

Introduction: Passover Food Guide

ABOUT THE PASSOVER GUIDE

For the Sephardic Community, the JSOR Passover Guide stands as a beacon of clarity and trust. This comprehensive guide is not just a list; it is a synthesis of Tradition, Halacha, and modern food technology.

Why is this list unique? The JSOR takes immense pride in offering a well-researched and thoroughly vetted guide that ensures every product listed meets the highest standards of Kosher, especially for Passover. The modern food industry has introduced complexities, where even the simplest food item may be associated with hamets. Therefore, having a reliable guide is indispensable.

Consider the scenario: would you trust a sauce or cereal produced in a factory that also handles non-Kosher products, without any Kosher certification? In the absence of stringent guidelines, the risk of consuming hamets is significantly elevated. This is where the JSOR excels: guiding the community toward products that are properly and securely Kosher year-round, with heightened vigilance during Passover.

The meticulous nature of the guide ensures that even the most elusive ingredients derived from fermented grains such as wheat, barley, oats, spelt, or rye are avoided. Simply reading an ingredients list is insufficient, especially on Pesah. Minor and sub-ingredients, or seemingly benign chemicals like Alcohol, Citric Acid, Dextrose, Glucose, Maltodextrin,

Polysorbates, Sodium Citrate, Sodium Erythorbate, Xanthan Gum, and Sorbitol, can all trace their origins back to hamets.

In addition, it is important to understand that modern supply chains are highly complex, involving numerous globally sourced ingredients that pass through multiple traders and manufacturing stages. Even careful research—emails, phone calls, internet searches, and customer service responses—is not a substitute for true kosher supervision. Companies often lack knowledge of the upstream sources of their ingredients, may not understand the request, and may provide inaccurate information, even in writing.

There is another crucial point that is often overlooked. While leniencies exist for food incidentally cooked in a hamets pot, they may not necessarily extend to industrial settings. In factories, food is frequently processed using steam jackets or heat exchangers. The water used in these systems can become hamets, potentially transferring the absorbed hamets to subsequent production runs.

Since we, as Sephardic Jews, treat kitniyot (legumes) differently on Pesah than Ashkenazim do, reliable information for our Sephardic communities is essential. The JSOR Passover Guide is therefore intended to steer the community toward properly certified products l'chatchila, and to prevent reliance on informal research where true verification is required. For simplicity, the guide categorizes foods into three distinct groups, ensuring clarity and ease of use:

Category 1 – Ingredients deemed inherently kosher based on current research. Simple base ingredients like salt, water, and white granulated sugar fall into this category. These do not require detailed supervision and are safe for consumption during Passover.

Category 2 – Brand-name items verified through additional research to ensure their kosher status. The JSOR ensures that products in this category are scrutinized to guarantee their kosher integrity.

Category 3 – Items that always require advanced and detailed Kosher certification for Passover.

Customs of Kitniyot

Different Sephardic communities have varying customs regarding what types of kitniyot- legumes they consume. One should follow their family custom or consult their Rabbi for guidance, rather than accept information from this Guide that is contrary to their custom. (See page— article on Kitniyot)

THE RESEARCH

This list is the result of extensive research and correspondence with food-industry experts from major Kashrut organizations, including the OU, O.K., and many other experts in the field. Calling a company or emailing customer service does not constitute verification. We are also grateful to have specific Passover certification for many Sefaradim through JSOR-P, BYL, the Star-S (under the Star-K), and others for certifying foods as 'for those who eat kitniyot.'

We want to thank Rabbi Moshe Elefant, COO of the OU, and Rabbi Gavriel Price of the OU for providing numerous resources and significant time, enabling us to bring greater clarity. Rabbi Avi Juravel, who has been to over forty countries and all fifty states of the USA throughout his career, has been instrumental in clarifying the reality on the ground for many of the listed products through his broad and deep

knowledge. Rabbi Yitzchak Hanoka - Senior Rabbinical Coordinator OK Kosher - for his vast knowledge of worldwide production, who detailed many products that are under the OK. Rabbi Lalezarian of the KSA.

After this fundamental research with reliable Kosher certifying sources, we can definitively and *lecatichela* say that this list is secure to use for Pesah.

May the merit of our care in observing the commandments of the holiday bring us all closer to Avinu She' baShamayim, our Loving Father in Heaven, and may we merit to rejoice in His redemption! Amen.

Rabbi Isaac Farhi – *Founder*
Rabbi Hayim Asher Arking – *Administrator*

POINTS TO PONDER:

GET CERTIFIED PRODUCTS

First and foremost, you are always in the safe zone when purchasing anything with a reliable Kosher for Pesah certification. That sense of security and comfort is well worth it, and the money spent accrues to one's zechut. If an item is kosher-certified year-round (even without a Pesah symbol), it is often worth contacting the certifying agency for clarification.

BEWARE OF A LOOK-ALIKE

Often, Kosher for Passover and non-Kosher for Passover products have identical packaging. Nowadays, Pesah and regular cakes look identical (not necessarily taste identical...), so it is all the more reason to be careful when purchasing any product. Double-check carefully.

IF IT LOOKS TOO GOOD TO BE TRUE

There have been cases where, unfortunately, hamets croutons or crackers were mistakenly served, and they were realized when they tasted too great to be the knock-off Pesah version..... This is tragic, and always questioning as if one had a severe, lethal allergy is not being overly cautious. Always question.

DISCARD OLD LISTS

Do not rely on last year's lists or approvals when purchasing a product. Products and facilities change from year to year.

GLUTEN-FREE DOES NOT EQUAL HAMETS-FREE

Please note that gluten-free is NOT at all necessarily Kosher for Passover.

