Dear Fellow Community Members,

We are pleased to present to you the 5779 Passover Guide of the Vaad Hoeir of St. Louis. You will find in the coming pages much useful information to help you prepare for yom tov.

It is impossible to properly list all suitable products available for Passover, however we have endeavored to include some of the most pertinent information. Please call the Vaad office with any questions you might have regarding specific products.

In order to produce a guide with the most comprehensive information we have used the lists compiled by the Chicago Rabbinical Council. We are grateful to the cRc that they have allowed for us to publish their convenient "shopping guide" and "medicine list." You will also find links to OU and Star-K lists.

As we have done in the past, we are including a list of accepted kosher symbols. The non-appearance of kosher symbols on this list does not reflect upon their reliability, but only means that the Vaad does not have a relationship with those particular agencies.

Much appreciation is due to the רבנים אחראים of the Vaad for their continuous direction and input to insuring the highest level of kashrus supervision in St. Louis.

As well as a special thank you to Mr. Alan Kandel - President of the Board and his fellow board members for their continued efforts to insure the success of our organization.

The continuous work performed daily by the Mashgichim and office staff of the Vaad Hoeir is appreciated by all kosher consumers in the St. Louis area.

Wishing you all a Chag Kosher V’Sameach,

Rabbi Zvi Zuravin
Executive Director

Rabbi Yitzchak Kowalsky
Senior Rabbinical Coordinator
One of the noteworthy features of the Exodus is that the liberation of the Jewish people from Egyptian bondage took place B’etzem Hayom Hazeh, “in this self-same day” (Shmot 12:41). The great biblical commentator, Rashi, explains those words in accordance with the Midrash, that when the proper moment of the Jewish people’s liberation arrived Hashem “did not delay them for even an instant”, not even K’heref Ayin, like the blink of an eye.

What was the importance of this, and why was it even necessary? The Egyptians were already defeated and demoralized, having endured ten devastating plagues. Pharaoh came searching for Moshe in the middle of the night pleading for the Jewish people to leave his land in a hurry. What difference would a delay of an instant make? Surely there was no concern that the Egyptians would change their minds about setting the Jews free. They were the ones who were rushing the Jews, urging them to hurry and leave Egypt as fast as they possibly could. So why this great emphasis on Hashem’s not delaying their departure from Egypt for even an instant?

One explanation is as follows: The reason to not delay the liberation for any amount of time was not out of concern that the Egyptians might change their minds, but rather for fear that the Jews might have a change of heart. Perhaps among the Jewish people there would be some who would hesitate about leaving behind their familiar life of subjugation to Egypt and the depravity that it represented, and follow Moshe to receive the Torah at Mount Sinai. It is true that the Jewish people experienced divine revelation at midnight on the night of Passover, but would the inspiration of that powerful moment survive long enough to get them out of Egypt or would it fizzle out? Accordingly, the Torah informs us that when the time for liberation arrived, a delay of any duration would have potentially been devastating to the spiritual destiny of the Jewish people.

This idea provides us with a powerful lesson in our daily service of Hashem, both as individuals and collectively as a community. The Torah instructs us to remember and to relive the Exodus all the days of our lives. We all experience moments of inspiration and spiritual elevation. We all have special spiritually uplifting times when we are fired up and motivated to break free from our inner spiritual constraints, from the personal “Egyptian bondage” that spiritually enslaves us. These constraints are the personal challenges that often prevent us from being “all that we can be” and keep us from attaining the spiritual heights that we are destined for.

When those moments of inspiration arrive, there exists the danger of procrastination; of hesitation. There’s the risk that we might succumb to old habits, that we might fall back to the status quo and the comfort of the personal or community environments that we are familiar with. When those elevated moments of inspiration strike, the Torah urges us to not delay “for even a blink of an eye”. We are encouraged to move swiftly, to seize the moment and immediately translate the subliminal into the practical. Without wasting a moment we must transform the spiritual excitement into the actual, through a spiritually liberated life of Torah and Mitzvot.

Our best wishes to each of you for a Kosher and joyous Pesach, and may we merit, “in the blink of an eye”, to go from celebrating the liberation of Pesach to celebrating the true and ultimate liberation with the coming of Moshiach.

Rabbi Menachem Greenblatt & Rabbi Yosef Landa
**Thursday Night, April 18**  
**Bedikas Chametz**  
On Thursday night after 8:26 PM, one should immediately perform Bedikas Chametz (Search for Leaven). The Beracha and Kol Chamira are recited.

---

**Friday, April 19**  
**Taanim Bechorim**  
*(Fast of the Firstborn)*  
Chometz may not be eaten after 10:22 am, according to the Magen Avraham, or after 10:46 AM according to the Gra.

---

**Friday, April 19**  
**Biur Chametz**  
*(Burning of the Chametz)*, Sale and Nullification of Chometz *(Bitul)* must be completed by 11:41 AM, according to the Magen Avraham, or by 11:53 AM, according to the Gra.

---

**Friday, April 19**  
**1st Night of Passover Shabbos**  
Candle lighting time for the 1st Night of Passover is 7:23 PM

**Shabbos, April 20**  
**2nd Night of Passover**  
2nd Night of Passover  
Candle lighting is not before 8:28 PM.

The Beracha of “She’hecheyanu” is recited with the candle lighting on the first and second nights only.

Chatzos (Midnight) for the first two nights of Passover is 1:00 AM.

---

**Thursday, April 25**  
**Eruv Tavshilin**  
**7th Night of Passover**  
Candle lighting time is 7:29 PM.

---

**Millstone Mikvah Schedule for Men**  
**Friday, April 19 Erev Pesach 9a-5p**  
**Thursday, April 25 Erev Yom Tov 9a-5p**

---

**Shabbos Mikvah Schedule for Men**  
April 20 (Shabbos, 1st Day Yom Tov) **Not Available**  
April 21 – April 23 (Sunday, 2nd Day Yom Tov - Tuesday) **Available**  
April 24 - April 26 (Wednesday – Friday, 7th Day Yom Tov) **Not Available**  
April 27 – (Shabbos, Last Day Yom Tov) **Available**  

---

**Regular Schedule Resumes Shabbos, April 27, 2019**
The Rabbi Sholom Rivkin
Tzedakah/Merle Hartstein
Maos Chitim Fund
Please consider making a gift to The Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Maos Chitim Campaign. These funds provide many families in our community with assistance for Passover and during the year. Your donation would be greatly appreciated. Please make your checks payable to Maos Chitim and send to Vaad Hoeir of St. Louis, 4 Millstone Campus, St. Louis, MO 63146. Credit/Debit Cards donations also can be made online by going to www.stlmaoschitim.com.

Hag’olas Kalim -
Kashering utensils for Passover
Kashering utensils for Passover use will take place, G-d willing, on the parking lot of the Vaad Hoeir Office at 4 Millstone Campus Drive, Sunday April 14th from 9 am - 5 pm. There will Rabbanim on site to answer any koshering questions.

Kalim Mikvah
During office hours the Kelim Mikvah is available via entrance through the Vaad office door. At other times the Kelim Mikvah is accessible through a rear door entrance. The code to enter is aleph, gimmel, hey. Please use parking lot in the front of the building. During the winter months (November-March) the Kelim Mikvah may not be accessed after 4 pm and in the summer not after 7 pm.

Shatnes Testing
The Vaad Hoeir Shatnes Center in Memory of Barbara Mendelson is located at the home of Hillel Anton, 915 Dalkeith Lane in University City. Garments to be checked should be dropped of before Shabbos. Hillel routinely checks the garments on Motzei Shabbos and they are available for pick up on Sundays. Please call 314-997-4416 prior to dropping of and picking up to make sure someone is home.

