

Chicago Rabbinical Council

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Items That Do Not Require Hashgachah For Year-Round Use

NOT INTENDED FOR PESACH

Recommendations are for products purchased in the United States

Additional items and information available at www.ASKcRc.org

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Due to Covid-19, more consumers have turned to online shopping for their groceries, which makes it more difficult to determine whether a given item is kosher-certified. To facilitate shopping in this new reality, the cRc has compiled a short list of items that do not require certification. These items are inherently kosher, and nothing is done to them during the manufacturing process that affects their kosher status. This list can be used for both online and offline shopping, and even when we return to in-person grocery shopping.

Agave syrup..... pure, no additives	Cardamom
Allspice	Carrotsfresh (or frozen) without additives
Almond flour	Cashews.....raw, without flavor or additives
Almond meal	Cassava Flour
Almonds raw, without flavor or additives	Cayenne pepper
Anise, dried	Chervil, dried
Apple Juice Concentratepure, no additives	Chia Seeds
Apple Sauce if unflavored and unsweetened	Chickpea Flour
Apricots, dried	Chili Peppers.....fresh, dried, or powdered
Baking Powder	Chives, dried
Baking Soda	Cilantro, dried
Barley	Cinnamon
Barley Flour	Cinnamon Sticks
Basil, dried	Cloves
Bay Leaves	Cocoapure, no additives
Bean Flour	Coconut flour
Beans, dried	Coconut sugar
Bell peppers, frozenpure, no additives	Coffee, instant ...unflavored
Black Pepper	Coriander
Brown sugar	Corn bran
Buckwheat	Corn Flour
Buckwheat, roasted	Corn Meal
Canned fruit if free from flavor, grape juice, and sensitive ingredients, and not from China or Israel	Corn Starch
Caraway	Corn syrup
	Cornhusks, dried



Cornstarch
Cream of Tartarpure, no additives
Cumin
Daikon radish seed
Dill, dried
Dishwashing Soapincludes pods
Eggs (white or brown).....raw, whole, in shell
Farina, unflavored (including instant)
Farro
Fennel seeds
Fenugreek seeds
Filberts raw, without flavor or additives
Flax meal
Flax seed
Flour
Garbanzo flour
Garlic, dried
Garlic, granulated
Ginger
Ginger, dried
Hazelnuts raw, without flavor or additives
Hominy..... pure, no additives
Kamut Flour
Lemon Grass
Lemon peel, dried
Lentils, dried
Maca root powder, raw
Macadamia Nutsraw, without flavor
or additives
Mace
Mango, dried..... pure, no additives
Marjoram, dried
Milk (unflavored)preferable to
purchase with certification
Mint, dried
Mustard Powder
Mustard Seed
Nutmeg
Oat bran
Oat Flour
Oatmeal unflavored, including instant
Oats, steel cut
Olive oil, extra virgin only
Onion, dried
Onion, granulated
Onions, frozen
Orange Juice..... pure, no additives
Oregano, dried
Palm sugar

Paprika
Parchment paper, silicone
Parsley, dried
Pastaraw, unflavored, without
additives
Peanuts.....raw, without flavor or additives
Pectin (without gelatin)..... pure, no additives
Pepper, black or white
Peppercorns (any color)
Pineapple, dried pure, no additives
Pink Himalayan Salt pure, no additives
Popcorn kernels..... pure, no additives
Poppy Seeds pure, no additives
Prunes..... pure, no additives
Pumpkin Seeds, raw pure, no additives
Raisins.....if from USA
Red peppercrushed, flakes
Rhubarb, frozen..... pure, no additives
Rice (all types) raw or parboiled
(but not instant), without sensitive additives
Rice Flour (white or brown)
Rock candy, unflavored
Rosemary, dried
Rye Flour
Saffron
Sage, dried
Sago Flour
Salmon, frozen
Salt
Seltzer, unflavored
Sodium Alginate
Sorghum Flour
Soy Flour
Spelt Flour
Sugar.....includes white and brown
Sumac (Pure)
Sushi rice, raw
Tamarind pulp
Tamarind, dried
Tarragon
Tea bags (green, black, orange pekoe), unflavored
.....includes decaffeinated
Thyme, dried
Turmeric
Vanilla Beans
Water, unflavored includes with
minerals and fluoride
Wheat bran
White Pepper