Oats are gluten-free, but they are pure HAMETS. **Scotch, which is produced from grain, can be called gluten-free; however, it is definitely hamets!** Gluten labeling tracks allergens, not Pesah status. Many starch-derived ingredients raise Pesah concerns without involving gluten.

PRIVATE LABELS

Note that many companies, including Kirkland Signature and Trader Joe's, operate private-label brands. This means they can produce runs of their products worldwide across multiple facilities. Throughout the year, it is therefore important to keep an eye out for the Kashrut symbol on the package and especially for Pesah. The specific item and brand should be noted and not mistaken for another.

USE NEW/CLOSED SEALED

PACKAGES – All products, whether or not they require special supervision, should only be used from new and unopened packages for Pesah.

NOT ALL KASHRUT IS CREATED

EQUAL – Follow your family's customs and consult your Rabbi. Know your personal and family Kashrut level! Check with the people who will partake of your meals and see what they accept. Ascertain your family's customs pertaining to corn, rice, and beans. Even within the community, there are different family customs to consider. This advance planning will save heartache and promote Shalom.

THE PASSOVER AISLE PITFALLS

– Do not assume items in the Pesah aisle are automatically Kosher for Pesah. Many non-kosher-for-Pesah items can end up in the Pesah aisle.

LOOK BEFORE YOU COOK

Double-check every item before preparing food. Even with the best intentions, you may inadvertently purchase a non-Kosher-for-Passover item. Mix-ups happen! An extra glance at every item before cooking can save hours of trouble and prevent the food from being used for Passover meals.

OLD/RETURNED PRODUCTS

These have been found to contain insects and larvae! At times, unsold Passover products, such as cake mixes or spices, are returned to shelves the following year. This is especially a problem in vacation areas. Check the product code for the year of production; otherwise, inspect the product thoroughly.

WHEN IN DOUBT

Ask! If you have a doubt about koshering or about a product being Kosher for Passover, clarify the question with your Rabbi. Questions about products may be texted to Mrs. Farhi at 732.995.4422, call the JSOR office at 732.759.0388, or join our JSOR Kosher chat available link on website.



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*Sponsored in honor of Marlene and Bruce Epstein
From their children and grandchildren*

DID YOU KNOW?

*This Kashrut guide has been produced in collaboration with the OU and many top kashrut professionals from **around the world** for our Sephardic Communities.*

ACAI:

Trader Joe's acai under BDK Kashrut is approved without Passover certification. Frozen fruits brand called Pitaya, under Earth Kosher, such as chunk açai and frozen açai (no additives), are approved without Kosher for Passover supervision.



ALTERNATE MILK:

Requires Passover certification. The gluten-free label does not mean hamets-free, as oats are gluten-free yet pure hamets!

- **Shelf stable Blue Diamond Almond Breeze** (unflavored), **West Soy/West Life** is approved without Passover certification.
- **Califia Farms Coconut** Go Coconuts milk is approved for Passover.

ALMOND FLOUR AND ALMOND MEAL:

Kirkland Almond flour and **Blue Diamond** under the OK are approved.

ALMOND BUTTER:

Kirkland, and **Trader Joe's** with an OU and **Naturally Nuts** under Earth Kosher and **P-R Farms**, are approved for Passover. The **ShopRite** brand is available with Passover certification.



BABY PRODUCTS:

Require Kosher for Passover certification.

Note: Beech-Nut is NO LONGER certified as kosher even for year-round.

- **Baby FORMULA** bearing a plain OU is approved for Passover.
- **Pedialyte** (Pediatric Electrolyte) bearing a plain OU is approved.

RECIPE CORNER

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 prepare baby food using an immersion hand-blender 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 and 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 matsa meal or potato starch.

BAKING SODA:

(Bicarbonate of Soda) Approved for Passover; however, one should use a new box.



BAKING POWDER:

Requires Kosher for Passover certification. **Clabber Girl, Rumford, Argo, and Davis** brands are approved for Passover.

BEANS:

- **Fresh beans:** May be used by all Sepharadim.
- **Canned beans:** Requires Passover and year-round certification, and according to one's custom. Canned corn is approved for Passover.
- **Dried beans:** Are acceptable without Passover certification and according to one's custom; however, they need to be checked at least once before Pesah and rinsed before use. Special care must be taken when purchasing from companies that produce a cholent or other bean mix, which contains barley and is on the same production lines as plain beans.

BUTTER:

Requires Passover certification as there are minor ingredients subject to being problematic.

BAKING SPRAY:

Requires Passover certification as it may contain grain.

CANDY AND CHOCOLATES:

Requires Passover certification. It has been a recent practice to use oat milk in chocolates making them hamets.

- **Nutella** and **Kinder Chocolate (Ferrero Brand)** When bearing OU Kitniyot, are Kosher for Passover.

CHAPSTICK / LIPSTICK

Ok without Passover supervision.

PLAYDOUGH

is hamets and non-toxic, therefore should be discarded or sold with your hamets.

CEREALS:

Requires 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 because 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 in a facility that produces hamets on a daily basis. 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 Matsa flour.

CHEESE: See Dairy Products

COCOA:

- **Any 100% pure cocoa powder (product of America or Canada):** is approved without Passover certification. With any other ingredient or additive, such as a premix of dextrose, requires certification.
- **Hot cocoa mix:** Requires Passover certification.
- **Cacao Beans or Nibs:** Approved without Passover certification.

