

YOUNG ISRAEL OF BROOKLINE

PESACH 5775/2015

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The OU and Star-K Passover guides are both available online, and, additionally, copies of the OU Guide are available at the shul.

I. FOODS

Baby Foods: First Choice (Applesauce, Carrots, and Sweet Potatoes) are acceptable when bearing an OUP. Gerber's (Carrots, Green Beans, and Peas) are fine for infants even without an OUP.

Baby Formula: Enfalac, Enfamil, Next Step, Isomil, Similac, Enfacare, Enfapro, Stop & Shop brands do not require special Passover certification. See also other brands listed in the OU Guide pg. 100. Because all formulas contain kitniyot they should be prepared in separate utensils. They should also be bought before Pesach.

Cocoa Powder: Hershey's (Except Special Dark) does not require passover certification.

Coffee: Folgers Instant (regular and decaffeinated), Taster's Choice Instant (Regular Only) are acceptable without passover certification. For many brands of whole and ground coffee beans, for some brands of decaffeinated coffee, and for K-Cup Brands which do not require Passover certification see the OU Guide pg. 60-61.

Fish: Frozen Costco/Kirkland Salmon doesn't require special certification.

Fruits: All frozen, unsweetened fruit without syrup are acceptable without Passover certification. All canned fruits require special Passover certification.

Ice: bagged ice, from plain water, does not require special certification.

Instant Tea: Nestea Instant Tea (regular, unflavored) is acceptable without special certification.

Juices: Unsweetened US Grade A 100% frozen concentrated Orange juices and ReaLemon lemon juice and lime juice do not require Passover certification.

Lactaid Milk: Lactaid milk should be purchased before *Pesach*.

Olive Oil: Pure extra virgin olive oil does not require Passover certification.

Quinoa: Most accept that quinoa is not included in the custom of refraining from kitniyot. Nevertheless, only quinoa with a proper Passover certification is acceptable.

Salt: All fine salt (not iodized and not containing dextrose or polysorbates) does not require special certification.

Seltzer: Unflavored Seltzer does not require special Passover supervision.

Spices: All spices require special Passover supervision.

Sugar: White Sugar (granulated) does not require special Passover certification, but brown sugar does require special certification.

Tea Bags: Lipton (unflavored, regular and decaf) is acceptable without special certification. For many national brands of other regular, plain teas, see the OU Guide pg. 66.

Vegetables: Frozen and canned vegetables are only acceptable with proper Passover certification.

Water: Any spring water that is unflavored and has no additives at all.

II. NON-FOODS

All items, which are inedible, even if they are made from chometz products, are permissible to use on Pesach. Therefore, the following items do not require special Passover certification:

Cosmetics, Deodorants, Perfumes, Shaving Lotions, or any kind of ointment.

Dishwashing Detergents, Hand Soaps, and Shampoo.

Aluminum foil and all Plastic and Paper Goods

Dental Floss (unflavored, waxed or unwaxed), Toothpicks (unflavored), Mouthwash, and Toothpaste.*

*Some have the practice to be strict and not use oral hygiene products that are made from chometz products. For someone wishing to follow that practice, Colgate and Scope are a toothpaste and mouthwash that do not contain chometz.

III. PET FOODS

As it is forbidden to derive any benefit from chometz, it is forbidden to feed chometz to a pet animal. A person must ensure that there is no chometz, such as wheat, wheat starch, wheat gluten, barley, oats, oat fiber, or pasta, included in the animal food. A product listing both meat and dairy ingredients may not be used any time during the year.

IV. Medicines

All medicines in the form of non-chewable pills may be swallowed on Pesach. However, liquid medicines with a pleasant taste, chewable, pleasant tasting pills, and pills with a flavored coating, may contain chometz and may be problematic. If possible, a substitute, which doesn't have chometz, should be found. If there is no substitute please speak with Rabbi Hellman. Under no circumstances should a person change any medications without speaking to his doctor.

The following are some common, chometz-free, medications:

Advil Children's suspension (all flavors) and infant drops
Allegra Children's 12-hour tablets and oral suspension
Alka-Setzler (original) tablets
Claritin Children's Chewable Grape Tablets (not redi-tabs)
Metamucil original course powder, orange smooth powder
Mylanta Max Strength chewable tablets (cherry and mint)
Pepcid Complete chewable tablets (berry and cool mint)
Pepto Bismol Liquid (original)

The Star-K provides an extensive list of chometz-free medications in their Passover guide, which is available online.