

Chol Hamoed

Intermediate Days of the Festival

Chol Hamoed, which means the weekday of the Holiday, refers to the intermediate days of the Festivals of Pesach and Sukkot. These days are the days between the first two days and the last two days of the Yom Tov outside of Eretz Yisrael. The word “Chol” means weekday, and ‘Moed’ means Holiday. We therefore have to find a balance between Holiday and weekday and our Rabbis have defined this balance. On the first and last two days of Pesach and Sukkot, we are prohibited from doing any creative work (melacha). However, on Chol Hamoed (excepting on Shabbat Chol Hamoed), we are allowed to carry out many of these activities, such as using electricity and driving a car. Nevertheless, as Chol Hamoed still has sanctity and is part of the Yom Tov, we are limited regarding doing laundry, writing and certain other activities. Chol Hamoed is a great time for family fun activities. Activities which are allowed on Chol Hamoed (when it is not Shabbos) include:

- All preparation and cooking of food.
- Anything required for medical purposes.
- Non-strenuous work, which if not performed at the time, would cause a loss.
- One should only engage in business if this will enable the individual to purchase items for the Holiday or if by not working, the person will lose out financially.
- One should only go shopping for items required for the Holiday, unless the item is currently on sale and will be more expensive after the Holiday or will not be available.
- Writing should be avoided when possible and if one is required to write, one should write in a different manner than usual.
- Washing laundry is permitted for small children.
- Engagements are permitted during Chol Hamoed.
- Weddings do not take place during Chol Hamoed.
- Cutting hair and shaving is prohibited.
- Fasting is prohibited.
- Mourning practices differ during Chol Hamoed and one should consult a Rabbi with any questions.

Going Shopping After Pesach

Chametz that was owned by a Jew during the Pesach Holiday may not be consumed even after Pesach is over. Consequently, when shopping for Chametz products after Pesach, one must ensure to avoid products that may have been owned by a Jew during Pesach.

Jewish owned stores, food manufacturers and distributors are all required to sell all Chametz before Pesach in a Halachically valid manner and consumers must ensure that they stay clear of Chametz products that were in such Jewish possession during Pesach if not sold.

In Canada, after Pesach, one may purchase Chametz from the following supermarket chains, **Loblaws, Metro, IGA, Maxi, Provigo, Sobeys, Costco.**

Should there be any other specific store for which you require information, please consult your Rabbi for guidance.