

# The Passover Food Guide

Sponsored by: *The Cohen Family*

## BABY PRODUCTS:

- **First Choice** Baby Food requires Passover certification and comes with an OU-P.
- **Gerber** brand of carrots, green beans, peas and squash are approved without a Passover certification, bearing a plain OU.
- **Beech-Nut** is not approved as Kosher for Passover.
- There are baby cereals produced in Israel with a Passover supervision, such as **Materna** and **LaBonne**.
- **All Baby Formula** bearing an OU are approved for Passover.
- **Pedialyte** - Pediatric Electrolyte – bearing an OU is approved, including all flavors of CVS, Shoprite and Walgreens brands are approved without Passover certification.

Feeding a baby can be tricky as they may be fussy about specific foods. One should be aware that what is customary for their baby may be somewhat different from the standards required for themselves. Nevertheless, like all prepared products, baby food must be approved or have a Kosher for Passover certification. One can find immersion hand-processors to prepare baby food through one of the following methods:

1. Cook whole checked rice thoroughly and then puree in a blender with some baby formula.
2. Cook ground checked rice to make cereal.
3. Soak Passover breakfast cereal or by crumbing ladyfingers in milk or formula and then mash or blend.



4. Try a variety of baby/ hot cereals made from finely ground Matsah meal or potato starch.

## BAKING POWDER:

Common brands available with Kosher for Passover supervision include Gefen, Glick's, Hadar, Lieber's and Mishpacha.

## BAKING SODA:

(Bicarbonate of Soda) is approved without Passover certification, however, one should use a new box.

## BEANS:

- **Fresh beans** may be used by all Sephardim while for dried and processed beans there are differing customs.
- **Canned beans** require year-round and Passover certification and according to one's custom.
- **Dried beans** If it is according to one's custom, they may be used. However, they should be checked once before Pesah, and rinsed before use, especially when purchasing from companies that also produce barley on the same lines.

## CANDY AND CHOCOLATES:

Require Passover certification.

## CEREALS:

Require Passover certification.

- All cereals made from the five grains are, of course, *Hamets*. In addition, many cold cereals such as Corn Flakes and Rice Krispies are *Hamets* since malt is added to them. It is not responsible to purchase even those cereals in which the listed ingredients are 100% kosher for Passover, as there is no supervision. Secondly, they contain ingredients that

are in constant contact with grains that are real *Hamets*.

- You can find many cereals in the Supermarket Kosher for Passover aisle; however, be sure to check for Passover certification. Most are made from Tapioca or potato starch or from finely ground *Matsah* flour. Commonly available brands are Crispy O's, Gefen, and Manischewitz. Telma brand Corn Flakes are certified OU 'for those who consume *kitniyot*'.

## COCOA:

- **Any 100% pure powder** is approved without Passover certification.
- **Cacao Beans or Nibs** are approved without Passover certification.
- **Hot cocoa mixes:** Require certification for Passover.

## COCONUT:

- **Coconut Milk:** Requires Kosher for Passover certification.
- **Coconut Oil:** Cold Pressed virgin, coconut oil is approved without a Passover certification. Commonly available brands are Kirkland Organic Virgin with London Bet Din (**KLBD**) and Viola with Star-K. According to leading opinions, it is approved without kosher certification all year round. All other coconut oils - refined and organic - require Kosher for Passover supervision.
- **Coconut Chips, Flakes and Coconut Flour:** Require Kosher for Passover certification. The exception is: **Coconut Secret** brand of plain **Coconut Aminos, Crystals, Coconut Flour, Nectar** and plain **Vinegar** is approved for Passover bearing a plain Star-K.

