

# KOSHER SA PESACH GUIDE

**Chag Sameach**

to all our Jewish customers

2024/5784



**KOSHER SA**

A Division of the UOS

**Pick n Pay**

# Geffen

TRADING



*Wishing you a  
Happy and Kosher Pesach*

Chag Pesach Kasher VeSameach

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# Staffords



Wishing our Jewish customers  
a Chag Sameach

The way nature  
intended



# MESSAGE FROM CHIEF RABBI WARREN GOLDSTEIN

Dear community,

Sometimes we need an objective outsider to confirm something we know ourselves. I have heard so often from Jewish tourists who come from every corner of the globe to experience South Africa's incredible game parks, breathtaking coastline, awe-inspiring mountains - how astounded they are by the kosher selection available in South Africa; the fact that they can walk into just about any store throughout the length and breadth of the country and find clearly labeled kosher products in their thousands.

Inspecting scores of factories, cataloguing and analysing tens of thousands of different ingredients, and certifying more than 40,000 different products, our kashrut department is recognised by leading kashrut organisations around the world, is a full partner with the OU in the US, and many other hechsherim. Throughout the year, we have access to almost any product you can think of – a testament to our kosher department's exceptional hard work, high standards and dedication.

Pesach, especially, is a logistical triumph requiring many months of work undertaken by the kosher department's committed team, who enable us to enjoy not just a kosher Pesach, but a comfortable, enjoyable and convenient Pesach as well. The easy availability of just about any Pesach-appropriate food item is a privilege and luxury – and we do not take it for granted.

On behalf of our community, I want to thank you all from the bottom of my heart. To Rabbi Dovi Goldstein, head of the kosher department; the dayanim of the Beth Din; the Pesach team of Rabbi Dovi Rabin, Rabbi Mendel Liberow and Tracey Ribeiro; and the *mashgiach coordinators, kasherers* and *mashgichim*. Together, you ensure we have a kosher department, and a kosher selection, that truly is the envy of the world - a proudly South African gem, a shining example of how we, as a community, achieve world-class excellence.

Wishing the whole community a kosher and joyous Pesach!

Chief Rabbi Warren Goldstein

## MESSAGE FROM RABBI DOVI GOLDSTEIN

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Dear Friends,

I am delighted to update you on the dedicated efforts of the Kosher SA team as we prepare for Pesach. Our team began this journey last year to ensure a timely and abundant supply of products for this year. Collaborating closely with manufacturers, importers, and retailers, our mission is to bring the best possible Pesach experience to the South African Jewish community. At Kosher SA, we are committed to serving the community and advancing our mission of encouraging more people to eat kosher more often.

Our Kashrus compliance team meticulously examines every product, conducts factory inspections, oversees the kashering (koshORIZATION) process, and supervises each production to guarantee the highest level of Kashrus for Pesach and throughout the entire year.

In partnership with Pick n Pay, we are excited to present this year's Pesach Guide, featuring the Green List, Kashering Guide, Festival times, Medicine and Pet food lists, and more. Based on community surveys, we have found the Green List to be the most helpful. We offer this guide to assist you in your preparations, making it easier and more cost-effective to get ready for Pesach.

To further support you, we have extended the hours of our Kosher Desk Whatsapp hotline (063 693 9417). Feel free to reach out for assistance with your Pesach-specific and general kosher queries.

I would like to take a moment to pay tribute to the late Raymond Ackerman for his incredible vision, support, and dedication over more than half a century of service to our community. We honour his legacy, and may his memory be a blessing.

Lastly, a heartfelt thank you to Pick n Pay and their devoted team for consistently going above and beyond to ensure the Jewish community is well-taken care of with kosher products and access to the Pesach guide.

Wishing you and your families a Pesach filled with the warmth of family, friends, and the celebration of freedom.

Warm regards,

Rabbi Dovi Goldstein  
Managing Director, Kosher SA

Passover  
5784

Chag  
Sameach!

May you have a  
happy and kosher  
passover.



Wishing all our  
customers a happy  
and Kosher Passover.

# CHAG SAMEACH





## MESSAGE FROM **PICK n PAY**

Dear all,

Pesach is a time to gather as families and loved ones to remember the moment in our history when freedom was granted to the Jewish people. Today, more than 5000 years later we reflect on what that freedom means and pause to reflect on those around the world who are grappling for their own freedom.

The Pick n Pay family wishes to thank you all for your phenomenal support to the company and in particular, the support of the kosher goods and services, over the past five decades and wish to assure you that we will continue to offer the products you need to celebrate a meaningful, happy Pesach.

We wish you and your families a peaceful, meaningful Pesach Seder.

Warmest wishes,  
Suzanne and Jonathan Ackerman

# EXPLANATION OF CHAMETZ AND KITNIYOT

## What is chametz?

Chametz is any food product made from wheat, barley, rye, oats or spelt that has come into contact with water and has been allowed to ferment and rise.

The Torah forbids the consumption of chametz on Pesach; in addition, it may not be owned or fed to animals.

Some examples of chametz are bread, cake flour, pasta, beer, and whiskey.

## Is egg matzah considered chametz?

Chametz is only created when flour from one of the five major grains – wheat, barley, rye, oats and spelt – is fermented in water. When fermentation occurs with other liquids – such as fruit juice, wine, or eggs – the product is not chametz.

The mixture commonly known as egg matzah (although it is nowadays usually made with apple or grape juice) may therefore be eaten during Pesach – **as long as no water is or has been added**. When a drop of water is added to the mixture or to any of its ingredients, it becomes chametz immediately.

It is for this reason that the custom among Ashkenazim is to refrain from eating egg matzah during Pesach. If, however, it is absolutely necessary for children or the elderly, who might have difficulty eating regular matzah, then it may be consumed. However, they may not use egg matzah to fulfil the mitzvah of eating matzah at the Seder.

Matzah Ashira (Matzah products baked with eggs, juice or honey instead of water) products are recommended for those of Sephardic descent, but not for those of Ashkenazic heritage with the exception of small children and the infirm.

## What is kitniyot?

Kitniyot (loosely translated) means “legumes”.

It is not chametz and does not have the same Halachic rules as chametz.

Therefore, it is not required to be disposed of or sold before Pesach, and it may be fed to animals. For practical reasons, though, it is advised to keep kitniyot out of reach to prevent the possibility of any mistakes.

### Examples of kitniyot and kitniyot derivatives

Kitniyot includes common food products like rice, beans, and corn. Today, because of the complexity of the food industry, many products may contain kitniyot. Even if an imported product has a reliable hechsher for Pesach, one must still check if it contains kitniyot (due to the fact that Sephardic communities allow kitniyot, as mentioned below).

The Rama prohibits the eating of kitniyot on Pesach because it:

1. Can be confused with forbidden grains that are made into flour, and

2. Is often grown in fields next to forbidden grains and could get mixed up.

In contrast, the Beit Yosef permits the consumption of kitniyot on Pesach. Sephardim, therefore, eat them, while Ashkenazim do not.

Halachic authorities differ on whether kitniyot derivatives are also prohibited. Some place them in the same category as kitniyot, while others do not. In certain cases, the Beth Din allow kitniyot derivatives (such as sunflower oil), but there are those who follow stricter guidelines.

**The following are examples of kitniyot and kitniyot derivatives:**

Amaranth	Corn syrup	Liquorice	Snow peas
Anise	Dextrose	Lucerne	Sodium citrate
Ascorbic acid	Emulsifiers	Lupine	Sodium erythorbate
Aspartame (NutraSweet)	Erythorbic acid	Maize	Sorbitan
Beans	Fennel seeds	Maltodextrins	Sorbitol
BHA (in corn oil)	Fenugreek	Millet	Soybeans
BHT (in corn oil)	Flaxseed	MSG	Soy lecithin
Black-eyed peas	Glucose syrup	Mustard	Soy oil
Buckwheat	Green beans	Mustard flour	Stabiliser
Calcium ascorbate	Guar gum	Okra Seeds	Starch
Canola Oil	Hempseed and pods	Peas	String beans
Caraway	HVP	Polysorbates	Sunflower seed
Cardamom	Isolated soy protein	Popcorn	Tofu
Chickpeas	Isomerised syrup	Poppy seed	Vetch
Citric acid	Kasha	Rapeseed	Vetching
Confectioners' sugar	Kimmel	Rice	Vitamin C
Corn	Lecithin	Rice flour	Wild rice
Corn oil	Lentils	Saffron	Xanthan gum
Corn starch	Linseed	Sesame seed	Xylitol

### **Are peanuts considered kitniyot?**

Halachic authorities also differ on whether peanuts are kitniyot or not. Since peanuts were not known in Ashkenazic countries at the time when the original prohibition was made, there are opinions that are lenient. There is a long-standing Beth Din policy to permit peanuts on Pesach, and Rabbi Moshe Feinstein (in Igrot Moshe 3:63) is lenient in this regard, too.

In light of this, peanut products (e.g. peanut butter) are permitted under Beth Din supervision with a Pesach hechsher, but there are those who follow stricter guidelines.

### **For more information**

Please see page 34 for information about kitniyot in medicine, vitamins and baby food.



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# PREPARING FOR PESACH

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Ideally, one should have dedicated crockery and utensils for Pesach, but if not, Halacha (Jewish law) allows for certain items to be kashered.

Kashering is not a simple task and you should consult with your local Rabbi to ensure correct kashering is achieved.

## KASHERING EXPLAINED

The method depends on the utensil and how it was used. Generally, the item is kashered in the same way it is used. For example: a braai grid that has been used on an open fire needs to be kashered with fire at a high temperature, or a spoon that has been used in liquid needs to be kashered using boiling water.

### THERE ARE TWO BASIC METHODS OF KASHERING:



#### METHOD 1: FIRE

There are three processes:

##### **LIBUN GAMUR**

*(Until red hot or equal to that temperature)*

Only for items used over a fire (like a braai grid). Since libun gamur can cause permanent damage through warping or staining, it is not recommended. An item that requires libun gamur should, therefore, be replaced for Pesach. Libun gamur can also be performed in a furnace.