Items Produced Locally for Pesach under OVK certification:

DRIED FRUIT: Available at Mound City when bearing Kosher for Passover certification.

MILK (Fresh):

Schnucks: Prairie Farms, all types of white milk in plastic gallon and ½ gallon jugs, when bearing a “KP-19” as part of the date code. This milk is not Cholov Yisroel, but uses Passover certified vitamins.

Dierbergs: Dean’s skim, 1%, 2% and whole white milk in ½ gallon plastic jugs when bearing a “P” after the code date. This milk is not Cholov Yisroel, but uses Passover certified vitamins.

MILK (Fresh - Cholov Yisroel): Fresh & Tasty brand available at Schnucks - Ladue Crossing when bearing “KLP” on the label.

NUTS (RAW):

Mound City: when bearing the OV Kosher for Passover sticker.

Wine and Cheese Place: 457 New Ballas location only, when bearing the OV Kosher for Passover sticker.

PREPARED FOODS:

Quick Web Links for Pesach Certification Lists:

For a complete list of all OU products that DO and DO NOT require special Passover certification

CLICK HERE

For a list of Star-K “Quick Pick” Medicine List certified products that are acceptable for Passover

CLICK HERE

For the Star-K “Quick Pick” Personal Care List certified products that are acceptable for Passover

CLICK HERE

The Shopping Guide: An Important Reminder

As a reminder to the public to be aware that just because a product is found in the “Kosher for Passover” section of a supermarket, does not necessarily mean it is Kosher for Passover. Most food products require special certification for Passover. Look for a “P” designation next to the kosher symbol, or specific “Kosher L’Pesach” mention made on the product. Since there are some products on the market that say “Kosher for Passover,” but contain kitniyos (such as peanuts, beans, peas, similar items from the legume family, corn, bean sprouts, alfalfa sprouts, green beans, mustard, and foods derived from these) or other problematic ingredients, we recommend that consumers use accepted national certifications such as the OV, OU, OK, Kof-K, cRc, Star-K, etc. It is very important to check every label. Local St. Louis supermarkets do not consult the Vaad regarding Passover products. Often they do not even separate Kosher from Non-Kosher for Passover items. Only Simon Kohn’s are under Vaad Hoeir supervision.

Please do not hesitate to call the Vaad office with any questions, especially if you are in doubt.
Please Note:
The following is a Halachic statement released by the cRc regarding medicine, cosmetics and toiletries for Pesach. The Rabbanim Achrayim of the Vaad Hoeir have adopted the Pesach policy regarding medicines, cosmetics and toiletries as outlined in the statement of the Chicago Rabbinical Council.

Medicines, Cosmetics & Toiletries for Pesach

MEDICINES
FOR LAWS OF TAKING MEDICINE ON SHABBOS AND YOM TOV, PLEASE CONSULT YOUR RABBI.

- All pill medication – with or without chometz – that one swallows is permitted. (Candy-coated pills are an exception to this rule, but they are quite uncommon.) Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their 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 swallowable pill.

Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

- Liquid and chewable medications that contain kitnis 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 kitnis.

COSMETICS & TOILETRIES

- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on Pesach – regardless of the ingredients contained within them.

- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, sunscreen, and wipes contain denatured alcohol, and therefore should only be used on Pesach if they do not contain alcohol or the alcohol is known to be free of chometz. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.

- Lipstick, mouthwash and toothpaste which contain chometz should not be used.

Please feel free to check www.crcweb.org or contact the Vaad Hoeir office (314) 569-2770 closer to Pesach, since changes may have taken place after publication of this guide.
Medicine Guidelines

The cRc’s general guidelines on medicines, cosmetics and toiletries can be found on page 7 of this guide. The following is a summary of the medicine portion of those guidelines:

- All pill medication — with or without chametz — that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.]
- Rav Schwartz, shlit"a has ruled that, as a rule, vitamins do not qualify as medications and are instead treated as food supplements, which require hashgachah for Passover. If a doctor prescribes a specific vitamin which does not have Passover supervision, please review your specific situation with your doctor and Rabbi.
- Liquid and chewable medications that may contain chametz 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 chametz, and the possibility of substituting a swallowable pill. Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.
- Liquid and chewable medications that contain kitnios may be consumed by someone who is ill.
- For laws of taking medicine on Shabbos and Yom Tov, please consult your Rabbi.

Medicine and Toiletry Details

Items marked “Possible chametz” contain edible ingredients whose chametz-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their Rabbi.

For an expanded and updated list of products, search www.ASKaRc.org or our smartphone apps.

<table>
<thead>
<tr>
<th>Allergy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adwe Allergy Relief (Liquid) .................. Recommended</td>
</tr>
<tr>
<td>Allegra Children’s Liquid Suspension (Liquid) ........................................ Possible chametz</td>
</tr>
<tr>
<td>Allegra Children’s Orally Disintegrating Tablet ......................................... Possible chametz (dairy)</td>
</tr>
<tr>
<td>Claritin Children’s (Chewable) ................................................................. Possible chametz</td>
</tr>
<tr>
<td>Zyrtec Children’s Allergy Indoor &amp; Outdoor Allergies (Liquid) .................. Possible chametz</td>
</tr>
<tr>
<td>Zyrtec Children’s Dissolve Tabs ................................................................. Possible chametz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Antacid / Digestion / Gas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adwe Calcium Heartburn Relief (Chewable) .................................................. Recommended</td>
</tr>
<tr>
<td>Adwe Ko-Lanta Antacid Anti-gas (Liquid) .................................................... Recommended</td>
</tr>
<tr>
<td>Align Capsules .................. Recommended</td>
</tr>
<tr>
<td>Align Jr Cherry Smoothie (Chewable) .......................................................... Possible chametz (dairy)</td>
</tr>
<tr>
<td>Alka Seltzer Alka-Seltzer Xtra Strength (Effervescent Tablets) ............ Possible chametz</td>
</tr>
<tr>
<td>Alka Seltzer Original Effervescent Tabs .................................................... Possible chametz</td>
</tr>
<tr>
<td>Culturelle Kids (Chewable) .......... Possible chametz</td>
</tr>
<tr>
<td>Culturelle Kids Packets Daily Probiotic (Powder) ........................................... Possible chametz</td>
</tr>
</tbody>
</table>

| Gas-X Extra Strength Cherry Crème (Chewable) .......................................... Possible chametz |
| Gas-X Extra Strength Peppermint Crème (Chewable) ................................... Possible chametz |
| Imodium AD For Ages 6 & Up (Liquid) ......................................................... Possible chametz |
| Imodium AD Liquid .................. Possible chametz |
| Imodium AD Multi-symptom Relief (Caplets) .................................................. Recommended |
| Kapectate Max Peppermint (Liquid) ............................................................ Possible chametz |
| Kapectate Vanilla Regular Flavor (Liquid) .................................................... Possible chametz |
| Pepto Bismol 5 Symptom Relief (Caplets) ...................................................... Recommended |
| Pepto Bismol 5 Symptom Relief (Chewable) .................................................... Possible chametz |
| Pepto Bismol 5 Symptom Relief Cherry (Liquid) .............................................. Possible chametz |
| Pepto Bismol Children’s Pepto Bubble Gum Flavor (Chewable Tablets) ............ Possible chametz |
| Pepto Bismol Ultra (Liquid) .......... Possible chametz |
| Tums Assorted Varieties (Chewable) ............................................................. Possible chametz |
| Blush .................................. All are recommended |
| Body Soap .................. All are recommended |
Medicine & Cosmetics

