

EITZ CHAYIM HALACHAGRAM & SHOPPING GUIDE -- PESACH 5784/2024

Version Date: April 17

The following was prepared to help ease the challenge of preparing for Pesach. I am grateful to Rabbi Schwalb for sharing his materials.

Note that there are very helpful guides online at:

- CRC <https://consumer.crckosher.org/pesach/>
- OU <https://oukosher.org/passover/>
- Star-K <https://www.star-k.org/passover>

Please contact me with any questions by phone (516-456-1721) or email (rabbi@ecdp.info), or via our Whatsapp Group at <https://chat.whatsapp.com/IJvN5Cot2tZHV0KOcGxgYP>. *Chag kasher v'sameach.*

Fast of the Firstborn

The fast takes place on Erev Pesach (April 22). It begins at **4:35 am**. We will be making a *siyum* after the 6:35 AM and 8:20 AM minyanim, which will allow firstborn (and fathers of firstborn under the age of 13) to be relieved of their obligation to fast. If you wish to make your own siyum, you may learn Masechet Tamid with a recording I posted on YUTORah at <https://www.yutorah.org/lectures/949758/>.

Cleaning and Bedikat Chometz (Searching for Chometz)

The search for *chometz* is performed the night before Pesach after nightfall (*i.e.*, **Sunday, April 21st**, immediately **after *tzeit hakochavim*, 8:20pm**). Recite the berachah of "*al biur chometz*" prior to the search, and without interruption search for *chometz* using a candle with one wick, ideally along with a flashlight. Search throughout the house, except in places where you are storing *chometz* to be sold. After the search is over, put all *chometz* that you plan to eat or destroy the next morning in a safe place. Then say the evening *kol chamira* paragraph declaring all unknown *chometz* to be ownerless. It is ideal to say this in the original Aramaic and then to repeat it in English to ensure comprehension.

Places to search – Places where *chometz* is never brought during the year need not be searched. Of course, if you have little children or teenagers, *chometz* could be anywhere. One need not clean behind the fridge and oven, unless that area is used during the year. Dispose of vacuum/garbage bags before Pesach, and clean your cars and offices at work. The custom is not to use *bentchers* from the year on Pesach.

If you are going away for all of Pesach, here are options with respect to the *chometz* in your house:

1. Clean your entire house, and do the *bedikah* the night before you leave without reciting the berachah (unless you are still home the night before Pesach, in which case a berachah is recited); or
2. Sell your *chometz* and rent your entire house to a non-Jew, in which case you need not clean your home for Pesach. It is still recommended that one room **not** be rented so that a search can be made in that room the night before you leave, without a berachah.
3. Note 1: If a family is going away for Pesach in stages, with the husband leaving first and then the wife travelling on a different day, then the husband should ideally do *bedikah* on one room (no berachah) on the night before leaving, and his wife should do the rest of the *bedikah* on the night before she leaves. If that second *bedikah* is on the night before Pesach, then it is with a berachah. Otherwise, it is without a berachah.
4. Note 2: If you will be away for all of Pesach, but guests will be living in your home, make sure the guests will not encounter the *chometz* you are selling. Putting it in a closet or cabinet marked "Sold for Pesach" is fine.

In any event, perform a *bedikah* on the night before Pesach with a berachah wherever you are, provided that you've rented the room where you are staying.

Mechirat Chometz (Selling Chometz)

Don't forget to sell *chometz* in your children's dormitories and in your office. Even if you believe that you do not have any *chometz* in your possession, it is recommended that you sell your *chometz* because there are many items which contain *chometz* concerning which one may not be aware. Place all *chometz* in designated cabinets and seal them. **During the entire Pesach, the designated cabinets should not be opened, and no items in the designated areas should be used.** If you are going away for Pesach, indicate where a key is available so that the non-Jew can pick up their *chometz* should they so desire on Pesach. Please let me know if you are traveling to a different time zone for Pesach. Please allow 30 minutes after Pesach so that *chometz* can be repurchased.

Some have the custom of not selling *chometz gamur*, "actual" *chometz*. For a list of what qualifies as *chometz gamur* see <https://www.star-k.org/articles/wp-content/uploads/selling-chometz-gamur-chart.pdf>.

Biur and Bittul Chometz – Burning and Renouncing Ownership of Chometz

Before Pesach, we both renounce ownership of, and burn, the *chometz* that may be in our possession.

Biur – We keep an olive size of *chometz* to burn by the end of the fifth hour on the morning of *erev* Pesach. This year, all *chometz* should be burnt on Monday morning, April 22, by 11:31 AM.

Bittul – We recite the morning *kol chamira* paragraph after we burn our last piece of *chometz* that we are not selling. We recite it in Aramaic and English, to ensure comprehension. The morning *bittul* renounces ownership of all *chometz*, both known and unknown.

The last time to eat *chometz* in West Hempstead is 10:07 AM on Monday, April 22nd.

One who finds *chometz* in their home on Pesach should place it in the cabinet where your sold *chometz* is located. If it is found on *Yom Tov* or *Shabbat*, cover it until *Shabbat* or *Yom Tov* end, and then place it in the cabinet.

Kashering for Pesach

These laws have been compiled based on the opinions of *poskim* for the various *kashrut* organizations and attempt to incorporate the recommendations of Rabbi Kelemer zt"l and Rabbi Schwalb ybl"z.

