

## Purchasing Chometz After Pesach

If *chometz* has been in a Jew's possession over Pesach, it is subsequently forbidden for consumption. The following is a list of businesses which either sold their *chometz* properly to a non-Jew over Pesach or are owned by non-Jews.

- 7-11
- Amusmints
- Bavarian Bakery Enterprises
- Bliss Caterers
- Bonnie Brae Ice Cream
- Brooklyn Pizza
- Costco
- Culinary Masters Catering (previously Canteen Catering, previously La Vie Catering)
- Dining with Finesse
- East Side Kosher Deli
- Enstrom
- Grapevine Wines and Liquor
- Häagen-Dazs Cherry Creek location
- Hammond's Candies
- Izzio's Artisan Bakery
- Jerry's Nut House
- King Soopers
- Natural Grocers (Vitamin Cottage)
- Occasions Catering
- Restaurant Depot
- Rocky Mountain Foods
- Rocky Mountain Spice
- Rosenberg's Kosher (Formerly The Bagel Store)
- Safeway
- Sam's Club
- Sprouts
- Sweet's Candy
- Trader Joe's
- Udi's Granola
- Vitamin cottage (Natural Grocers)
- Walmart
- Whole Foods

## KITNIYOS

### AND OTHER PRODUCTS CUSTOMARILY NOT EATEN ON PESACH

These items are avoided by those of Ashkenazi descent. The custom of many Sephardi communities is to allow many, or all, of these items. These items (when there is no *chometz* concern) may be kept in your possession over Pesach.

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| <ul style="list-style-type: none"> <li>• Anise<sup>4</sup></li> <li>• Ascorbic Acid,</li> <li>• Aspartame<sup>2</sup></li> <li>• Beans (including Green Beans, Edamame, etc.)</li> <li>• Bean Sprouts</li> <li>• BHA (in corn oil)</li> <li>• BHT (in corn oil)</li> <li>• Buckwheat</li> <li>• Calcium Ascorbate<sup>2,3</sup></li> <li>• Canola Oil (Rapeseed)</li> <li>• Caraway Seeds</li> <li>• Chickpeas</li> <li>• Citric Acid<sup>2,3</sup> (possibly <i>chometz</i>)</li> <li>• Confectioner's Sugar generally contains cornstarch</li> </ul> | <ul style="list-style-type: none"> <li>• <i>(kitniyos)</i> and may possibly contain <i>chometz</i>. Certified KFP varieties are available which substitute tapioca starch for cornstarch.</li> <li>• Coriander</li> <li>• Corn</li> <li>• Cumin<sup>4</sup></li> <li>• Dextrose (possibly <i>chometz</i>)</li> <li>• Emulsifiers<sup>3</sup></li> <li>• Fennel<sup>4</sup>,</li> <li>• Fenugreek<sup>5</sup>,</li> <li>• Glucose<sup>3</sup></li> <li>• Green Beans</li> <li>• Guar Gum<sup>3</sup></li> <li>• Hemp seed and Hemp oil are <i>kitniyos</i> according to some</li> </ul> | <ul style="list-style-type: none"> <li>• authorities. This is not to be confused with CBD oil, which is discussed elsewhere in this guide.</li> <li>• H.V.P. (possibly <i>chometz</i>)</li> <li>• Isolated Soy Protein</li> <li>• Isomerized Syrup</li> <li>• Kasha (Buckwheat)</li> <li>• Lecithin</li> <li>• Lentils</li> <li>• Malto-Dextrin<sup>2</sup>(possibly <i>chometz</i>)</li> <li>• Millet</li> <li>• MSG (possibly <i>chometz</i>)<sup>3</sup></li> <li>• Mustard Flour</li> <li>• NutraSweet<sup>2</sup></li> <li>• Peanuts<sup>5</sup></li> </ul> |
|  |  | <ul style="list-style-type: none"> <li>• Peas</li> <li>• Rice<sup>6</sup></li> <li>• Seeds (Caraway, Poppy, Sesame, Sunflower)</li> <li>• Sodium Citrate<sup>1</sup> (possibly <i>chometz</i>)</li> <li>• Sodium Erythorbate<sup>1</sup></li> <li>• Sorbitol</li> <li>• Sorbitan</li> <li>• Sorbitol</li> <li>• Soybeans</li> <li>• Starch</li> <li>• String Beans</li> <li>• Tofu</li> <li>• Vitamin C1<sup>1,2</sup>(possibly <i>chometz</i>)</li> </ul>   |

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This information was gleaned from 'Kitniyos By Any Other Name' by Rabbi Tzvi Rosen and other sources.

<sup>1</sup>*Kitniyos Shenishtanu*

<sup>2</sup>Unless bearing a reliable Passover certification.

<sup>3</sup> Only acceptable when the certifying agency has documented that all *chometz* issues have been resolved.

<sup>4</sup> The bulbs, root, and greens of these items are not *kitniyos*; it is only the seeds we avoid.

<sup>5</sup>Should be avoided on *Pesach*

<sup>6</sup>Those who eat rice on *Pesach* should confirm their rice is Kosher *L'Pesach* and free of problematic additives. For more information, see Pesach Item List above.