Cologne
Only recommended if free of (denatured) alcohol or if manufactured in the United States

Cough, Cold & Flu
Adwe Cough Syrup Tussin (Liquid) .................................................... Recommended
Alka-Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula) .................................................... Possible chametz
Alka-Seltzer Plus Severe Cough & Flu Formula (Effervescent Tablets) .................................................... Possible chametz
Cold EZE Sugar Free Wild Cherry Flavor (Lozenge) ............................ Not Recommended
Delsym 12 Hour Cough Relief (Orange Flavor) (Liquid) ......................... Possible chametz
Delsym Children’s 12 Hour Cough Liquid (Grape Flavor) (Liquid) ............ Possible chametz
Delsym Children’s 12 Hour Cough Liquid (Orange Flavor) (Liquid) ................ Possible chametz
Mucinex Chest Congestion Mini-Melts for Kids Bubble Gum Flavor (Dissolving Granules) ................................. Possible chametz
TheraFlu Multi-Symptom Severe Cold (Packets) ..................................Possible chametz
Thera-Flu Nighttime Severe Cold and Cough (Powder) ......................... Possible chametz
Triaminic Children’s Night Time Cold and Cough (Grape Flavor) (Liquid) .................................. Not Recommended
Triaminic Day Time Cold and Cough Cherry Flavor (Liquid) ...................... Not Recommended
Vicks DayQuil Cough (Liquid) .......................................................... Possible chametz
Vicks Nyquil Children’s Cold and Cough (Liquid) .................................. Possible chametz
Vicks Nyquil Cough (Liquid) ............................................................ Possible chametz
Vicks Nyquil Liquid Cold and Flu (Liquid) ........................................... Possible chametz
Zarbee’s Children’s Nighttime Cough Syrup Grape Flavor (Liquid) ................ Possible chametz
Zarbee’s Naturals Children’s Cough Syrup (Liquid) ................................ Possible chametz
Zicam Cold Remedy RapidMelts (Cherry Flavor) (Tablets) ..................... Possible chametz
Zicam RapidMelts Ultra (Orange Cream Flavor) (Tablet) ......................... Possible chametz

Cough spray .................................... Recommended if free of (denatured) alcohol or if manufactured in the United States

Fever Reducer / Pain Relief
Adwe Fever-Ex (Liquid) .................................................. Recommended
Signature Care Junior Strength Ibuprofen Grape Flavor (Chewable) .......... Possible chametz
Walgreens Junior Strength Ibuprofen 100 (Orange or Grape flavor) (Chewable) .................................................. Recommended

Gas .................................................. see Antacid/Digestion/Gas

Hairspray and Mousse
Recommended if free of (denatured) alcohol or if manufactured in the United States

Indigestion ........................................ see Antacid/Digestion/Gas

Laxatives / Fiber Supplements
Benifiber (powder) .......................................................... Chametz (Not Recommended)
Benifiber Healthy Shape (Powder) .............................................. Chametz (Not Recommended)
Benifiber Stick Packs (unflavored) (Powder) ................................ Chametz (Not Recommended)
Citrucel (Caplets) .......................................................... Recommended
Dulcolax Overnight Relief (Tablets) ................................................ Recommended
Dulcolax Pink (Tablets) .......................................................... Recommended
Dulcolax Suppository .......................................................... Recommended
Epsom Salt (pure) Generic or Branded versions (Powder) ................. Recommended
Ex-Lax Tablets .......................................................... Recommended
Fibercon Caplets .......................................................... Recommended
Generic Mineral Oil (pure) (Liquid) ................................................ Recommended
Metamucil Original Coarse (Powder) ................................................ Recommended
Miralax (Powder) .......................................................... Recommended
Pedia-Lax (Suppository) .......................................................... Recommended
Peri-Colase (Tablets) .......................................................... Recommended
Phillips Milk of Magnesia (Caplets) ................................................ Recommended
Phillips Milk of Magnesia Fresh Mint (Liquid) ..................................... Possible chametz
Phillips Milk of Magnesia Original (unflavored) (Liquid) .............. Possible chametz
Polyethylene Glycol (pure) Generic or Branded versions (Powder) ........ Recommended
Prunelax Cirulax (Tablets) .......................................................... Recommended
Senokot (Tablets) .......................................................... Recommended
Senokot-S (Tablets) .......................................................... Recommended
Walgreens Mineral Oil (Liquid) .................................................. Recommended

Creams ........................................ All are recommended

Deodorant
Gel .................................. All are recommended
Liquid .................................. Recommended if free of (denatured) alcohol or if manufactured in the United States

Vaad Hoeir of St. Louis | 4 Millstone Campus Drive, St. Louis, MO 63146
Ph: 314-569-2770 | Fax: 314-569-2774 | Email: information@ovkosher.org | www.ovkosher.org
Medicine & Cosmetics

Lotions.........All are recommended

Mascara .......All are recommended

Miscellaneous

  Asthma Inhalers, all types (Liquid Vapor)
  .............................................Recommended
  Bayer Low Dose Baby Aspirin (Cherry and
  Orange) (Chewable)...........Possible chametz
  Bonine Complete Raspberry Flavored
  (Chewable)...........Possible chametz (dairy)
  Castor Oil (pure) (Liquid).........Recommended
  Chapstick Classic Original ..........Recommended
  Chapstick Moisturizer ..........Recommended
  Dramamine Chewables Orange Flavor
   (Chewable)...........Possible chametz
  Ensure, Assorted nutritional supplements
  .............See Nutritional Supplement Listings
  Femcon Fe (brown and white pills) (Chewable
  tablet) ..................Possible chametz (dairy)
  Fixodent Original (Cream) ...........Recommended
  FlavorX Apple, Grape, Lemon, Raspberry and
  Watermelon flavors (Liquid)
  .............................................Possible chametz
  Floss, Flavored.............Possible chametz
  Floss, Unflavored...............Recommended
  Kanka Mouth-pain (Liquid).......Possible chametz
  Lip Balm, Assorted............Recommended
  Listerine PocketPaks, Assorted varieties
   (Dissolving strip) ............Not Recommended
  NoDoz Alertness Aid (Pill)......Recommended
  Oraljet Maximum Strength Toothache (Gel)
  .............................................Possible chametz
  Pedialyte Uters and Singles (Liquid)
  .............................................Recommended
  Polident 3 Minute (Tablet) ......Possible chametz
  Polident Overnight Whitening (Tablet)
  .............................................Possible chametz
  Polygrip Free (Cream)............Recommended
  Polygrip Original (Cream) .......Recommended
  Probiotics Assorted (Assorted)
  ..................................Powders, liquids & gelcaps need
  certification; pills do not
  St. Joseph 81mg Aspirin (Chewable)
  .............................................Possible chametz
  Unisom SleepTab (Tablet) .........Recommended
  Vicks ZzzQuil (Liquid) ..........Possible chametz
  Vivarin (Tablet) ..................Recommended

Mousse...............see Hairspray and Mousse

Mouthwash
  Only recommended if known to be chametz-free

Nail Polish.........All are recommended

Ointments ........All are recommended

Perfume
  Recommended if free of (denatured) alcohol or if
  manufactured in the United States

Shampoo .......All are recommended

Shaving cream
  Cream ...... All are recommended
  Gels ........ All are recommended
  Liquid ....... Recommended if free of (denatured)
  alcohol or if manufactured in the United States
  Lotion ...... All are recommended

Toothpaste
  Only recommended if known to be chametz-free

Vitamins ..... See Guidelines above

Wipes
  Recommended if free of (denatured) alcohol or if
  manufactured in the United States
Passover Foods for Your Pets

On Passover, a Jewish person may not eat, own, or derive benefit from chametz which is fit for human or canine consumption, and owning chametz pet food to feed to an animal (even if the animal belongs to someone else or is ownerless) is a violation of the latter two of those restrictions. Although there are certain leniencies for foods that are not fit for human consumption, most modern day pet food would not be in that category. The food may be raw, or not prepared in a way that most people would entertain eating, but that does not put it in the halachic category of nifsal m’achilas adam – not fit for human consumption.

