Dear Kosher Consumer,

As we prepare for the Holiday of Redemption, it is satisfying to share with you our newly expanded Pesach Kosher Guide. We extend to each and every one our best wishes for a chag kasher v’sameach.

Sincerely,

Reuven Stein
AKC Director of Supervision

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This year, Pesach (Passover) begins on Friday Night, April 19 and continues through April 27

LATEST TIME TO EAT CHAMETZ (ATLANTA)
Friday, April 19, 11:01am

LATEST TIME TO ANNUL CHAMETZ (ATLANTA)
Friday, April 19, 12:19am

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PRE-PESACH CLASSES
Check with the AKC

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☑ PREPARED FOODS FOR PESACH
For All Occasions Catering (770-823-6677)
OFFICE@FAOCATERING.COM

Griller’s Pride (770-454-8108)
WWW.GRILLERSPRIDE.COM

The Kosher Gourmet (404-636-1114)
(TAKEOUT AVAILABLE) SGILMER@KGATL.COM

☑ SPECIALTY GROCERIES
The Spicy Peach (404-334-7200)
SPECIAL KITNYIOS CORNER FOR SEPHARDIM

The Kosher Gourmet (404-636-1114)
Kroger Toco Hills (404-633-8694)
PASSOVER STORE-WITHIN-A-STORE, NEAR THE FRONT

Publix Toco Hills (404- 638-6022)
TipTop Kosher Market (470-365-2994)

Various Kroger and Publix stores have special Passover sections.
Double-check labels. Many Pesach brands have similar year-round products which are not kosher for Pesach. These products can get mixed up on the shelves. Some items may also contain kitnyos and are only acceptable for Sefardim.

For those who use quinoa: This year we only recommend using quinoa with Pesach certification.

Joyva products, even with the Pesach certifications they have, are not recommended.

Maror (bitter herbs) ~ Many use romaine lettuce for the mitzvah of maror. Some insects, which may blend into the colors of the green leaves, can be found on the lettuce and are forbidden to be eaten. One should check very thoroughly.

Even though some produce may have a wax coating, the AKC policy is that it can be used without peeling.

Not all wines are kosher for Passover. Some companies produce the same types of wines for Pesach and not for Pesach (e.g. Manishewitz). The bottles look almost identical. Please check the label. 2015 Israeli Wines have a shmita concern.

Items such as raisins & dried fruits should have reliable supervision for Pesach.

The following medicinal ingredients are not kosher for Pesach: Avina Sativa, Beta Glucan, Prolamine, Secale, Sodium Lauroyl Oat Amino Acids and Triticum Vulgare.

After Pesach, one may not eat chometz that was in the possession of a Jew who did not sell it according to Jewish Law.

There are some matzohs and wine that are KFP but should not be used for the Seder. Some gluten free matzohs are made from tapioca starch not flour. Some wines are made from berries not grapes. One does not make a hamotzi or hagafen on theses products.
Even Matzos with a proper KFP certification can have occasional problems.

**Matzoh Kefulah** (Matzoh with a fold) - If in any place, a matzoh is bent over, the doubled over portion is not kosher for Pesach. One must remove and discard this area together with a one inch margin of regular matzoh. This is required even if the bent over part is very small. However, if a matzoh is bent over, but the two layers do not at any point actually touch one another, then it is kosher, and removal of this area is not required. In handmade matzos, it is common to find creases in the matzos. If there is a corresponding crease on the other side of the matzoh, then one should assume that the dough probably doubled over during the rolling process. In such cases, it is customary to remove the creased area. An important difference between a true matzah kefula that is doubled over and a matzoh that is only creased on both sides, is that in the former case the doubled over portion must be disposed of as though it were chometz, as soon as it is discovered, while in the latter situation the creased matzoh may be kept in one’s possession. If the creased matzoh is a shalem (complete), one may use if for lechem mishna. After reciting the brocha, simply put aside the creased area so it will not be eaten.

