

Passover inpatient unit tip sheet

Chag sameach to all those who observe Passover



What is Passover?

Passover, also known as Pesach, is an important Jewish holiday commemorating the liberation of the Israelites from slavery in ancient Egypt. It is celebrated with traditional rituals, prayers, and special dietary requirements. During Passover, observant Jewish patients and their families may have specific food-related needs in accordance with their religious beliefs. Here is some important information to assist hospital staff in accommodating these needs:

How can we support our clients and families?

Passover 2024 begins at **mid-day on Monday, April 22, and ends at the end of day on Tuesday, April 30**. Families may be observing various traditions and dietary restrictions during this time. Please review this tip sheet as a guide to accommodate families.

1. Dietary Observance:

- During Passover, Jewish individuals who observe the traditional dietary laws may avoid leavened products such as wheat, barley, rye, spelt, and oats, and some may also avoid other grain and bean-related products including rice, corn, lentils, beans, peas, soybeans, peanuts, and mustard. There are varying customs and observances, and not all families will have the same requests.
- Families may request meals that comply with Passover dietary laws, which may include matzah (an unleavened flatbread) and unleavened food alternatives. More observant individuals will require special markings on food items indicating that the product is kosher for Passover. It is best to ask families which markings are adequate, as customs and observances may differ.

2. Proper Food storage support:

- During Passover, the specific foods needed to observe the holiday might require the creation of a designated space for storage during the observant period. This designated space, such as a fridge, countertop, or cabinet, would need to be cleaned thoroughly and lined with plastic or paper, and be separate from foods that are not kosher for Passover.

By being mindful of these considerations and making appropriate accommodations, hospital staff can ensure that Jewish patients and their families feel supported and respected during the observance of Passover.

This resource was co-created by the Tree of Hope Jewish Employee Resource Group and the Inclusion, Diversity, Equity, Accessibility and Anti-Racism office (IDEAA). If you would like to add to this tipsheet, please contact ideaa@hollandbloorview.ca

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