

Chicago Rabbinical Council

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Items That Do Not Require Hashgachah For Year-Round Use

NOT INTENDED FOR PESACH

Recommendations are for products purchased in the United States

Additional items and information available at www.ASKcRc.org

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Due to Covid-19, more consumers have turned to online shopping for their groceries, which makes it more difficult to determine whether a given item is kosher-certified. To facilitate shopping in this new reality, the cRc has compiled a short list of items that do not require certification. These items are inherently kosher, and nothing is done to them during the manufacturing process that affects their kosher status. This list can be used for both online and offline shopping, and even when we return to in-person grocery shopping.

Agave syrup..... pure, no additives	Cardamom
Allspice	Carrotsfresh (or frozen) without additives
Almond flour	Cashews.....raw, without flavor or additives
Almond meal	Cassava Flour
Almonds raw, without flavor or additives	Cayenne pepper
Anise, dried	Chervil, dried
Apple Juice Concentratepure, no additives	Chia Seeds
Apple Sauce if unflavored and unsweetened	Chickpea Flour
Apricots, dried	Chili Peppers.....fresh, dried, or powdered
Baking Powder	Chives, dried
Baking Soda	Cilantro, dried
Barley	Cinnamon
Barley Flour	Cinnamon Sticks
Basil, dried	Cloves
Bay Leaves	Cocoapure, no additives
Bean Flour	Coconut flour
Beans, dried	Coconut sugar
Bell peppers, frozenpure, no additives	Coffee, instant ...unflavored
Black Pepper	Coriander
Brown sugar	Corn bran
Buckwheat	Corn Flour
Buckwheat, roasted	Corn Meal
Canned fruit if free from flavor, grape juice, and sensitive ingredients, and not from China or Israel	Corn Starch
Caraway	Corn syrup
	Cornhusks, dried



Cornstarch
 Cream of Tartarpure, no additives
 Cumin
 Daikon radish seed
 Dill, dried
 Dishwashing Soapincludes pods
 Eggs (white or brown).....raw, whole, in shell
 Farina, unflavored (including instant)
 Farro
 Fennel seeds
 Fenugreek seeds
 Filberts raw, without flavor or additives
 Flax meal
 Flax seed
 Flour
 Garbanzo flour
 Garlic, dried
 Garlic, granulated
 Ginger
 Ginger, dried
 Hazelnuts raw, without flavor or additives
 Hominy..... pure, no additives
 Kamut Flour
 Lemon Grass
 Lemon peel, dried
 Lentils, dried
 Maca root powder, raw
 Macadamia Nutsraw, without flavor
 or additives
 Mace
 Mango, dried..... pure, no additives
 Marjoram, dried
 Milk (unflavored)preferable to
 purchase with certification
 Mint, dried
 Mustard Powder
 Mustard Seed
 Nutmeg
 Oat bran
 Oat Flour
 Oatmeal unflavored, including instant
 Oats, steel cut
 Olive oil, extra virgin only
 Onion, dried
 Onion, granulated
 Onions, frozen
 Orange Juice..... pure, no additives
 Oregano, dried
 Palm sugar

Paprika
 Parchment paper, silicone
 Parsley, dried
 Pastaraw, unflavored, without
 additives
 Peanuts.....raw, without flavor or additives
 Pectin (without gelatin)..... pure, no additives
 Pepper, black or white
 Peppercorns (any color)
 Pineapple, dried pure, no additives
 Pink Himalayan Salt pure, no additives
 Popcorn kernels..... pure, no additives
 Poppy Seeds pure, no additives
 Prunes..... pure, no additives
 Pumpkin Seeds, raw pure, no additives
 Raisins.....if from USA
 Red peppercrushed, flakes
 Rhubarb, frozen..... pure, no additives
 Rice (all types) raw or parboiled
 (but not instant), without sensitive additives
 Rice Flour (white or brown)
 Rock candy, unflavored
 Rosemary, dried
 Rye Flour
 Saffron
 Sage, dried
 Sago Flour
 Salmon, frozen
 Salt
 Seltzer, unflavored
 Sodium Alginate
 Sorghum Flour
 Soy Flour
 Spelt Flour
 Sugar.....includes white and brown
 Sumac (Pure)
 Sushi rice, raw
 Tamarind pulp
 Tamarind, dried
 Tarragon
 Tea bags (green, black, orange pekoe), unflavored
 includes decaffeinated
 Thyme, dried
 Turmeric
 Vanilla Beans
 Water, unflavored includes with
 minerals and fluoride
 Wheat bran
 White Pepper