To avoid any problems of borer, separating, on Shabbos, the non-kosher part of the matzoh (the kefulah) should be held in one hand and the kosher part in the other. The matzoh should be broken and the good part should be removed from the bad part. If it is a real kefulah, it is considered to be chometz. Since one sold his chometz before Pesach, technically, this kefulah belongs to the non-Jew. One may not discard the non-Jew’s chometz on Pesach, and it must be put away until the conclusion of the Chag. If it is just a chashash chometz, the custom is not to discard it in the garbage. It may be placed in the non-Pesachdik sink, after it has been broken into small pieces, and washed down the drain.

**Matzoh Nefucha** (Matzoh which has not been Scored properly) A matzoh which has ballooned and formed a blister during the baking process also requires special scrutiny. If the blister formed is so small that it cannot accommodate an average sized hazelnut (with its shell) between the upper and lower layers, then such a matzoh is kosher. Certainly, matzos that have
not formed any blisters, but are merely uneven in appearance, are kosher. Matzos which do not have small holes all over them should not be used.

A matzah lacking the usual brown spots, that is completely white on both sides, should not be used since it may not have been thoroughly baked. It follows that matzah meal should be slightly brownish, and the more brown it is, the better the matzos from which it was made were baked.

In order for matzos to be considered shalem, so they can be used for lechem mishna, the halacha is that as long as no more than one forty-eighth (1/48, approximately 2%) of the matzoh is missing, it can still be considered a shalem. Hand matzos that are irregularly shaped, are still considered whole, as long as no pieces broke off after baking.

**Q. What is the difference between regular machine matzah and those labeled “18 minute” matzah?**

**A.** Regular machine matzah is made in a continuous production, such that any tiny crumbs of dough that might separate from an earlier dough will almost certainly get mixed into one of the subsequent doughs which immediately follow. Since it takes 18 minutes for dough to become chametz, the assumption is that all crumbs will get mixed back in and will be baked before 18 minutes. Matzos baked in the first 18 minutes after a cleaning are labeled “18 minute” matzahs. These matzahs are considered more mehudar (superior), since there is no possibility at all that they might contain crumbs that were not baked within 18 minutes.

**Shemurah Matzah** is the halachically preferred matzah for the sedarim which is a special production of matzah which has been watched over from when the grain is harvested until baking. It can be the round hand matzos or the machine matzos depending on your family custom.

**Egg Matzah:** according to the Torah, matzah is the poor man’s bread, made only with flour and water. Matzos made with eggs are called *matzah ashira* and should only be used only by the elderly and infirm who cannot digest regular matzah, and separate utensils should be used (according to Ashkenazic custom). Please note even the sick and elderly cannot fulfill their obligation at the seder with egg matzos. Chocolate covered matzos and Manischewitz Passover Tams are in this category.
MEDICINES

All non-chewable pill medications may be taken on Pesach. Vitamins and food supplements do not necessarily fall into this category, and each person should consult with his Rabbi.

Liquid and chewable medications that may contain chometz should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains chometz, and the possibility of substituting a non-chewable pill. Important: Do not discontinue use of any medicine without consulting with your doctor and Rabbi.

Liquid and chewable medications that contain kitniyos (see below) may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of kitniyos.

Pesach medication guides (available for reference in the AKC office) contain lists of acceptable medications. The following are some acceptable Over-the-Counter medications:

☐ Advil Caplets & Tablets (Coated, but NOT Film-Coated) Approved when last inactive ingredient listed on panel is white wax. Children’s Suspension (All Flavors), Infants’ Drops (White Grape-Dye Free)
☐ Aleve Tablets & Caplets
☐ Alka-Seltzer Original Tabs, Extra Strength
☐ Allegra 24 Hour Tablets (regular only), 12 Hour Tablets, Children’s Oral Suspension
☐ Allegra D 12 Hour Tablets
☐ Bayer Aspirin Genuine Tabs, Low-Dose Chewable 81mg (Cherry, Orange)
☐ Benadryl Children’s Allergy Liquid, Chewable Ultratab Tablets, Dye Free Liquid
☐ Bicarbonate of Soda
☐ Chapstick Classic Original, Classic Strawberry, Medicated, Moisturizer, Overnight
☐ Claritin 24 Hour Allergy Tablets (Dairy), Children’s Chewable Grape Tablets (NOT Redi-Tabs, NOT Bubble Gum)
☐ Claritin-D 12 Hour Tablets (Dairy), 24 Hour Tablets
☐ Dramamine Original Formula (Dairy), Less-Drowsy Tablets (Dairy), For Kids Chewable (Grape), Chewable Tablets (Orange)
☐ Metamucil Original Coarse Powder, Orange Smooth Powder (Reg & Sugar Free)
☐ Miralax Regular Powder
☐ Motrin Motrin IB Coated Caplets, Motrin Infant Drops (Dye-Free Berry), Motrin Children’s Bubble Gum Suspension
☐ Pepto Bismol Liquid Original
☐ Phillips Milk of Magnesia Liquid Original and Mint
☐ Tums Regular Tabs (Assorted Fruit, Peppermint), Extra Strength 750 Assorted Tabs (Berries, Fruit, Tropical Fruit, Wintergreen), Ultra Assorted Tabs (Berries, Fruit, Tropical Fruit, Wintergreen)
☐ Tylenol Regular Tablets & Extra Strength Caplets, Children’s Suspension (Cherry), Infants Oral Suspension (Grape)
☑ PESACH KITCHEN PREPARATION
Must be done before mid-morning on Erev Pesach

Conventional oven (Gas/Electric)
Thoroughly clean with an oven cleaner. If a caustic type of oven cleaner (such as Easy-Off) is used to clean the oven and some stubborn spots remain after two (2) applications, the remaining spots may be disregarded. Once the oven and racks have been cleaned, it may be kashered by turning the oven to broil or the highest setting for forty (40) minutes.

Self-cleaning oven
The self-cleaning cycle will clean and kasher the oven simultaneously. Clean the inside face of the oven door, as well as the opposing outer rim of the oven outside the gasket as these areas are not necessarily cleaned during the cycle.

Continuous cleaning oven
One should inspect the oven to make sure it is clean. Then the oven should be turned on to 450 degrees for 1 hour so that the continuous mechanism can work. If the spots do not disappear, the oven should be left on for a few hours to allow the continuous clean mechanism to deep clean or the spots should be removed with oven cleaner or steel wool. If the spots are dark and can be crumbled if scratched, they can be disregarded. In all cases, the oven should then be kashered by turning it to broil for 40 minutes.

Broiler
Since food is cooked directly on the pan or grill, it must be heated to a glow in order to be used on Pesach. An alternate method is to replace the pan with a new pan and kasher the empty broiler cavity by cleaning and setting it to broil for forty minutes. If one does not intend to use the broiler on Pesach, one may still use the oven, even without kashering the broiler, provided the broiler has been thoroughly cleaned.

Oven hoods & Exhaust fans
Filters should be cleaned and free of any food residue.

Microwave ovens
If the walls of a microwave get really hot, it cannot be kashered for Pesach. To test, cook an open potato in the microwave until it has been steaming for a few minutes. Place your hand on the ceiling of the microwave to see if it has become too hot to touch. If you cannot hold your hand there for 15 seconds, then it should not be used for Pesach. If you were able to hold your hand there for 15 seconds, then the microwave can be kashered for Pesach. First it should be cleaned. A toothpick should be used to clean out the holes of the vent. Wait 24 hours since the last use. Fill a large paper container with water and bring to a boil. Move the container to a new spot and bring to a boil again. The turntable should be replaced. Some recommend taping a piece of cardboard or contact paper over the glass window pane.
Barbeque Grills
A grill cannot be kashered by just turning on the gas. Kashering should be done with a blowtorch until it glows (only by qualified personnel) or by sandwiching the grates between charcoals and setting them on fire. An alternate method is to replace the grates of the grill. The part of the grill cavity which is level with the grate must also be kashered by heating it to a glow. The empty grill cavity must be kashered by cleaning, closing the hood and set it to the highest setting for 40 minutes.

