



KIDS WITH FOOD ALLERGIES

PASSOVER

Celebrate with
Food Allergies and
Have Fun, Too!




HAPPY
PASSOVER

Inside find suggestions to
celebrate Passover*

*Not all of the activities in this booklet are Halachically permissible. Please choose to do only those activities that are acceptable for your observance level.



This booklet has been designed to be a companion for any Haggadah that your family uses for the Passover Seder. To that end, we have broken the booklet into four sections. The first section is the preparation for the Seder; the second section contains suggested activities for the Seder itself following the order of the Haggadah; the third section contains recipes to use during Passover; and the last section of the booklet is a list of resources for you to download and to shop before the holiday, both for food and for other items.



This booklet is meant to help all those who celebrate Passover to fulfill the traditions within the Seder. We here at KFA encourage you to do the best you can during this holiday and hope that we can help in that goal. We understand that **Pikuach Nefesh**, which is avoiding the endangerment of one's life, is more important than fulfilling the traditions on Passover. Some aspects of parenting a food allergic child—for example, caring for a child with contact allergies or one who requires a formula-only diet—leave you with no control over the situation. We hope this brochure helps you to still be able to have a fun and spiritually fulfilling Passover.



This booklet is for all who celebrate Passover, whether in strict observance or as a family holiday. Activities in this book are recommendations as to how the holiday can be celebrated in a meaningful way without focusing on food. If you are uncomfortable with any of the ideas, please avoid those activities or ask your Rabbi. All are suggestions as to how to celebrate the history and meaning of Passover while attempting to avoid any allergic reactions during your celebration.



If your child has **corn, soy, rice, or bean allergies**, Passover is a wonderful holiday to consider stocking up on ingredients for the year, because most Kosher for Passover foods will not contain these ingredients. This includes baking ingredients, juice boxes, sodas, packaged goods, toothpaste, cleaning detergents and more. If you live in an area that does not carry Kosher for Passover food, there are many Kosher stores that will deliver items around the country. ([Please see the Resources Section.](#))



If your child has **egg, nuts, wheat, or gluten allergies**, Passover is not the easiest holiday, especially during the Seder. We recommend that you try to make meals that mostly do not use these ingredients. If your child or children have contact allergies to any of these items, try to not have these foods on your Seder table. Holiday cooking will be much easier and less stressful if you are able to avoid prepackaged items. Many familiar meals—like turkey—are inherently Kosher for Passover. Making such meals can simplify your preparation.



Passover inherently has foods that most families do not eat during the rest of the year. Please speak with your allergist before the holiday to find out if you can introduce these foods into your child's diet.



PREPARATION FOR THE SEDER

FOOD PREPARATION *(In order that you will need for the Seder)*

Wine

If your child is allergic to grapes, according to some Rabbis you are permitted to say *borei pri hagafen* over any other liquid and consider it *leshem chinuch* (for purposes of education). In addition, you can add *shehakol* (the blessing for other liquids) after *hagafen* for your children. **If your child is permitted formula only, he can drink four “cups” of his formula or water.**



If your child cannot drink wine or grape juice, you may fill his wine glass up with safe candy. This is a custom that was created by some Rabbis who felt children did not need to drink wine.

Three Matzot

If your child is allergic to wheat or gluten, you can buy gluten free matzah from:

- * Gluten Free Oat Matzos www.glutenfreeoatmatzos.com imported from England.
- * Lakewood Shmura Matzo Bakery (oat matzot new this year)
Lakewood, NJ
Phone: (732) 364-8757
Fax: (732) 364-4250

The Seder Plate

The Seder plate traditionally has food items to represent different parts of the Exodus Experience. For foods your child is not allergic to, keep the traditional choices. However, if your child is allergic to any of the traditional foods, the following are suggested substitutions that still retain the meanings of each item:

- * The *Roasted Shankbone of Lamb* can be replaced with a red beet. (The beet is the only vegetable known to “bleed.”)