##### **LIBUN KAL**

*(light burning)*

The surface of the item has to be heated until it is so hot that a straw or tissue on the opposite side of the item will turn brown when touching it.

NOTE: When kashering with fire, the 24-hour waiting period (see Method 2: Water) does not apply except with regard to ovens. Libun can also be performed if the item is not 100% clean, but this could result in a lot of staining and is, therefore, not recommended. It's not possible to quantify the amount of time needed for each object to be subjected to fire in order for it to be kashered. This would depend on the material and intensity of the flame to get to the required heat.



## METHOD 2: WATER

There are 3 processes when kashering with water

### KASHERING WITH WATER IS ONLY EFFECTIVE IF:



the item has had no contact with hot chametz for at least 24 hours prior to kashering



and all the items are spotlessly clean

<p><b>HAGALAH</b></p> <p><i>(immersing items into vigorously boiling water, i.e. water with large bubbles on the surface)</i></p>	<ul style="list-style-type: none"> <li>• Hagalah should be performed in either a Pesach container (one used specifically for Pesach), or in a chametz container that has been cleaned, left unused for 24 hours, and kashered.</li> <li>• Hagalah requires that the item must be immersed in water that is boiling vigorously. The item must remain immersed for a few moments while the water is boiling then immediately rinsed with cold water.</li> <li>• Take care not to kasher too many items at once. It is also important that items are dry before they are immersed.</li> <li>• Kashering can be performed in sections, provided that each and every section is completely immersed in the boiling water and then immediately rinsed with cold water before the next section is kashered.</li> <li>• After all the required items have been kashered, the container used for the kashering must then itself be re-kashered if it is going to be used during Pesach. For this re-kashering it is acceptable to simply top up the water immediately (without waiting for 24 hours) and allow it to overflow.</li> </ul>
<p><b>IRUY 1</b></p> <p><i>(pouring boiling water from a kettle while it is still boiling)</i></p>	<ul style="list-style-type: none"> <li>• The water should be boiled in either a Pesach container or in a kashered chametz container. The item must be completely dry before performing iruy and the water must be poured liberally over the item.</li> <li>• To ensure that the water is boiling while pouring, it is advisable to use an electric kettle. In order to prevent the kettle from switching itself off, take off its lid or keep it open.</li> <li>• Alternatively, keep the water boiling on the surface of the item by placing a very hot stone (around 100 °C, otherwise known as an even meluban) on the item's surface, or use a hot metal (e.g. a waterproof steam iron) over the water after it has been poured.</li> <li>• After kashering, rinse the surface with clean, cold water.</li> <li>• If you use a kettle that has to be refilled a number of times, work in sections. Rinse the section that has just been kashered with cold water. Wipe away any water on the surface that has not yet been kashered, then proceed.</li> </ul>
<p><b>IRUY 2</b></p> <p><i>(pouring boiling water from any container in which it was boiled)</i></p>	<ul style="list-style-type: none"> <li>• Everything is the same as iruy 1. However, the kettle does not need to be switched on when the water is poured, nor is there a need for an even meluban, but there should nevertheless be a direct, uninterrupted stream of boiling water that reaches every part of the item being kashered. It is not sufficient for the water to flow from one part of the item to another.</li> <li>• In the case of both iruy 1 and 2, it is not necessary to re-kasher the container from which the boiling water was poured, even if it will be used during Pesach.</li> </ul>

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# GENERAL NOTES ON

# KASHERING

1. Dirt that does not come off or cannot be reached must have Libun Kal applied to it and if the item in question cannot be subjected to fire (e.g. a wooden vessel), then it cannot be kashered.
2. All cracks and crevices have to be thoroughly cleaned.
3. Materials that can be kashered include metal, natural rubber and wood.
4. Materials that cannot be kashered include anything made of bone, horn, ivory, china, porcelain, clay, ceramic, cork, earthenware, Teflon or enamel (this includes items with handles that are made from any of these materials).
5. Though china and glazed earthenware, etc. cannot be kashered in the regular way as above, these materials can be kashered by heating them in a kiln at the same temperature they were originally manufactured at, if the item can withstand kiln firing (this is a slow and expensive process, please allow for sufficient time). If you would like to do this, please contact Mrs. Isabel Mailich on 083 267 1074.
6. Items that cannot be kashered include items that are badly worn or chipped, are rusty, are painted on the inside (which includes Teflon or enamel coating), have a gap (such as items made in two or more parts), and have a lip (this does not apply to a Kiddush cup).
7. Dishwashers and microwaves with non-metallic interior walls, and microwaves with convection or browning features and non-heat-resistant or ovenproof glass cannot be kashered.
8. Air fryers, electric frying pans, woks, electric waffle makers, toasters, toaster ovens, colanders, graters, sieves and George Foreman grills cannot be kashered.
9. Plastics should not be kashered for Pesach, however, an item that only has a plastic handle may be kashered.

# KITCHEN



## AIR FRYER

This item cannot be kashered and should be replaced.



## APRONS

It is permissible to use regular items of any fabric, including Terylene, after they have been laundered in hot water with detergent, or dry-cleaned. Plastic tablecloths must, however, be replaced.



## BENCHING CARDS

Any books that are regularly used in the kitchen or at the table will inevitably be full of chametz – and must be shaken thoroughly before being locked away for the duration of Pesach. Books used only occasionally with chametz may be used during Pesach, but should not be put on the table.



## BLECHS

Must be replaced.



## BIBOS

If one cannot replace the taps, one should first clean the machine using a new sponge and detergent and then run the hot water through the hot water tap for a few seconds.



## BOOKS

Any books that are regularly used in the kitchen or at the table will inevitably be full of chametz – and must be shaken thoroughly before being locked away for the duration of Pesach. Books used only occasionally with chametz may be used during Pesach, but should not be put on the table.



## BRAAI GRID AND BRAAI

The grid, lid and grid supports (where the food may touch during cooking) requires kashering through libbun gamur. The base (where the coal or gas burners sit) doesn't require kashering.



## BROOMS

It is preferable to purchase new brooms and brushes for Pesach. Alternatively, carefully clean away any pieces of chametz and then wash it thoroughly with household cleaner.

This book must be treated with the same respect as a siddur.





## BRUSHES

It is preferable to purchase new brooms and brushes for Pesach. Alternatively, carefully clean away any pieces of chametz and then wash it thoroughly with household cleaner.



## COFFEE MACHINE - FILTER TYPE

Thoroughly clean the body of the machine and replace the glass jug.



## COOLING RACKS

Replace, if possible. In case of need, clean thoroughly, refrain from using with anything hot for 24 hours, and iruy 2.



## CONVECTION OVENS

See Ovens.



## CONVECTION OVENS - MICROWAVE

See Microwaves



## CORKSCREW

Clean thoroughly. Preferably, it should not be brought to the Pesach table.



## CUTTING BOARDS

These must be replaced.



## CUTLERY AND OTHER SMALL ITEMS

It is extremely difficult to clean cutlery properly, so it is highly recommended to have a dedicated Pesach set. If that is difficult, it must be cleaned thoroughly, taking special care to clean between the tines of the forks and in the serrations of the knives to remove every possible trace of dirt or food particles. The cutlery must not be used for 24 hours and kashered through hagalah. Note that it is not possible to kasher any cutlery with gaps at its handle, where food particles could get trapped. Cutlery with plastic handles can be kashered only if the plastic is heat-resistant and there are no gaps, while cutlery with ivory, horn or bone handles cannot be kashered.



## DISH RACKS

Replace, if possible. In case of need, clean thoroughly, refrain from using with anything hot for 24 hours, and iruy 2.



## DISH TOWELS

It is permissible to use regular items of any fabric, including Terylene, after they have been laundered in hot water with detergent, or dry-cleaned. Plastic tablecloths must, however, be replaced.



## DISHWASHERS

In case of great need, only dishwashers with interior panels made of metal can be kashered. The inside must be cleaned by removing any crumbs or food sticking to any surface. If there is a removable filter, it must also be removed and cleaned.

Thereafter, it may not be used for 24 hours, after which one must run the dishwasher on its hottest possible setting. If the racks are made of plastic, they must be replaced and cannot be kashered.



## DUSTBINS

Thoroughly clean all dustbins used during the year.

*Note: Any chametz left in your outer bins should be made inedible by pouring bleach or any other potent chemical over the chametz.*



## FLOORS

All floors – wooden, carpeted, tiled, covered with linoleum or anything else – must be swept completely clean. It is not necessary to scrape out any crumbs or dirt caught in the corners or between floorboards and tiles. Any food or cutlery that falls on the floor during Pesach should be rinsed before eating or using it; anything that cannot be rinsed (such as matzah) should not be eaten.



## FOOD MIXERS

In the case of need, metal food mixers, processors and mincers can be kashered as follows:

**Body:** Thoroughly clean the body of the machine from the outside and, if easy to open, from the inside, too. Keep the body of the machine covered as much as possible, and do not place it directly onto a Pesach surface.

**Attachments:** Preferably replace them. If this is not possible, then you can kasher bowls, beaters, blades and mincers through hagalah, after burning out all the parts that are difficult to clean, including the mincing screen (impossible if these are housed in plastic). Alternatively, it can be kashered through libun kal (impossible if these are made from plastic).



## GRATERS

These must be replaced.



## FRIDGES & FREEZERS

All detachable parts should be removed and washed with detergent – as well as the interiors and exteriors of the appliances – then rinsed and dried.

Take particular care with doors and handles, which will be touched frequently during Pesach.

All surfaces that come into direct contact with food should be covered. In order to maintain air circulation, which is vital, plastic netting can be used.



## FRYING PANS

Metal pans can be kashered through libun kal, but since warping is a definite concern, it is better to replace them for Pesach.

Non-stick frying pans, electric frying pans and frying pans with wooden or synthetic handles cannot be kashered.