Cooktops
On a gas range, the cast iron or metal grate(s) on which the pots on the range sit may be thoroughly cleaned, inserted into the oven, and kashered together with the oven.

On an electric cooktop, turn the burners on the high heat setting for several minutes until they come to a glow.

For both types of cooktops, the area between the burners should be covered with a double layer of heavy-duty foil. The knobs with which the gas or electricity is turned on should be cleaned.

Electric Smooth Top Range (Glass, Corning, Halogen or Ceran)
To kasher the burner area, clean well and turn on the elements until they glow. The burner area is now considered kosher for Pesach. The remaining area that does not get red hot is not kosher for Pesach so it should be covered with foil if it will not damage the cook top. Another option is to place an approx. 1/8 of an inch thick metal disc on the burner area to raise the Pesach pots above the glass surface. This will help prevent the pots from coming in contact with the non-kosher-for-Pesach area of the cook top. This disc should not extend beyond the designated cooking area.
When possible, it is preferable to have separate utensils for Pesach. If this is not practical, one can kasher some types of utensils. Different utensils have different methods of kashering:

### Metal Utensils, Silverware, Pots, Kiddush Cups
Metal utensils that have been used for cooking, serving, or eating chometz may be kashered by cleaning them thoroughly, waiting twenty-four (24) hours and then immersing them, one by one, into a Kasher for Pesach pot in which water is bubbling (rapidly boiling). One can kasher an oversized pot by bringing water to a boil and dropping a hot rock into the pot causing the pot to overflow on all sides. The rock needs to be heated in order to make sure the water stays boiling. For pots with handles of a separate material, one should consult with a Rabbi before kashering. Bake pans and sheet pans cannot be kashered.

### Baby High Chair
Thoroughly clean. Preferable to cover the tray with contact paper.

### Blechs
Require kashering with a blowtorch.

### Blender/Food Processor Smoothie Machine
New or Pesachdik receptacle (plus any part of unit that makes direct contact with food) is required. Thoroughly clean appliance. The blade should be treated like any knife which should be koshered through boiling water.

### Can Opener
Manual or electric – clean thoroughly.

### Coffeemakers
For coffeemakers that have brewed only unflavored caffeinated pure coffee, clean thoroughly and replace with new or Pesach glass carafe and new filters. All other coffeemakers: Clean thoroughly. Do not use for 24 hours. Pour one cup of water into chamber. Heat water in unit and allow to drip over exposed metal base. Replace with new plastic filter holder and new filters.

### Keurig Machine
Keurigs are a new type of coffee maker that would require kashering year-round if it was used with non-kosher products including hot cocoa mix; Swiss Miss and Café Escapes. If someone places a non-kosher or non-KFP mug under the machine, it would not affect the status of the machine. Keurigs should be kashered before Passover use, as some kosher products are not KFP. One should always check with one’s rabbi, but according to many, one can kasher a Keurig for Passover.

In order to kasher a Keurig for Passover, wait 24 hours then clean thoroughly. Then either dip the k-cup holder in boiling water or pour boiling water on the holder. One way to do this is to cover the bottom of the cup holder with the torn-off base of a Styrofoam cup, and allow the hot water to fill and go through the system. It is not possible to tovel a Keurig machine, and according to many it is not necessary.
Regular (not decaffeinated) unflavored coffee K-cups may be used for Passover. Many products are on the OU website in the Product Search section. This includes the following varieties without a KFP:
- Dunkin Donuts
- Folgers
- Green Mountain Coffee
- Nescafe Taster’s Choice
- Newman's Own Organic
- Second Cup
- Starbucks
- Van Houtte

Refrigerator/Freezer
Thoroughly clean. Lining shelves is not necessary. Ice trays should be put away with chometz dishes.

Shelves
Used year-round should be cleaned and covered for Pesach.

Tables
A table upon which chometz is eaten during the year may be used on Pesach if it is covered with a waterproof covering (e.g. sheet of plastic). It is preferable to put cardboard or four or more layers of newspaper on the table under the plastic covering. Table pads may be overturned and used.