COCONUT:

- **Coconut Milk:** Requires Passover certification. **Califia** Coconut Milk is approved for Passover.
- **Coconut Oil:** Cold-pressed virgin coconut oil is approved for Passover. According to leading sources, it is also approved without kosher certification year-round. A commonly available brand is **Kirkland Organic Virgin** with the Star-K.
- **Coconut Chips, Flakes, and Coconut Flour:** Requires Passover certification.
- **Coconut Water: Harmless Harvest (OU)** and **Kirkland** (with Kosher Check symbol) are approved for Passover.
- **Coconut Secret - Organic coconut Aminos** are approved for Passover.



COFFEE:

One should not go into a coffee shop on Pesah to purchase a coffee, as hamets is all over the place and on the equipment.

- **Fresh ground coffee, Nespresso, or K-Cups - unflavored** - are approved for Passover.
- **Decaffeinated coffee/tea:** There are two methods of decaffeination; more recently, a common method is called the Swiss-water method; if known to be decaffeinated in such a way, it is ok for Passover; if other methods are used, then they require Passover certification. **Brooklyn Roasting, Folgers,** and **Lavazza decaf** are approved for Passover.
- **Elite, Sanka, and Maxwell House** come with Kosher for Passover certification. All **Nespresso pods, Via (Starbucks), Nescafé, Taster's Choice,** and **Delima, Folgers** – unflavored, regular, and decaffeinated are approved for Passover
- **Iced Coffee and Cold Brew:** Should be either approved or certified for Passover, especially as oat-milks are now more commonly used in these companies. Questions of shared equipment in commercial settings is also about shared water used to heat steam kettles.
- **Brewology, WeBru, and Offshore Coffee Roasters** have a line of decaf and regular certified kosher for Passover by JSOR available on their website
- **Coffee Substitutes:** Requires Passover certification. Postum, Roma, or Teecino contain grain and may **NOT** be used for Pesah.
- **Coffee Creamer:** Requires Passover certification.



CORN STARCH:

Requires Kosher for Passover as the production of starch can be done in the same way as wheat starch. **Argo** brand is approved without Passover certification.

COOKING SPRAY:

Requires Kosher for Passover certification as they have been found to contain grain in ingredients. **Chosen** Avocado oil spray is approved for Passover.

NOTE: Be sure to check cooking spray for Passover status *and* for DAIRY status.

DAIRY PRODUCTS:

- **Milk:** Plain Milk is approved without Passover certification. Many common brands come as Kosher for Passover and are, of course, better to use. Because milk is produced on a daily basis, the recommendation is to purchase milk before Pesah or otherwise with Passover certification. This is based upon the premise that if on Pesah even the smallest amount of hamets was mixed in, it is not to be eaten, our milks that contain vitamins and additives that may be derived from hamets and/or pasteurized on equipment that produces other products on a daily basis, warrant caution to be purchased prior.
- **Half and Half:** Without any additives is approved for Passover.
- **Heavy Cream:** is approved for Passover.
- **Lactaid drops and caplets:** should not be used as they are made from hamets. There may be halachic leniencies that may depend on individual cases.
- **Lactaid Milk:** May be used if purchased (or the milk was produced) prior to Pesah.
- **Butter:** Requires Kosher for Passover certification. It is normal with all butter to have minor ingredients which are questionable.
- **Alternate Milks:** See Almond Milk above.
- **Chocolate Milk:** Requires Passover certification.



- **CHEESES, LABNE, CREAM CHEESE, SOUR CREAM, AND YOGURT:** require Passover certification as rennet, cultures, flavorings, etc., often are from hamets. **The Kosher for Passover items come with an inkjet stating Passover on the container.**

In general, cheeses and dairy products are different from plain milk and therefore always require reliable year-round certification, not just a plain K or a non-approved symbol.

EGGS:

Liquid eggs are approved for Passover.

EGGPLANT – DRIED:

Requires Kosher for Passover certification. These are imported from Turkey and collected from different villages. The importer informed us, and it was verified by an expert Rabbi in Kashrut 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. Although they can be approved for year-round use, however, understandably, these cannot be recommended for Passover. Japanese eggplant is an acceptable alternative - they are very long and slender and can be easily cut in half and scooped out.

EXTRACTS: **Almond, Vanilla** or any extract which are done through extraction methods using alcohol, require Passover supervision.

FISH:

- **Canned Tuna:** When purchased with a Passover certification, there is the additional benefit of the level of its Kosher status because, with fish, there are different levels in hashgacha. This is important for Sefaradim as Hacham Yisthak shlita in Yalkut Yosef writes that one should, in general, always purchase only the ones with full oversight.

Nonetheless, tuna in plain oil and water (no broth) with an OU is approved for Passover.

(See JSOR.ORG/publications).

- **Canned Salmon:** Certified kosher salmon in plain water is approved for Passover.

- **Fresh fish:** Whole fish and fillets are approved for Passover. Any fish purchased is required to be bought with skin having scales on it, or otherwise kosher certification with a double seal if purchased from a non-Shomer Shabbat.

- **Frozen Fish:** without additives or spices is approved without Passover certification. In general, all year round, fish requires either visible skin with scales attached or Kosher certification. **Kirkland** frozen salmon with a plain OU is approved.

FLOUR:

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



- Alternate flours require Kosher for Passover certification, such as **Quinoa, Chia, Coconut flour, Cassava flour, Potato Starch, and Tapioca Starch.**

- **Almond Meal** and **Almond flour** from **Blue Diamond** and **Kirkland Signature** are approved for Passover.

- **Bob's Red Mill Corn flour** and **Rice flour** are approved for Passover.

- Otto's **Cassava** flour under the OU is approved for Passover; available for purchase on their website.