- * The *Hard Boiled Egg* can be replaced with a plastic egg containing seeds that are safe to eat or seeds that your family can plant together. (Seeds will represent birth and spring just as the egg does.)
- * The *Bitter Herbs* can be replaced with romaine lettuce.
- * The *Charoset*, which represents the mortar the slaves used to build the cities for Pharaoh, can be replaced with one of the following:
 - ⇒ A Sephardic (of Spanish descent) recipe that does not contain any nuts ([refer to page 19](#)).
 - ⇒ An Ashkenazic (of German or Eastern European descent) recipe with the nuts eliminated.
 - ⇒ A home-created recipe using ingredients safe for your child and appropriate for the Seder meal. Combine the ingredients and then puree into a paste-like substance. For example, one year a KFA mom made a lamb-based charoset.
 - ⇒ For those able to eat only sugar, make a sugar and water syrup and dip a salt stick into it. Although the salt isn't bitter, it can represent the bitter tears shed.
- * The *Karpas* is most likely safe for many children as it is parsley. The custom of karpas came from days of old when banquets were started with such appetizers. Slaves were obviously not accustomed to this tradition and therefore, it represents the freedom of the Jewish people. However, we dip the "food" into salt water to remember the tears shed during the bitterness of the bondage in Israel. The following are alternatives:
 - ⇒ You may have a variety of vegetables that your child is permitted to eat. (If you are observant please speak to your Rabbi about how much you are permitted to eat.)





⇒ For those children that are formula only but can have sugar candies, you can dip the sugar candies into the salt water. The sugar candy represents the sweetness of luxury and freedom and the salt water the bondage we remember.

Eggs

Traditionally, eggs are served before the main meal. If your child is allergic to eggs, you can choose to place sunflower seeds, pumpkin seeds, pomegranate seeds, or another edible seed inside plastic eggs for everyone to eat. On Passover, eggs are eaten to symbolize rebirth and the coming of spring, and thus the seeds will work in a similar manner.

NON-FOOD ALTERNATIVE PREPARATION *(In order that they appear in the Seder)*

Wine

Your children can make a Kiddush cup to use to make it more special. They can make it out of:

- * Glass wine cups and painted with glass paint.
- * Plastic wine glasses colored with permanent markers.



For children unable to drink anything but formula or water, it could be fun to make a “wine” bottle just for them that is used to pour their four cups of wine. Have them choose a beautiful glass bottle from a craft store to decorate. In order to make it into a special keepsake, you can label it with the child’s name and the year it was made.

Three Matzot

For children who cannot eat, make paper or cardboard matzot. Have your children pretend to make the matzah in 18 minutes as if they were in a matzah factory. You can also order cloth or wooden matzot. ([Refer to page 23.](#))



The Seder Plate

Create a Seder plate out of arts and crafts materials for children who cannot eat any foods.

- ◆ The *Roasted Shankbone of Lamb* can be made of wood.
- ◆ The *Egg* can be made of wood, plastic, or Styrofoam®.
- ◆ The *Bitter Herbs* can be made of faux flora.
- ◆ The *Charoset* can be made of sand and water to create a mortar.
- ◆ The *Karpas* can be made using green pipe cleaners and salt water.

Eggs

If your child is unable to eat seeds or is allergic to most edible seeds, you can fill the plastic eggs with the seeds of a plant. After the Seders or during Chol Hamoed, you and your family can plant them in your backyard or in a pot in the home.

If your child is allergic to eggs, you can have a plastic egg on the Seder plate but otherwise avoid the egg tradition altogether.

SEDER ACTIVITY PREPARATION *(In order that they appear in the Seder)*

- Have your children make their own Haggadot.
- Buy or create a pillow with your children so that they can have something to sit on during the Seder. If you are very ambitious you can create one for each person at the Seder. You can make them by:
 - * Taking plain colored pillow cases and coloring them with safe markers or puffy paint.
 - * Teaching your child how to sew using cloth that has a pattern of his or her choosing.