Sinks
China and porcelain sinks should be completely lined with contact paper or other appropriate material. In addition, dishes that are to be washed in such sinks (china or porcelain) must be washed in a Pesach dishpan and placed on a Pesach rack.

Stainless steel sinks can be kashered:
Clean the sink thoroughly. The sink should not be used with anything hot for twenty-four (24) hours prior to kashering. Then pour boiling hot water over the sink from a Pesach kettle/pot, covering every part of the sink including the drain and the spout of the water faucet.

Glassware
When special pesach glassware is unavailable, one may kasher drinking glasses by immersing them in cold water for three twenty-four (24) hour periods. The water should be emptied and refilled in between. This procedure, however, does not apply to glass (Pyrex) that is used with heat.

Countertops
Granite, marble and stainless steel countertops may be kashered by cleaning, waiting 24 hours and pouring boiling water over them. Many countertops are made of materials that are not able to be kashered and those countertops need to be covered with a non-porous material.

For further information on kashering the many new types of materials used to make countertops, please go to www.crcweb.org or www.star-k.org.
☑ ITEMS THAT CANNOT BE KASHERED FOR PESACH

Bread Machine | China | Corning Ware | Crock-pot
George Forman Grill | Grater (any) | Knives with plastic handles
Melmac | Pasta Maker | Plastic Utensils | Porcelain
Porcelain Enamel Pots | Pyrex | Sandwich Maker | Stoneware
Synthetic Rubber | Teflon | Toaster Oven | Waffle Iron

☑ NON FOOD ITEMS THAT MAY BE USED ON PESACH WITHOUT CERTIFICATION:

- Aluminum foil
- Aluminum foil baking pans
- Baby ointments
- Bags (paper or plastic)
- Body wash
- Bowl and tub cleaner
- Candles
- Cardboard
- Carpet cleaner
- Charcoal
- Conditioner
- Copper and metal cleaners
- Cork
- Cosmetics
- Cupcake holders
- Cups (paper, plastic, or Styrofoam)
- Dental Floss (Any unflavored including Waxed)
- Deodorants
- Detergents
- Dishwashing detergent
- Drain opener
- Fabric protector
- Furniture polish
- Glass cleaner
- Hair gels, sprays and mousse
- Hair removers and treatments
- Insecticides
- Isopropyl alcohol
- Jewelry polish
- Laundry detergents
- Lotions
- Napkins (paper)
- Oven cleaner
- Paper cups, plates and towels
- Perfumes
- Plastic bags, cups, and plates
- Plastic containers
- Plates (paper in USA only, plastic or Styrofoam)
- Scouring pads and powder
- Shampoos
- Shaving cream and gel
- Shaving lotion
- Silver polish
- Skin cream
- Soaps
- Stick deodorant
- Styrofoam cups or plates
- Sunscreen
- Sunscreen lotion
- Talcum powder (100% talc)
- Toilet bowl cleaner
- Water filters
- Wax Paper

Lipstick, toothpaste and mouthwash that contain chometz should NOT be used.
The following brands ARE acceptable:

**Toothpaste:** Aim (All), Close Up (All), Colgate (All), Pepsodent (All), Ultrabrite (All)

**Mouthwash:** Colgate (All), Listerine (Cool Mint Antiseptic, Total Care Zero, Zero), Scope (All)
Please Note: Some items on this list require a Kosher for Pesach hechsher, some require just an ordinary year-round hechsher, and some do not require at all.

BABY FOOD Gerber (OU) Carrots, Squash
Kitniyot: Green Beans, Peas

BICARBONATE OF SODA (BAKING SODA) All (not baking powder)

CHIA SEEDS Any raw without additives (check seeds before Pesach for any other grain that may be mixed in).

CHILI PEPPERS Dried, without additives

COCONUT FLOUR Coconut Secrets (Star-K), Cocozia (Star-K), Epicurex (Star-K), Trader Joe’s (unsweetened)

COCOA Any domestically produced. Hershey’s except Special Dark.