## COFFEE:

It is not recommended to go into a coffee shop on Pesah to purchase coffee as *Hamets* is all over the place and the equipment. However **fresh ground coffee, Nespresso** or **K-Cups** which are *unflavored* are approved without Kosher for Passover certification. BTW - A

Keurig machine may be koshered by thoroughly cleaning all parts and then running with just hot water without coffee in the K-cup

- **Instant coffee** may contain maltodextrin, which may be derived from corn or wheat. The following instant **regular** coffees are approved - **Via** Starbucks, **Nescafe Taster's Choice**, without special Kosher for Passover certification. **Folgers** regular or decaffeinated is approved by the OU without special Kosher for Passover certification. **Delima** Coffee is approved for Passover.
- **Sanka** and **Maxwell House** come with Kosher for Passover certification. **Elite Coffee** comes with a Passover Certification as OU-P.
- **Decaffeinated** coffee may use ethyl acetate derived from a *Hamets* source in the process; therefore, one must know which decaf they are purchasing.
- **Brewology** <https://www.brewology.us/> cold brew coffee under JSOR supervision has a decaffeinated and a regular cold brew Kosher for Passover. **French Press** <https://www.frenchpresscoffeeroasters.com/> also has a full line of decaf and regular certified kosher for Passover available on their website.
- **Coffee Substitutes:** Postum, Roma or Teecino contain grain and may NOT be used for Pesah and should be sold with the *Hamets*.
- **Coffee Creamer:** Requires Passover certification. The following common brands are available - Gefen, Kineret, Mishpacha, Ungers.



## COOKING SPRAY: (Not Baking Spray!)

- **Extra Virgin Olive Oil** cooking spray is approved without Passover certification.
- **Pompeian Avocado Oil or Grapeseed**

**Oil** - is approved for Passover, however, all others must be marked. Available common brands are - Gefen, Hadar, Mothers, Seasons, and Mishpacha with Passover certification. **BEWARE!** Be sure to check cooking spray for Passover status *and* for DAIRY status.

- **Baking Spray is not approved.**
- **Chosen brand Avocado Oil** bearing an OU is approved for Passover.

## DAIRY PRODUCTS:

- **Milk:** Many common brands are marked Kosher for Passover and are, of course, better to use. Milk companies add vitamins which may be derived from *Hamets*, and it may be pasteurized on the same equipment that produces other products. Plain milk without Kosher certification is OK to be purchased before Pesah, however on Pesah only purchase with Passover certification.
- **Lactaid Milk** may be used only when purchased before Pesah. **Lactaid drops and caplets** are more questionable and shall be asked on a case-by-case basis.
- All other dairy products such as **Cheeses, Yogurt, Labne, Cream Cheese, Sour Cream, Chocolate Milk**, require Passover certification as cultures, flavorings and coloring may contain *Hamets*. In general, cheeses and dairy products require a reliable certification, not just a plain K or a non-approved symbol, as they are kosher sensitive.



- **Powdered Milk** is approved for Passover bearing a reliable year round certification. The following common brands are available as Kosher for Passover - Ko-Sure, Parmalat, Haddar, Dairymen, Alba, Carnation.
- **Butter:** Requires Passover supervision. The following brands are available – Halav Yisrael: J&J, Kahal, Mehadrin, and Tnuva. Non-Halav Yisrael: Breakstone's, Shoprite, and Stop and Shop.
- **Milk substitutes:** A senior Rabbi in the OK had related to me how he had seen a Rabbi approve on a list a Milk Substitute which had Oat Milk in it with a ratio that is forbidden according to all. However, it was not mentioned in the ingredients as it is used as a thickening agent.
- **Shelf-stable boxes not refrigerated, THE FOLLOWING SPECIFIC VARIETIES ONLY** are approved for Passover in original and unflavored: **Rice Dream Classic, Soy Dream (Enriched) and Almond Breeze.**
- **Coconut Milk:** Requires Kosher for Passover certification.
- **Califia Almond Milks** – Are not approved for Passover although gluten-free, however oats are also gluten-free!!

## EGGS:

Of course, plain raw eggs in the carton do not require Passover certification, however **egg substitutes or liquid eggs** require Passover certification. The following common brands are available with Passover supervision – Kineret, Healthy Morn.

## EGGPLANT – DRIED:

These are imported from Turkey and collected from different villages. The importer informed us, and it was verified by a Rabbi of AKO [Association of Kashrut Organizations] located in Turkey, that the local women scoop them out and hang them to dry on a string. If there is a rush to get them dried out, wheat flour is added to draw out the moisture! Understandably, we cannot recommend these for Passover. Japanese eggplant is an acceptable alternative - they are very long and slender and can be easily cut in half and scooped out.



