

PASSOVER 2019 ALERTS:

Regular & Decaf instant coffee is NOT acceptable without special Pesach supervision, except as below.

Baby Foods require **Kosher for Pesach certification**.

Sodas: Coca-Cola products are Kosher for Pesach **only when an OUP is printed on the yellow cap of two-liter bottles**. Pepsi products are Kosher for Pesach **only when a Chuf-K; and with KP is on cap or can**.

Seltzers: All **flavored** seltzers **require reliable Pesach certification**. You can find Best Health, Shoprite and Stop&Shop flavored seltzers which are acceptable, **only with OUP** on the label.

Fresh Fruit Juice. **All fresh juices need special Pesach supervision, as enzymes are used in processing**.

Milk: Kosher for Pesach **only when (OU) P is found on the containers** on many supermarket brands.

Sweeteners (Artificial): Gefen brand Sweet'N'Low can be found Kosher for Pesach **only when the OUP appears on the label**. California Delight makes Sucralis, with a **Star-KP**. Paskesz, Lieber's & Health Garden – all **only with P**.

Coffee: **Regular & Decaf instant coffees are NOT Kosher for Passover unless they have a P, except FOLGER'S regular and decaffeinated** instant coffees which ARE acceptable for Pesach, even without a "P", including "Single" packets. There is also a list of acceptable regular **ground** coffees (for brewing) with the OU are kosher for Pesach even without a "P". For a list of acceptable k-cups, vue cups, bolt packs and single serve coffee unflavored not decaffeinated, **see OU guide p. 66-67**. All other coffees **require** Hashgacha for Pesach.

Flavored coffees are not kosher for Passover unless there is a "P" on the label

Decaffeinated ground coffees are NOT kosher for Passover unless there is a "P" on the label: **except FOLGER'S decaf** instant coffees which IS acceptable for Pesach, even without a "P"; also **some** General Foods coffees are Kosher for Pesach & **need a "P"** on the label; e.g. Sanka, Maxwell House have an OKP on the label.

Quinoa: is not Chometz or Kitniyot, and can be used if it has a "P" either from OU or from **Star-K**.

Spices and Seasonings: All spices, including "pure spices" **require Pesach certification**. (FYI: *anise, caraway, coriander, cumin, mustard, dill seeds, fennel seeds, are all kitniyot, but dill leaves and fennel leaves are not kitniyot.*)

Tea (Herbal): **Herbal teas require special Pesach supervision**. (see OU Pesach Guide pages 78-80) *Ceremonie Tea* brand, and *Wisotsky Teas* from Israel produced many Pesachdike varieties, and Swee-Touch-Nee produced a few herbal flavors, **only with OUP on the label**. See over regarding regular and decaf Teabags.

Wines: May contain *kitniyos* or actual *chometz* as a sweetener. **Pesach certification is needed on all wines and grape juice**. Wines should be checked to see if Mevushal: care must be taken so that non-Mevushal wines, once opened, are not touched by non-Jews, in which case they could no longer be used.

Canned and dried fruits: All **require** Pesach supervision.

Frozen vegetables: All frozen vegetables **require** Pesach supervision. (Some Bodek and Garden Pure can be found **with OUP only**, and Firamont & Schneider's **with Star K-P only**)

Canned vegetables: All canned vegetables **require** Pesach supervision.

Salads: May be coated with Citric Acid (*chometz*) and **requires** Pesach supervision. Even Pre-washed salads with Star-K are acceptable **only with P**. Dole, Fresh Express, and River Ranch are acceptable only **with P**. **(and all must be washed/checked)**

Additional information about Pesach products can be accessed at <http://www.kashrut.com/Passover> and links See accompanying CRC list of products <http://www.crcweb.org/Passover/5779/Articles/Shopping%20Guide%205779.pdf>

See also list compiled by Rabbi Moshe Taub-YIHolliswood with Rabbi Chaim Schwartz-Queens Vaad https://gallery.mailchimp.com/021371e000c80c2735a80c9bd/files/3700412f-f706-421a-86a3-4096fa5c7f87/Product_List_2019.pdf

More comprehensive lists are available in the Shul office for your perusal.

