

## Shopping Tips for Pesach

### Food related items, if no KFP required, purchase a new one for Pesach [Items in bold require Kosher for Passover certification]

For further Passover information, please see the following websites:

<https://www.ou.org/guide/>

<http://www.crcweb.org/Passover2019.php>

<https://www.star-k.org/passover>

If you have any questions, please contact one of the Rabbis

**ALMOND FLOUR - requires Pesach certification.** Costco/Kirkland almond flour with a KORC-Passover is acceptable.

ALUMINUM PRODUCTS – All aluminum foil and pans

**APPLE JUICE - All apple juice (frozen & bottled) requires KFP supervision due to filtering agents**

BABY CEREAL – Powdered Rice Cereals should be considered chametz as they are probably produced on chametz Equipment

BABY FOOD – All baby food requires reliable Kosher for Passover certification. Gerber Carrots, Squash, are acceptable for Pesach. Gerber Peas and String Beans are kitniyot.

BABY FORMULA - Generally contains kitniyot. Many are chametz free and may be used for babies. Purchase before Pesach; check OU list for details; use in designated utensils and clean in a sink not used for Pesach dishes.

BAGGED SALAD AND VEGETABLES - All fresh raw and pre-washed bagged Iceberg lettuce and other non-kitniyos vegetables such as whole carrots (regular and baby), shredded and sliced carrots, shredded cabbage and broccoli slaw are acceptable for Passover if they do not contain sensitive ingredients and are purchased before Pesach. The produce must be washed and checked for insects when applicable

BAKING SODA – All

**BAKING POWDER requires KFP**

**BROWN SUGAR – Must have KFP; Winn-Dixie and Dixie Crystals are acceptable without a KFP**

CHARCOAL BRIQUETTES – All may be used including flavored

CLEANING PRODUCTS – do not need a hechsher

COCOA - 100% pure cocoa (not from Europe, domestic only). Hershey's is acceptable (NOT Hershey's Special Dark)

COFFEE - **INSTANT and INSTANT DECAF require KFP.** Nescafe Taster's Choice (regular only), Via (regular only) and Folgers

(regular and decaf) are acceptable with plain OU. **WHOLE BEAN AND FRESH GROUND BEAN:** Unflavored plain (not decaf) ground or whole bean do not need special certification for Passover. **Decaf requires KFP**

**COFFEE CREAMERS – Half & Half, Heavy Cream, and other creamers require KFP**

COKE & PEPSI – Classic Coke and Diet Coke is available in 2 liter bottles when there is a yellow cap bearing an OU-P on top, and when the lettering around the shoulder of the bottle ends with KP. Pepsi did not do a Kosher for Passover run this year, but they are importing from elsewhere

CUPCAKE HOLDERS – do not require Passover certification

DISHWASHING LIQUID – does not require KFP

**DRIED FRUIT requires KFP.** Dried Prunes and Raisins with the Triangle-K-P are acceptable. Raisins – see the OU list for a number of brands that do not require KFP

**DRY MILK requires KFP**

EGGS - Should be purchased before Passover. It is customary not to eat eggs that were laid on Passover

FISH - Fresh raw poses no specific Passover concern. Frozen raw bearing a reliable hechsher – the only Pesach-specific concern is a glaze that is sometimes applied that may be derived from kitniyot. Rinse before using. **Frozen gefilte fish requires KFP**

**FRUIT, CANNED requires KFP supervision.**

FRUIT, FROZEN - All frozen additive-free, whole or sliced fruit without syrup, citric or ascorbic acid or additives. Fruit with added sugar is okay.

**HONEY requires KFP**

ICE - Bags of ice from plain water, any brand. No KFP required

JUICES, FROZEN - Any 100% orange juice with no sweeteners, additives, or preservatives, no KFP required

LACTAID MILK may be purchased before Passover. (Lactaid chewable pills are not acceptable for Passover; non-chewable pills are acceptable if needed)

LEMON & LIME JUICE - ReaLemon Juice (liquid), not frozen, and ReaLime Juice are okay without KFP

MEAT AND POULTRY - All fresh or frozen RAW, unprocessed meat or poultry bearing reliable kosher certification year round is Kosher for Passover. **Ground meat or ground chicken requires KFP**

MILK - In areas where Kosher for Pesach milk is not available, milk should be purchased before Passover. McArthur Dairy will have a Kosher for Pesach NOT Cholov Yisroel milk run, under Star-D supervision. This milk should have the letters STARDP in the Inkjet on the bottle (as per Rabbi Fried of the KM) and will be available in Winn Dixie and Publix. There are a number of stores selling Cholov Yisroel milk for Pesach

NUTS - Raw, whole, chopped (e.g. walnuts & almonds without preservative or other additives) are approved for Passover. **Nuts coated or sprayed with BHT or BHA should not be used.** Whole pecans and half pecans do not require KFP. **Pecan pieces and midget pecans require KFP. Ground nuts require KFP. Dry roasted nuts require KFP**

OLIVE OIL – Extra Virgin Only (not LITE) (nor SPRAY) (unflavored). KFP not required

