

Pesach / PASSOVER



STARTS

SUNDOWN
Wednesday
4.21.27
14 of Nisan

ENDS

SUNDOWN
Thursday
4.29.27
22 of Nisan

What it IS...

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

What to SAY...

Happy Passover!

CHAG PESACH SAMEACH!

L'shana haba'ah b'yerushalayim

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

What to DO...

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

Attend a Seder (ritual meal) on the first two nights of Passover. Hear the story of the Israelites' liberation from slavery in Egypt. *See reverse side for info on the Seder!*

What to EAT...



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

We eat special foods during the Seder as we tell the story of the Israelites in Egypt. This includes foods on the **Seder Plate**.



We drink 4 cups of **wine (or juice)** during the Seder.

ON THE SEDER PLATE

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

SEDER PLATE ADDITIONS

- **Orange:** symbolizes LGBTQIA+ equality
- **Miriam's cup:** a cup of wine to honor women
- **Banana:** symbolizes support for refugees
- **Acorn:** acknowledges Indigenous land

What NOT to EAT...

Chametz: Any food that has leavened (risen). This is food made with wheat, barley, rye, oats, or spelt.



Sephardic Jews eat corn, beans, and rice, but Ashkenazi Jews avoid those foods during Passover.



PLUS...



Moroccan and Mizrahi Jews observe **Mimouna** immediately following Passover. Mimouna is a celebration the day after Passover with a joyous return to eating *chametz*.



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THE SEDER 101

“**Seder**” means “order.” The Passover **sed**er, the traditional meal and celebration for Passover, is designed to be an experience that everyone can share. It includes stories, questions, explanations, special foods, and even a game of hide-and-seek. The **Haggadah** is the traditional guidebook to this special night.



The Passover Story

The Jews were slaves in Egypt under Pharaoh’s rule. Pharaoh ordered all Jewish boys to be taken away. Moses’s family put him in a basket and floated him down the river. Pharaoh’s daughter found Moses and raised him in the palace.

As an adult, Moses saw an Egyptian guard abusing a Jew and got upset. Moses learned he was Jewish and fled. As a sheep herder, he saw a burning bush and heard G-d’s voice coming from it. The bush told him to go to Pharaoh and demand that the Jews be set free. Moses went to Pharaoh and said, “Let my people go.” Pharaoh said, “never.” In response, G-d released the 10 plagues on the Egyptians. After each plague, Pharaoh said the Jews can be free, but always changed his mind. After the 10th plague – the killing of the first born – he agreed to free the Jews.

The Jews rushed out of Egypt so quickly that their bread didn’t have time to rise, making **matzah**. When they reached the Red Sea, they heard Pharaoh’s army behind them and realized that Pharaoh changed his mind again. They were trapped until Moses parted the Red Sea! The sea closed in front of the Egyptians, allowing the Jews to reach their freedom.



The 4 Questions

Passover **seders** are unusual dinners, with unique foods and ways of eating. Traditionally, the youngest person or people at the table get to ask the Four Questions. These questions are introduced with the Hebrew phrase **Ma Nishtana** (MAH neesh-tah-NAH), which means “What is different?”



1 On all other afternoons we eat bread that rises when it bakes. Why tonight do we eat only the flat bread, **matzah**?

3 On all other afternoons we don’t need to dip our food into a sauce even one time. Why tonight do we dip foods two times?

2 On all other afternoons we eat any kind of vegetables. why tonight do we eat bitter vegetables, **maror**?

4 On all other nights we eat sitting up straight or leaning. Why tonight do we make sure to eat leaning to our left?

The 10 Plagues

On Passover, we are grateful that miracles happened to help the Jews be free. But we’re also sad that other people suffered while we were saved. When we remember the 10 Plagues during the Seder, we dip a pinky into our cup of wine or juice and take one drop out for each plague. We’re still joyful, but our cup of joy is not quite as full.