## GLASS VESSELS AND DRINKING GLASSES

You may kasher glass, provided that it was never used for hot chametz.

Submerge the glasses in cold water (no need to wait 24 hours after chametz use) and leave them standing for three periods of at least 24 hours each, replacing the water between each period. Also rinse it with cold water at the end of the last period.



## HAND BLENDER

These must be replaced.



## KETTLE

Appliances made of metal can be kashered.

Begin by using a cleaner (available from supermarkets) to remove any calcium deposits, then kasher the whole urn or kettle by allowing the kettle to boil and overflow. Electric outlets must not be exposed to water, or touched when water is present.



## KIDDUSH CUPS

Clean as thoroughly as possible, do not use for 24 hours, and then kasher through hagalah.



## KITCHEN SURFACES

Clean thoroughly and refrain from using the surfaces with anything hot for 24 hours, then kasher (iruy 1); it is recommended to then cover all of these surfaces. If you will be using hard-wearing material (e.g. Formica or linoleum), cut it to size to cover the surfaces; you need to only clean the kitchen surfaces underneath thoroughly – not kasher them.



## MICROWAVE OVENS

Clean all surfaces thoroughly. Do not use for 24 hours. Boil water in a polystyrene container for half an hour (refill it if it vaporises). You must either cover all six sides (including the door) with paper, waxed paper, or cling wrap, or else double-wrap the food from all sides. Replace the revolving plate, or at least apply hagalah to it, then cover it with plastic or Styrofoam.



## MICROWAVE CONVECTION OVENS

1. Thoroughly clean the whole oven (all six sides including the door), especially in all grooves and corners. Use a corrosive cleaner (e.g. Zeb) until there is no possibility of any dirt remaining. Use a blowtorch to help burn out accumulated dirt (disregard stubborn spots that remain after cleaning twice). Clean the racks thoroughly and place them in the clean, but not yet kashered oven.
2. Wait 24 hours.
3. Switch on to the highest heat and leave it on for 30 minutes.
4. Food should not be placed directly on the oven shelves.



## NUTRIBULLET

If no sharp foods were used in the machine (such as onion, lemon, radish), then it can just be washed thoroughly with a new sponge and detergent.

If it has been used for sharp foods, then the blade should be removed and kashered by hagalah method 1, and the plastic cups should be kashered using iruy 1.



## MINCERS

In the case of need, metal food mixers, processors and mincers can be kashered as follows:

**Body:** Thoroughly clean the body of the machine from the outside and, if easy to open, from the inside, too. Keep the body of the machine covered as much as possible, and do not place it directly onto a Pesach surface. **Attachments:** Preferably replace them. If this is not possible, then you can kasher bowls, beaters, blades and mincers through hagalah, after burning out all the parts that are difficult to clean, including the mincing screen (impossible if these are housed in plastic). Alternatively, it can be kashered through libun kal (impossible if these are made from plastic).



## NESPRESSO MACHINES

1. Clean the outside of the machine thoroughly with a new sponge and detergent.
2. Make sure there is NO pod in the machine.
3. Fill the water canister.
4. Turn on the machine.
5. Run a cycle without a pod until the water that comes out is clear. This will clean the inside of the machine.
6. Do not use the machine for 24 hours.
7. After 24 hours, fill the water canister to the top again.
8. Turn on the machine.
9. Kasher the machine by running a cycle without a pod.



## NESPRESSO MILK FROTHERS

Clean well and kasher with iruy 1.



## NESPRESSO WITH MILK DISPENSER

The machine needs to be kashered in the same way as a regular Nespresso machines, however, the plastic milk dispenser needs to be replaced.



## POTS AND PANS

It is preferable to have a dedicated Pesach set because of the difficulty involved in eliminating all food particles, including engrained ones.

Pots and pans tend to build up a residue during use and collect particles under the handles (including lid handles), and it is only possible to kasher them if an item is perfectly clean. This means the handles must either be removed to clean underneath them, or the dirt must be burned out – which is impossible if the handles are wooden, plastic or synthetic

(in which case the pots and pans cannot be kashered).

Once totally clean and after not using it for 24 hours, all the joints must be subjected to libun kal to eliminate any particles of food.

Alternatively, instead of immersing pots and pans, they can be filled to the brim with water, which is then boiled. The boiling water should overflow to all sections of the rims.

This can be achieved in either of two ways:

1. by placing a hot stone or piece of hot metal (at least 100 °C) into the pot or pan while the water is boiling, or
2. by pouring rapidly boiling water from a kettle over all sections of the rim while the water inside is boiling. To maintain the boil in an automatic kettle, keep its lid off.  
Enamel pots and pans cannot be kashered.



## OVENS: ELECTRIC OR GAS

1. Thoroughly clean the whole oven – all six sides (including the door) – especially in all grooves and corners.  
For a regular oven, use a corrosive cleaner (e.g. Zeb) until there is no possibility of any dirt remaining.  
Use a blowtorch to burn and dislodge accumulated dirt. Disregard stubborn spots that remain after cleaning twice. Carefully check that the oven is clean afterwards; a flashlight is recommended for this.
2. Wait 24 hours.
3. Switch it to its highest temperature and leave it on for one hour.
4. Preferably have dedicated racks for Pesach. Otherwise, clean them very thoroughly and leave them in the oven for the duration of the kashering process no actual food should be placed directly on the racks during Pesach.



## PROCESSORS

In the case of need, metal food mixers, processors and mincers can be kashered as follows:

**Body:** Thoroughly clean the body of the machine from the outside and, if easy to open, from the inside, too. Keep the body of the machine covered as much as possible, and do not place it directly onto a Pesach surface.

**Attachments:** Preferably replace them. If this is not possible, then you can kasher bowls, beaters, blades and mincers through hagalah, after burning out all the parts that are difficult to clean, including the mincing screen (impossible if these are housed in plastic). Alternatively, it can be kashered through libun kal (impossible if these are made from plastic).



## SINKS (PORCELAIN)

A porcelain sink cannot be kashered. It must be cleaned as thoroughly as possible, before a plastic insert is introduced (raise it slightly so that it is not “sitting” directly in the sink; use a rack or two pieces of wood for this).



## SINK TAPS

Clean taps very thoroughly. You should leave the hot water tap open until hot, and then iruy 1 the spout.

During Pesach, do not immerse the taps in a hot Pesachdik container. It is recommended that you get “tap swirls”, dedicated for Pesach, on your taps.



## SHELVES

Shelves should be cleaned thoroughly – especially in grooves and corners – and then lined with new shelf paper if Pesach food is going to be placed on them. Food in boxes and other containers may be placed on unlined, cleaned shelves.



## SINKS (METAL)

Clean thoroughly. Use a corrosive drain cleaner. Do not use hot water for 24 hours (cold water is fine). Iruy 1. During Pesach, preferably wash up in bowls, which should be placed on a rack or board in the sink. Alternatively, line the sink.



## SILVER

It is extremely difficult to clean cutlery properly, so it is highly recommended to have a dedicated Pesach set. If that is difficult, it must be cleaned thoroughly, taking special care to clean between the tines of the forks and in the serrations of the knives to remove every possible trace of dirt or food particles. The cutlery must not be used for 24 hours and kashered through hagalah.

Note that it is not possible to kasher any cutlery with gaps at its handle, where food particles could get trapped. Cutlery with plastic handles can be kashered only if the plastic is heat-resistant and there are no gaps, while cutlery with ivory, horn or bone handles cannot be kashered.



## SLOW COOKER

This item should be replaced for Pesach.



## SODA-MAKING MACHINE

Clean thoroughly but make sure not to place it on a Pesach table or surface. Use Pesachdik concentrates, gas and bottles for the duration of Pesach.



## STEAM EXTRACTORS

Clean thoroughly to remove any fat or food substances.



## STOVES

Very important: Every switch and knob should ideally be replaced with a dedicated Pesach set. Otherwise, they must all be removed and cleaned with exceptional care – and then covered.



## STOVES (ELECTRIC)

1. Clean the whole surface properly.
2. Switch on the plates to its maximum temperature until they are red-hot. If they do not get red-hot, leave them on the maximum temperature for half an hour.
3. The enamel surfaces between the plates must be thoroughly cleaned, then kashered (iruy 1) and covered with oven-lining foil.
4. If your stove has a lower surface that collects spilling, clean it thoroughly and cover it with foil.



## GLASS HOB

Clean, then turn to the highest temperature and leave for half an hour. When still hot, kasher (iruy 2). The hot stove will be more effective than a red-hot stone, so just pour liberally. After kashering, cover either the stovetop or the bottom of each pot with oven-lining foil. Please note that this could leave marks on the surfaces.



## STOVES (GAS)

1. Clean all parts and surfaces well, then leave the burners on their maximum temperature for at least 10 minutes.
2. After thoroughly cleaning the grates, apply libun kal throughout. Ideally one should purchase dedicated grates for Pesach.
3. The enamel surfaces between the grates must be thoroughly cleaned, then kashered (iruy 1). Finally, cover them with oven-lining foil.
4. If there are stainless steel surfaces between the grates, they must be thoroughly cleaned, then kashered (libun kal), or wait 24 hours and then apply iruy 1.
5. If your stove has a lower surface that collects spilling, clean it thoroughly and cover it with foil.



## TABLECLOTHS

It is permissible to use regular items of any fabric, including Terylene, after they have been laundered in hot water with detergent, or dry-cleaned. Plastic tablecloths must, however, be replaced.



## THERMOS

These must be replaced.



## TIN OPENER

Replace for Pesach. If this is not possible, clean thoroughly.



## TOASTERS

Remove all crumbs and clean thoroughly, before putting away with the chametzdik vessels.



## TRAYS

Clean wooden or metal serving trays carefully. Where the trays have had chametz placed directly upon them, after cleaning, do not use with hot chametz for 24 hours, and then kasher by iruy 1 (pouring boiling water from the kettle whilst it is still boiling).



## URN

Urn taps should be replaced if possible. If not, they should be cleaned very carefully and thoroughly. At the end of the kashering process, open the tap of the urn and allow the boiling water to flow through for a few seconds.