- **Raw Maca Root powder:** Is approved for Passover.

FRUITS:

- **Fresh-cut fruits** from a fruit department are approved for Passover and year-round. See our Produce Guide [@Resources - Jersey Shore Orthodox Rabbinate](#) to ensure that they are bug-free.

RECIPE CORNER

Frozen cherries are a good substitute for canned cherries in kibbe cherry.

- **Canned fruits:** Fruit in its **own juice** and water with no other additives is approved for Passover. If there are any other additives or syrups, then it requires Passover certification.

- **Frozen fruits:** Plain frozen fruit with no additives is approved for Passover. Insect-prone varieties must have, in general, a kosher supervision.

- **Dried fruits,** without any other ingredients and naturally dried, are essentially kosher. However, with modern technology, some dried fruits are infused with coloring, flavoring, or even glycerin, as it is even sometimes stated on the ingredient panel. Therefore, if there are any additional ingredients, it will require year-round Kosher Supervision.

For Passover, there is greater concern, as they may be dried in a dehydrator or heat source, or have added glucose.

Prunes and apricots are approved for Passover.

Raisins or Mango pieces: from USA are approved for Passover.

Sun-dried tomatoes: require Passover certification.

Dates: require approval for Passover, as it is normal to add glucose; however,

Medjool Dates: are all approved for Passover.

Dehydrated fruit: Requires Passover certification as well as for year round.

- **Goji Berries:** Due to much infestation, cannot be used at all at this time.

- **Banana chips:** Require Passover certification as well as for year round.



GARLIC:

Plain, peeled, packaged garlic is approved for Passover.



GLUTEN-FREE PRODUCTS:

Require Kosher for Passover certification. As the gluten-free demand has increased, there are many types of gluten-free and paleo cakes, cookies, crackers, and even ‘matsah look-alikes’ that are produced year-round; however, they will always require Passover certification. Gluten is a property found in wheat, barley, spelt, and rye and is not the definition of hamets. Gluten can be removed from wheat and it is yet entirely hamets. Oats that are gluten-free are pure hamets, or other minor ingredients may be present in the item or in production. 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. To understand this even better, scotch, which is produced from grain, can also be considered gluten-free; however, definitely hamets!

See beyondceliac.org.

GRAINS:

Of course, products with wheat, barley, spelt, oats, and rye – farro, durum, and semolina are all hamets until proven otherwise. However, kitniyot grains for Sefaradim, throughout our Sefardic communities, may be consumed. There are,



however, several different customs in regard to which type or form of kitniyot (legumes); therefore, be careful to **follow your family custom of which kitniyot – legumes - to eat**. A partial list of kitniyot includes **rice, snow peas, sugar snap peas, string beans, soybeans, peanuts, chickpeas, sunflower seeds, corn, beans, sesame seeds, millet, chia seeds, flaxseed, hemp seed**, etc. If it is according to

one's custom, for whole grains, they may be used after being checked at least once before Pesah, and rinsed before use. Rice, as it was more prone to cross-contamination with wheat, is required to be checked three times before Pesah. When purchasing dried legumes from companies that also produce barley on the same lines and/or cholent mix which contains barley, we must be extra vigilant in checking and rinsing before use.

GRAPE LEAVES:

Require Kosher-for-Passover certification or approval. **Orlando** and **Yergat** grape leaves are all approved for Kitniyot this year for Passover. Please note: All grape leaves are to be washed carefully on both sides under running water to remove insects.



HONEY: Plain commercially produced honey and **Manuka** honey are approved for Passover. Both for Passover and year-round, pure honey from commercial sources generally does not require Kosher or Passover certification. However, because 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 from Canadian or Mexican importers can be from bees fed corn syrup, not nectar, and has even been found with added corn syrup or liquid cane sugar. 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:

• **Juices:** Raw-squeezed juices that are High-Pressure Pasteurized (HPP) are Kosher for Passover. Other Juices with other ingredients and processes require Passover certification or approval. Jus by Julies juices are approved for Passover.

- **Tropicana** and other brands: look for inkjet-printed on bottles for Passover.
- **ReaLemon** and **ReaLime** are approved for Passover.
- **Natalie's Juices** under OU are approved for Passover.
- **Frozen Concentrate:** Orange, Lemon, and White Grapefruit unsweetened Grade A concentrate, without additives, is approved for Passover and year-round.
- **Prune Juice:** Gefen and other brands are certified for Passover. Sunsweet brand is approved with its Passover certification.



KETCHUP:

Requires Passover supervision as it contains vinegar, which can be made from hamets sources. There is a Kosher for Passover Heinz Ketchup now available.



LIQUORS:

All alcoholic beverages, including liquors, require Kosher for Passover certification. Since time immemorial (perhaps the etz ha'daat), wheat and barley grain have been the best at producing the most potent alcohol. The production process of alcohol for vodka involves yeasts, which may be from hamets. Because the yeasts produce the alcohol, even corn or potato vodka requires Passover certification.

For a list of Tequila and liquors, please see page 76-77

MAPLE SYRUP:

Pure maple syrup is approved for Passover when coming from commercial sources such as the Kirkland brand.



MARGARINE:

Requires Passover certification. It normally has an inkjet indicating Passover runs.

MARSHMALLOWS:

Requires Passover certification as well as year-round.

Marshmallows contain gelatin and, without certification, are produced from non-Kosher animal or fish sources. The misconception that since gelatin is acceptable, according to some opinions, is not justified to eat where there is no responsible supervision of 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!