Note that there are very helpful guides online at:

- CRC <https://consumer.crckosher.org/wp-content/uploads/2024/03/Kashering-the-Kitchen-2024.pdf>
- OU <https://oukosher.org/passover/how-to-kasher-your-kitchen-for-passover/>
- Star-K <https://www.star-k.org/articles/wp-content/uploads/preparing-pesach-kitchen.pdf>

Although one may kasher kitchen equipment anytime until 11:30 AM on Monday April 22nd, **it is highly recommended that kashering be completed by Sunday night.**

Kasherable materials – metal, stone and wood. Generally, Ashkenazim do not *kasher* any other materials on Pesach, even though some others may be *kashered* during the year. **Glass Utensils that come into contact with heat (including Arcolac, Pyrex, Duralex & Corelle)** may not be kashered for Pesach. There is a debate about kashering **plastic** on Pesach, with the more prevalent opinion assuming that it cannot be kashered.

Unkasherable Utensils – Any utensil which was used for *chometz* and cannot be cleaned properly is not *kasherable* for Pesach. (e.g., sieve, strainer, grater, mixers, deep fryer baskets, some silverware)

Ovens

- **Self-cleaning ovens** that do not "steam clean" are automatically kashered for Pesach by putting them through the self-cleaning cycle. (Make sure to clean the door and gasket as you would in a regular oven before running the oven through the self cleaning cycle.). Rabbi Kelemer requires that the oven be put

through the self cleaning cycle twice, once with the racks and once without, and that the oven be inspected for a white or grey ash which develops when the self cleaning mechanism is working properly.

- **Continuous cleaning and regular electric and gas ovens –**
 - Before kashering, every part of these ranges and ovens must be thoroughly scraped and cleaned (use Easy Off). Because the racks and grates usually cannot be thoroughly cleaned, one can either blowtorch them, or line them on both sides with heavy duty aluminum foil (with perforations for air circulation).
 - Rabbi Kelemer required that before kashering, the oven must be free of all stains above the surface of the oven, and that one run a fingernail over the oven's surface to make sure that there are no surface stains. Some are of the opinion that if spots remain after two applications of Easy-Off, the spots can be disregarded. If your oven does not allow cleaning with a caustic cleaner, please contact me.
 - After the oven is cleaned, it should be burned at maximum temperature for at least two hours.
- **Broilers** cannot be kashered by just turning on the gas or electricity to the broil setting. Therefore, it is preferable not to use it on Pesach (but it should be cleaned).

Stoves

- **Grates**
 - According to some authorities, metal grates may be inserted into the oven for kashering after they have been cleaned. If you have a self-cleaning oven, you may place the grate in the oven without cleaning them. But some people still have a custom to cover the grates afterward.
 - Other authorities recommend forming a bubble of heavy duty aluminum foil over the range, and turning the range to the high setting for 20 minutes. Be careful not to burn the top of the range during this process.
- **Electric burners**
 - Turn the burners to high until they come to a red glow (20 minutes) to kasher them.
 - The rest of the range top should be covered with heavy duty aluminum foil to prevent contact with food.
 - The drip pans need not be kashered, but they should be thoroughly cleaned and covered with aluminum foil.
- **Glass, Corning, Halogen or Ceran electric range tops**
 - Turn on the elements until they come to a glow. The burner areas are now kosher for Pesach.
 - However, because covering the unheated area of glasstop ranges with foil risks shattering the surface, kashering the stove top presents a serious problem. Rabbi Kelemer believes that the remaining area of the glass top can be kashered by pouring boiling water on every area of the top. To avoid cracking the glass top, before pouring the boiling water, place a small amount of cold water on the glass top, and turn the burners on for five minutes (then pour boiling water onto the entire surface of the range top).
 - If pouring boiling water on the glass range is not feasible, trivets or silicone induction cookmats may be used so that pots do not come into contact with the glass top on Pesach. [Note that if a pot spills and the cookmat soaks through, that could present a kashrut problem. Call me if that happens.]
- **Blech** should be replaced
- **Cooktop mats (such as Lomi)** from the during year may not be used for Pesach.
 - One who will use a cooktop mat must still clean the cooktop beneath it for Pesach. Kashering is not necessary.
 - Note that if one does not kasher the stovetop beneath the mat, then one must be very careful to avoid any spills or overflow of liquid that could soak through the mat to the stovetop below. If the underside of the mat becomes wet, it will absorb chametz content from the stovetop below.

Microwave ovens

- Stainless steel can be kashered by thoroughly cleaning the oven, filling up a large container of water and bringing it to a boil in the oven, and repeating the process a second time with the container in a different location in the microwave. The glass tray should be covered with saran wrap or removed.
- Microwave ovens with plastic walls cannot be kashered, but may be used with a special insert for Pesach.

Refrigerator and Freezers should be thoroughly cleaned. Some authorities do not require one to line the shelves after they have been cleaned. Others maintain the custom to line them, but should be careful to provide ventilation holes.