- Buy white napkins that will be used for a special activity at the table. (Make sure these aren't the napkins you are using for normal purposes.) Use a fabric or permanent marker to write the date of your Seder in the corner.
- Create a fun trivia game for you, your family and guests with your children or for them. The trivia game can be as simple as making questions with index cards—or as intricate as creating a board game with pieces. Let your children's creativity guide you. There are wonderful Haggadot that you can purchase to give you ideas or you can buy a ready made game.
- Prepare song booklets for the table that are full of the fun parodies. (Refer to page 23)
- Buy a ceramic bowl that your child can decorate with paint or markers to create a beautiful water basin.
- Create a towel to use at the table:
 - * Embroider/cross stitch a design onto a towel. Towels and patterns can be found at arts and crafts stores.
 - * Use fabric paint or markers to decorate a plain white towel.
- Place water colors and paper at the table. (Not permissible in observant homes.)
- Provide fun activities at the table (Some of these activities are not permissible in observant homes):
 - * Toys
 - * Children's Haggadot
 - * Coloring Book Haggadah
 - * Puzzles
 - * Stickers
 - * Passover Sets
 - * Placemats to color
 - * Provide a large amount of books for your children
 - * Provide different Haggadot to use for the Seder





- Asks guests to pack a suitcase of their most precious items that they would take with them if they had to leave their home with only one bag. Also have each member of your family do the same before the Seder.
- Have your child make a matzah cover with the three openings.
- Make an Afikomen bag; there are even kits you can purchase.
- Make or purchase the Four Questions finger puppets.
- Have your children create masks of the four children.
- Make or buy masks that represent each of the Ten Plagues.
- Place several plastic bugs and frogs on the table. One family once placed a real frog at the table and kept it as a pet for years.
- Make or buy a bag of plagues.
- Buy a bundle of green onions and place some in front of each person.
- Have sand and water at the table.
- Create a sugar syrup and have salt sticks at the table.
- Have small wooden or cardboard boxes at the table.
- Buy toys for your child beforehand for the Afikomen presents. Create a scavenger hunt to find the Afikomen.
- Find recordings of the songs and blessings to learn to use at the Seder.
- Take classes to learn more about the Seder and the melodies used.
- If you would like to sing-a-long with a CD, have a CD player set up. (Not permissible in observant homes.)
- Make or buy masks for Chad Gad Ya.



These are masks you can purchase for the Seder to use for the song Chad Gadya

THE SEDER

Kadesh

During this portion of the Seder, it is customary to say the first blessing over the wine and to drink it leaning to the left. Repeat whenever you come to a glass of wine.

- Place the Kiddush cup that you made at the table for each of the four cups.
- Place the bottle in front of your child for the duration of the Seder, so that he has his special bottle.
- If you are using the safe candy for the wine, place it in front of your child for the Seder.
- It is customary during Passover to pour someone else's glass of wine. Have your children pour everyone else's wine glass if they are old enough. You can pour theirs and make them feel very special, as befits free men.
- For older children, this is a great opportunity for them to recite the blessing over the wine.
- For younger children, emphasize the tradition of sitting on a pillow.
- Make a big deal of reclining to the left as the Roman nobles did during the symposia (banquets for intellectuals).
- On Passover, everyone spills wine. Using the extra cloth napkins, have everyone spill wine on them. Start this as a tradition every year and in a number of years, create a quilt tablecloth using all the napkins.
- Start your trivia game during this part of the Seder.
- Have your children ask many questions that they have about the Seder and the history. The Seder is to be a night of questions, and there is no better time to start than at the beginning.
- Begin singing some of the songs that you have in your booklet.





Urchatz

This is the first time during the night that we wash our hands.

- It is traditional for either one person to wash the hands of everyone, or for a basin to be brought around the table.
- If one person will be washing the hands of everyone else, this is a wonderful opportunity for your child with food allergies to participate and wash his or her hands.
- If everyone's hands are free of allergens, your child can help with the washing of others' hands. If everyone's hands are not free of allergens, your child can carry the basin and towel.

Karpas

During this section of the Seder, it is customary to dip vegetables (usually parsley) into salt water. The vegetables represent the appetizers noblemen could eat during Roman times, and the salt water represents the tears shed by the slaves in Egypt. In addition, the Rabbis have interpreted the dipping to represent the coming of spring.