MATSA:

A wheat-free diet would be simple to describe. However, the mitzvah of Pesah is to eat wheat, prepared in a way that it is not hamets. Therefore, the highest level of care is required to produce kosher-for-Pesah wheat products. Baruch Hashem, there are many good, reliable matsot available on the market. For the Seder, one should ensure they purchase 'Shemurah' matsot. For a more detailed understanding, ***please see article on page 52***

- One must be aware that the matsa "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 matsa is also available by special order. These are also available as Matsa Shemurah for seder use.

MAYONNAISE AND MUSTARD:

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

MEAT AND POULTRY:

Plain and raw is ok to use for Passover, however it is preferable to purchase after one's butcher koshers. Any ground and processed meat is 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.

Deli, hot dogs, sausages, and other prepared products require Passover certification.

MEDICATION AND VITAMINS:

Folic Acid, Vitamin D, Magnesium, and Kosher Fish oil capsules are ok without Passover certification.

Freeda and Maxi-Health pills and tablets are all approved for Passover.

All prescription swallowable pills are approved for Passover.

NON-FOOD PRODUCTS:

All Aluminum Foil, Foil tins, paper cups, Styrofoam, cling wrap, wax paper, parchment paper, soaps, shampoo, detergents and cleansers, paper and plastic dishes, and cups are acceptable without Passover certification. However, it is worth noting that anything or for example shampoo and creams made from oats or other grains should be avoided on Pesah.

NOODLES: See Pasta

NUTRITIONAL SUPPLEMENTS:

Requires Passover certification.

Shakes, liquids, and Powders (not bars of) Ensure, Glucerna 1.0, Boost (Plus, Nutritional Pudding, glucose control, and High protein), and Elicare are approved without Passover certification. The OU has determined that this fiber is not hamets, and the products may be consumed on Pesah.

NUTS:

• **Raw or blanched nuts without additives** are approved for Passover unless an allergen warning states "packaged in a plant that processes wheat" as those would not be approved for Passover or unless specific approval is stated for that company.





- **Kirkland Raw Almonds, Pecans, Pecan halves, and Walnuts** are approved for Passover (even with an allergen warning).
- **Wellsley Farms** under OK roasted almonds, is approved for Passover.
- **Roasted Nuts and seeds:** Requires Passover certification.

OILS:

- After thoroughly researching the process of oil production for the past few years, after discussing with multiple top experts in the field worldwide, after discussing with many Rabbanim and Poskim who are involved in Kashrut, and after recently visiting an oil processing facility in the USA, we have come to the conclusion that:
 - Any of the following oils bearing an **OU** or **OK** symbol – **Avocado, Cottonseed, Corn, Olive oil extra virgin, or light, Grapeseed, Soybean, Sunflower, Safflower, Red Palm oil, Coconut, Walnut, or Vegetable oil** are approved without Kosher for Passover certification.
 - **Canola** oil is also approved for Passover. There is, however a discussion regarding canola of a possible wheat mixture in its early stages; however, A) modern processing equipment sorts out foreign matter, with the fact that B) the wheat is not soaked in water and may very well not have ever been hamets, and C) the wheat does not yield much oil if at all, it is not of any concern to use. However, if one would like to be stringent, they may use the other oils.



- Oils such as **cottonseed** oil, are available with Kosher for Passover Supervision as marked by common brands.

OLIVES: Require Kosher for Passover certification.

ORAL HEALTH:

- **Toothpaste, Mouthwash:** Does not require kosher or Passover supervision as it is not considered a food. However, when it comes to Passover, some are stringent due to the nature of hamets on Pesah. One can find some certified ones or otherwise a recommended list found at Star-K.org and other sources.
- **Dental floss** – Unflavored waxed is approved.

PASTA AND PIZZA:

Of course, it must be Kosher for Passover, such as with matsa meal, potato starch, or other alternative flours. Be very careful of look-alikes!

- Rice noodles, Brown Rice noodles, Shirataki Noodles, Hearts of Palm noodles, and Chickpea noodles may seem benign; however, they require certification due to potential mixtures and minor ingredients.



- **Tinkyada** and **Trader Joe's** rice, brown rice, and quinoa pasta bearing a **COR certification** are approved for Pesah. The products that are of brown rice do not contain enrichment.

PEANUT BUTTER: Kirkland and Trader Joe's, Wellsley Farms are approved for Passover.

PET FOODS:

Many pet foods contain hamets. Since we are forbidden to derive any benefit from hamets, we may not own or use varieties that contain actual hamets.

If hamets becomes inedible, then it is permitted to own during Pesah. What is considered inedible? If a dog cannot eat it. The threshold of what is

considered non-edible is “if a dog cannot eat it.” Accordingly, dog food or any pet food, although it does not have to be kosher, however, since one cannot derive use of hamets on Pesah, one must make sure that there is no wheat, barley, etc. in their pet food. It will not be nearly as stringent as what we consume, rather one can check ingredients to ensure that there is no wheat, barley, rye, spelt, or oats (durum, semolina, or farro).

Similarly, one may feed his animals pork, non-kosher fish, etc. However, since one cannot derive use from meat and milk mixtures, one should look through these to see that no meat and milk mixtures are in pet food throughout the year (chicken and milk will be ok to feed them).

- **Fish food:** one can use krill fish food.
- Alfalfa, sunflower seeds, split corn, or millet are recommended for feeding birds.
- There are cat and dog food brands available that do not have hamets in ingredients or the prohibited mixture of meat and milk. A detailed list is available on the Star-K or cRc Kosher websites.

DID YOU KNOW?

When visiting a farm, bird jungle, or the like on Pesah, keep in mind that if you are purchasing any animal, bird food, etc., they do not contain hamets, as owning or deriving benefit from hamets is forbidden on Pesah.