## FISH:

- **Canned Tuna and Salmon:** The following brands with Kosher for Passover are available – BenZ's, California Delight, Dagim, Dag-Yam, Gefen, Glick's, Mishpacha, Shoprite and Season.
- **Fresh fish:** Whole fish and fillets are approved as Kosher for Passover without certification. Any fish purchased is required to be bought with skin having scales on it or double seal if purchased from a non-Jew.
- **Frozen Fish Fillets:** Kosher fish fillets are approved for Passover. In general, all year round, fish require Kosher certification or visible skin with scales attached. If one would like, the following common brands are available with Passover certification - BenZ's, Dagim, Kineret, Schindler.
- **Frozen Salmon, Tilapia and Chilean Sea Bass** (Kirkland) with an OU are acceptable. Frozen fish like Ahi Tuna that contains sodium citrate listed on ingredients is not approved.

## FLOUR:

Of course, wheat flour is forbidden on Pesah. However, the question is, what substitute can we use? Matzo meal Kosher for Pesah is available in regular and Shmura, but many are interested in other healthy options. Here is a list of guidelines:

- All other kinds of flour require Kosher for Passover certification such as **Quinoa, Chia, Coconut, Potato Starch and Tapioca Starch.**
- **Argo Corn Starch:** is approved for Passover without Passover certification for those who use processed corn.
- **Almond Meal:** Blue Diamond, Cal Pure, Barney's Basic brands are all good without Passover certification.
- **Almond Flour:** requires Passover certification, however, Kirkland Almond flour (from San Francisco) has been verified as acceptable without Kosher

for Passover certification.

- **Raw Maca Root powder:** Is approved without Passover certification. Whole **arrowroot** is approved and can be ground.
- **Cassava flour:** Otto's Cassava flour is approved for Passover; one can find it here: <https://www.ottosnaturals.com/products/ottos-cassava-flour>



## FRUITS:

- All **cut or uncut fresh fruits** are approved.
- **Precut fruits in Juices:** Lancaster Foods, Nature's Promise under the Star-K are acceptable with no Passover certification necessary. The following are acceptable only when marked Kosher for Passover certification: Delmonte, Garden Cut, and Wegmans, Winn Dixie: (ORB Passover).
- **Canned fruits** as long as it is just fruit and water only with no other additives it should be water and fruit Kosher for Passover marking.
- **Frozen fruits:** are approved with no additives or grape juice. Insect-prone varieties such as strawberries must have year-round kosher supervision.
- **Most Dried Fruits** such as dried apricots, raisins, peaches etc. are approved as Kosher for Passover.
- For Setton Farms look for what is marked as Kosher for Passover, otherwise it is not certified kosher for Passover.
- **Dates:** Medjool Dates from anywhere are approved without Kosher for Passover certification. Other dates would require certification. Many dates are available with Kosher for Passover supervision: Carmel Natural OU-P, Setton Farms: OK-P; Sun World pitted OU-P; Yum Tee OU-P; Calavo, Sunworld, and Sun Glow brands Pitted

and whole. A date paste is being imported from Israel that is reliably certified for Passover by Hug Hatam Sofer.

**Note:** Dates should be split open and checked for insects, which can be quite common.

- **Goji Berries:** Due to much infestation JSOR currently does not use them. In regards to Passover, they do not require Passover certification if there are no additives.
- **Banana chips:** Require kosher supervision for year-round use and certification for Passover.

## GLUTEN-FREE PRODUCTS:

As the gluten-free demand has increased, there are many types of cakes, cookies, crackers and even ‘*Matsah* look alikes’ that are produced for Passover. Many have asked about the acceptability of year-round gluten-free or paleo products. The answer is NO. Gluten-free means that it is free of the gluten aspect of the grain, however some grains, such as oats, are naturally gluten-free, but they are 100% *Hamets*. See *Coconut and groundnut sections*.