While Ashkenazic Jews have a custom to not eat kitniyos, they may own and derive benefit from them. To aid pet owners, the cRc “certifies” certain varieties of pet food for Passover, which means that we visit the factory to determine which formulas are chametz-free, relieving the consumer of that responsibility. However, if no certified (or recommended) pet food is available, the consumer would have to carefully read the ingredient panel to determine whether a specific product contains any chametz (and many, in fact, do).

A complete list of possible pet food ingredients is beyond the scope of this guide; however the following are a few pointers when reading the ingredient panel. If an ingredient does not appear in the following guidelines, it may still be chametz or chametz-sensitive.

1. In addition to checking for the five chametz grains – wheat, barley, rye, oats, and spelt – also look for brewer’s yeast (a common flavoring agent, which is chametz), malt (a barley-based sweetener), pasta, xanthan gum (a thickener which may be fermented from chametz), and other generic terms which may refer to a chametz ingredient (e.g. flour, gluten, middlings, starch, etc.).

2. Many varieties of animal feed contain a multitude of vitamins, minerals, and amino acids, some of which may well be chametz, and there is no realistic way for a consumer to determine which of them are problematic. However, the good news is that vitamins comprise such a small percentage of the animal food that they are batel. Therefore, it is generally accepted that if the animal food was created before Passover, it may be used on Passover.

3. Some common ingredients used in pet food which do not pose a Passover concern are:
   a. Animal, poultry and fish products.
   b. Vegetables, such as alfalfa, asparagus, beets, and carrots.
   c. Assorted kitniyos foods, such as buckwheat, corn products, lentils, millet, peas, rice, peanuts, sunflower seeds, and soy products.
   d. Other items, such as barley grass, BHA, BHT, carageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey.

By no means do these pointers cover all of the ingredients used in pet food, and we suggest that you contact a kashrus professional if you are unsure about any of the other ingredients in a given pet food.

The following is a list of pet foods approved for Passover 2018. Make sure to check all labels. A product listing both meat and dairy ingredients may not be used any time during the year. Feed available at zoos is often chametz and should not be purchased or fed to the animals on Passover. After Passover, pet food with chametz may be purchased only from stores which are non-Jewish owned (e.g. PetSmart, Petco) or Jewish owned and have sold their chametz.

NOTE: Mixes sold in stores often contain chametz. It is advisable to mix regular and Passover foods together one to two weeks before Passover before switching completely to Passover food. The ratio of regular and Passover food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.
For cats and dogs, one may feed his pet any of the following items when bearing in mind:

**CATS:**
- Evanger’s Beef Tips with Gravy; Chicken Dinner for Cats; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Organic Braised Chicken Dinner for Cats; Organic Turkey and Butternut Squash for Cats; Slow Cooked Beef Stew for Cats – Grain Free; Slow Cooked Chicken Stew for Cats – Grain Free; Slow Cooked Turkey Stew for Cats – Grain Free; Wild Salmon.

There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be chametz-free. Consumers are urged to check all labels for chametz and/or chametz-sensitive ingredients as listed in the introductory paragraph above.

**DOGS:**
- Evanger’s: 100% Beef; 100% Buffalo; 100% Chicken; 100% Duck; 100% Organic Chicken; 100% Organic Turkey with Potatoes and Carrots; 100% Pheasant; 100% Sweet Potato; All Natural Beef Liver Chunks; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Beef Dinner; Beef with Chicken; Braised Beef Chunks with Gravy; Catch of the Day; Chicken Chunks Dinner in Gravy; Cooked Chicken: Duck and Sweet Potatoes Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Hunk of Beef; Lamb and Rice Dinner; Lamb Chunks Dinner in Gravy; Senior Dinner; Turkey Chunks Dinner in Gravy; Whole Chicken Thighs; Wild Salmon.

There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be chametz-free. Consumers are urged to check all labels for chametz and/or chametz-sensitive ingredients as listed in the introductory paragraph above.

**FISH:**
- Fish food, including pyramid feeders, and vacation blocks often have chametz. Goldfish and tropical fish can be given tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers).

**BIRDS (PARROTS, PARAKEETS, COCKTAILS, MACAWS):**
- Millet, sorghum, wild bird food (check for chametz ingredients) 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 eat pure alfalfa pellets – crush before feeding.
- Can supplement with sliced grapes, cottage cheese, rice cakes (birds like 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 such as Kaytee Tropical Fruit Mineral Block Treat.
- 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, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, or cabbage. Can also give some matza. If not accustomed to these items, give sparingly.
- Guinea pigs will especially benefit from kale, parsley, and oranges.
- Hamsters will especially benefit from apples.
- Guinea pigs need vitamin C added to diet.

**LIZARDS:**
- Be aware that mealworms, which as living creatures are not chametz, are commonly sold in a bed of wheat flakes or oatmeal, which is chametz and, therefore, may not be owned or used on Passover.
- Live crickets are permissible. Whole insects (live or dead) with no additives or other ingredients are permissible.
This list of products is marked as follows:

**✓** Acceptable without Passover Certification

Food items in this section should preferably be purchased before Passover.

**▲** Must bear reliable Passover Certification

**✗** Not acceptable for Passover

Sephardim should contact their local Sephardic rabbin regarding issues of kitniyos.

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adhesive bandages</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Air freshener</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td></td>
<td>For drinking: ▲</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Demonstrated ✓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Isopropyl alcohol ✓</td>
</tr>
<tr>
<td>Alfalfa</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Aluminum products</td>
<td>✓</td>
<td>Includes aluminum foil and pans</td>
</tr>
<tr>
<td>Amaranth</td>
<td>▲</td>
<td>Amaranth is not a kitni but requires certification to be sure no other grains are mixed in</td>
</tr>
<tr>
<td>Ammonia</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Antiseptic</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Antacid (chewable)</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Apple juice</td>
<td>▲</td>
<td>Concentrate also requires Pesach certification</td>
</tr>
<tr>
<td>Apple sauce</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Aspartame</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Baby carrots</td>
<td></td>
<td>Raw are acceptable if they contain no additives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Canned, cooked or frozen ▲</td>
</tr>
<tr>
<td>Baby food</td>
<td>▲</td>
<td>Includes jarred or canned, but goter carrots &amp; squash are okay</td>
</tr>
<tr>
<td>Baby formula</td>
<td></td>
<td>See Nutritional Supplement pages</td>
</tr>
<tr>
<td></td>
<td></td>
<td>When acceptable, bottles should be filled and sterilized separately from Pesach dishes since formula is kitniyos</td>
</tr>
<tr>
<td>Baby oil</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Baby ointment</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Baby powder</td>
<td></td>
<td>Acceptable if it only contains talc, titanium dioxide, or other innocuous ingredients</td>
</tr>
<tr>
<td>Baby wipes</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Bags</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Baking powder</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Baking soda</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Balloons</td>
<td>✓</td>
<td>If powdered, wash before Pesach</td>
</tr>
<tr>
<td>Band-aids</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Benefiber</td>
<td>▲</td>
<td>Chametz</td>
</tr>
<tr>
<td>Beverages</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Bicarbonate of soda</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Bird food</td>
<td></td>
<td>See pet food pages</td>
</tr>
<tr>
<td>Bleach</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Bleach wipes</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Blush</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Body wash</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Braces</td>
<td>✓</td>
<td>Use for braces is also acceptable, wash in hot water before packaging in smooth</td>
</tr>
<tr>
<td>Brewer's yeast</td>
<td>▲</td>
<td>Chametz</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Buckwheat</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Buckwheat pillow</td>
<td>✓</td>
<td>One may own and derive benefit from kitniyos</td>
</tr>
<tr>
<td>Butter</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Candies</td>
<td>✓</td>
<td>Scented are also acceptable</td>
</tr>
<tr>
<td>Candy</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Canned fruits or vegetables</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Canola oil</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Caraway</td>
<td>▲</td>
<td>Ktinos</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td>Raw (including baby carrots) are acceptable if additive free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Canned, cooked or frozen ▲</td>
</tr>
<tr>
<td>Cat food</td>
<td></td>
<td>See pet food pages</td>
</tr>
<tr>
<td>Charcoal</td>
<td>✓</td>
<td>Includes &quot;plan&quot;, easy-light, apple, honey, and mesquite</td>
</tr>
<tr>
<td>Cheese</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Cheese spreads</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Cheese pills</td>
<td></td>
<td>See medicine letter (page 3)</td>
</tr>
</tbody>
</table>
# Shopping Guide