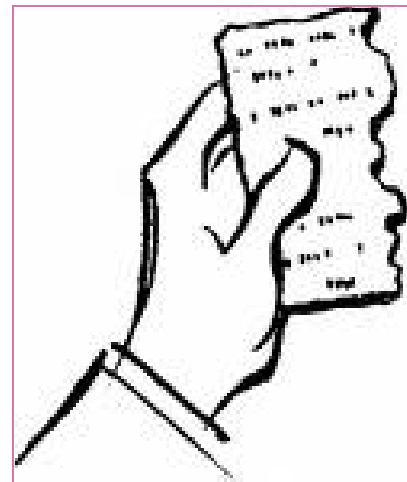
- Place the vegetables out for this portion of the Seder. (If you are observant please speak to your Rabbi about how much you are permitted to eat.)
- Place the sugar candies out for your child for this portion of the Seder.
- For children unable to have sugar and salt, use the watercolors and paper here. The color can represent the freedom of the Jewish people and the water the tears shed during Slavery. If your children are older, you can have them paint a picture of spring.
- For children unable to have sugar or salt water, this is a good time to give your child any of the activities you bought and prepared for your children before the holiday.
- You can also continue singing songs, playing trivia games, and asking and answering questions.



Yachatz

During this section of the Seder, the middle matzah is broken into two, and the smaller piece is placed back into the matzah cover between the two other matzot. The larger piece is placed in a napkin or Afikomen bag as the Afikomen. The Afikomen is the last thing eaten during the Seder, as a dessert.

- Use both the matzah cover and Afikomen bag that your children made before Passover began.
- Traditionally, someone will hide the Afikomen from the children. They will then search for it during the meal portion of the Seder. This is a great way to distract children who cannot eat during the meal. To make it more involved, you can use your scavenger hunt you created in order for them to find the Afikomen before the end of the meal.
- Another tradition is to have your children try to steal the Afikomen from you. When they succeed, they can barter with you so that you can get it back for the end of the Seder.
- The children can also hide it and when you want it back, the adults have to search for it. If they cannot find it, the children can say what they want as gifts in exchange for returning the Afikomen.
- The matzah is seen as the bread of poverty and affliction. During this time, you can also decide on a special Mitzvah (good deed) or Tzedakah (charity) project you would like to do as a family.
- For older children and teenagers, you can speak about modern poverty and affliction both in this country and in other countries.





Maggid

This section of the Seder is where the story is told. This portion is full of wonderful things to do that will add a lot to your Seder.

General Maggid

- Give your children their own Haggadah
- Let them color in the coloring book Haggadah during the story telling (not permissible in observant homes).
- Have the children make up a skit of the Seder.
- Make a new story of what would have happened to the slaves had we not been released from Egypt.
- Have your children retell the story in their own words.
- This is a great place to use a lot of the Passover story books, as well as the children's songs and the parody songs.



This is a wonderful puppet set to use for your Seder.

The Four Questions

- Bring out the finger puppets, and have the children recite the four questions using the finger puppets.
- Discuss the four questions with your older children and teenagers and what they mean to them.
- Challenge your children to come up with more questions about what is different about Passover, and they can challenge you to answer them. Offer a prize at the end to make it more fun.

The Four Sons

- Have everyone at the table come up with ideas about what the four sons represent in the Haggadah. See how many ideas you can come up with.
- Have your children and teenagers discuss the differences between the sons.
- Go around the table and have each person state which son is the one most similar to themselves.
- Look at different Haggadot and the pictures they have of the four sons.
- Make a play about the four sons.
- Use the four sons masks your children made before the Seder.



The Wandering Jew

- Bring out the suitcases and have each person explain what he packed, and why that item was important enough to be included.
- Ask everyone at the Seder if they know other times in our history when the Jews wandered. If the children are old enough to understand, you can discuss the history of the Jewish people and why they wandered.
- If those present are older children and teens you can choose to have a debate. The following are suggestions of topics:
 - ♦ Jewish Identity
 - ♦ Anti-Semitism
 - ♦ Slavery in Egypt
 - ♦ Resisting or remaining slaves
 - ♦ You can also have your family come up with another topic to debate.