## GRAINS:

Of course, products with wheat, barley, spelt, oats, and rye are all *Hamets* until proven otherwise. However, Kitniyot, for Sephardim, are readily found. Follow your family custom of which legumes to eat. A listing of acceptable *kitniyot* depending on custom would be Alfalfa, Buckwheat, Chia Seeds, Flax Seed and Hemp Seed. Even in the community, there are different customs.

- **Canned Goods:** California Delight Baby corn and Kernel Corn Star S-P.
- **Yerek Brand Frozen Vegetables under BYL** (Rabbi Moshe Cohen) carries: Green beans, Cut Beans, French Cut Green Beans, Green Peas, Peas & Carrots, cut corn, Mixed Vegetables, Baby Lima Beans.
- **Nutella and Kinder Chocolate (Ferrero Brand)** only when



bearing OU Kitniyot. Note there are other products by Ferrero that do not bear an OU.

- **Millet:** Whole only may be used after checking at least once for *Hamets* grains.

## GRAPE LEAVES:

Orlando brand is certified by the OK, but not all jars are Passover approved! You must check each jar if it states KOSHER for Passover. Other brands of grape leaves are preserved in brine, which may contain *Hamets* vinegar or may have citric acid from a *Hamets* origin. Please note-important: All grape leaves MUST be washed carefully on both sides under running water.

## HONEY:

Both for Passover and all year, pure honey essentially does not require certification. However, as there is no legal definition of raw honey and as honey sometimes crystallizes, it can be heated to a degree that is more than halachically cooked and still be considered raw. In the United States honey can be made at home and, therefore, be heated in their regular (non-kosher) pots. Honey from China or even from Canadian or Mexican importers can be from bees that are being fed corn syrup, not nectar, but even have been found with added corn syrup or liquid cane sugar added. Backyard beekeepers need to be first researched before purchasing. Larger companies with their own honey house are as of now ok to buy from, even without a Kosher certification.

## JUICES:

- **Lemon Juice:** Unsweetened **ReaLemon** and **ReaLime** are approved for Passover. Other brands require Passover Supervision.
- **Orange and White Grapefruit:** Any brand of **frozen** unsweetened, grade A concentrate without additives is approved for Passover. All **refrigerated**



**Juices** in containers require Passover supervision.

- **Juices and concentrates** available brands with Passover certification are: Ceres, Eden, Gefen, Glick's, Hadar, Kedem, Kirkland, Mishpacha, Mrs. Adlers, Nature's Own, Rashi, Stop and Shop and Shoprite.
- **Prune Juice** - Gefen and Sunsweet is approved with Passover certification.

## LIQUORS:

- **All alcoholic beverages or liquors** require Kosher for Passover certification. One can find Vermouth, Vodka and Cordials certified for Passover produced by the following brands: Bartenura, Binyamina, Blue Mountain Coffee, Boukha, Carmel, Kedem, Sabra. Zachlawi premium Vodka is available for Passover in many flavors. Pravda, Peacock, No. 209 (Gin) and Royal Elite have an OU-P on vodka.
- **For a list of Tequila, and liquors please see page 38-40.**

Can unflavored vodka made from potatoes be consumed on Pesah without special supervision? No. The production process of alcohol for vodka involves enzymes, such as malted barley, which may be *Hamets*, and produced on the same lines as *Hamets* alcohol. Therefore, we cannot recommend it without special Pesah certification.

## MARGARINE:

Requires Passover supervision.

## MARSHMALLOWS:

In general, marshmallows require reliable certification, and for Pesah doubly so as they require certification for Passover. Marshmallows contain gelatin and, without certification, are produced from non-Kosher animal sources. The misconception that since gelatin is acceptable according to some opinions, is not justified where there is no responsible supervision on the item purchased. It is interesting to note that Hacham Ovadia Yosef's namesake Kosher

certification "Badatz Bet Yosef" does not give certification on gelatin!