## VACUUM CLEANERS

Empty bag and clean well.



## WARMING DRAWERS

The complexity – in many cases, the impossibility – of kashering a warming drawer is the reason why it is advisable not to use it during Pesach. If it is considered absolutely vital, however, the process is difficult and time-consuming. Start by removing the drawer and cleaning it thoroughly with a corrosive oven cleaner, making sure to pay special attention to all grooves and corners. Use a blowtorch to eliminate accumulated dirt. Any stubborn spots or discolouration remaining after cleaning twice can be disregarded. Attention must then be turned to the surface above the warming drawer, which must also be cleaned thoroughly (regardless of how difficult it is to access). Afterwards, check with a flashlight to ensure that it is really clean. Then, wait for 24 hours and switch it on for 30 minutes on the maximum setting. A customised six-sided metal insert must then be fitted into the drawer (consisting of five fixed sides and a hinged top, to allow access). Alternatively, double-wrap the food on all sides.



## WASHING CUPS

This item should be cleaned thoroughly.



## WATER COOLERS

If one cannot replace the taps, one should first clean the machine using a new sponge and detergent and then run the hot water through the hot water tap for a few seconds.



# DINING ROOM



## HOSTESS TROLLEY

Begin by thoroughly cleaning all sections of the appliance, making sure to clean all grooves and corners. Since it is not possible to use a corrosive cleaner or blowtorch, use plenty of detergent until there is no possibility of any dirt remaining. Then, switch on the trolley, set it to its highest temperature, for 30 minutes. Even after this process, a metal insert should be customised to fit into the oven section, or food going into the trolley should be double-wrapped (on all sides). Ovenproof glass dishes and any polycarbonate lids must be replaced for Pesach, and the sliding top must be covered with oven-lining foil.



## HOT TRAY

Clean thoroughly and heat on the highest temperature for 30 minutes. Then pull out the plug, cover the electric socket and kasher immediately by iruy 1, while the appliance is still hot. Using the heat of the hot plate itself is more effective than using a hot stone or steam iron, so it is only necessary to pour liberally, and allow sufficient time to dry before use. For glass top hot trays, it is then preferable to cover either the hot tray or the bottom of each pot with oven-lining foil.



## VASES AND HOUSEHOLD DECOR

Items that are usually placed on the table during the year should not be placed directly on Pesachdik surfaces. You can place them on a tray that is not usually on the chametz table or cover the bottom surfaces with cling wrap, etc. Alternatively, kasher (iruy 2).



## TABLES

If a tabletop is made of wood, metal or real stone, it can be kashered (iruy 2) and then covered. Any other substance should be cleaned well with detergent and must be completely covered with something waterproof.



## CANDLESTICKS

Items that are usually placed on the table during the year should not be placed directly on Pesachdik surfaces. You can place them on a tray that is not usually on the chametz table or cover the bottom surfaces with cling wrap, etc. Alternatively, kasher (iruy 2).



## CHAIRS

Chairs that are upholstered must be cleaned particularly well, preferably shampooed (if it is possible without damaging the fabric). Any removable parts must be checked thoroughly because that is where chametz will be caught.

# BATH ROOM



## BRACES (REMOVABLE)

These must be cleaned thoroughly; they must not be used for hot chametz for 24 hours, then iruy 2, if possible. It is advisable to consult a dental practitioner to make sure this would not damage the fitting in question. If boiling water is impossible, use water heated to at least 71 °C (preferably 80 °C), or as hot as possible.



## BRIDGEWORK

These must be cleaned thoroughly; they must not be used for hot chametz for 24 hours, then iruy 2, if possible. It is advisable to consult a dental practitioner to make sure this would not damage the fitting in question. If boiling water is impossible, use water heated to at least 71 °C (preferably 80 °C), or as hot as possible.



## DENTURES

These must be cleaned thoroughly; they must not be used for hot chametz for 24 hours, then iruy 2, if possible.

It is advisable to consult a dental practitioner to make sure this would not damage the fitting in question. If boiling water is impossible, use water heated to at least 71 °C (preferably 80 °C), or as hot as possible.



## DENTAL PLATES

These must be cleaned thoroughly; they must not be used for hot chametz for 24 hours, then iruy 2, if possible. It is advisable to consult a dental practitioner to make sure this would not damage the fitting in question.

If boiling water is impossible, use water heated to at least 71 °C (preferably 80 °C), or as hot as possible.



## TOOTHBRUSHES

These must be replaced before Pesach. Note: If chametz is eaten on Erev Pesach, teeth should be brushed afterwards with a chametzdik toothbrush.

# KIDS' ROOM



## BABY BOTTLES

It is preferable to replace baby bottles and baby bottle nipples. If a baby is unduly attached to his/her bottle, kasher with hagalah. Baby bottle steriliser can be used if it has been thoroughly cleaned.



## BABY RATTLE

Care should be taken to remove proper chametz (e.g. play dough and children's handiwork made from pasta noodles, etc.). The toy box/cupboard needs to be checked for chametz, as children often leave chametz with their toys. Generally, toys need not be scrubbed but they should not be placed onto Pesachdik tables or surfaces.



## HIGH CHAIR

Thoroughly clean the entire chair, then cover the table section with contact paper.



## TOYS

Care should be taken to remove proper chametz (e.g. play dough and children's handiwork made from pasta noodles, etc.). The toy box/cupboard needs to be checked for chametz, as children often leave chametz with their toys. Generally, toys need not be scrubbed but they should not be placed onto Pesachdik tables or surfaces.



## DUMMIES

Thoroughly clean dummies and ensure they don't fall onto the Pesach table.



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# PESACH GREEN LIST:

## **PRODUCTS THAT DON'T NEED A SPECIAL PESACH HECHSHER**

In the interest of assisting the community with their Pesach requirements, the Kosher SA team has done extensive research on many products and are able to provide this list to the community.

These products may be used on Pesach with a regular BD logo unless stated otherwise and DO NOT require a special Pesach logo. Some people are meticulous to use only products that have a special Pesach logo as these products have been produced under full-time supervision.

This list is **only** for **Pesach 5784/2024** and will be subject to review annually. All of the following items must be new and unopened:



## MILK & CREAM

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- **Fresh and Long-Life Milk and Cream** with regular BD logo, which should preferably be purchased before Pesach.
- **Lactose-Free Milk** requires a Pesach hechsher.
- **Dairy-Free Milk** requires a Pesach hechsher.
- **Sour Cream** requires a Pesach hechsher.



## BUTTER

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- **Butter from Clover, MooiRiver, Springbok, and Woolworths** both salted and unsalted with a regular BD logo or KLBD kosher logo.
- **Butter from Genuine Foods**, with a regular BD logo.
- **Clover Springbok from Uruguay is NOT suitable for Pesach.**



## OILS

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- **Extra virgin olive oil**, with or without a BD logo.
- **Avocado oil**, unflavoured with a regular BD logo.
- **Spray & Cook Olive Oil is NOT suitable for Pesach.**



## EGGS

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- Eggs, with or without the BD logo.



## SUGAR & HONEY

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- **Brown sugar**, with a BD logo.
- **Honey** is often adulterated with other ingredients (such as corn syrup). **Raw Honey** is therefore not recommended unless it has a regular BD logo, or you know the direct source of the farm.
- **Processed honey**, even with the words “pure honey” on the label, requires a Pesach hechsher.



## SALT, BICARBONATE OF SODA & CREAM OF TARTAR

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- **Cerebos or Buffalo Table Salt and Sea Salt** with a regular BD logo.
- **Himalayan “Pink” Salt**, with no additives, with or without a BD logo.
- **100% Sea Salt**, with or without a BD logo (permitted even when iodated, but it should not state “anti-caking agent” as an ingredient).
- **Bicarbonate of Soda** must state “B.P” on the packaging, as this confirms there are no additives.
- **Cream of Tartar** must state “B.P” on the packaging, as this confirms there are no additives.



## SPICES

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- **Whole spices**, such as bay leaves, whole dried chilli, whole allspice berries, cinnamon sticks, whole cloves, and peppercorns.
- **Coriander seeds** are not considered Kitniyot, as long as they are checked before Pesach to ensure no other grains (e.g. wheat) could be in the packet.



## QUINOA AND CHIA SEEDS

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- **Quinoa and Chia Seeds**, with or without the BD logo. Due to the fact that quinoa and chia seeds may be grown in close proximity to chametz, these products need to be carefully checked for other grains before Pesach.



## WATER & ICE

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- **All unflavoured still water**, with or without the BD logo.
- **Sparkling Water** requires reliable Pesach approval (see list below) as it may be carbonated using CO2 from a brewing (grain) source which would constitute chametz.
- **Aquazania, Aquartz, Nestlé, VODE, Bené, San Pellegrino (Italy), Pick n Pay Brand, Woolworths Brand, and Titsikamma, Thirsti** unflavoured sparkling water are acceptable for Pesach with or without BD logo.
- **SodaStream and BIBO fizz gas cylinders** are acceptable for Pesach without a BD logo.
- **Ice** purchased from a reputable supplier is acceptable to use for Pesach without a BD logo.



## COFFEE & TEAS & COCOA POWDER

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- **Unflavoured coffee beans and ground coffee** that is dry roasted, as long as they are not decaffeinated, with or without a BD logo.
- **Nescafe Classic Coffee** (original with the red label and dark brown lid), in jars with the regular BD logo as long as it is produced in Spain.
- **Jacobs Coffee** in jars, including Original, Gold & Decaf, without a kosher logo, when they are produced and packed in Germany.
- **All unflavoured teas, such as Five Roses, Joko, rooibos, green tea, chamomile, and herbal teas**, with or without BD logo.
- **Nestle Cocoa Powder** with a BD logo.
- **Instant Coffee, freeze-dried coffee, coffee pods and capsules** require reliable Pesach certification.
- **Jacobs Coffee in sachets and packets** are **NOT** suitable for Pesach.
- **Fruit and flavoured teas** require a reliable Pesach hechsher.



