

**Balloons** - Any without powder coating

**Band-Aids** - All may be used.

**Bleach** - all may be used

**Blush/Rouge, Powdered** - All may be used

**Charcoal Briquettes** - Any (Including Flavored)

**Cocoa** - Any domestically produced 100% Pure Cocoa may be used

**Coffee - Packaged** - The following packaged coffees may be used without any additional Passover symbols unless otherwise indicated.

Albertson's - Regular Unflav Ground
Chock Full O' Nuts-Reg Unflav Ground
Ellis - Reg & Decaf Unflav Ground
Folgers - Reg Unflav Instant
Great Value - Reg Unflav Ground
Hena - Reg & Decaf Unflav Ground
Maxwell House - KFP symbol required,
Melitta - Reg Unflav Ground
Pathmark - Reg Unflav Ground

Richfood - Reg Unflav Ground  
Sanka - Decaf Unflav instant - KFP symbol required

Sysco - Reg Unflav Ground  
Taster's Choice - Reg Unflav Instant  
Wegman's - Reg Unflav Ground  
White House - Reg & Decaf Unflav Ground

**Coffee Whitener / Creamer** - KFP symbol required

### Community Food Services

Little Israel - Pesach Section (VHT Supervised)

The Market at Ghent on 21st St. VA - Bel

**Contact Lens Solution** - All may be used.

**Creams & Lotions** - All may be used

**Dental Floss/Pre-Threaded** - Any unflavored (waxed or unwaxed) may be used.

**Deodorants/Antiperspirants** - All Sticks and Gels are acceptable. (Sticks, Gels and Roll-ons may not be used on Shabbos and Yom Tov) *This is a partial list if you have a specific question, please contact Rabbi Mostofsky*

Arrid XX Ultra Clear (Ultra Fresh)  
Arrid Extra Dry Antiperspirant/Deodorant - All

Degree Deodorant - for men, Sport Body Responsive, Powder

Degree for women Shower Clean  
Lady Speed Stick Antiperspirant - All

Lady Speed Stick Deodorant - All  
Speed Stick Antiperspirant - All  
Speed Stick Deodorant - All