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chewing tobacco</td>
<td>▲</td>
<td>Contains flavor and other sensitive ingredients</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>^=</td>
<td>Kosher</td>
</tr>
<tr>
<td>Cloves</td>
<td>^=</td>
<td>Some have a custom not to use clove for Passover</td>
</tr>
<tr>
<td>Cocoa powder</td>
<td>^=</td>
<td>Acceptable if 100% pure and not processed in Europe. Goodbury is acceptable except for Special Kosher.</td>
</tr>
<tr>
<td>Coconut (shredded)</td>
<td>^=</td>
<td>Shredded or Nutsed ▲, Unsweetened or unsweetened ▲</td>
</tr>
<tr>
<td>Coffee</td>
<td>▲</td>
<td>Bears which are plain, unflavored, and not decaffeinated do not require certification. The grinder must be clean. Instant, flavored or decaffeinated coffee requires certification because require certification.</td>
</tr>
<tr>
<td>Coffee filters</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Coffee whitener</td>
<td>^=</td>
<td></td>
</tr>
<tr>
<td>Colored water</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Coclenoscopy drink</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Confectioners' sugar</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Contact lens solution</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Contact paper</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Cooking oil spray</td>
<td>^=</td>
<td></td>
</tr>
<tr>
<td>Cooking wine</td>
<td>^=</td>
<td></td>
</tr>
<tr>
<td>Cucumber seeds</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Corn &amp; corn products (e.g., corn meal, corn syrup)</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Corn removal</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Cosmetics</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Creams (cosmetics)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Crock pot liner</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Cumin</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Cutlery (plastic)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td>▲</td>
<td>Glass may be problematic</td>
</tr>
<tr>
<td>Decaffeinated coffee or tea</td>
<td>▲</td>
<td>Lipton decaffeinated tea bags are acceptable without certification.</td>
</tr>
<tr>
<td>Dental floss or tape</td>
<td>▲</td>
<td>Acceptable (including waxed) if not flavored</td>
</tr>
<tr>
<td>Dentures</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Deodorant</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dessert gels &amp; puddings</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Detergent</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dill</td>
<td>▲</td>
<td>Seats ▲ (Kosher)</td>
</tr>
<tr>
<td>Dishwashing soap</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dog food</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dried fruit</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Edamame</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Eggs</td>
<td>▲</td>
<td>Colored or painted ▲, Whole and raw including pasteurized ▲</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure</td>
<td>✓</td>
<td>See nutritional supplement page</td>
</tr>
<tr>
<td>Eye drops</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Eye liner</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Eye shadow</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Fabric protector</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Fabric softener</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td>▲</td>
<td>Seeds ▲ (Kosher)</td>
</tr>
<tr>
<td>Fish</td>
<td>✓</td>
<td>Fresh ▲</td>
</tr>
<tr>
<td>Fish food</td>
<td>✓</td>
<td>Control, freeze or processed ▲</td>
</tr>
<tr>
<td>Flax seeds</td>
<td>✓</td>
<td>Flax seeds are not kosher</td>
</tr>
<tr>
<td>Flour</td>
<td>▲</td>
<td>Grain ▲</td>
</tr>
<tr>
<td>Floss (dental)</td>
<td>✓</td>
<td>Acceptable (including waxed) if not flavored</td>
</tr>
<tr>
<td>Foil (aluminum)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Food coloring</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Food supplements</td>
<td>✓</td>
<td>See nutritional supplement page</td>
</tr>
<tr>
<td>Formula for infants</td>
<td>✓</td>
<td>See baby formula</td>
</tr>
<tr>
<td>Frozen dinners</td>
<td>▲</td>
<td>Control, contain, dried or sweetened ▲</td>
</tr>
<tr>
<td>Fruit</td>
<td>✓</td>
<td>Fresh ▲</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>▲</td>
<td>Pure frozen concentrated orange juice ▲</td>
</tr>
<tr>
<td>Fruit preserves</td>
<td>▲</td>
<td>Other concentrates ▲</td>
</tr>
<tr>
<td>Furniture polish</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>✓</td>
<td>Fresh ▲</td>
</tr>
<tr>
<td>Gloves (disposable)</td>
<td>▲</td>
<td>Reused in jan or can ▲</td>
</tr>
<tr>
<td>Glue</td>
<td>✓</td>
<td>Powder free ▲</td>
</tr>
<tr>
<td>Grape juice</td>
<td>▲</td>
<td>Powdered or powdered ▲</td>
</tr>
<tr>
<td>Grapefruit juice</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Gum (chewing)</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Hair gel</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Hair spray</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Haemp, hemp oil</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Herbal tea</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Horse raspish</td>
<td>▲</td>
<td>Prepared ▲</td>
</tr>
<tr>
<td>Hydrogen peroxide</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Ice (in bag)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Ice cream</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Ices</td>
<td>▲</td>
<td></td>
</tr>
</tbody>
</table>

▲ = Acceptable without Passover Certification  ✓ = Must bear Passover Certification  ▲ = Not acceptable for Passover

---

Vaad Hoeir of St. Louis | 4 Millstone Campus Drive, St. Louis, MO 63146
Ph: 314-569-2770 | Fax: 314-569-2774 | Email: information@ovkosher.org | www.ovkosher.org
# Shopping Guide