## DISHWASHING LIQUID

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- **Dishwashing Liquid** with or without a BD logo.



## FRUIT, VEGETABLES & NUTS

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- **All fresh fruit and vegetables** are fine to eat during Pesach with or without the BD logo as long as they do not contain kitniyot. They should preferably be thoroughly washed first prior to use. Some also have the custom to peel the skin from all fruits and vegetables.
- **Pre-cut vegetables and fruit** are fine to use, including sharp items when purchased from any reputable supplier such as Pick n Pay, Woolworths and/or Checkers, and should preferably be rinsed before use. However, it is ideal to purchase from a supplier that has a Pesach hechsher as it is supervised full-time.
- **Raw unprocessed nuts**, with or without a BD logo, excluding Pistachios, which are often processed.
- **Safari/SAD** apple rings, prunes, peaches, apricots (not Turkish), and raisins and sultanas are kosher for Pesach without a Pesach logo.
- **Dried fruit requires a reliable Pesach hechsher.**



## MEAT & FISH

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- **Raw meat**, whole pieces only (eg. roasts, steak, ribs, chops, goulash, stir fry cut, etc.).
- The above meat cuts should be rinsed thoroughly before Pesach.
- **Raw fish**, this should be rinsed before Pesach.
- **I&J and Sea Harvest plain frozen fish**, only hake and cape whiting whole, filleted, and medallions, with or without a BD logo.
- **Woolworths plain frozen fish**, only filleted hake, Norwegian salmon, tuna portions with or without a regular BD logo.
- **Chicken, boerewors, cold meat, and mince require a Pesach hechsher.**



## KITCHEN CONSUMABLES

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- **Foil products**, with or without the BD logo.
- **Wax paper**, with or without the BD logo.
- **Baking paper**, available locally, manufactured by Sylko, Glad, Pick n Pay, and Twinsaver is fine to use with or without a BD logo, however, imported baking paper, (with the exception of Glad and Pick n Pay baking paper) requires a reliable Pesach hechsher.
- **Disposable plates and cups**, and all other similar products, with or without a BD logo. (check with BD).



## DENTAL HYGIENE

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- **Toothpaste**, with or without a BD logo. However, kids' toothpaste should be avoided.
- **Mouthwash**, with or without a BD logo. For those who are stringent, the Listerine range is fine to use.
- **Dental floss** (unflavoured), with or without a BD logo.

If you have any questions, please email: [kosherSA@uos.co.za](mailto:kosherSA@uos.co.za)  
OR Whatsapp: +27 63 693 9417.



## PRECAUTIONARY ALLERGEN STATEMENT ON FOODSTUFFS

The Beth Din kosher status of a product – milk, meat, parev, and kosher for Pesach overrides any allergy statements or disclaimers. Allergy statements are often precautionary with no Halachic significance. Products with allergy statements have been thoroughly investigated and have no Halachic significance whatsoever regarding the kosher status of these products.



### COSMETICS

In the absence of supervised products, in general all facial cosmetics, nail varnish removers, antiperspirants, deodorants, hair sprays, shampoos, shower gels, baby wipes, soaps, lipsticks, makeup, perfumes and aftershaves may be used as they are inedible. Ideally it is better to avoid products which mention the following ingredients on the primary packaging:

1. Any ingredient which mentions barley, oats, or wheat in their names
2. Amino peptide complex
3. Hordeum or Triticum vulgareae
4. Phytophingosine extract



### GENERAL GUIDELINES ON MEDICATION, VITAMINS AND BABY FOOD

1. Exercise extreme caution and consult with your doctor and rabbi *before* you decide not to take your medicine.
2. Kosher SA has analysed an extensive range of the most commonly prescribed and used medications, which can be found on the following pages.
3. As a general rule, creams, inedible ointments and non-chewable pills may be used during Pesach for someone that is medically ill (even if it is not life-threatening) and these medications contain chametz. The reason is because the chametz is not being eaten in its regular way (i.e. it is being swallowed) as well as appearing in an inedible form. Nevertheless, we try to avoid pills that contain chametz if an alternative chametz-free pill is available. If this is not possible, it is recommended that the pill should be swallowed wrapped in a piece of lettuce or the like.
4. If a liquid medication (syrup) or chewable pill that contains chametz is required (if it is not life-threatening) it is necessary to replace it with a non-chewable alternative (even if this non-chewable pill contains chametz).
5. Unless an equivalent alternative is available, medicinal items that contain kitniyot are permitted for people who are ill.
6. Vitamins: Kosher vitamins require a Pesach hechsher. There are no locally produced Kosher for Pesach vitamins.
7. Baby food: Only baby food that is kosher for Pesach should be used during Pesach. If you cannot obtain such baby food, formulas based on kitniyot (for example rice flour, corn flour and soya) that are gluten-free may be used in

separate vessels with separate utensils and washing-up facilities (that will not be used with kosher for Pesach food items and utensils).

The following baby formulas, although containing kitniyot, may be used.

The Beth Din Logo is not required on any of these products as long as the label states "Product of South Africa".

### **Local formulas**

- INFASOY SOYA1 (PAREV)
- INFASOY SOYA2 (PAREV)
- INFASOY SOYA3 (PAREV)
- INFACARE SOYA1 (PAREV)
- INFACARE SOYA2 (PAREV)
- LACTOGEN 1 (DAIRY)
- LACTOGEN 2 (DAIRY)
- LACTOGEN 3 (DAIRY)
- NAN OPTIPRO 1 (DAIRY)
- NAN OPTIPRO 2 (DAIRY)
- NAN OPTIPRO 3 (DAIRY)
- NAN PELARGON

### **Imported formulas**

- ISOMIL WITH AN OU D
- NOVALAC 1
- NOVALAC 2
- NOVALAC AR1
- NOVALAC AR2
- SIMILAC TOTAL COMFORT (from Spain)



ONE CUP OF TEA  
YOU SHOULDN'T  
PASS OVER.



CHAG SAMEACH

# MEDICINE LIST

Product	Dairy content	Kitniyot	Chametz
ACC 200 effervescent tablet			
Accord metformin			
Actifed			
Activelle			
Adalat retard		✓	
Adco-alzam	✓		
Adco-atenolol		✓	
Adco-cyclizine		✓	
Adco-dapamax			
Adco-dol			
Adco-linctopent			
Adco-omeprazole			
Adco-retic (50 mg/5 mg)	✓	✓	
Adco-simvastatin			
Adco-synaleve			
Adco-zetomax		✓	
Adco-zolpidem hemitartrate			
Advil CS			
Alapren		✓	
Alchera		✓	
Alcophyllex syrup			
Aleve	✓		
Allecet		✓	
Allergex			

<b>Product</b>	<b>Dairy content</b>	<b>Kitniyot</b>	<b>Chametz</b>
Allerway			
Altosec			
Amiloretic (50 mg/5 mg)		✓	
Amloc		✓	
Amuco effervescent tablet			
Andolex-C (22,5 mg/18 mg/30 ml)			
Angeliq	✓		
AP loratadine (tablet)			
AP loratadine (syrup)			
Arcoxia	✓		
Arem	✓		
Arthrexin	✓		
Asacol			
Aspavor			
Aspelone liquid			
Asthavent ecohaler (200 dose)			
Ativan SL	✓	✓	
Augmentin			
Augmentin ES-600 liquid			
Augmentin SR			
Avamys (120 dose)			
Avelon	✓		
Azapress	✓		
Azor	✓	✓	

Product	Dairy content	Kitniyot	Chametz
Bayer aspirin cardio			
Benylin 4 flu syrup			
Be-tabs prednisone		✓	
Betanoid syrup			
Betanoid			
Bevispas	✓	✓	
Bezalip retard			
Bigsens		✓	
Bilacor	✓		
Bisolvon linctus DA liquid			
Brazepam			
Brintellix			
Buscopan		✓	
Buscopan (compound)			
Calciferol			
Calpol (syrup)			
Camcolit			
Cardicor		✓	
Carloc		✓	
Carvetrend	✓		
Cataflam D (dispersible tablets)			
Celebrex			
Celestone soluspan (1 ml vial)			
CellCept		✓	
Cialis	✓		

Product	Dairy content	Kitniyot	Chametz
Cilift		✓	
Cipalat retard			
Cipla-simvastatin		✓	
Cipralext			
Ciprobay		✓	
Citro-soda			
Clopamon		✓	
Cloxin		✓	
Co-Diovan			
Concerta	✓		
Concor			
Co-prior (80 mg/12,5 mg)	✓	✓	
Corenza C effervescent tablet			
Coryx effervescent tablet			
Coversyl	✓		
Coxflam		✓	
Cozaar			
Crestor			
Cymgen			
Dalacin C			
Dazit			
Demazin (syrup, alcohol-free)			
Deselex tablet	✓		
Detrusitol			

Product	Dairy content	Kitniyot	Chametz
Diagluclide MR		✓	
Diamicron MR	✓		
Dilinct syrup			
Diovan			
Disprin cardiocare (formerly Disprin CV)			
Dopaquel			
Dormicum		✓	
Dormonoct	✓	✓	
Duolin respules (solution for inhalation)			
Ecotrin			
Eltroxin		✓	
Epilizine CR			
Epitec		✓	
Estrofem			
Ethipramine		✓	
Euthyrox		✓	
Fexo		✓	
Flixonase (nasule)			
Flomist (120 dose) spray			
Florinef			
Fluanxol			
Flusin			
Flutex capsule			
Fosavance			
Foxair accuhaler (60 dose 50/250)			
Foxair accuhaler (60 dose 50/500)			



Product	Dairy content	Kitniyot	Chametz
Gaviscon			
Gen-Payne capsule			
Glucophage			
Glucophage forte			
Glucophage XR			
Hyospasmol		✓	
Iliadin (metred, 0,05%, adult)			
Imodium			
Inderal			
Inza	✓	✓	
Ismo			
Ivedal		✓	
Kantrexil tablet			
Kantrexil (suspension) tablet			
K-Fenak		✓	
Kliogest			
Lamictin			
Lancap		✓	
Lantus SoloSTAR (disposable pen, 3 ml)			
Lasix			
Lexamil		✓	
Librax			
Lipitor			
Lomanor		✓	
Lorien			