The Ten Plagues

- Have everyone around the table wear a mask and when their plague comes have them say the name of the plague or act it out.
- A bag of plagues is a lot of fun to have around the table and use each item corresponding to the plague.
- For children unable to use wine, have them use whatever liquid they are using to drink their four glasses to dip and drop.



This is an example of the Ten plagues kits you can buy.

Dayeinu

- There is an Iranian custom to have green onions on the table and hit each other with them every time you sing the refrain of Dayeinu.
- Have everyone around the table add a Dayeinu (what would be enough) in their own lives.

Rochtzah

This portion of the Seder is when we wash our hands before the beginning of the meal. Everyone washes his hands and says the blessing.

- Have one volunteer go around and hold the basin and the towel for people to wash their hands. Use caution in allowing your food-allergic child to participate if his allergens have been touched/eaten before now.
- There are some families that say this blessing out loud. Have one of your children volunteer to lead the blessing.
- It is said that “Jews Eat History” on Passover. Instead of concentrating on the food, focus on the history and go more in depth into the story of Passover and the history of the Jewish people. (Note: in observant homes after you wash your hands you are not permitted to speak.)

Motzi/Matzah

This is the portion of the Seder that becomes more difficult for families with food allergies, as this is when we begin to eat during the Seder with the matzah.

- If your child is allergic to wheat, you can use the oat matzot.
- If your child is on a formula-only diet and cannot eat, bring out their cardboard, wooden, or cloth matzot at this point.

Maror

This portion of the Seder is when we dip the bitter herb into the charoset.

- For those able to eat only sugar, use the sugar syrup you made and dip the salt stick into it. Although the salt is not bitter, it can represent the bitter tears shed.
- For those unable to eat any foods, have your children make mortar at the table using the sand and water. (If you are observant, please speak with your Rabbi to see if this is permissible.)



This is a sample of a complete Passover set you can purchase for your Seder and for children who do not eat food.

Korech

In this part of the Seder we eat matzah, maror and charoset together.

- During this part, you can make a sandwich using the charoset of your choice and the matzah of your choice as well as the bitter herb.
- If your child can not eat, he can make a “sandwich” using the mortar they just made out of sand and water and one of their cardboard matzot.



- If he is permitted to touch bitter herbs, your child can add a little bitter herb to represent the Maror. If this is not allowed, use an artificial plant you have placed on the Seder plate. (Not permissible for observant families.)
- Instead of building a sandwich, your food allergic child can also build a pyramid using the mortar and the blocks that you bought before the Seder. (Not permissible for observant families.)

Shulchan Orech

This is the portion of the Seder in which the meal is served. Passover can be a wonderful holiday for families with food allergies or a very difficult one.

The Meal in General

- If your child is unable to eat and he is relatively young, this is a great place for him to say good night and go to sleep. Not all children can stay awake for the entire Seder.
- If your child is older or you would like him to stay for the whole Seder, make a portion of the table free of all food except what is safe for your child.
- If your child cannot eat at all, you can make a portion of the table free of all food and just have games and puzzles available for him.
- During the long Passover meal, many children like to get up and leave the table. Excuse your food allergic child from the table and allow him to play games with the other children. (Make sure all of the children's hands are cleaned of allergens, if necessary.)
- Have the children search for the Afikomen (the wheat, gluten free or faux matzah from earlier).
- If you are interested in the scavenger hunt idea, you can do it during the meal to occupy the children. This is a wonderful activity for an older food allergic child to lead.





Tzafun

This is the part of the Seder when we eat the Afikomen and therefore, is the last part of the Seder that involves food. (There are still two cups of wine.)

