







KEEPING IT SIMPLE

A BRIEF GUIDE TO KEEPING THE FEAST OF UNLEAVENED BREAD

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WHY DO WE CELEBRATE PASSOVER AND UNLEAVENED BREAD?

According to Leviticus 23:4-6 KJV

4 These are the feasts of the Lord, even holy convocations, which ye shall proclaim in their seasons.

5 In the fourteenth day of the first month at even is the Lord's passover.

6 And on the fifteenth day of the same month is the feast of unleavened bread unto the Lord: seven days ye must eat unleavened bread.

Exodus 12:19 further states:

19 Seven days shall there be no leaven found in your houses . . .

The Bible references the Biblical calendar. The first month (Abib (A-beeb) or Nisan (Nis-en) which falls around March or April. See Exodus 13;4; 23:15; 34:18 and Esther 3:7

HOW DO WE PREPARE FOR THE FEASTS?

Preparation begins with self-examination. We should purge out the old leaven that we may be fresh, free from vice, malice and wickedness. (Read 1 Corinthians 5:7)

Prepare your home for Passover

- Preparing your home for Passover should not be a burden. Involve the whole family. Teach the children, too; much of the symbolism is for them as much as it is for you.
- Give your home a thorough cleaning, especially areas where food is prepared and stored (countertops, stoves, refrigerators, pantries, etc.)
- Remove ALL LEAVEN from your home. What should you do with it? You can share it with a family member, friend or neighbor in need.

Because leaven represents sin, this thorough house cleaning causes us to rejoice as we are reminded that we, too, are clean and made whole by the precious blood of Jesus.

LET'S START PREPARING NOW . . .



Best Practices

READ ALL labels when purchasing food items in cans, containers or otherwise pre-made.

Be mindful, “Kosher” is a term which means, “food fit for Jewish people to eat”. We are observing the Feasts of the LORD. Some foods labeled kosher, may not be permitted during the Feast of Unleavened Bread. Again, the best practice is to read ALL labels.

FOODS NOT PERMITTED

- Foods having yeast, or other "rising or fermenting" action. A few common ones are beans, rice, peas, lentils, peanuts, mustard, corn, soy, all legumes.
- Foods made from or containing wheat, oats, rye, barley and spelt. Matza is the only grain product that is ever acceptable during the Feast of Unleavened Bread. It must be labeled “Kosher for Passover”.
- Unclean meats as outlined in Leviticus 11 such as pig (hog), coney, hare, catfish, marlin, clam, crab, crayfish, shrimp, albatross, heron, raven, etc.

SO, WHAT CAN I EAT?

Foods permitted during the feast of Unleavened Bread, which lasts for seven (7) days:

- Matza, eggs, almonds, pecans and foods without leaven
- Fresh and frozen fruits and vegetables (also juices) that do not contain leaven
- Coffee, tea, milk and other drinks without leaven
- Clean meats as outlined in Leviticus 11 such as beef, veal, lamb, bass, cod, haddock, salmon, tuna, duck, turkey, chicken, etc.
- Most sweets contain corn syrup, which is not permissible to eat during the seven-day period of the Feast of Unleavened Bread.

Side Dish Tips

- Switch out the cornbread and/or bread cubes in your favorite dressing recipe with crumbled matza crackers.
- Make your favorite spaghetti sauce and use one of the following in place of the spaghetti noodles: (zucchini noodles or spaghetti squash)

READ ALL LABELS



INGREDIENTS: TOMATO CONCENTRATE MADE FROM VINE RIPENED TOMATOES, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, SALT, LESS THAN 2% OF: ONION POWDER, NATURAL FLAVORS.

INGREDIENTS: TOMATO CONCENTRATE MADE FROM VINE RIPENED TOMATOES, CANE SUGAR, DISTILLED VINEGAR, SALT, LESS THAN 2% OF: ONION POWDER, NATURAL FLAVORS.





What Grace Congregational Church Practices

All feast keepers, around the world, do not observe these feasts in the same manner:

As a church body, we chose not to eat foods known as “chametz” (haa-mets) or “kitniyot” (kit-nee-yote).

Chametz (haa-mets) includes grains like **wheat, oats, rye, barley and spelt**. If these grains have contact with water for more than 18 minutes, it leads to rising or “leavening”.

Kitniyot (kit-nee-yote) is processed in the same manner as chametz (haa-mets) and is sometimes mixed with chametz (haa-mets), which are forbidden to be eaten during the feast of unleavened bread. Kitniyot includes **corn, rice, beans, peanuts, soybeans, chickpeas, green beans, lentils, millet, mustard, peas, buckwheat, caraway, cardamom, edamame, fennel seeds, fenugreek, linseed (flaxseed), poppy seeds, rapeseed, sesame seeds, hemp seeds sorghum seeds, teff, sunflower seeds, and amaranth**.

If you see any of the aforementioned items in the ingredients of a product, it should not be used during the Feast of Unleavened Bread.

Remember, Matza (also spelled Matzah or Matzo), is the only grain product that is ever acceptable during the Feast of Unleavened Bread. It must be labeled “Kosher for Passover”.

Some exceptions which are not considered Kitniyot are anise, carob, chia seeds, coriander, cottonseed, cumin, guar gum, locust bean gum, safflower, and saffron.





AS A CHURCH,

WHAT DO WE BELIEVE?

KEEPING THE FEAST OF UNLEAVENED BREAD

All Feast keepers do not observe the Feasts in the same manner. We seek to clarify how we observe the Feast of Unleavened Bread.

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HAVE QUESTIONS?

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