<b>Product</b>	<b>Dairy content</b>	<b>Kitniyot</b>	<b>Chametz</b>
Lyrice			
Mercilon			
Methotrexate		✓	
Microval	✓	✓	
Minerva			
Minulette			
Mirelle	✓		
Monte-air	✓		
Motilium			
Movicol			
Moxyphen			
Mybulen tablet			
Mylan furosemide			
Mylan indapamide			
Mylan metformin			
Mylocort			
Mypaid			
Mypaid forte		✓	
Myprodol			
Natrilix SR	✓		
Nexiam			
Nexmezol		✓	
Norflex Co			
Norvasc			

Product	Dairy content	Kitniyot	Chametz
Nurofen for children (strawberry) syrup			
Nurofen period pain (formerly Nurofen extra strength)			
Nuzak		✓	
Omez			
Orelox junior syrup			
Panado		✓	
Pearinda	✓		
Pearinda plus (4 mg/1,25 mg)	✓		
Pharmapress		✓	
Pharmapress Co (20 mg/12,5 mg)		✓	
Pholtex forte syrup			
Plenish K			
Premarin			
Preterax	✓		
Prexum		✓	
Prexum plus (4 mg/1,25 mg)		✓	
Prexum plus (5 mg/1,25 mg)		✓	
Primolut N			
Pritor			
Prospan cough syrup			
Pulmicort (nebuliser, suspension)			
Purata	✓	✓	

<b>Product</b>	<b>Dairy content</b>	<b>Kitniyot</b>	<b>Chametz</b>
Purbac		✓	
Purbac DS	✓	✓	
Pur-bloka	✓	✓	
Puresis		✓	
Puricos		✓	
Qlaira			
Ran-perindopril			
Ridaq		✓	
Risperdal			
Ritalin LA			
Ritalin (tablet 10 mg)			✓
Rivotril			
Sandoz co-amoxycylav			
Serdep		✓	
Simvacor			
Singulair			
Sinopren			
Sinucon			
Sinuend			
Sinumax allergy sinus caplets			
Sinutab sinus pain extra strength			
Solphyllex liquid			
Spiractin		✓	
Stilnox			
Stilnox MR	✓		

Product	Dairy content	Kitniyot	Chametz
Stilpane			
Storwin	✓		
Strattera		✓	
Supiroban			
Symbicort turbo (120 dose, 160 mcg/4,5 mcg)			
Symbicort turbo (60 dose, 160 mcg/4,5 mcg)			
Tareg			
Tertroxin		✓	
Texa			
Topamax			
Topzole			
Tramacet		✓	
Tramazac Co (37,5 mg/325 mg)			
Transact LAT (40 mg/pad)			
Trepiline		✓	
Trisequens			
Tritace			
Trivenz			
Trustan			
Ultak			
Urbanol	✓	✓	
Utin			
Venlor-XR			
Venteze CFC free (200 dose)			

<b>Product</b>	<b>Dairy content</b>	<b>Kitniyot</b>	<b>Chametz</b>
Verahexal 240 SR			
Vermox			
Vermox SD			
Vimovo (500/20 mg)			
Voltaren (3 ml)			
Voltaren emulgel			
Vusor		✓	
Warfarin		✓	
Wellbutrin XL			
Yasmin			
Yaz			
Zartan			
Zinnat			
Zithromax			
Zocor	✓		
Zopivane	✓	✓	
Zuvamor		✓	

**Pick n Pay**

Wishing all our  
customers a happy  
and Kosher Passover.

**CHAG SAMEACH**



# PET FOOD LIST

It remains the Pet Owners' responsibility to check the ingredients when purchasing pet foods, as the manufacturers cannot guarantee that changes will not be made in the formulation of the foods due to volatility (price and availability) of raw materials. The products listed have been extensively checked before Pesach.

We did not include Olympic, Supernet, Vetsbrand, Omega, Orijen, or Acana in this year's list. Pet owners who want to use any of these products must check that the product does not contain **wheat, barley, oats, rye, sorghum, brewers' yeast, or yeast of any origin (or meat and milk cooked together in the same food)**.

For clarity please refer to our website, [www.KosherSA.co.za](http://www.KosherSA.co.za)

## 1. HILL'S PET NUTRITION

### Dogs Prescription Diet

- **Dry:** The entire range is suitable **EXCEPT:** Gastrointestinal Biome, b/d, c/d, i/d Low Fat, i/d Stress Mini, j/d, j/d Reduced Calorie, k/d, k/d + Mobility, Metabolic Mini, Metabolic Chicken, Metabolic Lamb and Rice, Metabolic + Mobility Mini, Metabolic + Mobility and w/d.
- **Wet:** The entire range is suitable **EXCEPT:** c/d Stew, Gastrointestinal Biome Stew, Metabolic Stew, Metabolic + Mobility Stew, i/d Low Fat Can, k/d Stew, k/d Loaf, k/d + Mobility Stew and w/d Chicken Can.

### Dogs Science Plan

- **Dry:** The entire range is suitable **EXCEPT:** Puppy Chicken Small and Mini, Puppy Lamb and Rice (Medium and Large Breed), Adult Chicken (Small and Mini, Medium and Large Breed), Adult Lamb and Rice (Small and Mini, Medium and Large Breed), Mature Adult Lamb and Rice Medium, Adult Healthy Mobility Chicken (Small and Mini, Medium and Large Breed), Adult Perfect Weight (Small and Mini, Medium and Large Breed), Mature Adult Senior Vitality Chicken (Small and Mini, Medium and Large Breed), Sensitive Stomach and Skin (Small and Mini, Medium and Large Breed).
- **Wet:** The entire range is not suitable.

### Cats Prescription Diet

- **Dry:** The entire range is suitable **EXCEPT:** Gastrointestinal Biome, c/d Multicare Stress Chicken, c/d Multicare Stress Ocean Fish, c/d Multicare Stress + Metabolic, c/d Chicken, k/d Chicken, k/d Tuna, k/d + Mobility and m/d.
- **Wet:** The entire range is suitable **EXCEPT:** Gastrointestinal Biome Stew, c/d Multicare Stress Stew, c/d Multicare Stew, c/d Multicare Pouch, c/d Multicare Can, i/d Stew, k/d Stew, k/d Can, k/d + Mobility Stew, Metabolic Stew and w/d
- **Pouches:** The entire range is not suitable.

### Cats Science Plan

- **Dry:** The entire range is suitable **EXCEPT:** Adult Chicken, Mature Adult Chicken and Mature Adult Senior Vitality Chicken.





- **Wet:** The entire range is not suitable.
- **Pouches:** The entire range is not suitable.

## 2. ROYAL CANIN

Dogs Veterinary Diet

- **Dry:** Hypo-allergenic and Sensitivity Control
- **Wet:** Sensitivity Control

Dogs Normal Diet

- **Dry:** Dachshund Adult
- **Wet:** The entire range is not suitable

Cats Veterinary Diet

- **Dry:** Hypo-allergenic and Sensitivity Control
- **Wet:** Sensitivity Control

Cats Normal Diet

- **Dry:** The entire range is not suitable
- **Wet:** The entire range is not suitable

## 3. VETS CHOICE

THE ENTIRE RANGE HAS BEEN DISCONTINUED

## 4. ULTRA DOG

Dogs Normal Diet

- **Dry:** The entire range is not suitable

Dogs Prescription Diet

- **Dry:** Hypo-allergenic

## 5. EUKANUBA & IAMS

- **Dry:** The entire range is not suitable
- **Wet:** The entire range is not suitable

## 6. SUPERMARKETS

**Dogs and Cats**

It remains the pet owner's responsibility to check the ingredients when purchasing food. Please refer to the ingredients listed on the package. Most of these products list "cereal" as a base ingredient. Please note that the species of the grain is not specified; therefore, these foods are not recommended. Please avoid pet food containing brewer's yeast (the extract is derived from wheat).

**Fish**

All flaked or pellet foods contain chametz.

## Birds

Corn, potatoes, squash, dark-green leafy vegetables, broccoli, cooked sweet potatoes, melons, apples, oranges, berries, bananas, pears, and peaches are suitable for most types of birds. Ask your veterinarian about specific feeding recommendations based on the type of bird you have and your bird's individual characteristics. Please note that cereals containing kitniyot are permitted.

## Rabbits, hamsters, pet mice, rats, and guinea pigs

All these pets can be fed a homemade diet consisting of green and yellow vegetables, plus maize grit and sunflower seeds. Add a probiotic called Protexin that is available at all veterinary practices and vet shops, and you need to provide a base of soil (needed for iron) lucerne and hay.

If you cannot get a Kosher for Pesach variant, your regular pet food should be included in the sale of Chametz done through the Beth Din and we recommend leaving it somewhere outside the house, and asking a non-Jewish person to feed your pets over the course of Pesach in their own property or personal space.

**Wishing you all  
a happy Passover  
filled with joy**



**CHAG SAMEACH**

# Kosher for Passover



300ml CAN



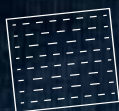
Available in  
300ml cans & 6 packs.  
In stores from  
18 March to 18 April 2024.

# Coca-Cola®

Real Magic™

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# SEDER COMPANION



## 1. A BRIEF GUIDE TO THE SEDER

There are two Torah obligations (mitzvot) and five rabbinical obligations (mitzvot) performed during the Seder:

### *Torah mitzvot*

- a) Relating the story of the Exodus (maggid – reading from the Haggadah).
- b) Eating matzah.

