

Pas Yisroel - The Staple of Life

The Gemara (Avodah Zara 35B) tells us that Chazal prohibited the bread of a non-Jew. The reason for this enactment was out of concern that we engage in eating, drinking and socializing, which may lead to intermarriage and the serving of idolatry. The original enactment forbids all breads, whether from a commercial baker (*pas palter*) or an individual (*pas akum*). Later on, part of that enactment was rescinded. According to *Ashkinazim*, the bread of the commercial baker became permitted. However, during *Aseres Yemei Teshuva* the custom as mentioned in *Shulchan Aruch* (Chap. 473) is to be stringent and to only use commercially baked goods where a Jew participated in the baking process.

Below are some practical points:

- This refers only to items baked from the five grains: wheat, oats, spelt, barley and rye (not rice or corn).
- Pasta products are not considered bread items.
- Breakfast Cereals, Pancakes - In order to be considered in the bread family, besides being from the five grains mentioned above, it must have the "form" of bread". There is a difference of opinion concerning how to categorize these items.
- Cakes, wraps, pies, pretzels and crackers are considered bread family foods.
- Doughnuts - This is a cooked dough which retains its shape. Two opinions are cited in *Shulchan Aruch* (168:13) as to whether it is still considered a bread product.
- Bread Croutons, Bread Crumbs - Are considered bread
- Granola Bars - are not considered a bread item according to most opinions.

During the *עשרת ימי תשובה* one should be careful to use *pas yisroel* products.

The following products are *pas yisroel*:

Amnon's - pizza

Angel - pita bread - when bearing CRC Hisachdus

Angel's Bakery - all baked goods under Badatz

Bakol - when bearing CRC Hisachdus

Beigel's - all baked goods under Badatz

Bloom's - all baked goods under the supervision of Rabbi Teitelbaum, Volover Rav

Carmit - wafers, certified by Badatz

Chopsies Pizza - when bearing Star-K

Country Cookies & Cakes - certified by Badatz

Dagim - all products certified by CRC Hisachdus

Dr. Praeger's - Fishies lightly breaded, fish sticks, fish cakes, pizza bagels

Elite - wafers, certified by Badatz

Gefen - all baked goods under the supervision of Rabbi Teitelbaum, Volover Rav

Glicks - all products certified by CRC Hisachdus

Golden Fluff - cookies, animal crackers

Golden King Pita - when bearing CRC Hisachdus

Haddar - all baked goods under the supervision of Badatz or CRC Hisachdus.

Jason - bread crumbs when stating on package *pas yisroel*

Jeff Nathan - panko crumbs when stating on package *pas yisroel*

Kedem - tea biscuits, crackers, cookies

Kemach - snackers, when *Pas Yisroel* is written on the label

Kosherific - crunchy fishsticks

Lieber's - all baked goods under the supervision of Rabbi Weismandel, Nitra Rav

Macabee - pizza, pizza bagels, breaded eggplant, breaded mushroom, mozzarella sticks

Man - wafers

Manamin - wafers

Manischewitz - matzoh and tam tam products
Manumit - wafers, certified by Badatz
Meal Mart - chicken nuggets
Mishpacha - all baked goods under the supervision of Rabbi Teitelbaum, Nirbater Rav
Mendelsohn's Pizza - certified by Rabbi Gruber
Mon Cuisine - certified by Rabbi Teitelbaum, Volover Rav
Oneg - snacks, when bearing CRC Hisachdus
Osem - all Israeli products certified by the OU & Badatz
Ostreicher - all baked products under the supervision of the New Square Beis Din
Paskesz - all baked goods under the supervision of Rabbi Gruber or Rabbi Westheim z"l
Pizza on the 9 - when bearing KCL
Reisman's Cakes - when bearing CRC Hisachdus
Shindler's Fish Products - when bearing Star-K & Volover Rav
Shibolim - all baked goods under Badatz
Shneider's - all products certified by CRC Hisachdus or Rabbi Schneebalg
Shwartz - all products certified by CRC Hisachdus
Smackin' Good - potato knishes
Stern's - when bearing CRC
Ta'amti – all products under the supervision of Rabbi Weismandel, Nitra Rav
Tofutti Cuties - when bearing Chof-K
Trader Joe's - chocolate babka, half moon cookies
Unger's – all products under supervision of the New Square Beis Din
Vegi Chef – all products, when bearing CRC Hisachdus
Yossi's Pita - wraps
Please note: Breaded products i.e. fish, chicken nuggets, are usually made with real breading.