

Passover inpatient unit tip sheet



Chag sameach to all observing 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 clients and their families may have specific food-related needs by 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 2025 begins sundown **Saturday evening, on April 12, and ends at the end of day on Sunday, April 20.** Families may be observing various traditions and dietary restrictions during this time. Please review this tip sheet as a guide to accommodate families.

For inpatients, this may require sensitivity to their diets and/or special meals for the week. For outpatients and programs, it may require consideration of non-food based activities for the week.

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 custom 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 clients and their families feel supported and respected during the observance of Passover.

Did you know

The first two days (sundown on Saturday April 12 to sundown Monday April 14) and two last days (Sundown Friday April 18 to sundown Sunday April 20) are considered holy, “no-work” days and may be tied to requests for time off.

For the full duration of Passover, Sundown April 12 to 20, many Jewish people follow a restricted diet of unleavened items, usually marked with a “kosher for Passover” label. Many people will go so far as to use separate pots, pans, dishes, etc. in their homes to mark the importance or ‘specialness’ of this major holiday.

This resource was co-created by the 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

Updated April 8, 2025