



## PASSOVER FOOD GUIDE

### 1. What is *chametz*?

Food made with one of these 5 grains:

**BROWS:** Barley Rye Oats Wheat Spelt

- *Issur achilah* (forbidden to eat)
- *Issur hana'ah* (forbidden to have enjoyment from food that is *chametz*)

### 2. What kinds of foods are inherently Kosher L' Pesach (KLP)?

Here is a partial list: fresh fruits & vegetables, eggs, meat/poultry/fish, whole spices, sugar/salt without additives.

### 3. What major organizations offer Pesach Guides?

[OU Pesach Guide](#)

[Star-K Pesach Guide](#)

[CRC Pesach Guide](#)

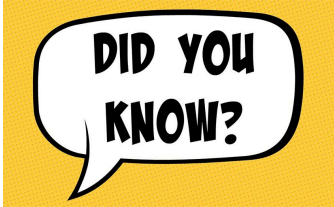
[HIR Pesach FAQ's](#)

### 4. Please consult the guides and the Bayit's FAQ to see the following:

- Which foods need special KLP supervision
- Which foods do not need KLP to be used for Pesach
- Which food items may be purchased before Pesach without KLP?

### 5. What are *kitniyot*?

Among Orthodox Ashkenazi and some Sephardic Jews, the custom (*minhag*) during Passover is to refrain from not only products of the five grains but also other grains and legumes. Traditions of what is considered *kitniyot* vary from community to community but generally include maize (American corn), as well as rice, peas, lentils, and beans. Many also include other legumes, such as peanuts and soy, in this prohibition. We are strict on *kitniyot* derivatives such as oils and food stabilizers.



- *Kitniyot* are **not** chametz
- We do **not** sell *kitniyot*
- *Kitniyot* are forbidden only to be eaten

6. What is the status of these seeds?

Non-kitniyot:

These may be bought **whole** without KLP supervision; ground seeds need KLP.

- Cumin seeds
- Chia seeds
- Flax seeds
- Pumpkin seeds

7. The following are considered Kitniyot:

<ul style="list-style-type: none"> <li>• Beans</li> <li>• Buckwheat</li> <li>• Caraway</li> <li>• Cardamom</li> <li>• Corn</li> <li>• Edamame</li> <li>• Fennel Seeds</li> <li>• Fenugreek</li> </ul>	<ul style="list-style-type: none"> <li>• Green Beans</li> <li>• Hemp Seeds</li> <li>• Lentils</li> <li>• Millet</li> <li>• Mustard</li> <li>• Peas</li> <li>• Poppy Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Rapeseed</li> <li>• Rice</li> <li>• Sesame Seeds</li> <li>• Sorghum Seeds</li> <li>• Soybeans</li> <li>• Sunflower Seeds</li> <li>• Teff</li> </ul>
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8. The following are not considered Kitniyot:

<ul style="list-style-type: none"> <li>• Anise</li> <li>• Carob</li> <li>• Chia Seeds</li> <li>• Coriander</li> </ul>	<ul style="list-style-type: none"> <li>• Cottonseed</li> <li>• Cumin</li> <li>• Guar Gum</li> </ul>	<ul style="list-style-type: none"> <li>• Locust Bean Gum</li> <li>• Safflower</li> <li>• Saffron</li> </ul>
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9. The following may be Kitniyot and are therefore not used:

- Amaranth • Peanuts

## 10. Non-food Items

We do not require non-food items to be specifically KLP as they are not edible and they do not fall into the category of what is forbidden on Pesach.

### NON-FOOD ITEMS

**THE CONSENSUS OF THE OU'S POSKIM (RABBINIC AUTHORITIES) IS THAT THE FOLLOWING MAY BE USED ON PASSOVER WITHOUT CERTIFICATION:**