Baby Foods: Gerber Carrots and Squash

Cocoa: Hershey's Pure Cocoa powder with **no additives or lecithin.** (but **not** "special dark")

Eggs: All eggs are kosher for Pesach, but should be purchased before Pesach. Eggs should be boiled in a special pot designated only for eggs.

Frozen fruit: All frozen **unsweetened, uncooked, no additives used**, whole, sliced, or formed frozen fruit (e.g. sliced peaches, melon balls, blueberries, strawberries) **without syrup.**

Frozen Concentrate Orange Juice (100% pure) with nothing added. (USDA Grade A frozen unsweetened, [no additives, no sweeteners, no Vitamin C, Ascorbic Acid, no Citric Acid]).

Fresh Fruits, Vegetables: All fresh fruits and vegetables, including peeled vegetables (e.g. carrots) **should be thoroughly rinsed**, as they are treated with a "wash" before shelving to preserve freshness and color.

Instant Tea: Nestea 100% Pure Instant Unflavored Tea (**no additives or flavorings**) **but NOT decaffeinated**)

Olive Oil: Any brands of **100 % Extra Virgin Olive Oil only, and must be unflavored.** (All other grades of olive oil **require Pesach** supervision.)

Teabags: Unflavored **regular** – Any brand with the OU, but **NOT** decaffeinated, and NOT herbal.

All Caffeine-free teas are Chometz, not kosher for Passover,

except for Lipton Decaffeinated teabags which are kosher for Pesach even without a "P" on the label.

ReaLemon juice & ReaLime juice (reconstituted liquid). - Frozen varieties are not for Passover use.

Baby Formula: (to be used only in separate utensils, and washed not in the Pesach sink: Enfamil, Isomil, Similac, (and only when OU is on container) . There is a more comprehensive list on page 108 of the OU Guide to Passover <http://oukosher.org/passover/passover-guide/>

Medical Nutritional Supplements: There is a comprehensive list on page 108 of the OU Guide to Passover.

Detergents: All Proctor & Gamble dish detergent products are Kosher for Pesach, and need no "P", e.g. Joy, Dawn, Ivory. See comprehensive list OU Guide pp. 68- <http://oukosher.org/passover/passover-guide/>.

Nuts: Raw whole, chopped, or ground walnuts, almonds. **only with no added preservatives or other additives (no BHA, BHT or BHTA) with proviso that there is no marking on the label which notes production of Chometz (ie wheat) or kitniyos (ie peanuts) in the same plant.**

Pecans (even raw) are typically soaked in alcohol and **need Pesach supervision.** – but some are listed as kosher for Pesach in OU Guide p. 69.

Raw Salmon: with OU **Kirkland** Frozen Atlantic & Frozen Wild Salmon, may be used after rinsing with water.

SodaStream Carbon Dioxide Cylinders and Gas Filling.

Disposable Goods: All plasticware or Styrofoam cups, plates, cutlery, and tablecloths. Chinnet, wrap & bags for hot or cold use. All paper bags or plastic bags, and all paper and plastic tablecloths may be used. *Dixie, America's Choice and Foodtown with OU may be used for hot products as well. (even without a P) – Also see a comprehensive list of items which do not require supervision see OU Guide p.66-76 & p. 110 - <http://oukosher.org/passover/passover-guide/>*

SPECIAL DIETS

For those who are lactose intolerant - *Lactaid milk & Lactaid Cottage Cheese with OU*, may be purchased before Pesach and used on Pesach. (But it **must be purchased before Pesach**). *Lactaid chewable pills* are **not acceptable** at all for Pesach. Lactaid drops may be used **before Pesach only - Please see me for further details, as needed - SH.**

Gluten-free Matza: **LakewoodMatzoh.com** produced gluten free Shmura. Matza. Lakewood Matzoh. Contact info: tel. 732-364-8757; http://lakewoodmatzoh.com/gluten_free_oat_passover_matzoh/ or email sales@lakewoodmatzoh.com

Gluten-free, other products: **Manischewitz, Yehuda, Kedem** have gluten free products with **OUP**. *None of these products are made from matzah & none of them can be used in the place of matzah*, as is clearly noted on the label.