COFFEE Instant: Folgers (regular & decaf) Nescafe Taster’s Choice (only regular), Maxwell House (OK-P)
Ground & Whole Bean Regular unflavored, NOT Decaf: Dunkin Donuts, Ellis, Folgers, Green Mountain, Publix, Trader Joe’s.
Ground & Whole Bean Regular unflavored, Decaf: Ellis, Folgers, White House/Pinnacle

DAIRY ITEMS All items listed here are only acceptable when bearing OU-P Axelrod: Sour Cream
Breakstone: Butter (salted, unsalted, whipped salted, and whipped unsalted), Cottage cheese (low-fat, smooth & creamy), Sour Cream, Sour Cream, Reduced Fat
Dannon Yogurt: Coffee, Vanilla
Kroger: Cream cheese, Cream cheese bars
Publix: Heavy cream, Cream cheese bars
Tempte: Cream cheese

EGGS Preferably purchased before Pesach.

EGG WHITES 100% Liquid Egg Whites: Kroger Break Free (OU-P), All Whites (OU-P)

FISH Any Raw Fish with supervision. Smoked Fish needs KFP. All Frozen Fish may be used if washed. Some avoid Alaskan Wild Salmon or other frozen fish that have been glazed.

FLAX SEED Check before Pesach for any extraneous matter

FROZEN FRUIT All frozen (some authorities require additional checking for infestation for berries) whole, sliced or melon balls, unsweetened, additive free, without syrup, citric acid, ascorbic acid, or vitamin C.

HERBS All Fresh

ICE All plain water bagged ice may be used

JUICE FRESH: Tropicana bearing OKP, Kroger Brand Orange Juice without Calcium, bearing plant #13-250, the letters “AKC-P” on the inkjet of the container and an expiration date of MAY 2 – MAY 23 is Kosher for Passover.
FROZEN: 100% pure frozen orange or white grapefruit from concentrate with no sweeteners, additives or preservatives. Lemon & Lime Juice: RealLemon & RealLime

MEATS All fresh or frozen raw meats or poultry even without KFP; excluding some ground, cooked or deli meats that may require KFP.

MILK Preferable to use Kosher for Passover (KFP) milk, but any milk may be used if purchased BEFORE Passover. Kroger Brand unflavored milk (Homogenized whole milk, 2%, 1%, Skim milk) bearing plant #13-250, the letters “AKC-P” on the inkjet of the container and an expiration date of APRIL 18 – MAY 5 is Kosher for Passover.
Lactaid Milk: May be used if purchased BEFORE Pesach.

NUTS Raw, whether they are Slivered, Whole or Chopped Nuts (e.g., almonds, pine nuts, walnuts, etc.) without preservatives or other additives, such as BHT or BHA in corn oil, are approved for Passover. If label states that it is processed in a plant that processes kitniyos or chometz, then it requires a reliable KFP certification. The following processed nuts require KFP certification: Dry roasted, toasted, blanched, and ground. Whole and half pecans are similar to any raw nuts mentioned above; however, pecan pieces and midget pecans must bear a KFP symbol. Many consider peanuts as kitniyos, which are not permissible on Pesach.

OILS The following are acceptable for Passover without P designation: Extra Virgin Olive Oil (Some Authorities require year-round certification), Virgin Coconut Oil (OU)

PESACH PRODUCTS Products purchased in previous years can be used this year as well.

QUINOA This year, Quinoa must have Kosher For Passover Certification.
RAISINS Kroger, Publix, Dole, Trader Joe’s, Sun-Maid (OK-P)

SALAD GREENS Kroger Brand (OK-P), Publix Brand (OK-P), Fresh Express (Star-K-P)

SALT Noniodized without other additives (sodium silicate is fine)

SELTZER Any plain unflavored.

SEPHARDIM May use rice on Pesach, as long as there are no additives or vitamins, and it is thoroughly checked three times before using. Baby rice cereals and some soy milk could contain real chometz and should not be used. Processed products for Sephardim including tomato sauce, peanut butter and tuna fish should not be used unless they have a reliable Pesach hechsher on them.