## MATSAH:

A wheat-free diet would be simple to describe. However, the *mitsvah* of Pesah is to eat wheat – just prepared so it is not *Hamets*. Therefore, the greatest level of care is needed for the production of kosher for Pesah wheat products. Baruch Hashem, there are many good reliable *matsof* available on the market. For the Seder, one should make sure to purchase 'Shemurah' *matsof*.

- One must be aware that the *Matsah* "for year-round use" has the status of *Hamets*, therefore, make sure to check the marking that it is specifically certified for Passover.
- For those with wheat allergies, Oat and Spelt *Matsah* is also available by special order. These are also available as *Matsah Shemura* for *sefer* use.

## MAYONNAISE, KETCHUP, & MUSTARD:

Requires Passover supervision as they contain vinegar, which can be made from *Hamets* sources.

- **Ketchup:** The following common brands are available with Passover supervision: Blanchard & Blanchard, Gefen; Manischewitz, Mishpacha, Rokeach; Unger's.
- **Mayonnaise:** The following common brands are available with Passover supervision: Gefen, Haddar, Manischewitz, and Mishpacha.
- **Mustard:** The following brands are available with Passover supervision - Benz's, Unger's, Blanchard & Blanchard.



## Milk and Milk Substitutes:

See Dairy



## MEATS AND POULTRY:

Raw cut meat is preferable to purchase after one's butcher koshers. However, any **ground** and **processed** meat is required to be purchased *only* after one's butcher koshers, as it is common for butchers to work with *Hamets* ingredients in and around the meats.

All packaged deli and prepared products require Kosher for Passover certification.

## MEDICATION:

### • Prescription Medicine

○ **Prescription Swallow Pills** are approved without Passover certification.

○ **Prescription Chewable** tablets, liquid, powders and gummies can be assumed to be ok for Pesah. If it is in question if it contains *Hamets* then one can discuss with their doctor and Kosher agency if alternatives are possible or at all necessary. Do not stop taking prescribed medicine.

### • Over the counter Medicine

○ **Swallow Pills** that **do not** contain any *Hamets* or *Hamets*-based ingredients are approved to use without certification.

○ **Swallow Pills** that **do** contain *Hamets* or *Hamets* based ingredients shall be addressed with one's doctor and Rabbi.

To know what is and what is not, one may contact JSOR or see <https://www.star-k.org/passover> ; <https://www.crcweb.org/> or <https://oukoshers.org/passover/>.

○ **Chewable** tablets, liquid, powders and gummies - require Kosher for Passover Supervision.

### • Vitamins

○ **Vitamins** can be based off *Hamets* or legume base. One should look for certified or approved for Passover vitamins. Maxi-Health, Zahler, Nutri- Supreme, and others have vitamins that are *Hamets*-free.

## NON-FOOD PRODUCTS:

All Aluminum Foil, Foil tins, Styrofoam, cling wrap, wax paper, parchment paper, soaps, shampoo, detergents and cleansers, paper and plastic dishes and cups are acceptable without Kosher for Passover certification.

## NOODLES:

Require Passover supervision, and be careful of look-alikes! Today there are many non-wheat varieties of noodles, however, unless they can be verified that they are not made in the same place as *Hamets* noodles, one should not use them. Rice noodles should not be used without Kosher for Passover Supervision.

- **Rice** noodles, **Brown Rice** noodles, **Shirataki** Noodles, **Hearts of Palm** noodles and **Chickpeas** noodles may seem benign, however, they do require certification, as they are subject to minor ingredients and equipment issues.

## NUTRITIONAL SUPPLEMENT:

Ensure plus, Glucerna 1.0, Boost (glucose control and High protein), Ensure - **without** Fiber only are approved for Passover, however, Ensure with Fiber contains *Hamets*.

## NUTS:

- **Most whole, slivered or chopped raw nuts without additives** are approved for Passover, unless the label says (or allergen warning) 'packaged in a plant that processes wheat' as those would not be approved for Passover.
- However, **Midget Pecans** and **Pecan Pieces, even raw**, require Passover certification as they can be washed in grain alcohol to remove insect infestation. **Kirkland Almonds, Pecan halves and Walnuts** are approved without Passover certification.
- **Blanched nuts**, however, require certification for Passover or verification of that specific company with their certifying agency as the water as well as

equipment may be used to heat *Hamets*.