### *Rabbinical mitzvot*

- a) Drinking four cups of wine (arba kosot).
- b) Eating bitter herbs (maror).
- c) Reciting psalms of praise (the Hallel).
- d) Eating the afikomen (an extra piece of matzah for dessert, as a reminder of the Pesach offering).
- e) Demonstrating acts of freedom (such as sitting with a pillow cushion and leaning to the left as we eat matzah and drink wine).

## 2. THE STORY

Retelling the story of the Exodus is a positive biblical commandment. It is a unique opportunity to experience it and engage the entire family and guests in the narrative. Children should be encouraged to ask questions and participate in the proceedings.

## 3. SEDER PLATE CHECKLIST

The Seder plate is arranged with symbolic foods as well as three matzahs. It should be prepared before the Seder and placed on the table.

The Seder plate consists of:

1. **Maror:** Bitter herbs (it may consist of pure horseradish or romaine lettuce). Each Jew is required to eat bitter herbs twice at the Seder.
2. **Charoset:** A mixture consisting of nuts, apples, wine, and cinnamon, which symbolises the bricks and mortar of Egypt.
3. **Zeroa:** A piece of roasted chicken leg, shank, or a section of a fowl's neck-bone.
4. **Beitzah:** A roasted egg.
5. **Karpas:** A vegetable, preferably a cooked potato, parsley or celery. A bowl of salt water should be placed on the Seder plate for dipping the karpas.

For the Seder, you will also need:

- **MATZAH.** We are commanded to eat matzah three times during the Seder:
  1. at the beginning of the seder;
  2. for the Hillel sandwich, and
  3. for the afikomen, at the end of the meal.
- **WINE.** All kinds of kosher wine and grape juice can be used for the ritual cups during the Seder meal, although it is preferable to use red wine. Kosher grape juice, either for mixing with wine or drinking alone, is acceptable for those unable

to drink wine. It is vital, however, for all wine and grape juice to have a reliable hechser for Pesach.

1. at the beginning of the Seder, at kiddush;
2. prior the meal, after reciting the story of the Haggadah;
3. after the meal, on completion of Birkat Hamazon (grace after meals), and
4. at the end of Hallel.

#### 4. QUANTITIES

For those who prefer to use precise quantities,

- **MATZAH:** The required amount of matzah to be eaten is:
  1. 27 g (almost a whole regular machine matzah) some time at the beginning of the meal, after washing (rachtzah). It is preferable to eat 30 g (a whole regular machine matzah).  
In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.
  2. 15 g (one half of a regular machine matzah) for the Hillel sandwich (korech).  
In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.
  3. 15 g (one half of a regular machine matzah) for the afikomen (tzafun). It is preferable to eat 30 g (a whole regular machine matzah). In the case of someone elderly or infirm, 10 g (one third of a regular machine matzah) is sufficient.

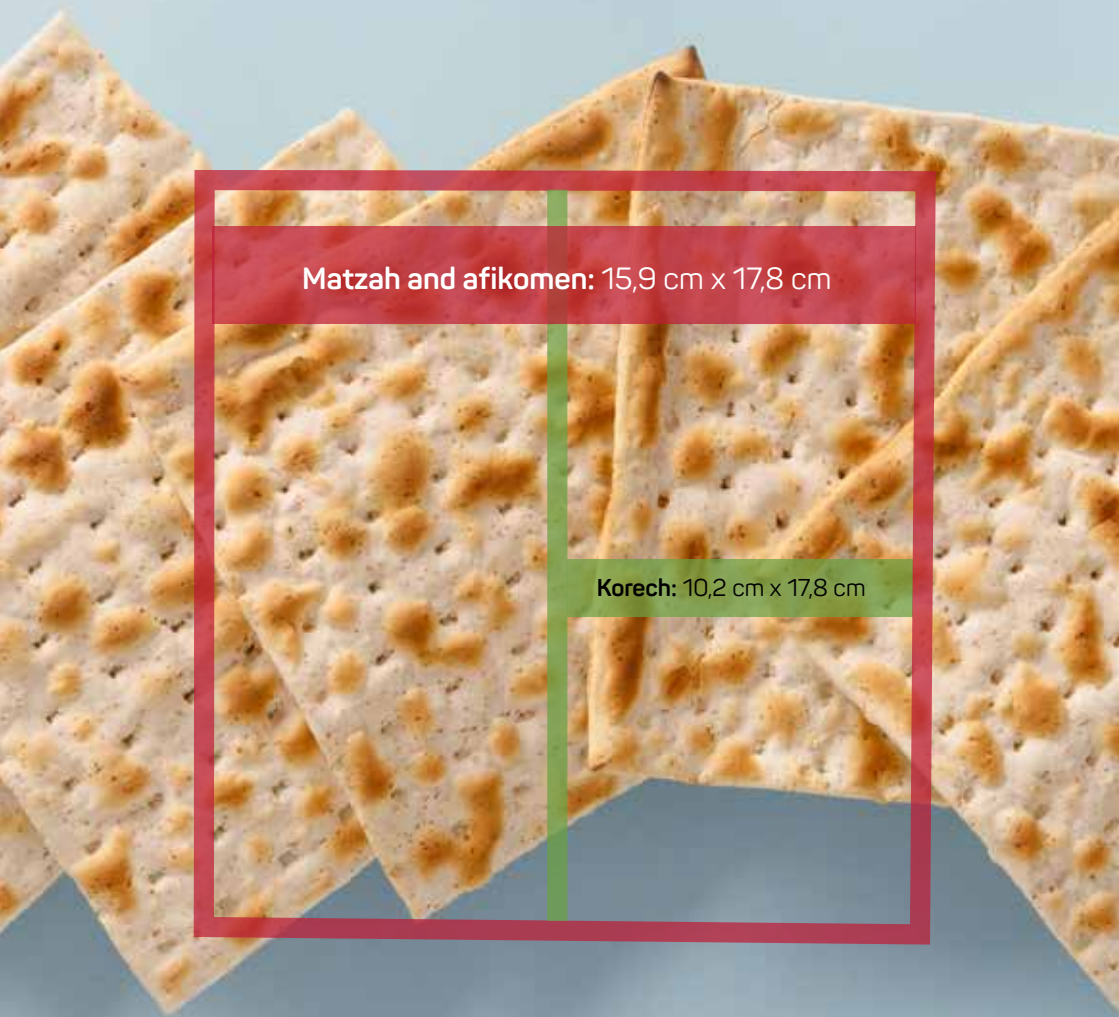
Important: Unlike a regular Shabbat, the eating of the first kezayit of matzah is in fulfillment of a mitzvah min haTorah. The matzah should be eaten while reclined and within 3-4 minutes at the most; if not, it would no longer be considered an achilah (eating), only nibbling, and the Torah requires specifically that the matzah be eaten. In the case of someone elderly or infirm, the kezayit of matzah may be eaten within 9 minutes at the most.

One should refrain from unnecessary conversation from the time that one begins to consume the required amount of matzah until after one has consumed the maror and the Hillel sandwich (korech).

- **MAROR:** Lettuce (preferably romaine), raw horseradish, or endives. The required amount of maror (lettuce) to be eaten is 27 g or at least 17 g, both on its own and again in the Hillel sandwich (korech).
- **WINE:** Every time the wine is served, more than half of the cup must be drunk while reclining to the left, although it is preferable to drink all of the wine in the cup, especially for the fourth cup. This means that consideration should be given to the size of the cups because it is better to have smaller cups (and drink it all) than larger cups (and leave some wine unfinished). Each member of the family should have a kiddush cup that holds a minimum quantity of 86 ml. Each Jew is obligated to drink four cups of wine at specific times during the Seder.

## SIZING UP THE **SEDER**

The sizes expressed follow the opinion of Rabbi Moshe Feinstein.



**Matzah and afikomen:** 15,9 cm x 17,8 cm

**Korech:** 10,2 cm x 17,8 cm

**Flat lettuce:**  
20,32 cm x 25,4 cm

**Romaine stalks:** Enough  
to fill 7,62 cm x 12,7 cm

**Ground horseradish:**  
Volume of 32 g.  
If experiencing difficulty,  
19 g will suffice.

# SEARCHING FOR AND THE BURNING OF CHAMETZ

## The night before Pesach

Once the house has been cleaned for Pesach, we now follow the ritual of searching for, annulling, and then destroying any chametz.

Before the search, some have the custom to wrap 10 small pieces of bread in paper/plastic or foil and place them around the house in different rooms (take note of where you have placed them). The custom, when searching, is to use a feather, wooden spoon, and candle. As soon as possible after nightfall, gather the family, light a candle, and say:

ברוך אתה ה' אל הינו מלך העולם, אשר קדשנו במצותיו וצונו על ביעור חמץ

*Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments, and has commanded us concerning the removal of chametz.*

We then go from room to room searching for chametz, placing them into a bag/packet to be burnt the following morning.

Upon conclusion of the search, we recite the following in Aramaic (which should be read in English afterwards for those who do not understand Aramaic):

כל חמירא וחמיעא דאיכא ברשותי דלא חמתיה ודלא בערתיה ודלא ידענא ליה  
לבטל ולהוי הפקור כעפרא דארעא.

*All leaven and anything leavened that is in my possession – which I have neither seen nor removed, and about which I am unaware – shall be considered nullified and ownerless as the dust of the earth.*

## The morning of Erev Pesach

### Burning of the chametz

Before the beginning of the sixth halachik hour of the day (refer to the time sheet on page 58), make a fire and burn the chametz from the previous night, plus any other leftover chametz. After burning the chametz, say the following:

כל חמירא וחמיעא דאיכא ברשותי דחזתיה ודלא חזתיה דחמתיה ודלא חמתיה  
דבערתיה ודלא בערתיה לבטל ולהוי הפקור כעפרא דארעא.

*All leaven and anything leavened that is in my possession – whether I have seen it or not, whether I have observed it or not, whether I have removed it or not – shall be considered nullified and ownerless as the dust of the earth.*



Wishing all our  
customers a happy  
and Kosher Passover.

**CHAG SAMEACH**



# FORM: SALE OF CHAMETZ

Jews are not allowed to own chametz during Pesach. Where it is not possible to dispose of all chametz, the Halacha has made provision for it to be sold to a non-Jew before Pesach.