SODA Coke, Diet Coke, with OU-P stamped on bottle top and different color cap; Dr. Brown with KFP, Pepsi, Diet Pepsi with KP

SPICES Whole unground, except mustard. Ground spices need KFP

SUGAR Pure granulated cane without dextrose. Confectioners, brown, and vanilla sugars need KFP. Domino Brown Sugar is available with KFP

TEA BAGS Unflavored Decaffeinated: Lipton
Unflavored Caffeinated: Any black, green or white, not Herbal. Herbal with KFP. Many Bigelow herbal teas have Kof-KP

TEA, INSTANT Unflavored Caffeinated, Nestea

VEGETABLES FRESH: Asparagus, avocado, beets, bell peppers, broccoli, cabbage (red or green), carrots, cauliflower, celeriac (celery roots), celery, chicory, chives, collard, cucumber, dill, eggplant, endive, escarole, garlic (depending on custom), green onions, horseradish (raw), kohlrabi, leek, lettuce (all types), mint leaves, mushrooms, okra, onions, potatoes, parsley, parsley root, pumpkin, radishes (all types), rutabaga, scallions, spinach, squash, tomatillos, tomatoes, turnips, watercress, whole pepper, yams, zucchini.

FROZEN: Require Pesach supervision

WATER Any unflavored spring or distilled even with electrolytes, fluoride or minerals except when listing Calcium Citrate

Kitniyos
There are many products called kitniyos (legumes & similar foods) which are not eaten on Pesach by Jews of Eastern European descent (Ashkenazim).

The following are considered kitniyos: beans, buckwheat, caraway, cardamom, corn, fennel, fenugreek, lentils, millet, mustard, peas (including chick peas), green beans, poppy seeds, rapeseed (Canola oil), rice, sesame seeds, soybeans (tofu), and sunflower seeds.

The following are not considered kitniyos, but may require special checking:
anise, carob, coriander, cottonseed, cumin, guar gum, linseed, and locust bean gum. The following may be kitniyos and are therefore not used: amaranth and peanuts.

The following ingredients are customarily not used on Pesach:
ascorbic acid, aspartame, BHA, BHT, Calcium ascorbate, dextrose, emulsifiers, H.V.P., isolated soy protein, isomerized syrup, lecithin, MSG, nutra sweet, sodium erythorbate, sorbitan, sorbitol, stabilizers, starch, and vitamin C.
☑ INFANT FORMULA, NUTRITION & SUPPLEMENTS

The product brands listed below are not certified Kosher For Passover. Nonetheless, the OU has identified these products as Halachically acceptable for infants and those who are ill.

PLEASE NOTE THE FOLLOWING POINTS:

• Many of the products contain kitniyot, some as the primary ingredient.
• Some of the products may contain minor ingredients that are possibly, though unlikely, produced from chametz-based raw materials. All such ingredients are used at a less than a 1:60 ratio.
• Liquid versions of these products are preferable to powdered.
• Products that contain flavors should only be used when no unflavored alternative exists.
• Products should be purchased before Passover and be segregated from Kosher for Passover foods.

Gerber
(OU) Carrots, Squash, Kitniyot: Green Beans, Peas

Boost
Glucose Control, High Protein, Nutritional Pudding, Plus

Boost
Kid Essentials 1.0, 1.5, With Fiber

Enfamil
5% Glucose Water

Ensure Shakes
Complete Nutrition, High Calcium, High Protein, Healthy Mom, Home-made, Plus, Plus Next Generation

Glucerna
1.0, 1.2, 1.5

Pedialite
All Flavors

Infant Formulas
Baby’s Choice, Berkley & Jensen, Enfacare, Enfalac, Enfamil, Enfapro, Gerber Good Start, Isomil, Similac

Soy Milk Original
365 Every Day Value (Original, Light, Unsweetened), Nature’s Place, Silk, Soy Dream

Almond Milk Original
365 Every Day Value, Almond Breeze Unsweetened, Almondsense, Natural Directions, Nature’s Place, Silk

