



## Substitution Ideas for your Seder Plate

### **Shank Bone**

The word Zeroa means arm in Hebrew. Why not use a roasted carrot to symbolise the sacrifice, but also because it has a similar shape to an arm.

### **Egg**

We have an egg on our seder plate to represent new life. You can use any seeds that have the potential to grow. Save some from a vegetable you cut, or use sunflower seeds.

### **Bitter Herbs**

These represent the bitterness of slavery. If you eat mustard at Pesach, then why not use mustard to remind you of that bitter taste? A vinegar will also work well.

### **Parsley**

A spring vegetable will do in the place of parsley. If you can't find a spring vegetable use a flower from the garden or a picture of spring.

### **Charoset**

This is meant to represent the cement the Israelites when building pyramids. Why not use a glue stick, or some Sellotape in its place.