Matzoh products: Manischewitz has several matzoh products such as **Egg Matzoh, Chocolate Covered Egg Matzoh, Grape Matzoh**, and Pesach-Tam-Tams which may be eaten **only by the sick or elderly, or the very young**. Please read the boxes carefully (or ask me). See OU Guide Page 107.

Kitniyot Products: (*permissible only for those from Sephardic traditions who eat Kitnoyit; also in some cases for Ashkenazim who are sick, elderly, or very young.* Please see **pages 107-109 of the OU Guide to Passover** for a comprehensive list of OU-supervised kitniyot products, including Soy, Almond, Coconut, & Rice Milks. Please contact Rabbi Hochberg regarding your particular situation as needed.)

For a list of **pet foods** free of Chometz (since **we** are not allowed to own or benefit from Chometz on Pesach.) pages 81-82 of CRC guide - <http://www.crcweb.org/Passover/5779/Articles/Pet%20Foods.pdf>

(OVER)

The information regarding medications and cosmetics is *based upon* the clear Psak of Rav Gedalia Schwartz, who is the Rosh Beit Din of the Bet Din of America (RCA) as well as the cRc.

To see letter – see page 3 of <http://www.crcweb.org/Passover/5779/Medicine%20Letter.pdf>

MEDICATIONS

All **pill medication** (with or without chometz) that one **swallows** is permitted without special hashgacha.

All **chewable** pills that have **kitniyos** are **permitted**. If the chewable pills have chometz and ***no substitute is available***, you should consult your Rabbi and Doctor.

All **liquid medications** that have **kitniyos** are **permitted**. If the liquid medications have **chometz**, you should consult your Rabbi and Doctor.

All **prescription medication ordered by your doctor for medical purposes (not cosmetic or convenience) should be taken on Passover without regard for the components of the medication.**

Vitamins are normally **not** considered pill medication, but rather a food or food supplement. **As such, vitamins should have hashgacha for Passover. All Pre-natal vitamins that are taken as directed by a doctor, should be used without hesitation.**

In cases when your doctor prescribes a specific vitamin that must be taken on Passover, and cannot be “skipped” for the week, (even if it does not have Passover supervision) it may be considered as falling into the category of a pill medication.

COSMETICS AND TOILETRIES

All varieties of body soaps, bars of soap, shampoos and stick deodorants, cosmetic powders, and baby powders are permitted for use on Pesach regardless of their ingredients.

All types of ointments, creams, nail polish, hand lotions, eye shadow, eyeliner, mascara, blush, foundations, foot and face powders, and ink and paint may be used regardless of their ingredients.

Many liquid colognes, perfumes, hairspray, shaving lotions and deodorants, contain denatured alcohol and should **not** be used, unless they are listed as Chometz-free on a on a reliable Pesach list.

Lipstick, mouthwash and toothpaste that contains chometz should **not** be used.

Jews with Diabetes face special challenges over Pesach. The Star K & Jewish Diabetes Association have prepared very helpful guides of Halacha, advice – and recipes! Please see the following links for more information: <http://www.jewishdiabetes.org/Default.asp> ,

<http://www.jewishdiabetes.org/search.asp?searchWord=passover> & <http://www.star-k.org/articles/articles/seasonal/349/passover-guide-for-diabetics/>

Over-the-Counter Medications: Medications contain many component ingredients, and pharmaceutical companies are very secretive about their formulations. The following listing of recommended over-the-counter medications is based on the manufacturers' disclosure and other research by the Kollel Los Angeles – Rabbi Gershon Bess.

ALL PILL medication that one SWALLOWS is permitted without special hashgacha.