The Beth Din undertakes this legal procedure on the morning of Erev Pesach. The chametz that has been sold (when ownership has legally changed hands) must be stored in a cabinet, cupboard, or room that is locked on the morning of Erev Pesach – by the time chametz will be burnt/disposed of in your area – and which must remain inaccessible for the duration of Pesach. It is also important to label these areas clearly, stating that they contain chametz that has been sold to a non-Jew.

Note: When selling chametz, make a list of everywhere it might be – in the house, in a holiday home, in a caravan or garage, in an office or on business premises, and in vehicles. The selling of chametz should ideally be done personally through your local rabbi. If you are unable to do so, please complete the form on the next page and send it to the Beth Din offices **before 9am on the morning of Erev Pesach, Monday 22 April 2024:**

**Very important:** If chametz is not sold before Pesach and remains in your possession during Pesach, it becomes prohibited and may not be used – even after Pesach. It must be destroyed.

Alternatively, e-mail it to the Beth Din at [chametz@uos.co.za](mailto:chametz@uos.co.za), or sell it via [www.uos.co.za](http://www.uos.co.za).



Wishing all our customers a happy and kosher Passover.  
**CHAG SAMEACH**

# FORM: MECHIRAT CHAMETZ

## 2024/5784

To the Beth Din:

I hereby authorise you to sell to a non-Jew, on my behalf, all chametz belonging to me that has not been disposed of, including chametz that will be delivered to me any time from now until the end of Pesach. I hereby authorise you to also rent out the places where the chametz is stored.

ADDRESS/ES:

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SIGNED at \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_ 2024/5784.

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

*Please note that upon the authorisation of the sale, it is customary to make a donation via the Beth Din Charity Fund, of which the details are:*

BETH DIN  
STANDARD BANK  
BRANCH CODE: 004105  
ACCOUNT NUMBER: 201664739  
BENEFICIARY: UOS  
REF: CHAMETZ AND **YOUR SURNAME**

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## DATES, DAYS AND TIMES RELATING TO THE YEAR 2024/5784

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Erev Pesach is on **Monday 22nd of April 2024.**

Fast of the first born is observed on  
**Monday 22nd of April 2024.**

Kashering and changeover to Pesach must be  
complete by the time of Burning of Chametz.

The sale of Chametz by the Beth Din is done on  
**Monday morning 22nd April 2024.**

The sale of Chametz forms must reach the Beth Din  
Before 9:00 am on **Monday 22nd of April 2024.**

Please find the specific times for your city for the festival of Pesach below.

		Johannesburg	Cape Town	Durban	Bloemfontein	Plettenberg Bay	Port Elizabeth	East London
1. Not before 2. From an existing flame 3. Not after								
21st April	Bedikat Chametz	6:14 pm	6:46 pm	5:59 pm	6:19 pm	6:26 pm	6:17 pm	6:09 pm
22nd April	Chametz may not be eaten	9:45 am	10:25 am	9:35 am	9:50 am	10:05 am	9:55 am	9:45 am
	Burning of Chametz	10:45 am	11:35 am	10:45 am	11:00 am	11:15 am	11:05 am	10:55 am
	1st night of Pesach candle lighting	5:27 pm	5:57 pm	5:11 pm	5:31 pm	5:37 pm	5:28 pm	5:20 pm
	Chatzot (midnight)*	12:05 am	12:44 am	11:54 pm	12:13 am	12:24 am	12:15 am	12:06 am
23rd April	1st night of Pesach <sup>1,2</sup> candle lighting	6:16 pm	6:48 pm	6:01 pm	6:21 pm	6:28 pm	6:19 pm	6:11 pm
	Chatzot (midnight)*	12:05 am	12:44 am	11:54 pm	12:13 am	12:24 am	12:15 am	12:06 am
26th April	Candle lighting (Shabbat Chol Homoed)	5:23 pm	5:52 pm	5:07 pm	5:27 pm	5:32 pm	5:23 pm	5:15 pm
27th April	Motzei (termination of) Shabbat	6:13 pm	6:44 pm	5:58 pm	6:17 pm	6:24 pm	6:15 pm	6:07 pm
28th April	Candle lighting (7th night of Pesach)	5:22 pm	5:50 pm	5:05 pm	5:26 pm	5:30 pm	5:21 pm	5:13 pm
29th April	Candle lighting (8th night of Pesach) <sup>1,2</sup>	6:11 pm	6:42 pm	5:56 pm	6:16 pm	6:22 pm	6:13 pm	6:05 pm
30th April	Motzei (termination of) Yom Tov	6:11 pm	6:41 pm	5:55 pm	6:15 pm	6:21 pm	6:12 pm	6:04 pm

\*The time by when one should have already eaten the Afikomen.

**NB!** Those persons who have sold their Chametz to a non-Jew on Erev Pesach may only start consuming those Chametz products from 1 hour after Motzei (termination of) Yom Tov - due to the Beth Din needing to repurchase the Chametz from the non-Jew. However, Chametz products may be purchased immediately from a shop that is owned by a non-Jew.

# PICK n PAY STORES

Store name	Telephone no.	Address
<b>Gauteng</b>		
Bedford Centre	011 616 4004	Shop L1, 1st Floor, Bedford Centre, Cnr Smith and Kirby Roads, Bedfordview, JOHANNESBURG
Benmore Centre	011 783 1091	Ground Floor, Benmore Gardens Shopping Centre, Cnr Benmore and West Streets, SANDTON
Bramley Gardens Family	011 786 2846	Bramley Gardens, Cnr Corlett Drive and Helen Road, Bramley, SANDTON
Darras	011 618 3257	Darras Centre, Cnr of Kitchener and Juno Rd, Kensington, JOHANNESBURG
Faerie Glen Hypermarket	012 990 6500	Cnr Atterbury Road and Selikats Causeway, Faerie Glen, PRETORIA
Fairmount	011 640 3027	Genesis Conference, George Street, Fairmount, JOHANNESBURG
Gallo Manor	011 802 3118	Morning Glen Centre, Cnr Bowling Road and Kelvin Drive, Gallo Manor, JOHANNESBURG
Greenstone Hypermarket	011 997 0600	Greenstone Shopping Centre, Cnr Modderfontein and Van Riebeeck Avenue, Edenvale, JOHANNESBURG
Hyde Park Centre	011 325 4190	Hyde Park Corner, Cnr 6th and Jan Smuts Avenues, Hyde Park, JOHANNESBURG
Killarney Mall	011 646 6883	Shop No 2, Killarney Mall, 60 Riviera Road, Killarney, JOHANNESBURG
Louis & Louis	011 485 5293	Top Spot Shopping Centre, 283 Louis Botha Ave, Orchards, JOHANNESBURG
Morningside	011 884 4220	Morning View Centre, 100 South Road, Morningside, SANDTON
Norwood Hypermarket	011 628 0000	Cnr Grant and 6th Avenues, Norwood, JOHANNESBURG
Outspan Road Family	087 940 3887	Morningside Shopping Centre, Cnr Outspan and Rivonia Roads, SANDTON
Rosebank Mall	011 880 7757	Rosebank Mall, Baker Street, Rosebank, JOHANNESBURG
Victory Park	011 782 0125	Victory Park Shopping Centre, Cnr Rustenburg Road and 2nd Avenue, Victory Park, JOHANNESBURG
<b>Free State</b>		
Noordstad	051 433 2813	Northridge Mall, Eeufees Road, Helicon Heights, Noordstad, BLOEMFONTEIN

<b>Store name</b>	<b>Telephone no.</b>	<b>Address</b>
Preller Walk	051 410 4360	Preller Walk Mall, Cnr General Hertzog and Louw Wepener Street, BLOEMFONTEIN
<b>Eastern Cape</b>		
Vincent Park	043 726 3258	Vincent Park Centre, Devereaux Avenue, PORT ELIZABETH
Walmer Park	041 367 1116	Walmer Park Shopping Centre, Main Road, Walmer, PORT ELIZABETH
<b>Northern Cape</b>		
Royldene	053 832 7522	North Cape Mall, Cnr Memorial and Constantia Roads, KIMBERLEY
<b>Western Cape</b>		
Claremont	021 674 5908	Cnr Campground & Main Roads, Claremont, CAPE TOWN
Constantia Village	021 794 5031	Cnr Spaanschemacht & Main Roads, Constantia, CAPE TOWN
Gardens	021 461 1046	Mill street, Gardens, CAPE TOWN
George	044 871 1701	Knysna Road, GEORGE
George Family	044 884 0511	Pre-Cap Centre, 28 Courtney Street, GEORGE
Knysna	044 382 5656	Woodmill Lane Centre, Woodmill Lane, KNYSNA
Oudtshoorn	044 272 8686	Queens Mall, Voortrekker Road, OUDTSHOORN
Plettenberg Bay	044 533 4331	Market Square Shopping Centre, Beacon Way, PLETTENBERG BAY
Plumstead	021 762 1124	Gabriel Road, Plumstead, CAPE TOWN
Sable Square	021 551 5061	Cnr Sable & Bosmansdam Rd, Sable Square CAPE TOWN
Sea Point	021 434 8987	Adelphi Centre, Main Road, Sea Point, CAPE TOWN
Somerset Mall	021 852 7210	Cnr R44 & N2, Somerset West, CAPE TOWN
<b>KwaZulu-Natal</b>		
Musgrave	031 201 4208	Musgrave Centre, 115 Musgrave Road, Berea, DURBAN
Prospect	031 581 5300	Uitsig Road, Mangrove Park, DURBAN NORTH
Umhlanga Crescent	031 566 5667	Umhlanga Crescent Shopping Centre, No. 1 Sunset Crescent, UMHLANGA RIDGE
Umhlanga Lighthouse	031 561 6365	Shop 16, 14 Chartwell Drive, UMHLANGA



# KOSHER SA

A Division of the UOS

**Pick n Pay**