RECIPE CORNER

One can purchase prunes, such as Sunsweet, which can be cooked in water and blended with an immersion blender to make delicious, fresh prune butter. If desired to have tartness, one can add some Kosher for Passover citric acid (sour salt).

PICKLES:

Require Passover supervision as they contain vinegar.

POTATO CHIPS AND SNACKS:

Requires Passover certification.

PRUNE BUTTER:

Requires Kosher for Passover certification.

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, LaBonne, Pereg, and Sugat.**



Quinoa Flour requires Kosher for Passover supervision.

Quinoa can be infested, and therefore, one can check using a sifter, shaking it over a white sheet or white plate, and then looking at the plate to see what fell through.



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 remains relevant until today, although equipment to remove any non-rice pieces has improved cleanliness. Please be advised that I remember



personally when wheat or even barley grains were found in rice, so check carefully, **refer to page 56 for a picture of grains.**

Secondly, many brands of rice are enriched. It has been clarified that enriched rice is Halachically acceptable, as the likelihood of hamets-derived sources is very small. If one can choose to avoid the question without much expense, then of course, for Pesah, every effort is worthwhile. Additionally, if one specifically wants to use the enriched rice, rinsing the rice prior to use will wash away enrichment.



Rice packaged overseas does not come with enrichment, as it is unique to America, where enrichment is required for processed rice that is stripped of its vitamins.

Please note: Some companies repack, so check on the package; if it states allergen info as *packed in a wheat facility*, then it is **not** approved.

- All plain, **raw white rice** is approved. These include long, medium, and short-grain **Basmati and Jasmine**.
- **BYL** (Rabbi Moshe Cohen) and **Star-S** have a special run of unenriched Carolina rice certified for Passover, with no concerns about any questionable additives. Note: Be aware that the rice requires the usual three checks.
- **Brown rice** – Has no enrichment, however it is not recommended due to the fact that one must take extra care when checking for wheat kernels, as they are harder to detect with their similarity in color. Additionally, one must be vigilant for infestations, as they are more common in brown rice.
- **Pure wild rice is approved for Passover, however NOT** wild rice mixes. Plain wild rice looks like short black sticks, is from the grass family, not a legume at all, and is approved without Passover certification.

ROSE BLOSSOM WATER:

Requires Passover certification; flavors and glycerin have been found to be added in for consistency and taste.

SALT:

Regular and Coarse salt, not Iodized salt, are approved for Passover.

- **Himalayan Salt:** is approved for Passover if it is pure and contains no additives.

NOTE: Artificially colored salt is not approved.

- **Salt substitute:** Requires Kosher for Passover certification such as Freeda Free Salt, No Salt or Spice of Life No Salt/No Sugar.

SPICES:

(black pepper, turmeric, cayenne, etc.): Pure **ground** or **whole** spices and herbs are approved for Passover, except for cumin and coriander. One should only purchase or use from closed and clean sources and not from open spices in stores unless they were careful about cross-contamination from hamets.

SELTZERS:

Unflavored seltzer is approved for Passover. **Flavored Seltzers** require Passover certification. **Vintage**-flavored Seltzer is approved for Pesah **when bearing a P** for Passover.



SODAS:

Requires Passover certification. Sodas may have hamets in the flavoring base, especially caramel color, which can be derived from barley. Many varieties are available from Coca-Cola Classic & Diet Coke, which come with a distinct yellow cap marked with an OU-P. Pepsi and Dr. Browns (Kof-K P) products must bear a Kof-K P on the cap, and in Florida, the Kosher for Pesah bottles are marked with ORB-P.

SOUP MIXES:

Requires Passover certification.

NOTE: containers bearing a “P” are often identical to the year-round variety.

SOY FOODS:

Requires Passover certification. While actual soybeans are permissible for most Sefaradim, 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 and cooking methods.

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.

- **Brown Sugar:** Domino’s is approved for Passover.
- **Confectioners’ Sugar:** Requires Passover certification or approval, as it contains 3% starch, which is acceptable when sourced from corn; however, when sourced from other countries, it may contain wheat starch.
- **Domino’s Confectioners’ sugar** is approved for Passover.
- **Organic Cane and Raw Sugar:** are approved for Passover.
- **Coconut Sugar:** is approved for Passover. Coconut Secret Organic coconut aminos are approved for Passover.
- **Vanilla Sugar:** Requires Passover certification.

SUGAR SUBSTITUTES:

Require Passover certification.

- **Equal & Splenda:** Require Passover certification. Gefen and Leiber’s have these available for Passover.
- **Pereg Zero Calorie, Truvia Brown and Cane Sugar Blend, Sweet n’ Low, Stevia:**



Require Passover certification.

- **Pure Agave Honey and Maple Syrup:** are approved for Passover from commercial sources.



SUSHI - NORI:

Sushi Maven and Sweet City are approved for Passover.

Note: Nori always requires a reputable kosher certification, as it is typically produced among sea creatures.

TEAS:

Unflavored, non-herbal regular tea bags (Black, Green, and White tea leaves) are approved for Passover.

Flavored Herbal Teas require Passover supervision. Available brands that have an OU-P are Bigelow, Swee-Touch-Nee, Herbal, and many varieties of Wissotzky.

- **Decaffeinated** varieties require supervision.
- **Salada** caffeine-free contains hamets.
- **Lipton** Decaf and **Swee-Touch-Nee** 97% Decaf are approved for Passover.

TEHINE:

Requires Kosher for Passover supervision and according to one’s custom. Mighty Sesame Co. Tahini with an OU is approved for Pesah.

