

# SPRING CLEANING

Its time for us to start cleaning our houses and remove any food products that have leaven in them. Because there is leaven in just about all the foods that we eat, we need to check each item for leaven.

- ⇒ Read the labels very carefully!
- ⇒ Discard items before the Feast (by Passover) .
- ⇒ Remember the foods you should not eat on the Holy Days you may not give it away, to Many restaurants have leavening in unsuspected products, for instance in meat! Most of this information is readily available online.

## **(DON'T EAT OUT!)**

your neighbor, friends, family members etc....

It must be thrown away. Do not put items outside and bring back into the house after Unleavened Bread. Clean all areas of your home, cars, and if possible your workplace.

**Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.**

**1 Corinthians 5:8**

The following lists are items which contains **baking powder** and/or **baking soda** (sodium bicarbonate) and /or **Yeast/ Baker's Yeast**.

## **Avoid all of these items during the Seven Day's of Unleavened Bread!**

Crackers	Self Rising flour/ Corn Meal
Bread	Graham Crackers
Bagels	Bread Crumbs
Muffins	Deep Fried Chicken
Buns/Rolls	Anything Battered, i.e....
Garlic Bread	Onion rings, breaded fish, etc.
Baguettes	Crou-tons
Cheese Straw	Flour tortillas
(some) Beef/Turkey sausage Rolls	Burrito soft tacos
Corn dogs	Kit Kat
Sour Dough	Wafer Biscuits
Biscuit Pretzel	(some) Candy
(some) Cereals	(some) Candy Bars
Cheese Puffs	Chinese orange chicken
Cakes	KFC breaded chicken
Pastry	(Some) Cereal, Granola Bars
(some) Pies	(Some) Dog and Cat Foods
Cookies	Fire Extinguishers
Ice Cream Cones /Wafers	Toothpaste w/baking soda
(some) Ice Creams	(Some) Hygiene Products
Pancakes	Preparation H
Waffles	
Puff pastry	
Nestle's Brand Water Deodorant (Arm and Hammer)	

*If there are any items and/or other details you may think of please, be sure to share with the Congregation!*



**Leavened Bread**

## **Commonly used leavening agents include:**

Yeast, baker's yeast, active dried yeast, baking soda, baking powder, cream of tartar (potassium bitartrate), sourdough, ammonium carbonate, ammonium bicarbonate, Potassium carbonate, Potassium Bicarbonate and Dipotassium Carbonate, Sodi-

We cannot overemphasize how important it is to read the labels for the ingredients of each product.

**When in doubt, throw it out!**

**Puffed Cereals-** Some food product are “puffed up” by mechanical means but cannot be used as a contact spreading agent. They are just puffed up by air and are not chemically leavened. They include: popcorn, beaten eggs, air puffed cereals.

**Brewer’s yeast -** (*saccharomyces cerevisiae*), is an inactive yeast, meaning the yeast has been killed and have no leavening power. It is the yeast remaining after beer making. Its is used as a nutrient supplement to increase the intake of B vitamins. Brewer’s yeast come powdered ( the most potent form, in flakes (best for health shakes), and in tablets.

**Yeast Extract, Autolyzed Yeast-** When yeast cells die, they automatically break up, a process called autolysis in which the yeasts digestive enzymes breaks their proteins down into simpler compounds. What remains is a collection of proteins, fats, vitamins, minerals, and monosodium glutamate (MSG), a flavor enhancer.

**Soda Pop;** Although it says “soda,” soda pop is not leavened as if with bicarbonate of “soda.” It is made with water that has been infused with carbon dioxide a non-leavening process.

3901-A Covington Hwy  
Decatur, GA 30032  
404-286-5869  
www.thencci.org

### **Leav’ en**

Anything which makes a general assimilation (especially a corrupting) change in the mass.

*Beware of the Leaven of the Pharisees, which is hypocrisy.*

-Luke 12:1.

To make light by the action of leaven; to cause to ferment.  
[imp. & p. p. Leavended; p. pr & vb. n. Leavening.] A little leaven leaventh the whole lump.

### **Leav’ en’ing**

The act of making light, or causing to ferment, by means of leaven. That which leavens or makes light.

Any place you may have used baking soda to wash, cook, and carpet fresheners...

#### **Check list**

- Food Pantries
- Spice & herb cabinet
- Stove
- Refrigerators
- Toaster ovens
- Vacuum cleaners
- Washing machines
- Car
- Clothing
- Carpet

## **FEAST OF YHWH**



**UNLEAVENED  
BREAD**

Leviticus 23:6-8  
Numbers 28:17-25  
Deuteronomy 16:3-8

“ Seven days shall there be no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off from the congregation of Israel. Whether he be a stranger, or born in the land. You shall eat nothing leavened; in all you habitations shall ye eat unleavened bread,” **Ex 12:19-20.**

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