Countertops

- **Smooth wood, pure granite and stainless steel** can be kashered by cleaning them thoroughly, observing a 24 hour period in which nothing hot is placed on the counter, and then pouring pots of boiling water (a rolling boil) on the entire surface, followed by cold water. A steam cleaner may be used **only** if it sprays boiling water; steam alone is insufficient. Rabbi Kelemer's opinion was that a kashered counter should still be covered based on binding custom.
- **Composites** are often made with a combination of crushed quartz and resin; resin is plastic. The same applies to **Tuffskin** laminate protection. The Star-K does not permit kashering these for Pesach due to the plastic, but the OU and CRC do. Use the method shown above for "smooth wood, pure granite and stainless steel."
- **Formica, plastic and ceramic** cannot be kashered and, therefore, should be covered with material that will not rip over Pesach. Some advise to use a thicker material on places where hot food is placed. Rabbi Kelemer recommends that non-kashered counters be covered with thick cardboard.

Sinks

- **Stainless steel sinks** can be kashered by cleaning them out thoroughly, not using the sink for 24 hours, and then pouring boiling hot water on the entire surface of the sink, including the drain, handles and spout. It is recommended to change the aerator. Then run cold water in the sink.
- **Pot fillers**, assuming they only run cold water, should be treated like the faucet of a sink.
- **China and porcelain sinks** cannot be kashered. They should be completely lined with water-blocking material, and dishes should be washed in a Pesach dish pan and placed in a Pesach dish rack.
- **Stainless steel garbage disposals** can be kashered like sinks, with the following additions.
 - The garbage disposal drain cover should be thoroughly cleaned, not used for 24 hours and dropped into a pot of boiling water (at a rolling boil),
 - After kashering the disposal, some cleaning solution should be poured down the drain to spoil any *chometz* in the disposal.
- **Washing cup** from the rest of the year may be used, so long as it is clean

Tables should be covered and/or lined with two coverings. Rabbi Kelemer recommends that non-kashered tables be covered with thick cardboard.

Utensils

- Clean a pot thoroughly and set it aside, so that it is not used for 24 hours. This may be a non-Pesach pot.
- Clean the utensils thoroughly, removing all rust and dirt. If there are crevices or joints, kashering may not be possible; call me with any questions. Set aside the utensils so that they are not used for 24 hours.
- After 24 hours, boil water in the designated pot, bringing it to a rolling boil. Then drop in the utensils, one at a time. If the boil becomes less energetic, wait to add utensils if it is again a rolling boil.
- Rinse the kashered utensils in cold water.

Baby Equipment

- Equipment that has been used with hot chometz (not just kitniyot, but actual chometz), or washed with chometz, or that has stored chametz for more than 24 hours, needs kashering like any other utensils.
 - Plastic items - Because we generally don't kasher plastic, these need replacing. If there are items that are plastic are necessary and hard to replace or expensive, please contact me.
 - Utensils that are hard to clean, such as items with crevices – We don't kasher these.
 - Bibs - Launder with detergent and hot water in a low-density wash. If they cannot tolerate hot water and they are necessary, launder with detergent and warm water.
- Equipment that has been used carefully, so that you know it has only been used for kitniyot and it has not been washed with chometz, needs no kashering. Use it during Pesach, but keep it away from food and equipment used by adults. Set aside a sink outside of the kitchen for use with these items.

Warming drawers and electric hot plates may be used by removing all stains, turning to the highest temperature for two hours, and covering completely with heavy-duty aluminum foil.

Instant hot devices and the hot spigot on a water cooler or urn should be kashered by thoroughly cleaning, not using for 24 hours and then running the hot water from the spigot for one minute while pouring boiling water over the spigot. [Note: Porcelain, enamel or plastic urns cannot be kashered, and an urn used to warm up *chometz* should not be kashered for Pesach.]

Stainless steel dishwashers may be kashered following these steps:

- Remove the racks;
- Run the dishwasher through one cycle, and inspect the dishwasher to make sure there are no food particles inside. This includes cleaning any trap or filter inside;
- Do not use for 24 hours;
- Run the dishwasher through another cycle.

According to many opinions, the racks must be replaced with Pesach racks.

Keurig and Nespresso coffee makers should not be kashered, as we do not kasher plastic.

Oral Retainers and Dental Appliances should be scrubbed and soaked in a cleaning solution like Efferdent, or Polident. One should not wear them while eating very hot *chometz* during the twenty-four hours before the last time to eat *chometz*.

High Chair – Clean the surfaces well. If possible, cover the parts of the tray that come in contact with food, such as with contact paper.

Tablecloths and Kitchen towels - Launder with detergent and hot water in a low-density wash.

Trash Cans which are kept in the garage or outside need not be washed. Remove visible pieces of actual *chometz* and that is sufficient.

Reminders

Sunday April 21

8:20 PM Perform *bedikat chometz*. Once this time arrives, one must desist from any work unrelated to Pesach cleaning.

Monday April 22 – Erev Pesach

- **6:35 AM & 8:20 AM** *Shacharis*, followed by *siyum* for *bechorim*
- **10:07am** Last time to eat *chometz*
- **11:31am** Last time to burn and handle *chometz* (recite second *kol chamira* paragraph)

Meals on Erev Pesach

- One may not eat baked and fried matzah products on *erev* Pesach. Boiled matzah meal and schnitzel are allowed. Gefilte fish with matzah meal filling is fine.
- We avoid eating egg matzah once *chometz* is prohibited, other than for people who are allowed to eat egg matzah due to illness or infirmity.
- One may not start a filling meal after 4:15 PM, but snacking is permitted all day.

