

# Passover PESACH



STARTS

SUNDOWN  
4.5.23

15 of Nisan

ENDS

SUNDOWN  
4.13.23

22 of Nisan

## What it IS...

Passover is an 8-day festival that commemorates the ancient Israelites' Exodus from Egypt and celebrates *freedom and redemption.*

## What to EAT...

*Matzah* is the *unleavened bread eaten* in honor of the Israelites hastily prepared exit from Egypt.

## What to SAY...

*Chag Pesach!*  
*Sameach!*  
HAPPY HOLIDAY

*L'shana haba' ah b' yerushalayim*

*Next year in Jerusalem (said at end of the Seder).*

## What not to EAT...

*Chametz:* Food made with wheat, barley, rye, oats, or spelt, which has *leavened (risen).*

*Ashkenazi Jews don't eat corn, beans, and rice. Sephardic Jews do.*

## What to DO...

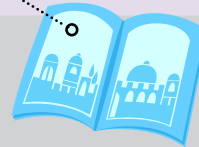
*Spring Cleaning!* Before Passover is the perfect time to clean your home, *remove all traces of leavened bread* from the home and replace with matzah and Passover foods.

*Attend a Seder* (ritual meal) on the first two nights of Passover. And hear the story of the Israelites' *liberation from slavery.*

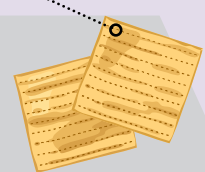
*Four cups of wine* are drunk during the Seder. A fifth cup is set for Elijah the prophet.



*The Haggadah*, (the telling) guides you through the seder steps and the story of the Exodus.



*Matzah*, unleavened bread, symbolizes what the Israelites took when they fled Egypt.



### ON THE Seder Plate

- *Karpas:* parsley, represents spring.
- *Baytz:* an egg, represents fertility & spring.
- *Maror:* horseradish, symbolizes the bitterness of slavery.
- *Z'roa:* a roasted shank bone, symbolizes the sacrifice.
- *Charoet:* a mixture of dried fruits & nuts, represents the mortar the Hebrew slaves placed between the bricks.

### Seder Plate ADDITIONS

- An *orange* symbolizes LGBTQIA+ equality.
- *Miriam's Cup* is a cup of water to honor women.
- A *banana* symbolizes support for refugees.
- An *acorn* acknowledges indigenous land.