**GREAT HEBREW AWAKENING**

**www.greathebrewakening.org**

**FOODS ACCEPTABLE FOR FEAST OF THE UNLEAVENED**

Cinnamon Pebbles

Cocoa Pebbles

Fruity Pebbles

Honey bunches of oats chocolate

Cheerios

Honey Nut Cheerios

Chocolate Chex

Cinnamon Chex

Fruits and Oats Chex

Honey Nut Chex

Rice Chex

Vanilla Chex

Chickpea Pasta

Brown Rice Pasta

Quinoa Pasta

Black bean spaghetti

Kosher meats (no breading or coating)

Tortilla chips

100% fruit or vegetable juice

Rice

Matzo meal

Matzo cake meal

Corn

Green beans

Okra

Beans

Lentils

Quinoa

Eggs/eggs whites

Fish (tuna, salmon, whiting, etc.)

Mission Gluten Free soft taco tortillas

Some gluten-free flours (potato, almond, etc.)

Bob’s Red Mill Gluten Free All Purpose Baking Flour

Simple Truth Organic Gluten Free Coconut Flour

Cream of Rice Gluten Free

Krusteaz Gluten Free All Purpose Flour

Taco shells

Peanut butter

Grits

Some pasta sauces (Please read label)

Cornmeal

Oatmeal

Raisins

Olives

Ketchup, mustard, mayo (Please read label)

Mashed potatoes (boxed)

Oat milk, almond milk, and rice milk

**Many foods that are gluten-free are consistent with the Passover diet, but PLEASE READ ALL LABELS!!**

**Many other foods are acceptable. Just remember, Fresh is the key!**

**LEAVENING TO REMOVE FROM YOUR HOUSE**

Yeasts, including: baker’s yeast and active dried yeast

Ammonium carbonate

Ammonium bicarbonate

Baking powder

Baking soda

Cream of tartar (potassium bitartrate)

Dipotassium carbonate

Monocalcium phosphate

Potassium carbonate

Potassium bicarbonate

Sodium aluminum phosphate

Sodium aluminum sulfate

Sourdough

Leavening agents found in non-food items:

Preparation H (has yeast)

Cat and dog foods with yeast

Toothpastes with baking soda

Some deodorants

**Hebrew word for leaven is seor but the word chametz is any food product made from wheat, barley, rye, oats or spelt that has come into contact with water and been allowed to ferment and rise, is not to be consumed during Passover. Instead, matzah, an unleavened flatbread made of flour and water, is eaten.**