- Have your food allergic child open the door for Elijah.
- If your child cannot eat the matzah, focus on the bartering that takes place with the Afikomen.
- Traditionally, this is a holiday were children receive gifts in exchange for the Afikomen. Make sure every child receives something. Have an extra-special gift for your child who is unable to eat the Afikomen.

Barech/Hallel/Nirtzah

From here to the end, the Seder is much easier for families dealing with food allergies because it does not focus on food at all. If you are a family who has a child avoiding food, it will likely make the Seder more enjoyable if you focus on this part more than the food related portions.

- Use the melodies you learned during this portion of the Seder.
- If you are not comfortable singing all of the songs without help, use a recording and play it while you sing along (not permissible for observant families.)
- Sing the song “Who Knows One” in Hebrew or English as a competition to see who can sing it the fastest.





SAFE EATS™ FOR PASSOVER

Turkish Charoset

- 1 lb. dates (pitted)
- 1 cup figs
- 1 apple
- 1 cup black raisins
- 1/2 cup dried apricots
- 1 cup sweet red wine

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree Nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame

If the dates aren't pitted, remove the pits. Peel and cut the apple into smaller pieces. Place all of the fruit together into the food processor and grind until smooth. Add the wine and mix well.

Banana Matzah Brei

By Tami Stitelman

- 5 pieces matzah
- 3 mashed ripe bananas (about 1 1/2 cups)
- 1 cup water
- 1/2 cup to 1 cup raisins (Optional)
- Kosher for Passover margarine

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree Nut, Corn, Fish, Shellfish, Sesame

If you decide to add raisins, soak raisins in the cup water to sweeten the water a little. Mash bananas in large bowl. Crumble up the matzot on top of the bananas. Add in the cup of water (from raisins or tap). Mix well until the matzah has soaked up most of the water. Add raisins if desired and mix. In 8-9 inch skillet on medium heat melt enough margarine to lightly coat the pan. Pour in the mixture and pat down for about 4-5 minutes or until it is holding together. Flip by covering the skillet with a plate or something else that is flat. Add a little more margarine. Return the Matzah Brei to the pan for another 4-5 minutes. Enjoy!

Meatball Soup

By Sara Atkins

For the Meatballs

1 lb. ground beef or lamb

1 tomato

1 onion

For the Soup

1 pack flank meat bones

1 sweet potato

2 potatoes

5-6 carrots

2 stalks celery

3-4 zucchini

1 onion

Dice all the vegetables. Place them and the meat bones in a 10 quart pot. Simmer for 1 1/2 hours .

Grate the onion and tomato over the meat and mix. Roll into small balls, and drop into the soup. Simmer until meatballs are cooked through and you are ready to serve. Add salt and pepper to taste.

From Sara: “This has been the hit of our Seder for four years running, and everyone I know makes this since we can’t do matzah balls.”

Just like Sara, you can make a new tradition for your family or make her soup part of yours.

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame





Peach Potato Puffs

By Danielle (deestricky1)

- 2 cups mashed sweet potatoes
- 1 tsp lemon juice
- 2 tsp brown sugar
- 1/4 tsp salt
- dash ginger
- 2 tsp dairy-free, soy free, corn free margarine
- 6 canned peach halves

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame

In a medium-sized bowl, mix all the ingredients except the peaches. Whip with whisk or mixer until nice and fluffy.

Take whipped potato mixture and pile some into each peach half. Arrange the filled peach halves in a greased or sprayed 6x10" baking pan and dot with additional margarine.

Bake at 400 degrees Fahrenheit for about 20 minutes.

Easy Chocolate Cherries

By Annika Hugon

- 1 12 oz bag chocolate chips (dairy, soy and nut-free)
- 1 1/2 cups dried cherries (about 1 1/2 5 oz bags)

Put chocolate in glass bowl. Microwave until melted, checking and stirring after each minute. This will take about four minutes.

Put cherries into melted chocolate, and stir until all mixed together.

Put waxed paper on a cookie sheet. Drop chocolate mixture by spoonfuls onto waxed paper. This will make between 15 and 24 candies, depending on how big you make them.

Chill for 3 to 3 1/2 hours in the refrigerator.

