2019/5779 ATLANTA KASHRUTH COMMISSION

PASSOVER QUICK SHOPPING GUIDE

THE FOLLOWING ITEMS MAY BE USED ON PASSOVER AND CAN BE FOUND IN 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.

BABY FOOD
Gerber Carrots, Green Beans, Peas, Squash
FORMULA
Similac, Enfamil, Isomil (For full list including medical & nutritional supplements see our 2019 AKC or the OU Passover Guide)

BAKING SODA
BROWN SUGAR
Domino (OK-P)

CHILI PEPPERS
Dried without additives

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

COFFEE, INSTANT
Folgers [Regular & Decaffeinated], Nescafe Taster’s Choice [only Regular], Maxwell House [OK-P]

COFFEE, GROUND & WHOLE BEAN
REGULAR [NOT DECAF] UNFLAVORED: All

DAIRY ITEMS
BUTTER
Breakstone [OU-P], CREAM CHEESE
Kroger [OU-P], Publix [OU-P], Temp-Tee [OU-P]
COTTAGE CHEESE
Breakstone [OU-P], Friendship [OU-P], SOUR CREAM
Breakstone [OU-P], Axelrod [OU-P]
EGGS
Preferably purchased before Pesach

EGG WHITES
100% LIQUID EGG WHITES: Kroger Break Free [OU-P], All Whites [OU-P]

FISH
RAW & FROZEN
All certified fish may be used if washed before Passover. Some avoid Alaskan wild salmon or other frozen fish that have been glazed. Smoked fish needs a KFP.

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.

HERBS
All Fresh

ICE
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 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 18 – MAY 5 is Kosher for Passover.

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
Acceptable for Passover without P designation: Extra Virgin Olive Oil [Some Authorities require year-round certification], Virgin Coconut Oil [With OU]

QUINOA
Must have Kosher For Passover Certification.

RAISINS [WITHOUT OIL]
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
Non-iodized

SULFUR DIOXIDE
Any unflavored

SPICES
All Whole, except for mustard (ground spices require certification)

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

TEA BAGS
Pure black, green, or white. Flavored, instant, or decaf require KFP except for unflavored, regular non-decaf Nestea. Unflavored decaffeinated tea bags, Lipton

HERBAL TEA
Bigelow (Kof-K P)

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

NON FOOD ITEMS
THE FOLLOWING ITEMS MAY BE USED ON PASSOVER 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
DETERSGENTS
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
PIPE OPENERS
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
SUNTAN LOTION
TALCUM POWDER
[100% TALC]
TOILET BOWL CLEANER
WATER FILTERS
WAX PAPER

FOR MORE INFORMATION AND FOR MORE DETAILED LISTS, PLEASE SEE THE 2019 AKC PASSOVER GUIDE