Roast the shankbone and egg, chop horseradish and *Charoset*, prepare potatoes for *Karpas*, check lettuce for bugs, prepare red wine, and make salt water.

7:30pm Mincha/Maariv

12:53am *Chatzot* (*Afikoman* and *hallel* should be completed by this time.)

Some Basic Seder Laws

Start as early after nightfall as possible -- On the first night, all preparations should be completed before *Yom Tov* so that the *Seder* can start as soon as everyone is back from *shul*. On the second night, all *Seder* preparations must wait until after 8:27 PM.

Four cups of wine -- One must drink at least “*rov kos*” (more than half of the cup of wine) for each of the four cups. Most authorities permit grape juice, particularly where one uses grape juice for health reasons or to enable clear-headed participation in the *Seder*, but it is ideal to include some wine in the grape juice as well to give it an alcoholic “edge”. Most have the custom to use wine that is colored red; pink/rose wine satisfies this custom. If one enjoys white wine, one may add a little red wine to it, ideally before *Yom Tov*, to achieve the red color.

Karpas - The original, talmudic purpose of *Karpas* was to have two dippings (*Karpas* and *Marror*) during the *Seder*, in order to inspire our children to ask questions. *Karpas* should be a food that warrants a berachah of *borei pri ha'adamah* (which we recite while having the *Maror* in mind). It should be a food that does not qualify as *Maror*. Popular Ashkenazi customs include celery, parsley, potato and radish. Some families prefer to use banana, pineapple or watermelon, as species which are more apt to catch the interest of children, and which also teach children that the berachah on these species is *borei pri ha'adamah*.

Retelling the Exodus story -- Men and women are obligated to retell the story of the Exodus. Minimally, besides fulfilling the special mitzvot of the evening, one must recite the section beginning “*Rabban Gamliel said . . . Three things must be mentioned.*”

Maror - There are different customs concerning the vegetable to be used for *maror*. If you use romaine lettuce without kosher certification, check each leaf for bugs.

Shiurim (based on Rav Moshe Feinstein zt”l)

- **Four Cups of Wine** -- 2.9 oz. cup (drink more than half while reclining left). A minimum of a 4.5 oz cup should be used for kiddush when the *Seder* is on Friday night.
- **Matzah** –
 - For **Matzah and Afikoman** 7' x 6.25' (approx. ½ hand shmura, 1/3 machine shmura) [those who have trouble eating this much may eat half of that
 - For **Koreich** – 7' x 4' (approx. ¼ hand shmura, 1/6 machine.
 - Eat while reclining left.
- ***Marror*** –
 - Horseradish - 1.1 ounces for *maror*; .7 for *koreich*
 - Romaine lettuce - 8' x 10' with the leaf, 3' x 5' with stalk. Many assume that this is a large estimate of the *shiur* of a *k'zayit*. [This piece of paper is 8½' by 11']

Charoset – represents both mortar and blood. Some bring it to the table in its traditional thick form, and then loosen it with the addition of red wine (so that it reminds us of blood) right before dipping *Marror* into it.

The Meal – This is part of the *Seder* and part of our praise of Hashem. This should be reflected in the conversation at the meal. The custom is not to eat roasted meat at the *Seder* (i.e., meat lacking some liquid or sauce).

Afikoman should be eaten by 12:53am.

After the Seder, we do not eat to allow the taste of *Matzah* to remain in our mouths.

Product Information

Please call me with any questions, or use the ECDP Pesach Whatsapp group (<https://chat.whatsapp.com/IJvN5Cot2tZHV0KOcGxgYP>). The general rule is that only food, and non-food items that are liquid, are a real *chometz* problem, but customs vary.

Items that do not require Pesach certification

Air Freshener

Alcohol: Any isopropyl or synthetic alcohol

Aluminum Foil/ Pans

Ammonia

Baby oil, lotions, ointments

Baby Powder

Baby Wipes: Do not require Pesach certification as long as ingredients do not include alcohol.

Baking Soda

Bleach

Bottled Water: Any fresh, unflavored spring water without additives.

Chia Seeds: If raw with no additives

Dental floss: Any unflavored

Dishwashing Detergent: All are OK. However, brands that have been checked to have no *chometz* are Dawn, Dove, Ivory, Joy, and Palmolive liquids.

Garlic: Fresh

Glue: Any inedible glue is OK

Ice: Bags from plain water do not require Pesach certification.

Laundry Detergent: Does not require Pesach certification.

Olive Oil: Any **OU-certified** Extra Virgin Olive Oil may be used without special Pesach certification.

Oven cleaner

Paper Goods (including plastic, styrofoam and paper).

Paper Towels

Realemon and Realime

Scouring pads

Seltzer: Unflavored

Silver Polish

Tea: Unflavored, regular (not decaffeinated)

Wax for braces

Items that require Pesach certification

Artificial Sweeteners. Note that Splenda contains *chometz* and may not be used.

Baking Powder

Butter

Candy

Cheese Hard and soft

Chia Flour

Coconut Flour. Coconut Secrets is ok without Pesach certification

Cookies

Dates

Eggs: Liquid

Garlic: Peeled. For this year, the OU says domestic peeled garlic is fine without Pesach certification.