Right Guard Antiperspirant/Deodorant - All

Right Guard Sport Antiperspirant/Deodorant - All

Right Guard Extreme Antiperspirant/Deodorant - All

Soft & Dri Antiperspirant/Deodorant - All

Tag Deodorant/Antiperspirant

**Detergents, Cleansers** - The following may be used without any additional Passover symbol.

## LISTING OF PRODUCTS USABLE FOR PASSOVER WITHOUT SPECIAL CERTIFICATION EXCEPT WHERE NOTED

<p><u>Ajax</u> - Ajax Powder Cleanser with Bleach</p> <p><u>Clorox</u> - Clorox Clean-Up with Bleach - Clorox Disinfecting Kitchen Cleaner - Clorox Disinfecting Wipes - Clorox Regular Bleach, Comet</p> <p><u>Lestoil</u></p> <p><u>Mr. Clean</u></p> <p><u>Murphy Oil</u></p> <p><b>Detergents, Dishwashing</b> - The following may be used without any additional Passover symbol.</p> <p>Ajax Dawn Ivory Joy Melaleuca (when bearing a Star-K) - Lemon Brite Dishwashing Liquid, Super-Concentrated Diamond Brite Gel Palmolive (including dish wipes) Spring Sensation</p> <p><b>Detergents, Laundry - Powder</b> - Any with reliable kosher certification.</p> <p><b>Detergents, Laundry - Liquid</b> - The following may be used without any additional Passover symbol.</p> <p>Cheer Cheerfree Dreft Dynamo Era Gain Ivory Snow Melaleuca (when Bearing a Star-K) - MelaBrite Whitener and Brightener MelaPowder (reg., Scent Free) Pre-Spot Stain Remover Tide</p> <p><b>Eggs</b> - Should be purchased before Passover. Since chicken feed contains chometz it is customary not to eat eggs that were laid on Passover</p> <p><b>Face Powder</b> - All may be used</p> <p><b>Fish, Frozen raw</b> - All frozen raw fish, with no added ingredients, bearing a reliable kosher certification do not have Pesach concerns. (Exception - Individual vacuum-packed frozen</p>	<p>salmon pieces should be used with KFP certification only.)</p> <p><b>Foot Care</b> - All creams, ointments, lotions &amp; foot &amp; hand powders may be used</p> <p><b>Fruit, Fresh</b> - All Fresh Cut Fruit needs to have a KFP</p> <p><b>Fruit, Frozen</b> - All frozen unsweetened additive free, (without syrup, citric acid, ascorbic acid or vitamin C), whole, sliced or formed fruit (e.g. sliced peaches, melon balls, blueberries, cranberries, strawberries) may be used.</p> <p><b>Gloves, Rubber Latex</b> - All without inner powder coating may be used. If label is not marked, turn glove inside out and rub on dark clothing. Check for powder. If contains powder do not use near food.</p> <p><b>Glue</b> - All Krazy Glue, Elmer's and Ross Glue Products are made of synthetic ingredients and may be used on Pesach. Note: Elmer's &amp; Ross Finger Paints may contain chometz and should be sold before Pesach. Yamato Sticking Paste, Lineco Starch Paste, and Nori Hinging Paste contains chometz and should be sold before Pesach.</p> <p><b>Hair Gel / Mousse</b> - All may be used</p> <p><b>Hair Spray</b> - All may be used</p> <p><b>Honey</b> - All honey requires KFP certification.</p> <p><b>Hydrogen Peroxide</b> - All may be used</p> <p><b>Ice</b> - Bags of ice from plain water may be used</p> <p><b>Insect/Rodent Traps</b> - Baits may contain chometz and should be put away with the chometz. All insecticide sprays may be used.</p> <p><b>Juices/Fruit Drinks</b> - All fresh juices require KFP.</p> <p><b>Juices, Frozen</b> - Any 100% Pure White Grapefruit or Orange <b>frozen</b> juices without sweeteners, additives, preservatives or enrichments (e.g. calcium) added may be used. All other frozen juice products require KFP certification.</p>	<p><b>Juices, Lemon</b> - ReaLemon Juice, liquid - When bearing reliable kosher symbol</p> <p><b>Juices, Lime</b> - ReaLime Juice, liquid - When bearing reliable kosher symbol</p> <p><b>Lactaid</b> - Caplets may contain chometz and may not be used on Pesach. Lactaid Milk may be used on Pesach if purchased BEFORE Pesach.</p> <p><b>Makeup (foundation, etc.)</b> - All types of creams, lotions, ointments, blush, mascara &amp; face powder may be used.</p> <p><b>Makeup Remover</b> - All creams, lotions, etc. may be used.</p> <p><b>Matzo, Egg</b> - Matzo made with fruit juice or eggs, which include "Kosher for Passover" Egg Matzos, Egg Matzo Crackers, Grape Matzos, etc. may not be eaten on Pesach, according to Ashkenazic practice, except by the sick or elderly who cannot eat regular Matzo, and have consulted with their Rav. <b>Please note:</b> Even the sick and elderly cannot fulfill the obligation to eat Matzo at the Seder with these types of Matzos.</p> <p><b>Meat &amp; Poultry</b> - All fresh and frozen raw meat and poultry bearing a reliable kosher certification may be used Passover. Consumers should be aware that raw hamburgers may have additives and are urged to verify before use.</p> <p><b>Milk</b> - Due to unforeseen circumstances, the Vaad Hakashrus will not be supervising kosher for Pesach milk this year. Milk may be purchased before Pesach <b>only</b> without KFP supervision. Milk purchased DURING Pesach must bear KFP certification. <i>(don't forget to purchase enough before Pesach)</i></p> <p><b>Mineral Oil</b> - All may be used</p> <p><b>Mouthwash</b> - Crest Whitening Rinse Flurocare Duel Rinse Listerine Antiseptic All Listerine Mouthwash All Forms Oral B Rinse All Plax Advanced Formula All</p>
--	--	--