Rice Milk Original
Rice Dream Enriched, Unsweetened, Nature’s Place

Coconut Milk Original
Coconut Dream
PET FOOD

One cannot eat, benefit or own leavened products. Therefore, one should make sure that the pet foods used on Pesach are chometz-free. Do not use if it contains the following: wheat (cracked, flour, germ, gluten, ground, grouts, middlings, and starch), barley (cracked, flour), oats (flour, grouts, hulled), pasta, rye, and brewer’s dried yeast. Any questionable ingredient should be reviewed by a competent Rabbinic authority. Any pet food should be purchased before Pesach so that any possible chometz would be nullified. Kitniyos, such as beans, buckwheat, brewer’s rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, safflower, sesame, soybeans, soy flour, and sunflower, are permitted for pets. Any pet food containing milk and meat (not fowl) is forbidden for year-round use.

The following is a list of acceptable pet foods approved for Passover 2019, when produced in the U.S.

CATS

Blue Wilderness Grain Free (dry): Adult (Duck, Indoor Chicken, Rabbit, Red Meat, Salmon, Trout, Weight Control), Kitten (Chicken)
Evangers: When bearing CRC Pesach approval
Friskies (canned): Paté Chicken and Tuna Dinner, Paté Classic Seafood Entrée, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner
Prescription Diet: a/d, d/d except duck, m/d canned only, r/d, s/d, t/d, zd
Wellness Core Grain-Free (dry): Original, Kitten, Turkey & Turkey Meal & Duck, Indoor
Wellness Core Grain-Free Classic Paté (canned): Kitten Formula, Whitefish & Salmon & Herring, Indoor

DOGS

Alpo Chop House (canned): Prime Rib Flavor cooked in Savory Juices, Roasted Chicken and Top Sirloin Flavors cooked in Savory Juices, T-Bone Steak and Ribeye Flavors cooked in Savory Juices
Blue Wilderness Grain Free (dry): Adult with Chicken, Adult with Duck, Adult with Salmon, Puppy with Chicken, Senior with Chicken, Small Breed Adult with Chicken
Blue Wilderness Grain Free (canned): Duck & Chicken Grill, Salmon & Chicken Grill, Turkey & Chicken Grill
Evangers: When bearing CRC Pesach approval
Mighty Dog (canned no gravy): Chicken Egg & Bacon Country Platter, Chicken & Smoked Bacon Combo, Hearty Beef Dinner, With Lamb and Rice
Prescription Diet: a/d, d/d, h/d, s/d, u/d, r/d
Wellness Core Grain Free (dry): Original, Reduced Fat, Ocean, Small Breed.

FISH

Fish food and vacation blocks often contain chometz. The following are acceptable: Zoo Med Laboratories Giant Plankton Banquet Block Feeder and Tetra Tropical Slow Release Gel Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days). Goldfish and tropical fish can be given the following items, provided they do not contain fillers: tubular worms, frozen brine shrimp, and freeze dried worms.
BIRDS (PARROTS, PARAKEETS, COCKATIELS, MACAWS)
Millet and sorghum as main diet.
Peanuts, sunflower seeds, and safflower seeds can be given.
Larger birds such as parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
Smaller birds can also have pure alfalfa pellets; crush before feeding.
Can supplement with cottage cheese, rice cakes (birds like to eat these), small pieces of lean meat, matza, berries, eggs, canned baby fruits.
All large food should be shredded before serving. These items should be given sparingly.
For minerals, can have oyster shells (calcium) or mineral block.
The greater the variety, the better

HAMSTERS, GUINEA PIGS, GERBILS & RABBITS
Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains.
Dried alfalfa may also be given.
Can supplement with mixture of cut up fruits and vegetables – carrots, broccoli, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, cabbage. Can also give some matza. If not accustomed to these items, give sparingly.
Guinea pigs especially will benefit from kale, parsley and oranges.
Hamsters especially will benefit from apples.
Guinea pigs need vitamin C added to diet.
Pure Timothy Hay is not chometz and may be used.

GECKOS
Repashy Crested Gecko Meal Replacement Powder

Mixes sold in stores often contain chometz. It is advisable to mix regular and Pesach food together one to two weeks before Pesach before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.
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