Half-and-half

Honey

Ketchup

Maple syrup

Margarine

Pickles

Quinoa

Red wine vinegar

Seltzer: Flavored

Spices

Wine

Yogurt

Other Items

Almond Flour: Kirkland with KORC for Passover is ok.

Baby Foods:

- **Formula –**
 - Similac Lemhadrin with Pesach certification.
 - Enfamil, Prosobee, Carnation, Isomil, and Similac may be used without special Pesach certification, **but these contain kitniyot and, therefore, must be used in separate utensils and may not be washed in a Kosher for Pesach sink.**
 - **It is preferable to buy all formulas before Pesach as they contain traces of ascorbic acid (which may be derived from *chometz*).**
- **Jars** - Require Pesach certification. Gerbers green beans and peas are *kitniyot* and may be given to babies but should be kept separate from Pesach vessels.
- **Cereals** - Even rice cereals must be considered *chometz* without Pesach certification.
- **Almond Milk –**
 - Frequently use *chometz* ingredients in their flavorings. Almond Breeze Original with an OU (non-refrigerated version) does not contain *kitniyot* or *chometz*.
 - The following OU-certified almond milk products may be used in the “original” variety for **infirm and children** who need an alternative to standard milk on Pesach: Almond Sense, Fred Meyer, Friendly Farms, King Soopers, Kroger, Laura Lynn, Market Basket, Price Chopper, Nature’s Place, Ralphs Roundy’s, Shop Rite, Tree Of Life. **They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.**
- **Rice Milk**
 - Frequently use *chometz* ingredients in their flavorings.
 - The following rice milk with an OU may be used for **infirm and children** who need an alternative to standard milk on Pesach: **Harris Teeter, Full Circle, Hy-Vee, Market Basket Enriched, Meijer, Nature’s Place, Nature’s Promise Enriched, Price Chopper Enriched, Shop Rite. They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.**
- **Soy Milk** Frequently use *chometz* ingredients in their flavorings. The following soy milk may be used for **infirm and children** who need an alternative to standard milk on Pesach with an OU: **365 Everyday**

Value (Original, Light and Unsweetened), Fit & Active, Fresh & Easy Soysense, Giant, Harvest Farms, Hy-Vee, Meijer, Nature's Place, Shop Rite, and Stop & Shop. They must be used in separate utensils and may not be washed in a Kosher for Pesach sink.

Chapstick: May be used on Chol HaMoed only if unflavored. Blistex may be used as well. Classics Strawberry, Moisturizer, Overnight, Ultra Moisture Gel, Ultra Spf 30 are OK.

Cocoa: Any 100% pure cocoa (no additives or lecithin) does not need Pesach certification, unless Special Dark or made in Europe.

Coffee

- **Instant:** Requires Pesach certification, except as referenced below. Starbucks Instant Coffees (other than some Via products) are not available for Pesach.
- **Regular:** All regular ground coffees with the OU may be used on Pesach without special Pesach certification, with the exception of Nescafe Instant Coffee. Folgers and Nescafe-Taster's Choice (House Blend & French Roast) are ok.
- **Chicory coffee** requires special Pesach certification, except for Ellis, Hena and White House.
- **Decaf:** Requires Pesach certification. Folgers does not need Pesach certification. One may not buy fresh coffee from Starbucks on Pesach.
- **Flavored:** Requires Pesach certification. Most brands are not kosher for Pesach.
- **Postum (Coffee Substitute)** - Contains *chometz*.
- **Coffee filters** do not need special supervision.
- **Singles:** Require Pesach certification. However, K-Cup coffees and teas that are not decaffeinated and not flavored are OK without Pesach certification. (Note that Keurig machines may not be used on Yom Tov or Shabbat.)

Elite Candies: Must have an OUP. Not all Elite products are certified by the OU, such as those that contain gelatin. Elite products sold in Eretz Yisrael are not OU certified.

Eggs: Do not require Pesach certification, but should be purchased before Pesach. Please contact me if there is an issue.

Fish:

- **Frozen, Unprocessed** - Does not require special Pesach certification (if no added ingredients other than salt). Individual vacuum-packed frozen salmon pieces require Pesach certification.
- **Frozen, Processed (including gefilte fish)** - Requires Pesach certification. **Kirkland** Frozen Wild Salmon is acceptable after washing it off, and the Kirkland Atlantic (Farm Raised) Salmon is acceptable with OU but buy before Pesach. Kof-K frozen fish from Chile are ok.
- **Fresh:** Does not require special Pesach certification, but should be washed in cold water before use.
- **Smoked salmon:** Requires Pesach certification
- **Tuna:** Requires Pesach certification.

Fruit:

- **Frozen:** Without additives or syrup is ok. Otherwise, needs Pesach Certification.
- **Canned:** Requires Pesach certification even if packed in its own juice.
- **Fresh:**
 - Wax on whole, unpeeled produce may contain *kitniyot*, but is *batel* and not a problem.
 - Cut-up or peeled fruit requires Pesach certification as citric acid may be used to prevent browning.
 - The same concern applies to pre-washed fruit.

- **Dried:** Requires Pesach certification (*kitniyot* oils and *chometz* flour may be used to prevent sticking). Del Monte, California, Krasdale and Dole Raisins with the OU are OK. Sunsweet with Triangle K-P are acceptable. Some brands with plain OU may be ok, but each brand needs to be checked.