- **Roasted Nuts and seeds** require Passover supervision.

## OILS:

- There are available oils with Kosher for Passover Supervision as marked from common brands such as Gefen, Mishpacha, Rokeach, Bartenura, Hain.
- **Mazola brand Canola, Cottonseed, Soybean, Safflower, Walnut or Vegetable oils** bearing an OU and **Wesson** oil bearing an OK symbol, are approved for Passover.
- **100% Pure Extra virgin olive oil** is acceptable without Kosher for Passover certification. Other pure or blended oils are not approved for Passover.
- **Pompeian brand avocado oil and grapeseed oil** bearing a Star-K is approved for Passover.
- **Chosen Brand Avocado oil** bearing an OU is approved for Passover.
- **Unrefined Nutiva Red Palm oil** bearing an OU is approved for Passover.



## PET FOODS:

- **Fish food:** Many pet foods contain *Hamets*. Since we are forbidden to derive any benefit from *Hamets*, we may not feed any pets those varieties that contain *Hamets* ingredients. **Krill** fish food is permitted. Other fish foods often contain meat and milk ingredients and are forbidden for use the entire year.
- **Alfalfa, Sunflower seeds, split corn or millet** are recommended for feeding birds. The Paterson Bird Store in Totowa, NJ can help you with acceptable Parrot Food.

There are **cat and dog food** brands available that do not have *Hamets* or the prohibited mixture of meat and milk. A detailed list can be found at <https://www.star-k.org/passover> or at <http://www.crcweb.org/Pesah2020.php>.

## PICKLES:

Require Passover supervision as it contains vinegar. Some common brands with Passover certification are Batampte, Flaum, Gefen, Kvuzat Yavne, Osem, Sadaf, Schorr's, and Unger's.

## POTATO CHIPS AND SNACKS:

Requires Passover certification. Some common brands with Kosher for Passover certification are Lieber's, Bissli, Bloom's, Glick's, Lay's Manischewitz, Meshubach and Tuscanini.

## PRUNE BUTTER:

Haddar produces a prune jam Kosher for Passover. One can purchase prunes such as Sunsweet which may be cooked in water and blended with an immersion blender to achieve a delicious fresh prune butter.



## QUINOA:

Requires Kosher for Passover certification as quinoa is often processed in the same facility as wheat and barley. Common brands with Kosher for Passover certification are **Goldbaum's**,

## ORAL HEALTH:

- **Toothpaste:** Aim (All) Close Up(All) Colgate (All) (All use Vegetable Glycerin) Pepsodent (All) Ultrabrite (All) (All use Vegetable Glycerin) Chapstick- Classic Original, Classic Strawberry, Medicated, Moisturizer
- **Mouth-wash:** Colgate - Mouthwash (All) (All use Vegetable Glycerin). Listerine- Cool Mint Antiseptic, Total Care Zero, Ultra Clean Antiseptic, Zero AlcoholScope (All)

## PASTA & PIZZA:

Of course, it must be produced special Kosher for Passover either from *Matsah* meal or potato starch: Dayeinu, Frankels, and HooLachmu are available with an OU Passover marking. (see Noodles for more info)



**LaBonne, Pereg, and Sugat.** Quinoa Flour also requires Kosher for Passover supervision. Quinoa can be infested, and therefore, one should check using a sifter, shaking it over a white sheet or white plate and then by looking at the plate to see what fell through. **LaBonne**, at this time, is not necessary to check for infestation.

**RICE:**

The staple of the Sephardic Passover diet is Rice. The #1 question before Pesah is which rice is good?

It has been our custom throughout the generations to check *all rice three times* before Pesah. Due to crop rotation and shared equipment, this is relevant until today, although equipment to remove any non-rice pieces has improved cleanliness. Please be advised that every year wheat grains are found in rice, so check carefully. Secondly, many brands of rice are enriched. The enrichment is comprised of vitamins that can very well be derived from *Hamets*. Although the amount is very minute, if one can choose to avoid the question without much expense, then of course, for Pesah, every effort is worth it.

