

## Summary of Food Impurity

Ref: *Sefer Taharah, Hilchot Tumat Ochalin, Chapter 16*

According to Scripture impurity in relation to foods only applies to partaking of

- Sacrifices
- *Trumah*
- *Maaser sheni*

There is no restriction regarding partaking of ordinary foods.

The reason different levels of impurity have been subscribed to ordinary foods and drink is to establish their effect on Sacrifices, *trumah*, etc.

All Israelites are warned to be pure at least on every Pilgrimage Festival regarding entry to the Temple and consecrated food. This does not apply to the rest of the year.

However, even though it is permitted to eat and drink impure foods, pious people (*perushim*) would take upon themselves extra measures and separate themselves from the people at large. This is a method of making oneself Holy.