Hashabah Yisrael's Dietary Rules for Chag Matsot

"To Eat or Not to Eat: Pesach/Chag Matsot Dietary Restrictions," available [on our website](#), presents research on what foods the Torah permits and forbids to be consumed during this holy season. Without derogating from those research findings, this document outlines the Hashabah Yisrael community rules for what may be consumed on the property on Pesach and during the week of Chag HaMatsot.

These foods may be consumed on Hashabah Yisrael property during the holy season:
- All fresh fruits and vegetables, including root vegetables
- All clean meats and fish
- Unleavened bread/matsot (homemade or purchased)
- 100% juices without additives, milk, infant formula (if required)
- Eggs, butter

It is also Hashabah Yisrael custom that food be prepared fresh daily, and any leftovers should be discarded after 24 hours.

These foods may **NOT** be consumed on Hashabah Yisrael property during the holy season.
- Any food products containing baking soda/sodium bicarbonate, yeast, or vinegar
- Legumes & grains, including but not limited to rice, beans
- Pre-packaged snacks, including but not limited to chips, candy
- Instant foods, including but not limited to instant mashed potatoes, instant oatmeal
- Dried foods, including but not limited to raisins, craisins
- Ultra-processed dairy products, including but not limited to cheese, yogurt
- Soda, drink blends that are not 100% fruit/veggie juices without additives

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It is not our position that these rules supersede Torah law, and we encourage every Hashabah Yisrael community member to review the research for a thorough understanding of what the law is. Our intention behind these rules is to maintain the beloved traditions we inherited from the respected leaders who came before us. We believe that tradition plays an integral role in shaping and strengthening our Israelite identity, and intend to continue to uphold these traditions in our community.