Allergy and Cold Relief: **Allegra** Allergy Infant Drops & Children's Oral Suspension, Regular 24 & 12 hour tablets; **Tylenol** Infant's Oral Suspension Grape, Children's Suspension Cherry, Pain & Fever Chewable,

Analgesics (Pain): **ALL pill medication that one swallows is permitted without special hashgacha., Advil:** Children's Suspension (all flavors), Infant drops (white grape synthetic-dye free), Junior Strength swallowable (but Not Chewable), **Aleve** tablets and caplets, **Tylenol** regular tablets, Extra strength caplets, Children's Suspension (Cherry) Children's Pain+fever chewables (bubble gum & grape). **Motrin**

Anti-histamines: **Benadryl** Children's Allergy chewables, liquid,

Antacids/Anti-diarrhea: **ALL pill medication that one swallows is permitted without special hashgacha.** Also, **Alka Seltzer** Extra-Strength, Lemon-lime, PM gummies, heartburn relief chew

ultrastrength; **Dramamine** Chewable formula Motion Sickness relief, Kid Motion Sickness relief,

Kaopectate caplets, liquid (all flavors), **Pepto-Bismol** liquid original, Tablets, chewable tablets,

Imodium A-D Oral Solution (Liquid) and caplets, **Lomotil -- Tums are kitniyot (if needed)**

Metamucil Original Coarse powder, orange coarse & smooth powder (regular and sugar-free)

(please note: **wafers are Chometz**), **Miralax** powder.

PediaSure Vanilla powder, **PediaSure** Shakes, & **Pedialite** are **Kitniyos:** they may be used by infants or adults who are ill.

Vitamins are normally *not* considered pill medication, but rather a food or food supplement. **As such, vitamins need a hashgacha for Passover.**

All Pre-natal vitamins that are taken as directed by a doctor, should be taken without hesitation.

Also, in cases when your doctor prescribes a specific vitamin pill (even it's available "over the counter") that must be taken on Passover, and cannot be "skipped" for the week, (even if it does not have Passover supervision) it may be considered as falling into the category of a pill medication.

PERSONAL COSMETICS

The following items have been found acceptable for Passover use. This *partial* list contains those items which have been most asked about in recent years. For a more comprehensive list see Rabbi Hochberg

All bars of soap, cosmetic powders, and baby powders are permissible for Passover use.

Toothpastes: Partial list: **Aim, Closeup, Colgate, Pepsodent, Ultrabrite**

Mouthwash: **Colgate** (all), **Scope** (all), **Listerine:** Total Care Zero, Zero, Ultraclean Antiseptic Cool Mint

Aerosol deodorants: (free of denatured alcohol): **Arrid, Mennen** Speed Stick, **Mitchum, Old Spice, Right Guard**

A more detailed list of cosmetics including lipsticks, from Kollel L.A., is available in the office

Assorted items that may be used on Passover without "P" certification: Aluminum foil, Aluminum foil baking pans, Baby ointments, Bags (paper or plastic), Body wash, Bowl and tub cleaners, Candles, Cardboard, Carpet cleaners, Charcoal, Cheesecloths, Conditioners, Copper and metal cleaners, Corks, Cosmetics (except lipsticks: purchase new stick, and not one which contains chometz), Cupcake holders, Cups (paper, plastic or styrofoam), non-liquid Deodorants, Detergents, Dishwashing detergents, Drain openers, Fabric protectors, Furniture polish, Glass cleaners, Hair gels, sprays and mousse, Hair removers and Treatments, Insecticides, Isopropyl alcohol, Jewelry polish, Laundry detergents, Lotions, Napkins (paper), Oven cleaners, Paper towels, Perfumes, Plastic containers, Plates (paper, plastic or Styrofoam), Scouring pads and powders, Shampoos, non-liquid shaving cream, gel, and lotion, Silver polish, Skin cream, Soaps, Suntan lotion, Talcum powder (100% talc), Toilet bowl cleaner, Water filters.
(any liquids must be free of de-natured alcohol)