

# **Shopping Guide**

#### PESACH 2016

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 rabbi regarding issues of kitniyot

Product	Status	Notes
Adhesive bandages	✓	
Air freshener		Liquid ▲ Solid ✓
Alcohol		For drinking ▲ Isopropyl alcohol ✓
Alfalfa	×	Kitniyot
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	<b>A</b>	Amaranth is not kitniyot but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	Kitniyot
Antacid (chewable)	<b>A</b>	
Apple juice	<b>A</b>	Concentrate also requires Pesach certification
Apple sauce	<b>A</b>	
Aspartame	<b>A</b>	
Baby carrots		Raw are acceptable if they contain no additives  Canned, cooked or frozen
Baby food	<b>A</b>	Includes jarred or canned
Baby formula	_	See Infant Formula pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is kitniyot
Baby oil	✓	
Baby ointment	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes		Acceptable if they do not contain ethyl alcohol (ethanol)
Bags	✓	
Baking powder	<b>A</b>	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	×	Kitniyot

Product	Status	Notes
Bean sprouts	×	Kitniyot
Benefiber	×	Chametz
Beverages	<b>A</b>	
Bicarbonate of soda	✓	
Bird food		See pet food pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's yeast	×	Chametz
Brown sugar	<b>A</b>	
Buckwheat	×	Kitniyot
Buckwheat pillow	✓	One may own and derive benefit from kitniyot
Butter	<b>A</b>	
Candles	✓	Scented is also acceptable
Candy	<b>A</b>	
Canned fruits or vegetables	<b>A</b>	
Canola oil	×	Kitniyot
Caraway	×	Kitniyot
Carrots		Raw (including baby carrots) are acceptable if additive-free
		Canned, cooked or frozen
Cat food		See pet food pages
Charcoal	✓	
Cheese	<b>A</b>	
Cheese spreads	<b>A</b>	
Chewable pills		See medicine letter (page 3)
Chewing tobacco	<b>A</b>	Contains flavors
Chickpeas	×	Kitniyot
Cigarettes	✓	

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Product	Status	Notes
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's are acceptable except for Special Dark
Coconut (shredded)		Sweetened or flavored ▲ Unsweetened & unflavored ✓
Coffee	<b>A</b>	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification
Coffee filters	✓	
Coffee whitener	<b>A</b>	
Cologne		See medicine and cosmetic pages
Colonoscopy drink		See medicine and cosmetic pages
Confectionary sugar	<b>A</b>	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	<b>A</b>	
Cooking wine	<b>A</b>	
Coriander seeds	×	Kitniyot
Corn & corn products (e.g. corn oil, corn syrup)	×	Kitniyot
Corn remover	✓	
Cosmetics		See medicine and cosmetic pages
Creams (e.g. cosmetics)	✓	
Crock pot liner	✓	
Cumin	×	Kitniyot
Cutlery (plastic)	✓	
Dates	<b>A</b>	Glaze may be problematic
Decaffeinated coffee or tea	<b>A</b>	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant		See medicine and cosmetic pages
Dessert gels & puddings	<b>A</b>	
Detergent	✓	
Dill		Seeds × (Kitniyot) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	<b>A</b>	
e-Cigarette "Juice"	<b>A</b>	
Edamame	×	Kitniyot
Eggs		Cooked or liquid ▲ Whole and raw (including pasteurized) ✓
Ensure		See nutritional supplement page

Product	Status	Notes
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds × (Kitniyot) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not kitniyot See spices
Flour	×	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	<b>A</b>	
Food supplements		See nutritional supplement page
Foot powder	✓	
Formula for infants		See baby formula
Frozen dinners	<b>A</b>	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Fruit juice	•	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	<b>A</b>	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓  Powderless or with powder ▲
Glue	✓	
Grape juice	<b>A</b>	
Grapefruit juice	<b>A</b>	
Green beans	×	Kitniyot
Gum (chewing)	<b>A</b>	
Hair gel	✓	
Hairspray		See medicine and cosmetic pages
Нетр	×	Kitniyot
Herbal tea	<b>A</b>	
Honey	<b>A</b>	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	
Ice cream	<b>A</b>	
Ices	<b>A</b>	