Grains:

- Most are *chometz* or *kitniyot* and should be disposed of or sold even if they have not been converted into flour.
- Flax, hemp and quinoa are not in themselves *chometz*, but require Pesach certification due to concern for cross-contamination.
- Please note that quinoa pasta is not under any supervision and should not be used.

Halvah: Might appear with a Kosher for Passover seal, but **is not** Kosher for Passover for *Ashkenazim* as it contains corn syrup

Juice:

- **Frozen:** 100% pure orange or grapefruit concentrate without sweeteners, additives, enrichments (*e.g.* Calcium) or Vitamin C (Ascorbic Acid), Citric Acid or preservatives does not need Pesach certification. All other juices require supervision as enzymes are used in processing.
- **Liquid:** Requires Pesach certification.
- **Lemon/Lime:** ReaLemon and ReaLime are OK without special Pesach certification. (Liquid only - not frozen)
- **Grape:** Requires Pesach certification. Please note that Kedem grape juice sold in the 1.5 liter glass bottles may not be *mevushal*.

Kitniyot:

- Due to the strict prohibition against *chometz* on Pesach, *Ashkenazic* Jews customarily do not eat *Kitniyot* (legumes) on Pesach. *Kitniyot* includes beans, rice, green beans, peas, millet, corn, mustard, lentils, and lecithin and derivatives of those products (according to many authorities).
- Other products that may be classified as *kitniyot* include: Anise, Ascorbic Acid (may be *chometz*), Aspartame (Nutrasweet), Buckwheat, Canola Oil, Caraway, Citric Acid (may be *chometz*), Chickpeas, Corn Syrup, Dextrose, Fennel, Fenugreek, Flax seeds, Hemp, Hydrolyzed Vegetable Oil, Kasha, Kimmel, Licorice, Lucerne, Lupine, Maltodextrins (*chometz* or *kitniyot* derived), MSG, Peanuts, Polysorbates (may be *chometz*), Poppy Seeds, Saffron, Sesame Seeds, Sodium Citrate (may be *chometz*), Sodium Erythorbate (may be *chometz*), Sorbitol (may be *chometz* if outside the U.S.), Sunflower Seeds, Vetch, Vetching, and Xanthan gum (may be *chometz*).
- The Mishneh Berurah (453:13) identifies cumin and coriander seeds as having a great risk of cross-contamination with grain, and cautions against eating them unless one is certain they are safe. As a result, some kashrut agencies (such as CRC) consider them *kitniyot*; the OU and Star-K do not. One who uses these in seed form should inspect them for grain. (All ground spices should have Pesach certification.)
- Many *kitniyot* products, especially from France and other European countries, are on the market. These *kitniyot* products are often in the form of candy. Many of these products will say “*LeOchlay Kitniyot.*” One example which has been seen locally is Bamba.

Matzah:

- **Regular:** Requires Pesach certification. All Streit’s products with Pesach certification are fine.
- **Egg Matzah:** Matzot made with fruit juice or eggs, which include “Kosher for Pesach” Egg Matzot and Egg Matzah crackers, may not be eaten on Pesach by healthy *Ashkenazim*. Even the sick and elderly cannot fulfill their obligation at the *Seder* with Egg Matzah.
- “**Mediterranean**” - Manischewitz / Horowitz - Margareten will be selling “Mediterranean” Matzot (oil and spice flavored). These matzot are ok.

- **Grape Matzah** sold by Manischewitz, follows the same *halachot* as egg matzah.
- Manischewitz sells Passover Tam Tam crackers that are also made from egg flour dough and must be treated accordingly. Matzah sticks and matzah crackers by Kedem are ordinary matzah products and can be eaten by all.
- **Spelt:** If needed, spelt *shemurah* is available at kosher markets..
- **Oat:** If needed, hand oat *shemurah* can be purchased at kosher markets. Poskim question whether such Matzot can be used to fulfill the mitzvah of matzah on the first two nights of Pesach.

Meat:

- **Fresh, whole pieces of meat:** If in **original manufacturer packaging**, does not require Pesach certification. If butcher-packed, requires either Pesach certification, or discussion with the supervising agency.
- **Ground, processed or coated** requires Pesach certification
- **Frozen:** Does not require special Pesach certification

Medicines:

- **Please speak to your doctor before discontinuing any medication.**
- **Pills:** Medicines in pill, tablet or capsule form are permitted for medical need even if they contain *chometz* derivatives.
- **Chewables:** Flavored chewables are practically food. Therefore, adults should avoid flavored chewables even if they are only kitniyot, other than in a case of overriding medical need. For kids, we try to at least avoid *chometz* chewables (as opposed to kitniyot), barring overriding medical need.
 - The following chewables should be avoided: Bayer, Claritin (Children’s Chewable), Gas-X, Lactaid, Pepto Bismol.
 - As of Pesach 5784, Tums manufactured in St. Louis are acceptable for Pesach without a P on the packaging. Note that regular certification is still required, as some flavors are not kosher.
- **Liquid:** Flavored liquid medications are practically food; see the instructions regarding chewables.
 - **Flavored cold and cough syrups and elixirs must be checked.**
 - **Advil Children’s Liquid, Comtrex liquids, Maalox, Nutrilite products, Orabase B Gel, Pepto Bismol and Kaopectate** products may contain *chometz* and should not be used.
 - The following are OK: Anbesol, Delsym, DM, Gaviscon, Mylanta, Rolaids, Tempra, Tylenol products, Vicks Nyquil and Dayquil Cold/Flu.
- Specific kinds of medicine
 - According to the Star-K’s 2024 list, Dramamine Less Drowsy (Dairy), Nausea Long Lasting (Dairy), Original, For Kids (Chewable) do not contain *chometz*, but may contain kitniyot. (<https://www.star-k.org/articles/wp-content/uploads/pesach-guide-web.pdf>)
 - Laxatives should be checked as *many* are unacceptable. Unflavored Miralax and generic equivalents are OK.
 - Many Metamucils contain *kitniyot* and may be taken, but should be kept separate from Pesach utensils.
 - There is a Melatonin chewable that does not contain *chometz*, but may contain *kitniyot*, at <https://www.koshervitamins.com/Maxi-Health-Kosher-Chewable-Melatonin-1-mg-Lemon-Flavor-Special-Chometz-Free-Formula-May-contain-Kitniyos-100-Chewable-Tablets>.
- **Pediatric Supplements/Electrolytes** Many are *kitniyot* but may be taken and kept separate from Pesach utensils, such as D-Vi-Sol, Enfamil 5% Glucose Water, Fer-In-Sol Drops, Poly-Vi-Sol Drops, Tri-Vi-Sol Drops, Pediasure (various), Bright Beginnings, Comforts for Baby Cottontails, CVS, Enfamil Enfalyte, Goodness, HEB Baby, Home 360, Meijer, Mom to Mom, Baturalyte, Shoprite, Parent’s Choice, Pedialyte (all), Top Care, Walgreens, Western Family

Milk:

- **Fresh** - Many assume that milk purchased before Pesach does not require Pesach certification. However, it is better to purchase milk with Pesach certification, and certainly if one needs to purchase during Pesach.
- **Lactaid** - May be purchased before Pesach for those with lactose intolerance; the same is true for Fairlife milk. Lactaid chewables and drops may not be used on Pesach. Lactaid pills may be used if no substitute is available.
- **Powdered** - Powdered milk with an OU-D may be purchased prior to Pesach and used on Pesach.
- **Milk Substitutes**: See Baby Foods above. Almond Breeze Original, Rice Dream Classic Original, Soy Dream Original Enriched should be kept separate from Pesach products, due to *kitniyot* content. Other brands are listed under baby foods above.

Mouthwash:

- As of 2024, the Star-K recommends the following brands as acceptable for Pesach:
 - Listerine - Cool Mint (Antiseptic, Zero Alcohol), Fresh Burst, Total Care Zero, Ultra Clean
 - Scope (All)
- The Kashrut Authority of Australia and New Zealand recommends the following brands as acceptable for Pesach
 - Oral B - 3D White Luxe Diamond Strong Clean Mint Mouthwash, Clinicals Mouth Rinse, Pro Health Mouth Rinse, Pro Health Multi Protection Anti Plaque Mouthwash Refreshing Mint
 - Therabreath Icy Mint Oral Rinse

Mustard: Actual mustard is not used because its seed grows like *kitniyot*. Rokeach produces a substitute mustard with an OUP.

Nutritional supplements: The elderly or ill, who must take nutritional supplements should use supplements that do not contain *chometz* (even if they have *kitniyot*). The following products are not *chometz* (**but contain *kitniyot***) and may be taken by those who need for health purposes, but not for an additional nutritional “boost”: Abound, Arginaid, Arginaid Extra, Benecalorie, Beneprotein, Boost Glucose Control, Boost High Protein, Boost Nutritional Pudding, Boost Plus, Diabetishield, Diabetisource AC, Enfamil Human Milk Fortifier Powder, Enlive, Ensure (various products), Fibersource Hn, Glucerna (various), Isosource, Isosource Hn With Fiber, Jevity (various), Nepro (various), Novasource Renal Nutren (Product Line), Osmolite (various), Perative, Portagen, Promote With Fiber, Pulmocare, Resource Diabetic, Resource (various), Thick & Easy (various), Thick-It, Vital, Vivonex (various)

Nuts:

- Raw and free of added preservatives and other additives do not need Pesach certification
- Products coated or sprayed with BHT or BHA should not be used on Pesach.
- Midget Pecans & Pecan Pieces require a reliable Pesach certification.
- Roasted nuts require Passover certification

Oils: Cottonseed oil, grapeseed, peanut and safflower oil may be used with Pesach certification.

Pet Food: Pets may be fed *kitniyot*, but not *chometz*, and many pet foods contain *chometz*. Almost all dry pet foods list wheat or oats as their first ingredient. Also be aware that during the year, one is not permitted to feed pets foods that contain mixtures of meat (not chicken) and milk. Please check with your veterinarian before changing your pet’s diet. Some options include:

- <https://www.star-k.org/articles/wp-content/uploads/pet-food-list.pdf>
- **Bird foods** Millet, sorghum, wild bird food (check for *chometz* ingredients). Peanuts, sunflower seeds, canary seed and safflower seed may also be given. Larger birds, such as parrots, can also eat pure alfalfa pellets or certain dry dog foods. Oyster shells can be provided for minerals.