## LISTING OF PRODUCTS USABLE FOR PASSOVER WITHOUT SPECIAL CERTIFICATION EXCEPT WHERE NOTED

Scope All	Cups Waxed Paper - For cold use only	Pantry Pro
Toms of Maine Natural Anticavity Mouthwash All	Cups Plastic Coated Paper - For cold use only	Papercon
<b>Nail Polish</b> - All may be used	Cutlery Plastic - All, Paper Napkins - All	Paper Chef
<b>Nail Polish Remover</b> - All may be used	Plastic Wraps - All	Prime Source
<b>Nutritional Supplements</b> - Call the Vaad office for more information	Plates Paper - Should not be used on Pesach	Pure
<b>Nuts</b> - Raw, Whole or Chopped Nuts (e.g. Almonds, Pine Nuts, Walnuts, etc.) without preservatives or other additives such as BHT or BHA in corn oil, are approved for Passover. If label states that it is processed in a plant that processes kitniyos or chometz, then it requires a reliable KFP certification. Note: Many consider peanuts as Kitniyos which are not permissible on Pesach. Also, dry roasted nuts require a reliable KFP certification, as do Pecans and Pecan Pieces.	Plates Plastic - All	The Pampered Chef
<b>Olive Oil</b> - Any Extra Virgin (Unflavored) with a reliable kosher symbol.	Plates - Plastic Coated Paper - For cold use only	Sunshine Industries
<b>Orange Juice</b> - see juices	Styrofoam Plates & Cups - The problems associated with Styrofoam are not a Pesach issue. They may contain ingredients that are non-kosher, however, they are free of chometz. Those who use Styrofoam year-round may use it on Pesach	Wilton
<b>Orthodontic Rubber Bands</b> - Rinse well with cold water before use on Pesach.	Tablecloths - All clear plastic non-powdered may be used. (For those that are pre-cut, ensure that the plastics are not attached to avoid Shabbos & Yom Tov problems.)	<b>Play-Doh</b> - Contains Chometz and should be sold before Pesach
<b>Oven Cleaner</b> - The following may be used without any Passover Symbol - Cook Top Cleaning Crème Easy-Off	<b>Paper Towels</b> - Any brands may be used in the following manner. The first three sheets and the last sheet attached to the cardboard should not come into direct contact with food since a cornstarch-based glue may be used. The rest of the roll may be used with hot or cold.	<b>Polish, Furniture</b> - All may be used
<b>Pain Reliever / Medications</b> <i>This is a partial list if you have a specific question, please contact Rabbi Mostofsky</i>	<b>Parchment Paper / Panliners</b> - The following only require the Star-K symbol. No special Passover symbol required.	<b>Polish, Shoe</b> - All may be used.
Aleve - tablets & caplets	Alliant	<b>Polish, Silver/Metal</b> - Any may be used
Bayer 325mg aspirin tablets (original)	Bake-o-matic	<b>Poultry</b> - See Meats & Poultry
Crestor	Castaway	<b>Powders</b> - All may be used
Dramamine (original)	Chef's Select	<b>Quinoa</b> - Whole grains may be used for Pesach. Recommended to purchase from manufactures that do not process chometz grains. Consumers are urged to carefully check grains BEFORE PESACH for extraneous matter.
Excedrin Migraine	Companions	<b>Rice</b> - NOTE: Ashkenazic Jews may not use rice on Passover. Sephardic Jews whose custom it is to use rice on Pesach should ascertain that the rice contains no additives such as vitamins which may contain chometz. Rice should be checked before using.
Motrin - (ibuprofen)	First Mark	<b>Salt</b> - All brands of non-iodized salt that do not contain dextrose or polysorbates may be used. (if it contains Sodium Silicate it is not a problem)
Tylenol Ex. Strength Caplets	Georgia Pacific/Dixie	<b>Scouring Pads/Sponges</b> - Any without soap, including steel wool.
<b>Paper / Plastic Disposable</b> -	Hercules	<b>Seltzer</b> - Any unflavored seltzer may be used. All flavored seltzers require KFP certification.
Bags Paper - For cold use only	If You Care	<b>Shampoos &amp; Conditioner</b> - All May be used
Bags Plastic - All	Katrin/Saga	<b>Soaps</b> - All may be used
Coffee Filters Paper - All	McNaim	<b>Soy Milk</b> - Soy milk contains kitniyos and possibly chometz and under normal circumstances may not be consumed on Pesach. The following Soy Milk products are Chometz free and may be consumed by someone who is allowed to eat kitniyos (e.g. one who is ill). It is recommended that those who require these products
Crockpot Liners - All	Morpak	
Cupcake Holders - Untreated paper or foil may be used	Northern	
Cups Plastic - All	Norpro	
	Pallisades Packaging	