- All **unenriched, raw, white rice** is approved. These include long grain, short grain, Basmati, Jasmine. Please note: Some companies do repacking, so check on the package if it states allergen info as packed in a wheat facility then it is **not** approved.
- **BYL** (Rabbi Moshe Cohen) and **Star-S** have made a special run of certified unenriched Carolina.
- **Brown rice** – One must take more care when checking for wheat kernels as it is more difficult due to the similarity in color. Additionally, one must be vigilant for infestation as it is more common in brown rice.

The following common brands are approved for Passover after checking three times:

- Super Lucky Elephant brand (Star K) available at Walmart or Costco (sold as

Kirkland Brand) is good, (be careful!! There are different products bearing the “Elephant” label which some are enriched). Goya Jasmine and Goya Basmati (London Beis Din); Vee-Pee Jasmine (KLBD); Sugat brand from Israel; Carolina and Mahatma brands of Jasmine in 5 and 10 lb. size packed for Riviana Rice Co. come not enriched. Dynasty brand Jasmine (not enriched) Medium/Short grain; Nishiki, KoKuh Rose and Cal Rose brands are also enrichment free. They can be found at Wegmans and most Oriental stores. Lundberg’s Organic (not mixes).



- **Basmati rice** – Roland, and Himalayan Pride are certified Kosher for Passover by the Star-S. Other common brands are Goya, Royal, Pari, Deer, Regal Harvest, and Iberia are approved.
- **Pure wild rice:** which looks like short black sticks, is from the grass family, not a legume at all and is approved without Passover certification, however, **NOT** wild rice mixes.

**SALT:**

Regular and Coarse salt with no additives are approved for Passover.

- **Pink Salt:** Himalayan and Peruvian varieties acceptable if pure, no additives.
- **Salt substitute:** Freeda Free Salt, No Salt or Spice of Life No Salt/No Sugar must have KP marking.

**SELTZERS:**

Any unflavored seltzer is approved for Passover like water, as the carbonation may be *kitniyot* based. **Flavored Seltzers** require Passover certification. Common brands found with certification as marked are Mayim Chayim, Giant, Shoprite, and Stop and Shop.

## SODAS:

Sodas may have *Hamets* in the flavoring base, especially caramel color; therefore, they require Passover certification. Many varieties are available in two liters from Coca-Cola Classic & Diet Coke. It comes with a distinct yellow cap marked with an OUP. Dr. Browns (Kof-K P) Pepsi products must bear a P (Kosher for Passover) on the cap, and in Florida, the Kosher for Pesah bottles are marked with ORB-P. (<https://orbonline.org/>)

## SOUP MIXES:

Require Passover marking. Beware containers bearing a “P” are often identical to the year-round variety.

## SOY FOODS:

While actual soybeans are permissible for most Sephardim, products made of soy, such as **soy sauce**, commonly have wheat or derivatives of grains mixed in. **TVP** and **Tofu** require Passover certification as they are produced through extraction methods that use grain alcohol.

## SPICES:

Whole spices in new packages do not require Kosher for Passover supervision. One should not buy from open spices in stores unless they were careful of cross-contamination of *Hamets*. Ground spices require supervision as free-flow and anti-caking agents are added. **Coriander** in Western Canada was found to have *Hamets* mixed in.

## SUGAR:

Any pure white granulated cane sugar is approved for Passover, as long as dextrose or glucose is not listed in the ingredients, as these may be derived from barley or wheat.

- **Domino Sugar** can be found with an OK-P.