- **Cat food:** various flavors of *Friskies*, *Prescription Diet & Science Diet* are OK. Call me to check out specifics.
- **Dog food:** various flavors of *Mighty Dog*, *IAMS*, *Prescription Diet*, and *Science Diet* are OK. Call me to check out specifics.
- **Fish Food (fresh water)** - additive free freeze dried worms, Krill (frozen w/o additives)
- **Fish Food (salt water)** - frozen brine shrimp, Krill (frozen without additives), Tetra Deuca bloodworms
- **Hampsters** - pure alfalfa pellets, dried alfalfa. Fruits and vegetables may be possible.

Play Doh: Contains *chometz* and should be sold.

Purell: Although there is a debate concerning whether hand sanitizer with alcohol is ok, if you cannot find sanitizer without alcohol, all sanitizers may be used even if alcohol is listed.

Quinoa Pasta: May be manufactured on same machines as pasta and should not be used.

Raisins: Require Pesach certification because they may be sprayed with *kitniyot*. Del Monte (natural and golden), and Dole are OK even without special Pesach label. Sun Maid with Triangle K-P are OK.

Rice: May only be eaten by Sephardim. Carolina, Giant, Emperor, Mahatma, Riviana and Success are acceptable brands (**only without additives**) but they should be checked for other grains before using.

Roach Traps: Combat Roach Killing System, d-Con Rat and Mouse baits and Black Flag Roach Ender contain *chometz*. Raid ant and roach baits are *kitniyot* and do not have to be put away. All insecticide sprays are OK.

Rubber Bands: Orthodontic rubber bands may be coated with powder. If so, they should be rinsed before Pesach.

Rubbing Alcohol: Any isopropyl or synthetic (acetyl, lanolin, benzyl and methyl) are OK.

Salt: Non-iodized, without dextrose or polysorbates, does not require Pesach certification. Sea salt does not require Pesach certification.

Soda: Requires Pesach certification, e.g., *Coca-Cola*, *Sprite*, *Seagram's Ginger Ale* (with OUP); *Pepsi* (with OK-P); *Dr. Brown's* (with Pesach certification); *R.C. Cola* (with OUP).

Sugar:

- **White:** Only use sugar from an approved list or if it has Pesach certification.
- **Brown:** Domino Regular (even without OK-P) and Brownulated with OK-P, and Jack Frost are OK.
- **Confectioners:** Requires Pesach certification
- **Vanilla:** Requires Pesach certification

Tablecloths: Some have recommended that vinyl tablecloths not be used on Pesach because they are coated with powder.

Teas:

- **Unflavored, regular** - Does not require Pesach certification.
- **Decaf.:** Requires Pesach certification. Most brands are not acceptable. Swee-Touch-Nee (97% decaffeinated) is OK, but Lipton Decaffeinated **is not** OK this year.
- **Flavored:** Requires Pesach certification
- **Instant:** Nestea regular and decaffeinated without sweetener may be used without Pesach symbol.
- **Singles:** See coffee singles

Toiletries: Cosmetics and toiletries which are inedible and not put in the mouth do not need Passover Supervision. According to many authorities, this includes deodorants, shampoos and most cosmetics. With respect to perfumes, there are multiple views, but the OU poskim are lenient for all perfumes. Some recommend that perfumes with grain alcohol not be used on Pesach. Some say that flavored lipsticks and lipsticks with wheat ingredients should not be used, while others disagree.

Toothpaste:

- The Star-K 2024 list at <https://www.star-k.org/articles/wp-content/uploads/sk-approved-cosmetics.pdf> includes Aim, Colgate, Close Up and Pepsodent as acceptable. They also list certain Crest items: Cavity Protection Gel & Paste, Kid's Crest, Crest + Scope, Crest 3D White (Radiant Mint)
- There are also lenient views on which one may rely for all toothpastes in a case of need; please contact me if this may be relevant.

Vegetables:

- Of course, year-round checking for bugs applies for Pesach as well for all relevant produce.
- **Frozen:** Requires Pesach certification as the same equipment may be used during the year to make pasta products.
- **Canned:** Requires Pesach certification.
- **Fresh-uncut:** Does not require Pesach certification, but should be rinsed before use due to concern for a citric acid wash which may be produced using *chometz*.
- **Fresh-cut:**
 - **Cut** vegetables which are prone to browning might have citric acid applied to them to prevent browning, as noted above regarding cut fruit. An example is potatoes. Because citric acid may be produced using *chometz*, one should purchase before Pesach and rinse such vegetables before use.
 - The same concern applies to **pre-washed** vegetables, which often are exposed to a citric acid wash.
 - Sliced mushrooms are not a citric acid concern.
 - OU-certified peeled carrots do not require an OUP (but other peeled carrots require Pesach certification).
 - Bodek products with an OU do not require special Pesach certification if none of the vegetables are *kitniyot* (e.g., peas).
- **Salads:** Dole and Fresh Express bagged salads require Pesach certification.

Vitamins: Please check with me. As of 2024 Freeda Vitamins says their products do not have *chometz* but should be assumed to contain *kitniyot*. Maxi Health prenatal caps are OK with the *chometz-free* sticker.

Water without vitamins: All are ok, provided it does not list calcium citrate as an ingredient. Kirkland/Costco water is fine.

Xylitol granules: With OU, is Kosher for Passover