ALUMINUM FOIL	CHEESE CLOTHS	DISHWASHING DETERGENTS	LAUNDRY DETERGENTS	SHAVING CREAM AND GEL
ALUMINUM FOIL BAKING PANS	CONDITIONERS	DRAIN OPENERS	LOTIONS	SHAVING LOTION
BABY OINTMENTS	COPPER AND METAL CLEANERS	FABRIC PROTECTORS	NAPKINS (PAPER)	SILVER POLISH
BAGS (PAPER OR PLASTIC)	CORK	FURNITURE POLISH	OVEN CLEANERS	SKIN CREAM
BODY WASH	COSMETICS (EXCEPT POSSIBLY LIPSTICKS, SEE BELOW)	GLASS CLEANERS	PAPER TOWELS	SOAPS
BOWL AND TUB CLEANERS	CUPCAKE HOLDERS	HAIR GELS, SPRAYS AND MOUSSE	PERFUMES	SUNTAN LOTION
CANDLES	CUPS (PAPER, PLASTIC OR STYROFOAM)	HAIR REMOVERS AND TREATMENTS	PLASTIC CONTAINERS	TALCUM POWDER (100% TALC)
CARDBOARD	DEODORANTS	INSECTICIDES	PLATES (PAPER, PLASTIC OR STYROFOAM)	TOILET BOWL CLEANER
CARPET CLEANERS	DEODORANTS	ISOPROPYL ALCOHOL	SCOURING PADS AND POWDERS	WATER FILTERS
CHARCOAL	DETERGENTS	JEWELRY POLISH	SHAMPOOS	

**ORAL HYGIENE (TOOTHPASTE, MOUTHWASH) & FLAVORED LIP TREATMENT (LIPSTICK, LIP BALM) PRODUCTS:** Rabbinical authorities disagree as to whether kosher certification of these items is required (both for Passover and year-round). Consult your Rabbi. Please see product pages in the Passover Guide for OU certified toothpaste. Please see feature article "Inedibles on Pesach" on page 33.

## 11. Toiletries

- For all products: unopened is great. If opened, inspect visually for possible chametz.
- New toothbrushes are a **must**
- **Floss/Picks:** All **unflavored** do not need KLP; can be waxed or unwaxed.
- **Toothpaste/Mouthwash:** There is a Halachic debate about whether these are considered edible and need KLP certification. All things being equal, it is preferable to use a toothpaste with KLP certification.



- **Toothpastes that are certified KLP:**  
Aim, Close Up, Colgate, Pepsodent  
Sensodyne: Sensitivity & Gum Clean & Fresh Toothpaste
- **Mouthwashes that are KLP:**  
All Scope, Crest Invigorating Rinse, Crest Whitening Fresh Mint Rinse  
Listerine products:
  - Freshburst
  - Sensitivity Alcohol Free
  - Total Care Zero
  - Ultraclean Antiseptic
  - Cool Mint Antiseptic
  - Cool Mint Zero Alcohol
  - Fluoride Defense Anti Cavity
  - Freshburst
- If you have specific needs that are not covered by these brands, please reach out to someone on the clergy team.

## 12. Medicines

- Pills that are swallowed and not *derech achilah* (the normal way of eating) and are not *ra'ui le'akhilat kelev* (fit for dog's consumption) **may** be swallowed on Pesach.
- Gelcaps are an exception as they may have *chametz* in the makeup. Sometimes you can find out the ingredients. All things being equal, if it's possible to find a replacement, that is preferable as we tend to be strict about *chametz*. If not, take what you need.
- We are more lenient about medicines containing *kitniyot* than we are about food containing *kitniyot*.
- A quick pick-me-up medicine list from Star-K can be found [here](#) on p. 41



### 13. Vitamins

- If non-chewable, there is no problem taking them on Pesach.
- If chewable, check with your doctor. If it is important for you to take it, treat it like medicine. It also may be possible to check on the ingredients for *chametz*. For *kitniyot* we can be lenient.

### 14. Pet Food

- Pet food with only *kitniyot* is not a problem as we are allowed to have *hana'ah* (enjoyment), but not allowed to eat it. Our pets are!
- If your pet requires (or will only eat) a *chametz* diet, please check with someone on the rabbinic team as you then must sell your pet as well as the pet food. We will stipulate that the non-Jew are allowing you to use **their** pet food to feed **their** pet over Pesach. Otherwise you will be owning *chametz* in the pet food OR will be getting enjoyment out of your pet eating *chametz* food.
- See [Star-K 2024 Pesach Guide](#)

### 15. Cosmetics

As with other non-food products, there is no problem owning and using whatever cosmetics you have as they are not edible. It is good though, to visually inspect lipsticks that have been used for any food particles.

However, if you are unsure because of the listing of chametz ingredients, use this site [www.ASKcRc.org](http://www.ASKcRc.org) to check and use [www.crc kosher.org/lipstick](http://www.crc kosher.org/lipstick) to check your lipstick.