## Passover Guide 5779-2019

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant formula</td>
<td>✓</td>
<td>See baby formula</td>
</tr>
<tr>
<td>Insecticide sprays</td>
<td>✓</td>
<td>Some tanks contain chametz</td>
</tr>
<tr>
<td>Instant coffee or tea</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Invert sugar</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Isopropyl alcohol</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Jam</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Jelly</td>
<td>▲</td>
<td>Pure frozen concentrated orange juice ✓ Other concentrates ▲</td>
</tr>
<tr>
<td>K-Cups</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Kashrut</td>
<td>▲</td>
<td>Kimkos</td>
</tr>
<tr>
<td>Ketchup</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Kimmel</td>
<td>▲</td>
<td>Kimkos</td>
</tr>
<tr>
<td>Lactaid</td>
<td>▲</td>
<td>Lactaid milk may be used if purchased before Pesach</td>
</tr>
<tr>
<td>Leather gloves</td>
<td>▲</td>
<td>Non-chloride gloves</td>
</tr>
<tr>
<td>Laundry detergent</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Laxatives</td>
<td>▲</td>
<td>See medicine and cosmetic pages</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>▲</td>
<td>Concentrate also requires Pesach certification</td>
</tr>
<tr>
<td>Lentils</td>
<td>▲</td>
<td>Kimkos</td>
</tr>
<tr>
<td>Lip products</td>
<td>▲</td>
<td>See medicine letter (page 3) and one week at KOSA.org for updated information</td>
</tr>
<tr>
<td>Liqueur</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Liquid dish detergent</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Liquid medicines</td>
<td>▲</td>
<td>See medicine letter (page 3)</td>
</tr>
<tr>
<td>Listerine PocketPaks</td>
<td>▲</td>
<td>Requires Pesach certification, and this brand is not certified</td>
</tr>
<tr>
<td>Lotions</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Makeup</td>
<td>✓</td>
<td>See medicine and cosmetic pages</td>
</tr>
<tr>
<td>Margarine</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Mascara</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Matzah</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td>▲</td>
<td>Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or re-heated requires Pesach certification</td>
</tr>
<tr>
<td>Medicine</td>
<td>▲</td>
<td>See medicine letter (page 3)</td>
</tr>
<tr>
<td>Milk</td>
<td>▲</td>
<td>If certified is unavailable, buy before Pesach</td>
</tr>
<tr>
<td>Miellet</td>
<td>▲</td>
<td>Kimkos</td>
</tr>
<tr>
<td>Mineral oil</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Mineral water</td>
<td>✓</td>
<td>Acceptable if it does not contain carbonation, flavorings, or other sensitive additives</td>
</tr>
<tr>
<td>Monosodium glutamate</td>
<td>▲</td>
<td></td>
</tr>
</tbody>
</table>

### Nutritional supplements
- Some brands are kosher.
- Free of milk and egg, and not bleached, roasted or ground.

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mousse (for huij)</td>
<td>✓</td>
<td>See medicine and cosmetic pages</td>
</tr>
<tr>
<td>Mouthwash</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>MSG</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>▲</td>
<td>Caveat ▲ Rosen or died ✓</td>
</tr>
<tr>
<td>Mustard</td>
<td>▲</td>
<td>Kosher</td>
</tr>
<tr>
<td>Nail polish</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Nail polish remover</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Napkins</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Non-dairy creamer</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Nutritional supplements</td>
<td>▲</td>
<td>See nutritional supplement page</td>
</tr>
<tr>
<td>Nuts</td>
<td>▲</td>
<td>See medicine and cosmetic pages</td>
</tr>
<tr>
<td>Ointments</td>
<td>✓</td>
<td>Extra virgin (unflavored) ✓ Other types, including extra light ▲</td>
</tr>
<tr>
<td>Olive oil</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Oil (cooking)</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Orange juice</td>
<td>▲</td>
<td>Pure frozen orange juice concentrate does not require Pesach certification</td>
</tr>
<tr>
<td>Orthodontics</td>
<td>✓</td>
<td>Wash rubber bands before placing in mouth</td>
</tr>
<tr>
<td>Oven cleaner</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Pans (aluminum)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Paper products</td>
<td>✓</td>
<td>Including bags, napkins, plates, and wax paper</td>
</tr>
<tr>
<td>Perfume</td>
<td>✓</td>
<td>May be used for hot or cold</td>
</tr>
<tr>
<td>Paraffin</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Parchment paper</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Peanuts</td>
<td>▲</td>
<td>Kiosh</td>
</tr>
<tr>
<td>Peas</td>
<td>▲</td>
<td>Kiosh</td>
</tr>
<tr>
<td>Pecans (all shelled)</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Perfume</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Pet food</td>
<td>✓</td>
<td>See pet food pages</td>
</tr>
<tr>
<td>Petroleum jelly</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Pickles</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Pills</td>
<td>▲</td>
<td>See medicine letter (page 3)</td>
</tr>
<tr>
<td>Pineapple canned</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Plastic (cutlery, plates)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Plastic wrap</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Plates</td>
<td>✓</td>
<td>Including paper, plastic and burlap</td>
</tr>
<tr>
<td>Pewter</td>
<td>✓</td>
<td>May be used for hot or cold</td>
</tr>
<tr>
<td>Play-doh</td>
<td>▲</td>
<td>May contain chametz</td>
</tr>
<tr>
<td>Polish (for furniture, shoes, or silver)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Pop</td>
<td>▲</td>
<td></td>
</tr>
</tbody>
</table>

✓ = Acceptable without Passover Certification ▲ = Must bear Passover Certification ▼ = Not acceptable for Passover
## Shopping Guide

### Passover Guide 5779-2019

#### Products

<table>
<thead>
<tr>
<th>Product</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Poppy seeds</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Potato chips</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
<td>Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked, or prepared requires Passover certification.</td>
</tr>
<tr>
<td>Powdered dish detergent</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Prunes</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Pumpkin seeds</td>
<td>✗</td>
<td>Not Kosher; acceptable if raw and without additives</td>
</tr>
<tr>
<td>Quinoa</td>
<td>✗</td>
<td>Quinoa is not Kosher but requires certification to be sure no other grains are mixed in</td>
</tr>
<tr>
<td>Raisins</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Rice, including wild rice</td>
<td>☑️</td>
<td>Rice must not contain chametz; see milk alternatives page</td>
</tr>
<tr>
<td>Saffron</td>
<td></td>
<td>Some have a custom not to use saffron for Pesach; See Sours</td>
</tr>
<tr>
<td>Salads (bagged)</td>
<td>✗</td>
<td>If certified is unavailable, calculate milkshare or sensitive additives, say before Pesach</td>
</tr>
<tr>
<td>Salmon</td>
<td>☑️</td>
<td>Fresh or canned or frozen. Acceptable without sensitive additives</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td>Acceptable without sensitive additives</td>
</tr>
<tr>
<td>Sanitizers (e.g., Purell)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Scouring pads</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Seltzer</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Shampoo</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Shaving lotion</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Sherbet</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Shortening</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Silver polish</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Snow peas</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Soaps</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Soda</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Sorbet</td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Sorghum</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Soup mix</td>
<td>☑️</td>
<td></td>
</tr>
<tr>
<td>Sour tomatoes</td>
<td>☑️</td>
<td></td>
</tr>
<tr>
<td>Soy products</td>
<td>☑️</td>
<td>Kosher</td>
</tr>
<tr>
<td>Soy sauce and soy milk may contain chametz; see milk alternatives page</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spices</td>
<td></td>
<td>Avocado, basil, caraway seeds, chives, dill seeds, fennel seeds, mustard, and tarragon are Kosher. Other spices are acceptable in whole form, but ground spices require certification.</td>
</tr>
<tr>
<td>Splenda</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Stain remover</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Stevia</td>
<td>✗</td>
<td></td>
</tr>
</tbody>
</table>

### Notes

- ☑️ = Acceptable without Passover Certification
- ✗ = Must bear Passover Certification
- ✗ = Not acceptable for Passover

---

**Vaad Hoeir of St. Louis | 4 Millstone Campus Drive, St. Louis, MO 63146**

Ph: 314-569-2770 | Fax: 314-569-2774 | Email: information@ovkosher.org | www.ovkosher.org
Kosher Symbols

UNITED STATES and CANADA

California
Igud Hakashrus of Los Angeles
(Kehillah Kosher)
Rabbi Avraham Teichman
(323) 935-8383
186 North Citrus Ave.,
Los Angeles, CA 90036

