

2016/5776 ATLANTA KASHRUTH COMMISSION

PASSOVER

QUICK SHOPPING GUIDE

THE FOLLOWING GROCERY ITEMS CAN BE PURCHASED FROM THE **REGULAR** SUPERMARKET SECTION

BABY FOOD & FORMULA

The following baby foods and formulas are not certified kosher for Passover. Nonetheless these products are halachically acceptable for infants or those who are ill.

FOOD Gerber Carrots, Green beans, Peas

FORMULA Similac, Enfamil, Isomil

[For full list including medical & nutritional supplements see 2016 AKC or OU Pesach Guide]

BAKING SODA

BOTTLED WATER

BROWN SUGAR

Domino [OK-P]

CHILI PEPPERS

Dried without additives

COFFEE, INSTANT

Folgers [regular & decaffeinated], Nescafe, Taster's Choice [only regular], Maxwell House [OK-P], Sanka [OK-P]

COFFEE, WHOLE BEAN

REGULAR UNFLAVORED: All

DECAFFEINATED UNFLAVORED: Brooklyn Coffee House, Ellis, Folgers, Hena, Parker House, White House

DAIRY ITEMS:

BUTTER Breakstone [OU-P]

CREAM CHEESE Kroger [OU-P]

COTTAGE CHEESE Breakstone, Temp-Tee [OU-P]

HEAVY CREAM Publix [OU-P]

SOUR CREAM Breakstone, Axelrod [OU-P]

EGGS

Preferably purchased before Pesach

LIQUID EGG WHITES Kroger Break-Free [OU-P]

EXTRA VIRGIN OLIVE OIL

FISH

FROZEN All may be used if washed.

Some avoid Alaskan wild salmon or other frozen fish that have been glazed.

FRUIT

FROZEN 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.

HERBAL TEA

Bigelow [Kof-K P]

HERBS

All Fresh

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 9 - MAY 26.

FROZEN 100% pure frozen orange or white grapefruit from concentrate with no sweeteners, additives or preservatives.

LEMON & LIME JUICE RealLemon & RealLime

NUTS

RAW Whole, Pieces, slivered, chopped, or Meal. Almonds, filberts, pine nuts and walnuts [even if bleached] without preservatives such as BHT or BHA. No peanuts or midget pecan pieces.

Pecan pieces need a KFP; Whole and half pecans are acceptable

MEATS

All raw meat and poultry, **excluding** some ground meats and deli that require special 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 29 - MAY 9 is Kosher for Passover.

QUINOA

Ancient Harvest [Traditional White Quinoa, Inca Red Quinoa, Harmony/Tri Color Quinoa]

RAISINS

Kroger, Publix Raisins, Dole Raisins, Trader Joe's

SALT

Non-iodized

SELTZER

Any unflavored

SPICES

Whole [ground spices requires certification]

SUGAR

Pure white cane and Turbinado

TEA

Pure black, green, or white, [flavored, instant, or decaf requires KFP]

Unflavored decaffeinated tea bags, Lipton

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, 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.

This year there will be a large number of kitniyos retail items available. Manischewitz has introduced a *Kitni* line. All products are clearly marked *Ochlei Kitniyot* and require acceptable certification.

NON FOOD ITEMS

THE FOLLOWING ITEMS **DO NOT** REQUIRE CERTIFICATION ON PESACH:

ALUMINUM FOIL	INSECTICIDES
ALUMINUM FOIL BAKING PANS	ISOPROPYL ALCOHOL
BABY OINTMENTS	JEWELRY POLISH
BAGS (PAPER OR PLASTIC)	LAUNDRY DETERGENTS
BODY WASH	LOTIONS
BOWL AND TUB CLEANER	NAPKINS (PAPER)
CANDLES	OVEN CLEANER
CARDBOARD	PAPER CUPS, PLATES AND TOWELS
CARPET CLEANER	PERFUMES
CHARCOAL	PIPE OPENERS
CONDITIONER	PLASTIC BAGS, CUPS, AND PLATES
COPPER AND METAL CLEANERS	PLASTIC CONTAINERS
CORK	PLATES (PAPER IN USA ONLY, PLASTIC OR STYROFOAM)
COSMETICS (EXCEPT POSSIBLY LIPSTICKS)	SCOURING PADS AND POWDER
CUPCAKE HOLDERS	SHAMPOOS
CUPS (PAPER, PLASTIC OR STYROFOAM)	SHAVING CREAM AND GEL
DENTAL FLOSS (ANY UNFLAVORED, INCLUDING WAXED)	SHAVING LOTION
DEODORANTS	SILVER POLISH
DETERGENTS	SKIN CREAM
DISHWASHING DETERGENT	SOAPS
DRAIN OPENER	STICK DEODORANT
FABRIC PROTECTOR	STYROFOAM CUPS OR PLATES
FURNITURE POLISH	SUNTAN LOTION
GLASS CLEANER	TALCUM POWDER (100% TALC)
HAIR GELS, SPRAYS AND MOUSSE	TOILET BOWL CLEANER
HAIR REMOVERS AND TREATMENTS	WATER FILTERS

FOR MORE INFORMATION AND FOR MORE DETAILED LISTS,
PLEASE SEE THE **2016 AKC PASSOVER GUIDE**