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Product	Status	Notes
Infant formula		See baby formula
Insecticide		Sprays ✓ Some traps contain chametz
Instant coffee or tea	<b>A</b>	
Invert sugar	<b>A</b>	
Isopropyl alcohol	✓	
Jam	<b>A</b>	
Jelly	<b>A</b>	
Juice (fruit)	<b>A</b>	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	<b>A</b>	
Kasha	×	Kitniyot
Ketchup	<b>A</b>	
Kimmel	×	Kitniyot
Lactaid		Lactaid milk may be used if purchased before Pesach  Chewable pills ×  Non-chewable pills ✓  Powder free ✓
Latex gloves		Powderless or with powder
Laundry detergent	✓	
Laxatives		See medicine and cosmetic pages
Lemon juice	<b>A</b>	Concentrate also requires Pesach certification
Lentils	×	Kitniyot
Lip products		See medicine and cosmetic pages
Liqueur	<b>A</b>	
Liquid dish detergent	✓	
Liquid medicines		See medicine letter (page 3)
Liquor	<b>A</b>	
Listerine PocketPaks	×	Requires Passover certification, and this brand is not certified
Lotions	✓	
Makeup		See medicine and cosmetic pages
Margarine	<b>A</b>	
Mascara	✓	
Matzah	<b>A</b>	
Mayonnaise	<b>A</b>	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Medicine		See medicine letter (page 3)
Milk	<b>A</b>	See separate list of certified milk producers in the Midwest If certified is unavailable, buy before Pesach
Millet	×	Kitniyot
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors or vitamins
Monosodium glutamate	<b>A</b>	

Product	Status	Notes
Mousse (for hair)		See medicine and cosmetic pages
Mouthwash		See medicine and cosmetic pages
MSG	<b>A</b>	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	×	Kitniyot
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	<b>A</b>	
Nutritional supplement (e.g. Ensure)		See nutritional supplement page
		Peanuts are kitniyot ➤ Pecans (all shelled) ▲
Nuts		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ Other types, including extra light
Oil	<b>A</b>	
Orange juice	<b>A</b>	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	<b>A</b>	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	<b>A</b>	
Peanuts	×	Kitniyot
Peas	×	Kitniyot
Pecans (all shelled)	<b>A</b>	
Perfume		See medicine and cosmetic pages
Pet food		See pet food pages
Petroleum jelly	✓	
Pickles	<b>A</b>	
Pills		See medicine letter (page 3)
Pineapple (canned)	<b>A</b>	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam May be used for hot or cold
Play-doh	×	May contain chametz
Polish (for furniture, shoes, or silver)	✓	
Pop	<b>A</b>	

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Product	Status	Notes
Popcorn	×	Kitniyot
Poppy seeds	×	Kitniyot
Potato chips	<b>A</b>	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	<b>A</b>	
Pumpkin seeds		Not kitniyot; acceptable if raw and without additives
Quinoa	<b>A</b>	Quinoa is not kitniyot but requires certification to be sure no other grains are mixed in
Raisins	<b>A</b>	
Rice, including wild rice	×	Kitniyot Rice milk may contain chametz; see milk alternatives page
Saffron	<b>A</b>	Some have a custom not to use saffron for Pesach
Salads (bagged)	<b>A</b>	
Salmon		Fresh ✓
		Canned, frozen or processed ▲  Acceptable without iodine or other
Salt		additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	<b>A</b>	
Sesame seeds	×	Kitniyot
Shampoo	✓	
Shaving lotion		See medicine and cosmetic pages
Sherbet	<b>A</b>	
Shortening	<b>A</b>	
Silver polish	✓	
Snow peas	×	Kitniyot
Soaps	✓	
Soda	<b>A</b>	
Sorbet	<b>A</b>	
Sorghum	×	Kitniyot
Soup mix	<b>A</b>	
Sour tomatoes	<b>A</b>	
Soy products	*	Kitniyot Soy sauce and soy milk may contain chametz; see milk alternatives page
Spices		Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are kitniyot × Other spices are acceptable in whole form, but ground spices require certification
	<b>A</b>	- 4
Splenda		
Splenda Stain remover	✓	
Stain remover Stevia	✓ <b>A</b>	

Duradurat	Chatura	Nata
Product	Status	Notes
String beans	×	Kitniyot
Styrofoam	✓	
Sugar		Brown sugar and confectionary sugar
		Pure, white cane sugar without additives is acceptable
Sugar substitute	<b>A</b>	
Sunflower seeds	×	Kitniyot
Suppositories	✓	
Syrups	<b>A</b>	
Теа		Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	×	Kitniyot
Tomato-based products	<b>A</b>	
Toothpaste		See www.crcweb.org for updated information
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	×	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	<b>A</b>	
Turmeric		Turmeric is not kitniyot See spices
Vanilla	<b>A</b>	
Vaseline	✓	
Vegetable oil	<b>A</b>	
Vegetables		Bagged salads  Canned, cooked or frozen  Fresh raw vegetables are acceptable if they are not kitniyot (see listing for individual vegetables) and don't contain additives other than sugar
Vegetable wash	<b>A</b>	
Vinegar	<b>A</b>	
Vitamins	<b>A</b>	
Water		Acceptable if it does not contain carbonation, flavors or vitamins
Wax for braces	✓	
Wax paper	✓	
White sugar		Pure sugar without additives is acceptable
Whitener (for coffee)	<b>A</b>	
Wild rice	×	Kitniyot
Wine	<b>A</b>	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	<b>A</b>	