OVEN CLEANER - Any

PAPER GOODS – All are acceptable. All Styrofoam products are acceptable

**PARCHMENT PAPER requires KFP.** Many Star-K certified brands are acceptable without a KFP.

PLASTIC WRAP – All

QUINOA – is not kitniyot, but requires KFP as it is often packed with oats

RUBBER GLOVES - Without powder coating

SALT – Any, as long as there are no additives (Iodine, Dextrose, Maltodextrin or Polysorbates.) If it contains sodium silicate, it is not a problem

SCOURING PADS – Any

SELTZER – Any unflavored Seltzer may be used. **Flavored Seltzer requires KFP**

SILVER POLISH – Any

**SPICES – All ground and chopped spices require Kosher for Passover supervision.** Spices that are whole, as in cinnamon sticks, peppercorns, bay leaves, et al, do NOT require KFP certification.

**SPLENDA requires KFP**

**STEVIA requires KFP**

SUGAR - All pure granulated cane sugar. NOTE: Check that the bag of sugar does not include Dextrose as an ingredient

TEA BAGS – plain black, green, or white (NOT decaf), unflavored, Lipton decaffeinated unflavored – no KFP required

**TEA, HERBAL requires KFP**

TEA, INSTANT - Nestea unflavored (regular only; not decaf)

**VEGETABLES, FROZEN require KFP** since the same equipment may be used during the year to make pasta products

WATER - Any fresh bottled unflavored spring water, with no flavors or vitamins. Added minerals are okay

WAX PAPER – Any

WINE – Some wines contain kitniyot and are not KFP. One should not assume that wine is Kosher for Passover unless it bears a reliable hechsher with a Kosher for Pesach symbol on the label

## Shopping Tips for Pesach Non-Food Related Items

ALCOHOL - Any isopropyl alcohol for external use

**ANTACIDS: Must bear KFP supervision**

BABY OIL

BABY OINTMENT, BABY POWDER (without oat flour)

BABY WIPES – All brands without ethyl alcohol

CHAPSTICK AND LIP BALMS – All are acceptable for use on Passover. It is preferable to use an unflavored variety

DENTAL FLOSS – Any unflavored (waxed or unwaxed)

DEODORANT – Gel or stick does not require KFP

DEODORANT SPRAY, HAIRSPRAY, PERFUME - manufactured in the United States may be used on Pesach, even if alcohol is listed on the ingredients. These products manufactured elsewhere should only be used if they are confirmed to be chametz-free.

GASTROINTESTINAL REMEDIES – A sample of chametz-free and kosher products (may contain kitniyot): **Alka-Seltzer**-Original Tablets, Extra Strength; **Dramamine**-Original Formula (Dairy), Less-Drowsy Tablets (Dairy), For Kids Chewable (Grape), Chewable Tablets (Orange); **Kaopectate Liquid**-Cherry, Vanilla, Max Peppermint; **Konsyl Powder Original Formula**-Unflavored (no kitniyot); **Metamucil**-Original Coarse Powder (no kitniyot), Original Smooth Powder (Regular & Sugar-Free); **Miralax Powder**; **Pepto Bismol Liquid**-Original; **Phillips' Milk of Magnesia Liquid**-Original (no kitniyot), Mint; **Senekot**-Tablets, Senekot-S Tablets, Senekot Extra Strength (Dairy); **Tums**-Regular Tabs (Assorted Fruit, Peppermint), Extra Strength 750 Assorted Tabs (Berries, Fruit, Tropical Fruit, Wintergreen) & Ultra Assorted Tabs (Berries, Fruit, Tropical Fruit, Peppermint). The Star-K website will have updates

INSECT & RODENT TRAPS – May contain chametz bait which is non-toxic to humans and should be sold with the chametz. All insecticide sprays may be used

MEDICINE - All pill medication that one swallows is permitted to be used on Pesach. Vitamins and food supplements do not necessarily fall into this category. Chewable and liquid medicines should be confirmed to be chametz-free. The following can be used on Pesach 2019. Please note that this list is not exhaustive: Benadryl Childrens: chewable, ultratabs, and dye free liquid, Advil Children's suspension (all flavors) and infant drops (grape, dye free only), Motrin: Children's Bubble Gum Suspension, Motrin infant drops (dye-free berry)

Tylenol: Children's Suspension (cherry) and infant's oral suspension (grape)

MINERAL OIL - All

ORTHODONTIC RUBBER BANDS – Elastics and rubber bands used with braces may be coated with corn starch (even though no mention may appear on the package) and should be rinsed well under cold water before use on Pesach

PET FOOD – A list is available in the shul office – must not contain chametz

PLAY DOUGH – May contain chametz and should be sold before Pesach

SANITIZERS – Any (e.g. Purell)

SHAMPOOS and SOAPS – All

TOOTHPASTE, MOUTHWASH - These products should be chametz-free for use on Pesach. The following is a listing of some of the common brands that have been investigated and can be used for Pesach 2019. Please note that this list is not exhaustive:

**Toothpaste:** ACT, Arm and Hammer, AIM, Colgate, Crest, Oraljel, **Mouthwash:** ACT, Colgate, Crest Rinse, Listerine, Scope