Vaad Hakashrus of Northern
California
510-843-8223
2520 Warrig St.
Berkeley, CA 94704

Rabbinical Council of California (RCC)
Rabbi Nissim Davidi
(213) 489-8080
617 South Olive St. #515,
Los Angeles, CA 90014

Colorado
Scroll K Vaad Hakashrus of Denver
Rabbi Moshe Heisler
(303) 595-9349
1350 Vrain St.
Denver, CO 80204

District of Columbia
Vaad HaRabanim of Greater
Washington
Rabbi Binyamin Sanders
(202) 291-6052
7826 Eastern Ave. NW,
Suite LL8
Washington DC 20012

Florida
Kosher Miami
Vaad HaKashrus of Miami-Dade
Rabbi Mordechai Fried
Rabbi Manish Spitz
(786) 390-6620
PO Box 403225
Miami, FL 33140

Florida K and Florida Kashrus Services
Rabbi Sholom B. Dubov
(407) 644-2500
642 Green Meadow Ave.
Maitland, FL 32751

South Palm Beach Vaad (ORB)
Rabbi Pesach Weitz
(305) 206-1524
5840 Sterling Rd. #256
Hollywood, FL 33021

Orthodox Rabbinate of North Dade
305-931-6204
1870 N.E. 187th St.
North Miami Beach, FL 33179

Georgia
Atlanta Kashrus Commission
Rabbi Reuven Stein
(404) 634-40631855 La Vista Rd.
Atlanta, GA 30329

Illinois
Chicago Rabbinical Council (cRC)
Rabbi Sholem Fishbane
www.crcweb.org
(773) 465-3900
2701 W. Howard,
Chicago, IL 60645

Indiana
Indianapolis Beth Din
Rabbi Avraham Grossbaum
Rabbi Shlomo Crandall
(317) 251-5573
1037 Golf Lane
Indianapolis, IN 46260

Indianapolis Orthodox Board of
Kashrus
Rabbi Avraham Grossbaum
Rabbi Shlomo Crandall
(317) 253-5253
6510 Hoover Road
Indianapolis, IN 46260

Iowa
Iowa “Chai-K” Kosher Supervision
Rabbi Yossi Jacobson
(515) 277-1718
943 Cummins Pkwy
Des Moines, IA 50312

Kentucky
Louisville Vaad Hakashrut
502-459-1770
PO Box 5362
Louisville, KY 40205
Kosher Symbols

Louisiana
Louisiana Kashrut Committee
Rabbi Nemes
504-957-4986
PO Box 55606
Metairie, LA 70055

Maryland
Star-K Kosher Certification (chalav Yisrael)
Dr. Avram Pollack
(410) 484-4110
122 Slade Ave. #300
Baltimore, MD 21208

Star-D Certification (non-chalav Yisrael)
Dr. Avram Pollack
(410) 484-4110
122 Slade Ave. #300
Baltimore, MD 21208

Massachusetts
New England Kashrus LeMehadrin
617-789-4343
75 Wallingford, MA 02135

Vaad Hakashrus of Worcester
508-799-2659
822 Pleasant St.
Worcester, MA 01602

Rabbi Dovid Moskovitz
(617) 734-535
946 Embassy Road
Brighton, MA 02135

Michigan
Council of Orthodox Rabbis of Greater Detroit (Merkaz)
Rabbi Yosef Dov Krupnik
(248) 559-5005
16947 West Ten Mile Rd.
Southfield, MI 48075

Minnesota
United Mehadrin Kosher (UMK)
Note: unless the meat states that it is glatt, it is certified not-glatt by the UMK.
The cRC only accepts Glatt Kosher meats.
Rabbi Asher Zeltingold
(651) 690-2137
1001 Prior Ave. South
St. Paul, MN 55116

Missouri
Vaad Hoeir of Saint Louis
(314) 569-2770
4 Millstone Campus
St. Louis, MO 63146

New Jersey
Badatz Mehadrin -USA
732-363-7979
1140 Forest Ave.
Lakewood, NJ 08701

Double U
Kashrus Badatz Mehadrin USA
Rabbi Y. Shain
(732) 363-7979
1140 Forest Ave.
Lakewood, NJ 08701

Rabbi Shlomo Gissinger
(732) 364-8723
170 Sunset Rd.
Lakewood, NJ 08701

Kashrus Council of Lakewood N.J.
Rabbi Avrohom Weisner
(732) 901-1888
750 Forest Ave. #66
Lakewood, NJ 08701

Kof-K Kosher Supervision
Rabbi Zecharia Senter
(201) 837-0500 201 The Plaza
Teaneck, NJ 07666

Rabbinical Council of Bergen County
201-287-9292
PO Box 1233
Teaneck, NJ 07666

New York-Bronx
Rabbi Zevulun Charlop
(718) 365-6810
100 E. Moshulu Parkway South
Bronx, NY 10458

New York-Brooklyn
Rabbi Yechiel Babad (Tartikover Rav)
(718) 951-0952/3
5207-19th Ave.
Brooklyn, NY 11204
Kosher Symbols

Central Rabbinical Congress (Hisachdus HaRabanim)
Rabbi Yitzchak Glick
(718) 384-6765
85 Division Ave.
Brooklyn, NY 11211

Rabbi Yisroel Gornish
718-376-3755
1421 Avenue O
Brooklyn, NY 11230

Rabbi Nussen Naftoli Horowitz
Rabbi Benzion Halberstam
(718) 234-9514
1712-57th St.
Brooklyn, NY 11204

Kehilah Kashrus
(Flatbush Community Kashrus Organization)
Rabbi Zechariah Adler
(718) 951-0481
1294 E. 8th St.
Brooklyn, NY 11230

The Organized Kashrus Laboratories (OK)
Rabbi Don Yoel Levy
(718) 756-7500
391 Troy Ave.
Brooklyn, NY 11213

Rabbi Avraham Kleinman
Margaretten Rav
(718) 851-0848
1324 54th St.
Brooklyn, NY 11219

Debraciner Rav
Rabbi Shlomo Stern
(718) 853-9623
1641 56th St.
Brooklyn, NY 11204

Rabbi Aaron Teitelbaum
(Nirbater Rav)
(718) 851-1221
1617 46th St.,
Brooklyn, NY 11204

Rabbi Nuchem Efraim Teitelbaum
(Volver Rav)
(718) 436-4685
58085-11th Ave.
Brooklyn, NY 11225

Bais Din of Crown Heights
Vaad HaKashrus
Rabbi Yossi Brook
(718) 604-2500
512 Montgomery Street
Brooklyn, NY 11225

Vaad HaKashrus Mishmeres
L’Mishmeres
718-680-0642
1157 42nd St.
Brooklyn, NY 11219

Kehal Machzikei Hadas of Belz
718-854-3711
4303 15th Ave.
Brooklyn, NY 11219

Vaad Harabanim of Flatbush
Rabbi Meir Goldberg
(718) 951-8585
1575 Coney Island Ave.
Brooklyn, NY 11230

New York-Manhattan
K’hal Adas Jeshurun (Breuer’s)
Rabbi Moshe Zvi Edelstein
(212) 923-3582
85-93 Bennett Ave.,
New York, NY 10033

Orthodox Jewish Congregations (OU)
Rabbi Menachem Genack
(212) 613-8241
11 Broadway
New York, NY 10004

New York-Queens
Vaad HaRabonim of Queens
(718) 454-3529
185-08 Union Turnpike,
Suite 109
Fresh Meadows, NY 11366
Kosher Symbols

New York-Long Island
Vaad Harabanim of the Five Towns and Far Rockaway
Rabbi Yosef Eisen
(516) 569-4536
597A Willow Ave.
Cedarhurst, NY 11516

