

Passover PESACH



STARTS

SUNDOWN
4.02.26

15 of Nisan

ENDS

SUNDOWN
4.09.26

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.*

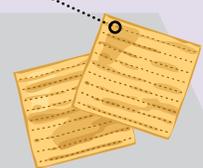
Four cups of wine are drunk during the Seder. A fifth cup is set for Elijah the prophet.



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.
- *Charoset:* 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.