**LISTING OF PRODUCTS USABLE FOR PASSOVER  
WITHOUT SPECIAL CERTIFICATION EXCEPT WHERE NOTED**

ideally purchase them before Pesach.  
Soy Dream Original soy milk - not enriched (no extra vitamins added), Vitasoy (san sui) Original natural soy milk (generally available in stores that sell Chinese foods)

**Spices & Seasonings** - Pure spices require reliable KFP Certification.

**Sugar Granulated** - All pure Cane Sugar with no dextrose added may be used.

**Sugar, Brown/Other** - Brown Sugar (Confectioners Sugar and Vanilla Sugar requires KFP certification.)

**Sugar, Substitute** - Requires a KFP symbol.

**Sunblock** - All creams and lotions may be used

**Tea, Instant** - The following tea may be used without any additional Passover symbol.

Nestea Regular Unflav, Decaf Unflav  
**Teabags** - The following tea may be used without any additional Passover symbol.

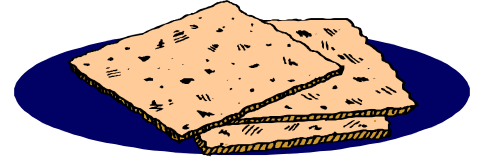
Acme - Reg Unflav  
America's Choice - Reg Unflav  
Giant - Reg Unflav  
Jewel - Reg Unflav  
Key Food - Reg Unflav  
Kroger - Reg Unflav  
Lipton - Reg Unflav & Decaf Unflav  
Pathmark - Reg Unflav  
Price Chopper - Reg Unflav  
Shoprite - Reg Unflav  
Stop & Shop - Reg Unflav  
Tetley - Reg Unflav  
Wegman's - Reg Unflav

**Toothpaste** - *This is a partial list if you have a specific question, please contact Rabbi Mostofsky -*

Aqua Fresh -  
Advanced  
Cavity Protection  
Dr. Seuss  
Extra Fresh  
Extreme Clean Original  
Kids  
White and Shine  
Whitening Mint  
Colgate - All

Crest -  
Cavity Protection  
Cool Mint Gel and Regular  
Crest For Kids All  
Multicare All  
Crest Plus Scope  
Crest Pro Health  
Crest Sensitivity  
Fluorocare - Foam  
Gel-Kam - Gel Mint & non-flavored  
Gleem  
Listerine - essential Care All  
Sensodyne -  
Full Protection  
Original Formula  
Pronamel  
Tarter Control Plus Whitening  
**Vegetables/Carrots, Fresh Peeled** - Fresh peeled Carrots whole, cut or shredded require a KFP certification.  
**Vegetables, Frozen** - Requires a Reliable KFP certification.  
**Vegetables/Potatoes, Fresh Peeled** - Fresh peeled potatoes require KFP certification.  
**Vegetables/Salads, Fresh Packed** - Require a reliable kosher symbol and KFP certification.  
**Vinegar**, Requires KFP certification.  
**Water, Spring** - any fresh, bottled, spring or distilled water that is unflavored may be used. (including those with fluoride or minerals).  
**Wax Paper** - The following Wax Paper may be used without any additional Passover symbol.  
America's Choice  
Bi-Lo  
Cut Rite  
Homelife  
Marcal Kitchen Charm  
Pathmark  
Remarkable  
Reynolds  
Shoprite  
**Wine** - Requires a reliable KFP certification.  
**Note:** - Many products, including toiletries, cosmetics, mouthwashes, medicines, liquid detergents, etc. contain alcohol. If the alcohol is grain derived (e.g. wheat, oat & barley),

such products should not be used, *even though the products are inedible*. This is because we may not derive any benefit from Chometz (even non-edible Chometz), and also because they may come into contact with Passover foods or utensils.