- **Raw Sugar:** C&H Hawaiian Raw Cane Sugar. Kirkland with the supervision of BVK is approved for Passover.
- **Coconuts Secrets Crystals:** Approved as Kosher for Passover.
- **Confectioner's Sugar** contains 3% corn starch, so for those who consume corn derivatives it is approved for Passover.
- **Canadian Confectioner Sugar** is not permissible as it contains wheat starch instead of cornstarch. There are several varieties of Confectioners' sugar without cornstarch Mishpacha brand bearing an OU-P and Haddar brand bearing KAJ-P:.
- **Vanilla Sugar:** Requires Passover supervision as it may contain grain alcohol.
- **Extracts: Almond, Lemon, Orange, Vanilla Imitation, Vanilla Pure** require Passover Supervision.
- **Roundy's** light brown sugar bearing an OK symbol is approved for Passover.
- **Organic Cane Sugar** is approved without a Passover certification.
- **Domino and Brownulated** require Passover supervision.
- **Brown Sugar** is approved for Passover. The following ones are available bearing an OU: Dixie Crystals, Imperial Sugar

## SWEETENERS:

Require Passover certification. The following brands can be found with a Passover certification: Gefen, Nutra Taste Gold Zero Paskesz Sweetie (Badatz) and Liebers (KFP)

- **Equal & Splenda:** Require Passover certification. California Delight produces a Sucralose equivalent called Sucralis which can come certified for Passover. Also available: OU-P Nutra Taste and if marked for Passover Sweet n' low.
- **Stevia** requires Kosher for Passover certification.
- **Agave Nectar:** (a natural sweetener)





requires Passover certification. AW, Roundy's, Sophia and Western Farm brands can be found with an OK-P.

- **Pure Maple Syrup** is approved without Passover certification. One can find Janeric M/K P, Adirondack Kof K P; Xylitol: Healthy Garden OUP.

### SUSHI - NORI:

Mizrach u'Maariv Star K-P. As a side note, nori always requires a good Kosher certification as it is typically produced containing sea creatures.

### TEAS:

Any unflavored, non-herbal regular tea bags (Black, Green and White tea leaves) are approved without special Kosher for Passover certification (CRC).

- Most **Decaf** varieties require supervision. Salada caffeine-free contains *Hamets*.
- **Exception:** Lipton Decaf and Sweet-Touch-Nee 97% Decaf are approved for Passover.
- **Instant Tea:** Nestea Instant unflavored regular only is approved (NOT DECAF).
- **Herbal Teas:** Require Passover supervision. Many available brands that have an OU-P are Bigelow, Sweet-Touch-Nee, Herbal and Wissotzky many varieties.

### TOMATO PASTE AND SAUCE:

Require Passover supervision due to flavored varieties of paste and sauce now being produced. Commonly available brands with Kosher for Passover supervision are Mishpacha, Gefen, Glick's, Haddar, Lieber's and Unger's.

#### DID YOU KNOW?

*Throughout the year, tomato products require reliable supervision; it has been discovered that certain packers of tomato products were producing tomatoes with non-kosher Romano cheese sauce and then producing the crushed tomatoes, with no cleaning in between! Understandably this is not acceptable.*

### TUNA:

See Fish

### VEGETABLES:

Several years ago, a new lighter cuisine heralded the introduction of frozen pasta and vegetable mixtures. For frozen vegetables to hold well, they blanch or flash cook them. There are some companies that blanch their veggies and other items too; sometimes pasta blends use the lines, and minor additives are often added. Some companies purchase processed vegetables from another source and put their own label on the package. Codes provided by the companies proved inaccurate, and the information was confusing.



- **Frozen:** BYL and Star-S supervises Yerek brand for Passover. Thanks to them the most important of all, peas and beans will again be available for the Sephardic Community, including Peas, Green Beans, Mixed Vegetables, Lima Beans, Cut Corn. Several Israeli brands are also marked Kosher for Passover 'for those who consume *kitniyot*'.
- **Mika brand, Shams and Galil** are approved for Passover use.

Several companies have other frozen vegetables Kosher for Pesah, including checked broccoli, cauliflower, and spinach, which otherwise require proper checking for insects.

- Packaged or bagged **Pre-Washed Vegetables:** May be washed before use as some brands use citric acid in the rinse water to balance the PH levels to prevent wilting.

### VINEGAR:

Requires Passover certification as it can be derived from grain.

- **Cider vinegar:** requires supervision in general and Passover supervision as the nutrients may be derived from *Hamets*.