

Greener Seder Plate

The Seder plate is the centerpiece of the ritual meal. The plate holds five to six items which each symbolize a part of the Passover story. There's karpas (a green vegetable, often parsley), charoset (thick sticky food), maror (bitter herb, often horseradish), hazeret (another bitter herb, often romaine lettuce), zeroa (a roasted shank bone), and beitzah (egg). Read on the next page about what each item represents. While there are specific rules about what goes on the plate and where, there are no specifications about how the plate should look. Try making a more sustainable Seder plate this year using recycled and found materials.



What you will need:

- Cardboard or newspaper cut into the shape of a plate. You can use a dinner plate to help you trace the circle. If you have a paper plate made out of sustainable materials that will also work.
- 6 empty water bottles
- 6 pieces of paper cut into circles
- Glue or tape
- Scissors
- Tissue paper, newspaper, felt, model magic, or other craft items.

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What to do:

- Have a grownup carefully cut off the bottom of 6 empty water bottles. This should give you 6 shallow bowls.
- Cut out 6 circles from your paper. The circles should be slightly smaller than the water bottle bottoms in order to fit inside them.
- On each of the circles, write the item that will go in each container. For help writing the words and placing the items in the correct order on the plate, use the picture above.
- Use items you have in your home like newspaper, tissue paper, or model magic to create shapes that resemble the six items on the Seder plate. Once you have your six items, place them inside the water bottle bottoms on your plate. Glue or tape them in place.

Bonus Challenge: Many people now add other items to their Seder plate such as an orange to represent women and LGBTQ Jews or olives to represent peace in the Middle East. Think about an object that represents freedom to you and how you can represent it on your Seder plate.