**PESACH FAQ'S REGARDING PETS**

**Is it necessary to buy a new food bowl for your pet for Pesach?** No. However, the bowl used year-round should be thoroughly cleaned before Pesach.

**If I am going away over Pesach, what should I do with my fish?** Vacation blocks often have chometz. One can purchase a block without chometz or use an automatic fish feeder and fill it with non-chometz food.

**May one feed chometz to a stray animal on Pesach?** No.

**On a Pesach visit to the zoo, may one purchase the feed for the animals?**

No. This feed is often chometz and should not be purchased or fed to the animals on Pesach.

**Must pet food with chometz be put away and sold before Pesach?** Yes.

**Is there any problem with kitty litter?** Clay or wood-based types are fine. Some brands are wheat-based and must be avoided.

**Pet food**

The following is a list of pet foods approved for Passover 2009. Make sure to check all labels. There should be no chometz listed. A product listing both meat and dairy ingredients may not be used any time during the year.

Cats

**Evangers:** When bearing CRC approval

**Friskies** (canned): Selects Indoor Herbed Salmon Entrée  
Select indoor Classic Chicken Entrée  
Special Diet Classic Pate Ocean Whitefish Dinner

Special Diet Classic Pate Beef & Chicken Entrée  
 Special Diet Classic Pate Turkey & Giblets Dinner  
 Special Diet Classic Pate with Salmon  
 Special Diet Classic Pate Beef & Liver Entrée  
 Senior Classic Pate Pacific Salmon Dinner in Sauce  
 Classic Pate Turkey & Giblets Dinner  
**Prescription Diet:**  
 a/d, c/d (dry only), d/d (except duck), g/d (dry only), k/d (dry only), m/d, r/d, s/d, t/d, w/d (dry only), z/d.  
**Science Diet (dry):**  
 Adult Optimal Care Ocean Fish & Rice Recipe  
 Adult Optimal Care Original  
 Adult Indoor  
 Mature Adult Indoor  
 Adult Hairball Control  
 Adult Hairball Control Light  
 Mature Adult Hairball Control  
 Adult Light  
 Adult Oral Care  
 Adult Sensitive Skin  
 Mature Adult Active Longevity Original  
 Kitten Indoor  
 Kitten Healthy Development Original  
 Kitten Healthy Development Ocean Fish & Rice  
**Royal Canin Veterinary Diet:**  
 Green Peas & Duck (dry)  
 Duck (gel)  
**Dogs**  
**Evangers:** When bearing CRC approval  
**Mighty Dog:** (canned):  
 Classic Chicken Egg & Bacon Dinner  
 Classic Gourmet Dinner  
 Senior Beef & Rice Dinner  
 Senior Chicken & Rice Dinner  
 Senior Turkey & Rice Dinner  
 Classic Turkey & Bacon Dinner  
**Prescription Diet:**  
 a/d, c/d, d/d, g/d, h/d, i/d, j/d (dry only), k/d, n/d, r/d, s/d, t/d, u/d, w/d (dry only), z/d Low Allergen  
**Science Diet (dry):**  
 Adult Active  
 Adult Large Breed