TOMATO PASTE AND SAUCE:

Requires Passover supervision.

DID YOU KNOW?

Throughout the year, canned tomato products require reliable supervision; it has been discovered that certain packers of tomato products were producing tomatoes with non-kosher cheese and meat sauces.

TOOTHPASTE AND MOUTHWASH:

Year-round, there is discussion if toothpaste requires kosher supervision, and many opinions are lenient that toothpaste does not require supervision even with questionable ingredients. However, when it comes to Passover, some are stringent due to the nature of hamets on Pesah. One can find some certified ones or otherwise a recommended list found at **Star-K.org** and other sources.

TUNA: See Fish

VEGETABLES:

Canned Vegetables: Green Giant green beans are approved for Passover.

FROZEN VEGETABLES:

Require Kosher for Passover certification or approval.

- **Yerek** under BYL (Rabbi Moshe Cohen) and Star-S has a special Kosher-for-Passover production. Thanks to them, most importantly, peas and beans will again be available for the Sephardic Community. Several Israeli brands are also marked Kosher for Passover 'for those who consume kitniyot.'



- **Hanover, Golden Flow, Simplot/Simple Goodness, Mika brand, Shams, and Galil** frozen vegetables are approved for Passover use.

- **Pre-Washed Vegetables:** Packaged or bagged are approved for Passover.

NOTE: Any insect-prone vegetables require proper certification that they are free of insects.

VINEGAR:

Distilled, Cider and Rice vinegar require Passover certification.

WATER:

Does not require Passover certification.

Dasani, Kirkland, Glaceau SmartWater, LifeWater, and similar products with minerals or numerous chemical additives, including sodium citrate, are acceptable for Passover as long as they contain no flavors.

XANTHAM GUM:

Requires Kosher for Passover Supervision

YOGURT:

Require Passover certification. Yogurt cultures are made up of bacteria and microorganisms that are fed with all sorts of potentially hamets ingredients.. It normally has an inkjet indicating Passover runs.

Visit us on our website:
www.jsor.org

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**SCAN TO
LEARN MORE**

"The Short List"

Kitniyot Approved For Passover

DID YOU KNOW?
 This Kashrut guide has been produced in collaboration with the OU and many top kashrut professionals from **around the world** for our Sephardic Communities.

Group 1

- **Baking Soda**
- **Cacao Beans and Nibs**
- **Canned Fruits** *(in its own juice or water with no additives)*
- **Cocoa Powder**
- **Coffee** – Unflavored, Fresh Ground and K-Cups. Decaf requires approval (Swiss water method) or certification
- **Concentrate Frozen Unsweetened Grade A Orange, Lemon and White Grapefruit**
- **Cornstarch** *(In North or South America)*
- **Dates**- Medjool are ok however regular dates require Passover certification.
- **Fish - Frozen or Fresh Fish** *(skin with scales or hechsher, of course)*
 Tuna canned in plain water or oil
 Salmon canned in plain water.
- **Fruits and Vegetables** - Fresh cut from Supermarkets such as ShopRite, Wegmans, Stop and Shop etc. Vegetables bagged and/or pre- washed
- **Kitniyot whole grains**-
 According to family customs and check once before Passover: Beans, Corn, Cardamom, Caraway, Chia Seeds, Fennel, Flax Seed, Edemame, Hemp Seed, Millet, Poppy Seeds, Sesame, Soybeans



- **Maca Root Powder (raw)**
- **Meat and Poultry**- Plain raw is Ok without Passover certification Meat and Poultry -Ground or processed - Requires Passover certification
- **Nuts** - Raw without additives or allergen warnings. Kirkland Signature Almonds, Pecans, Pecan Halves and Walnuts, even with allergen warning are approved.
(even with Allergen warning are approved)
- **Peeled Garlic**
- **Pure Honey, Agave, or Maple Syrup**
- **RICE** -All raw plain rice is ok. Many prefer unenriched. Brown rice is not enriched (check that there is no infestation) Pure wild rice is ok, however not wild rice mixes.
- **Salt** *(not iodized or with additives like dextrose)*
Himalayan Salt *(pure and no additives or coloring)*
- **Seltzer Unflavored**
- **Spices- Whole and Ground in new packages** *(except cumin and coriander)*
- **Tea**- Unflavored regular tea bags are ok however Decaf requires Passover certification
- **Water**- with minerals and electrolytes (not flavored)
- **Psyllium Husk** - (with no additives)



Group 2

Specific Brands that have been researched and approved through their Kosher Certifications

- **Almond Butter** – Kirkland and Trader Joe's with an OU - All Varieties. ShopRite has an OU-P
- **Almond Flour**- Kirkland and Blue Diamond
- **Almond Milk**- Almond Breeze Shelf Stable unflavored, West Soy / West Life
- **Baking Powder**- Clabber Girl, Rumford, Argo and Davis
- **Brown Sugar**- Domino's
(Lantic and Rogers in Canada)
- **Cassava Flour**- Otto's
- **Confectioners' Sugar**- Domino's
- **Green beans, Canned**- Green Giant
- **Lemon and Lime Juice**- RealLemon
- **Natalie's Juices with an OU**
- **Nutritional Drinks and Shakes**- Ensure
- **Oil** - All Coconut Oil
Avocado, Corn, Extra Virgin Olive, Light Olive, Cottonseed, Soybean, Safflower, Walnut, Vegetable and Red Palm bearing an OU or an OK.
Pompeian Avocado and Grapeseed bearing a Star-K
- **Peanut Butter**- Kirkland and Trader Joe's - All Varieties with an OU
- **Rice Flour and Corn Flour**- Bob's Red Mill
- **Rice Milk** - Rice Dream Classic shelf stable boxes
- **Rice Pasta**- Tinkyada and Trader Joe's with the COR kashrut
- **Seltzers** - Vintage brand with a P
- **Tea Decaf** - Lipton, Swee-Touch-Nee 97% Decaf
- **Vegetables, Frozen** - Hanover, Golden Flow, Simplot/Simple Goodness, Mika, Shams and Galil