New York-Upstate
Vaad HaKashrus of Buffalo
Rabbi Moshe Taub
(716) 634-39903940 Harlem Rd.
Amherst, NY 14226

The Association for Reliable Kashrus
Rabbi Shlomo Ullman
(516) 239-5306
104 Cumberland Place
Lawrence, NY 11559

Rabbi Mordechai Ungar
845-354-6632
18 N. Roosevelt Ave.
New Square, NY 10977

National Kashrus (NK)
Rabbi Yaacov Lipschutz
(845) 352-4448101 Route 306
Monsey, NY 10952

Bais Ben Zion Kosher Certification
Rabbi Zushe Blech
(845) 364-5376
30 Mariner Way
Monsey, NY 10952

Vaad Hakashrus of Meconh L’Hoyroa
Rabbi Y. Tauber
(845) 425-9565 ext. 101
168 Maple Ave.
Monsey, NY 10952

Rabbi Avrahaam Zvi Glick
(845) 425-3178
34 Brewer Road
Monsey, NY 10952

Rabbi Yitzchok Lebovitz
(845) 434-3060
P.O. Box 939
Woodridge, NY 12789

New Square Kashrus Council
Rabbi C.M. Wagshall
(845) 354-5120
21 Truman Ave.
New Square, NY 10977

Vaad Hakashruth of the Capital District
518-789-1530
877 Madison Ave.
Albany, NY 12208

Rabbi Menachem Meir Weissmandel
(845) 352-1807
1 Park Lane
Monsey, NY 10952

Ohio
Cleveland Kosher
Rabbi Shimon Gutman
(440) 347-0264
3695 Severn Road
Cleveland Heights, OH 44118

Pennsylvania
Community Kashrus of Greater Philadelphia
215-871-5000
7505 Brookhaven
Philadelphia, PA 19151

Texas
Texas-K
Chicago Rabbinical Council (cRc)
Rabbi Sholem Fishbane
(773) 465-3900
2701 W. Howard
Chicago, IL 60645

Dallas Kosher
Rabbi Sholey Klein
(214) 739-65357800 Northaven Rd.
Dallas, TX 75230

Washington
Vaad Harabanim of Greater Seattle
(206) 760-0805
5100 South Dawson St. #102,
Seattle, WA 98118
Kosher Symbols

WISCONSIN
Kosher Supervisors of Wisconsin
Rabbi Ben Zion Twerski
(414) 442-5730
3100 North 52nd St.
Milwaukee, WI 53216

CANADA
Kashrus Council of Canada (COR)
Rabbi Mordechai Levin
(416) 635-9550
4600 Bathurst St. #240,
Toronto, Ontario M2R 3V2

Montreal Vaad Hair (MK)
Rabbi Peretz Jaffe
(514) 739-6363
6825 Decarie Blvd.
Montreal, Quebec H3W3E4

Rabbinical Council of British Columbia
Rabbi Avraham Feigelstak
(604) 267-7002
1100-1200 West 73rd Ave.
Vancouver, B.C. V6P 6G5

INTERNATIONAL
ARGENTINA
Achdus Yisroel
Rabbi Daniel Oppenheimer
(5411) 4-961-9613Moldes 2449
(1428) Buenos Aires

Rabbi Yosef Feiglestock
(5411) 4-961-9613
Ecuador 821
Buenos Aires Capital 1214
Argentina

AUSTRALIA
Melbourne Kashrut
Rabbi Mordechai Gutnick
(613) 9525-9895
81 Balclavea Road
Caulfield Junction, Vic. 3161,
Australia

BELGIUM
Machzike Hadass
Jacob Jacobstraat 22
Antwerp 2018
Rabbi Eliyahu Shternbuch
(323) 233-5567

BRAZIL
Communidade Ortodoxa Israelita
Kehillas Hachareidim Departamento de Kashrus
Rabbi A.M. Iliovits
(5511) 3082-1562
Rua Haddock Lobo 1091,
S. Paulo SP

CHINA
HKK Kosher Certification Service
Rabbi D. Zadok
(852) 2540-8661
8-B Albron Court
99 Caine Road, Hong Kong

ENGLAND
Kedassia The Joint Kashrus Committee of England
Mr. Yitzchok Feldman
(44208) 802-6226
140 Stamford Hill
London N16 6QT

Machzikei Hadass Manchester
Rabbi M.M. Schneebalg
(44161) 792-1313
17 Northumberland St.
Salford M7FH

Gateshead Kashrus Authority
Rabbi Elazer Lieberman
(44191) 477-1598
180 Bewick Road
Gateshead NE8 1UF

FRANCE
Rabbi Mordechai Rottenberg
(Chief Orthodox Rav of Paris)
(3314) 887-4903
10 Rue Pavee, Paris 75004
<table>
<thead>
<tr>
<th>Kosher Symbols</th>
</tr>
</thead>
</table>
| **Adas Yereim of Paris**  
Rabbi Y.D. Frankfurter  
(3314) 246-3647  
10 Rue Cadet, 9e  
(Metro Cadet),  
Paris 75009 |
| **Kehal Yeraim of Paris**  
Rabbi I Katz  
33-153-012644  
13 Rue Pave  
Paris, France 75004 |
| **ISRAEL**  
**Badatz Mehadrin**  
Rabbi Avraham Rubin  
(9728) 939-0816  
10 Rechov Miriam Mizrachi  
6th floor, Room 18  
Rechovot, Israel 76106 |
| **Rabanut Hareishit Rechovot**  
2 Goldberg St.  
Rechovot, 76106 |
| **Beis Din Tzedek of Agudas Israel Moetzes Hakashrus**  
Rabbi Zvi Geffner  
(9722) 538-4999  
2 Press St.  
Jerusalem |
| **Beis Din Tzedek of the Eidah Hachareidis of Jerusalem**  
Rabbi Naftali Halberstam  
(9722) 624-6935  
Binyanei Zupnick  
26A Rechov Strauss  
Jerusalem |
| **Beis Din Tzedek of K’hal Machzikei Hadas - Maareches Hakashrus**  
(9722) 538-5832  
P.O. Box 41109  
Jerusalem 91410 |
| **Chug Chasam Sofer**  
Rabbi Shmuel Eliezer Stern  
(9723) 618-859618 Maimon St.  
Bnei Brak 51273 |
| **Rabbi Moshe Landau**  
(9723) 618-2647  
Bnei Brak |
| **Rabbi Mordechai Seckbach**  
(9728) 974-4410  
Noda Biyauda St. 5/2  
Modlin Illit |
| **PHILIPPINES**  
**Far East Kashrut**  
Rabbi Haim Talmid  
312-528-7078  
Makati Philippines |
| **SOUTH AFRICA**  
**Cape Town Bais Din**  
Rabbi D Maizels  
(2721) 461-6310  
191 Buitenkant St.  
Cape Town 8001 |
| **SWITZERLAND**  
**Beth Din Adas Jeshurun**  
Rabbi Pinchus Padwa  
(411) 201-6746  
Freigulstrasse 37  
8002 Zurich  
**Jewish Community and Central Synagogue Kiev**  
Rabbi B. Bleich  
(38044) 463-7087  
29 Shekavizkaya Str.  
Kiev |
| **VENEZUELA**  
**Union Israelita de Caracas**  
Rabbi Chaim Raftport  
(528212) 552-8222  
Avenida Marques del Toro  
#9 San Bernadina  
Caracas 1011  
**A Service of the Kashrus Division of the Chicago Rabbinical Council - Serving the World** |