

UVM Dining: Accommodating Religious Dietary Needs

PASSOVER: 2021 Dates: Sundown on March 27 and ends on April 4 at sundown.

BACKGROUND:

Passover, is a Jewish Holiday that commemorates the story of Exodus, in which the ancient Israelites were freed from slavery in Egypt. When Pharaoh freed the Israelites, it is said they left in such a hurry; they didn't wait for the bread to rise (leaven). In commemoration, during Passover, no leavened bread is eaten. Passover is also called "The Festival of Unleavened Bread". Matzo (flat unleavened bread) is a symbol of the holiday.

Prohibited foods for Passover:

- Leavened cakes, biscuits, crackers, desserts.
- Foods made with wheat, rye, barley, oats, spelt (that have been in contact with water for more than 18 minutes, and are therefore semi-leavened).
- Foods that contain grain alcohol or vinegar (unless certified Kosher)
- Some individuals also avoid eating peas, corn, rice beans, soy, peanuts or certain seeds.

DINING ACCOMMODATIONS:

- Matzo and Passover friendly desserts will be available at mealtimes through the week in the dining halls and some retail locations.
- Matzo ball soup will be available at lunch and dinner through the week in the dining halls and some retail locations.
- **Please note:** The Kosher Kitchen hot foods station at Redstone Dining will be closed on the following dates: March 28th and 29th and April 4th. Pre-packaged Vermont Kosher meals will be available at the Davis Center Marketplace, Redstone Market, and the University Marche, every day except March 30th. Students may use their points to purchase these meals.
- If students have questions or need additional dietary accommodations they should contact the UVM Dining Registered Dietitian at Nicole.Reilly@uvm.edu.