Group 3

All other foods require Kosher for Passover Certification. See the main list for details

WHAT YOU WOULD NEVER EXPECT

Sometimes an item is Halachically *hamets* even when it does not directly contain any hamets ingredients. There is often no way a even certifying agency can or will know this information. As one example, the OK certifies a company that produces soy milk. Many of their soy milks are sweetened with malt sweetener, which is *hamets* and not nullified. The same company also makes other versions that do not contain any *hamets* ingredients, but in addition to being made on the same equipment without koshering in between, they also cool down the product using a heat exchanger with tap water. The water (which gets heated well above Yad Soledet) is then used as an **ingredient** in subsequent products. Thus, the company can accurately claim that there is no potential derivative of *hamets* in this product, while it nonetheless contains hamets water.

Approved Liquor List

All alcoholic beverages, including liquor, require Kosher for Passover certification.

Can corn or potato vodka be good for Passover?

Since time immemorial (perhaps since the etz ha'daat), wheat and barley grain have been the best at producing the most potent alcohol. The production process of alcohol for vodka involves ingredients such as yeast, which may be from hamets. Brewer's yeast, which comes from left-over beer, is a common source of yeast.

Therefore, even corn or potato vodka requires Passover certification.

Is it sufficient if it says "Gluten-Free (GF)"?

The term gluten-free does not mean hamets-free. This is most blatantly seen by Scotch as it can be classified as gluten-free, and yet, definitely, by all accounts, it is according to all hamets.

For a list of approved Tequila, see below, and be careful to be exact about the description:

The following is a quote from **beyondceliac.org**:

Is Scotch Gluten-Free? "Yes. Pure, distilled scotch, even if made with wheat, barley, or rye, is considered gluten-free. Most scotches are safe for people with celiac disease because of the distillation process. However, be on the lookout for hidden gluten in scotch brands that may add flavorings or other additives after distillation. There is also a risk for gluten cross-contact in facilities that process products containing wheat, barley, or rye."

As the saying goes, "*drink responsibly.*" This definitely applies to verifying what we are drinking during Pesah, and to drinking only what we know contains no base or mixture of grain.



Tequila, Mezcal & Sotol

Approved for Pesach 2026/5786

MEZCAL

MEZCAL DE AMOR*

1. AMARÁS CUPREATA
2. AMARÁS ESPADÍN JOVEN
3. AMARÁS LOGIA CHUPARROSA
4. AMARÁS LOGIA JABALÍ
5. AMARÁS LOGIA SACATORO
6. AMARÁS LOGIA SIERRA NEGRA
7. AMARÁS LOGIA TEPEZTATE
8. AMARÁS LOGIA TOBALÁ
9. AMORES CUPREATA
10. AMORES ESPADÍN JOVEN
11. AMORES ESPADÍN
12. AMORES LOGIA SIERRA NEGRA
13. AMORES LOGIA TOBALÁ
14. VERDE MOMENTO
15. VERDE AMARÁS
16. VERDE MA

SOTOL

CASA LOTOS* - SOTOL CASA LOTOS BLANCO.

SOTOL ACRÓNIMO* - SOTOL ACRÓNIMO BLANCO

VINOMEX*

1. FIESTA CHIHUAHUA
2. HACIENDA DE CHIHUAHUA SOTOL REPOSADO
3. HACIENDA DE CHIHUAHUA SOTOL AÑEJO
4. HACIENDA DE CHIHUAHUA SOTOL AÑEJO ORO PURO
5. HACIENDA DE CHIHUAHUA SOTOL

TEQUILA

BROWN FORMAN TEQUILA MEXICO*

1. HERRADURA BLANCO TEQUILA 100% AGAVE
 2. ANTIGUO DE HERRADURA BLANCO TEQUILA 100% AGAVE
 3. DON EDUARDO 100% TEQUILA BLANCO
 4. HACIENDA DEL CRISTERO BLANCO TEQUILA 100% AGAVE
- "HERRADURA PLATA/SILVER IS NOT KOSHER FOR PESACH."**

PATRON SPIRITS MÉXICO*

1. GRAN PATRÓN PLATINUM SILVER TEQUILA
2. GRAN PATRON SMOKY SILVER TEQUILA
3. PATRON SILVER TEQUILA
4. ROCA PATRON SILVER TEQUILA
5. TEQUILA 100% DE AGAVE SILVER GRAN PATRON PLATINIUM
6. TEQUILA 100% DE AGAVE SILVER PATRÓN
7. TEQUILA BLANCO "PATRON"
8. PATRON EL CIELO - TEQUILA BLANCO

PREFIERO TEQUILA ULTRAMARK SPIRITS INC.

EN TODAS SUS PRESENTACIONES / IN ALL PRESENTATIONS

1. PREFIERO TEQUILA AÑEJO
2. PREFIERO TEQUILA BLANCO
3. PREFIERO TEQUILA EXTRA AÑEJO
4. PREFIERO TEQUILA REPOSADO
5. TEQUILA MI TIERRA BLANCO
6. TEQUILA DON FERNANDO BLANCO
7. TEQUILA MÉXICO AZTECA BLANCO
8. TEQUILA BATALLÓN BLANCO