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame



Icies

By Sara Atkins

1 cup sugar

1 cup water

Fruit of your choice (strawberries or a mix of strawberries and bananas is recommended)

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame

Bring sugar and water to boil and let cool.

Chop fruit and puree in blender until desired smoothness. (This recipe is delicious either chunky or completely smooth.) Add sugar syrup to reach desired sweetness. Freeze. Scoop or shave into serving bowls. You can also freeze mixture into cups, and place a stick in the center to make popsicles.

Matzah Toffee Crunch

By Sara Atkins

4 - 5 pieces of matzah (wheat or oat)

1 cup Kosher for Passover margarine

1 cup brown sugar

1 cup chocolate chips

>>Can be made free of...

Milk, Peanut, Egg, Soy, Tree nut, Gluten, Wheat, Corn, Fish, Shellfish, Sesame

Preheat oven to 350 Fahrenheit. Line a cookie sheet with foil. Place parchment over foil.

Put matzah in a single layer, breaking some for a tight fit. Melt margarine and brown sugar in a heavy saucepan. Bring to a boil while stirring constantly, and allow to boil for 3 minutes. Pour over matzah and bake for 12-15 minutes. Remove from oven, and sprinkle with chocolate chips; return to oven and bake 3 more minutes. Spread the melted chips so the chocolate covers the matzah mixture.

Refrigerate until set, and break into pieces to serve.

Use matzah, brown sugar and chocolate chip brands that are free of the allergens you need to avoid.



RESOURCES

Shopping for Passover Items

<http://www.eichlers.com/Department/Pesach - Passover Store.html>

<http://kosher4passover.com/shopping.htm>

<http://www.israelbookshop.com/>

Shopping for Kosher for Passover Food

<https://www.aviglatt.com/Products.asp?intCatalogID=75&AT=34>

<http://www.eastsidekosherdeli.com/>

<http://www.mykoshermarket.com/>

<http://www.kosher.com/store/kosher-grocery>

www.glutenfreeoatmatzos.com

Lakewood Shmura Matzo Bakery Phone: (732) 364-8757 Fax: (732) 364-4250

These parent-recommended links are provided as a convenience and do not indicate an endorsement of these sites.

Websites with Songs for the Seder

<http://holidays.juda.com/passover-songs.shtml>

<http://kosher4passover.com/parodies.htm>

<http://www.adatshalom.net/holidays/pesachsongs.html>

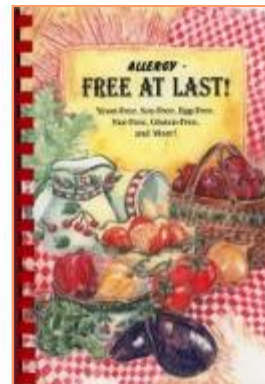
Websites with Activities for Passover

<http://holidays.kaboose.com/passover/>

<http://www.aish.com/passfamily/>

<http://www.jewishpub.org/children/passover/passover-games.php>

http://www.akhlah.com/holidays/pesach/passover_activities.php



This is an allergy free Kosher cookbook with a wonderful Passover section.

Allergy Cookbooks with Passover Recipes

A Taste of Freedom by Tamar Warga <http://www.freewebs.com/tasteoffreedom/index.htm>

Allergy-Free at Last by Leila Bibla <http://www.amazon.com>



NOTES OF CAUTION

If you are shopping for Kosher for Passover foods at a local grocery store, verify that the items you are purchasing are indeed Kosher for Passover. Sometimes all Kosher food will be placed together without differentiating between Kosher and Kosher for Passover Items.

In addition, there are some companies that state that they are Kosher for Passover but are not considered as such by the observant community. This is because the companies do not clean their facilities according to Jewish law. This is important for those concerned with cross contamination issues, especially for those who stock up during the Passover season.

Please verify all items are safe for your child's food allergies.



SPECIAL THANKS

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Yael Weinstein, KFA Education Materials Coordinator

"This booklet is in honor of my son so that he can participate in Judaism
even though he is unable to eat."



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