Adult Light  
 Adult Light Large Breed  
 Adult Light Small Bites  
 Adult Oral Care  
 Puppy Healthy Development Original  
 Puppy Small Bites  
 Puppy Large Breed  
 Mature Adult Large Breed  
 Mature Adult Active Longevity  
 Mature Adult Small Bites  
 Adult Sensitive Skin  
**Science Diet (canned):** Adult Light.  
**Nutro (dry):**  
 Natural Choice Lamb & Rice Formula  
 Natural Choice Light.  
**Fish**  
 Fish food and Vacation blocks often have chometz. 3-day Pyramid Fish Feeder manufactured by Aquarium Pharmaceuticals is chometz free. (However, the 7-day feeder contains chometz.) Tetra Weekend (5 days) & Tetra Vacation (14 days), Tropical Slow Release Feeder are chometz-free. Goldfish and Tropical fish can be given tubular worms, frozen brine shrimp, freeze dried worms (if they do not contain fillers).  
**Birds (Parrots, Parakeets, Cockatiels, Macaws)**  

- Millet and sorghum as main diet
- Peanuts, sunflower seeds, Safflower seeds can be given.
- Larger birds such as Parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
- Smaller birds can also have pure alfalfa pellets, crush before feeding.
- Can supplement with sliced grapes, cottage cheese, rice cakes (birds like these), small pieces of lean meat, matza, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster

shells (calcium) or mineral block such as Kaytee Tropical Fruit Mineral Block Treat.

• The greater the variety, the better.  
**Hamsters, Guinea pigs, Gerbils & Rabbits**

- Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given.
- Can supplement with mixture of cut-up fruits and vegetables - carrots, broccoli, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, cabbage. Can also give some matza. If not accustomed to these items, give sparingly.
- Guinea pigs, especially, will benefit from kale, parsley and oranges.
- Hamsters, especially, will benefit from apples.
- Guinea pigs need vitamin C added to diet.



**NATIONAL STORES WHERE CHOMETZ MAY BE PURCHASED**

BJ's	Winn-Dixie
Costco	CVS
Farm Fresh/The Market in Ghent	Food Lion
Giant	K-Mart
Harris Teeter	Petco
Mars	Rite -Aid
Petsmart	Safeway
Royal Farms	Shoppers Food Warehouse
Sam's Discount Warehouse	Target
Superfresh	Walmart
Trader Joe's	Wegman's
Walgreens	7-11

EXECUTIVE BOARD OF  
THE VAAD  
HAKASHRUS OF  
TIDEWATER

Amy Lefcoe  
**President**

Pesach Schwartz  
**Treasurer**

Rabbi Chaim Silver  
**Rabbinic Administrator**

Rabbi Sholom Mostofsky  
**Kashrus Supervisor**

SPONSORED BY:

A FRIEND OF THE VAAD  
HAKASHRUS OF TIDEWATER  
IN MEMORY OF  
ESTHER AND HARRY MENDEL  
& BESS AND JULIUS PECK

AND

THE MARKET AT GHENT  
A FARM FRESH SUPERMARKET:  
THE MARKET AT GHENT HAS AN  
EXTENSIVE SELECTION OF KOSHER  
AND PASSOVER ITEMS FOR YOUR  
SHOPPING CONVENIENCE

THANK YOU FOR YOUR  
GENEROUS SUPPORT

If you would like to be added to the  
Vaad's e-mail list, please contact  
Rabbi Mostofsky at  
[smostofsky@vaadoftidewater.com](mailto:smostofsky@vaadoftidewater.com)

If you would like to find out more  
information about kosher or to make  
a donation please visit  
the Vaad's web page @  
[www.vaadoftidewater.com](http://www.vaadoftidewater.com)

**This newsletter has been  
provided as a community  
service by the  
Vaad HaKashrus of Tidewater  
for Pesach 2010/5770 ONLY!**

This year the Vaad Hakashrus of Tidewater will be offering kashering for the entire Tidewater community. If you have 20 or less small items that can fit in a large kashering pot, please bring them to the back door (near the kitchen) of B'nai Israel Cong. on March 22, 2010 @ 5:40-6:40pm. All items being kashered must be thoroughly cleaned and then not be used for a period of 24 hours before they are kashered.

If you have any questions please call Rabbi Mostofsky 757-572-6344

**The information has been reprinted  
with permission from the  
Star-K and the CRC**

The Vaad HaKashrus of Tidewater is a recipient  
agency of the Annual Campaign of the United  
Jewish Federation of Tidewater.