

Purchasing Chometz After Pesach

If *chometz* has been in a Jew's possession over Pesach, it is subsequently forbidden for consumption.

- All Scroll K-certified establishments have been verified to be free of this concern.
- The following is a list of entities which either sold their *chometz* properly to a non-Jew over Pesach or are owned by non-Jews.

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| • 7-Eleven | • Hammond's Candies | • Safeway |
| • ASLI Mediterranean Grill | • High Point Creamery | • Sam's Club |
| • Bavarian Bakery | • HipPOPs | • Simcha Stop |
| • Bonnie Brae Ice Cream | • Izzio's Artisan Bakery | • Sprouts |
| • Brooklyn Pizza | • Josh's Smoke House | • Sweet's Candy Co. |
| • CJ Kosher | • L'chaim | • The Braided Loaf |
| • Costco | • KC Kosher Coop | • Trader Joe's |
| • Culinary Masters Catering
(previously Canteen Catering
and La Vie Catering) | • King Soopers | • Udi's Granola |
| • East Side Kosher Deli | • Natural Grocers (Vitamin
Cottage) | • Vitamin Cottage (Natural
Grocers) |
| • Enstrom | • Occasions Catering | • Walmart |
| • Häagen-Dazs Cherry
Creek location | • Restaurant Depot | • Whole Foods |
| | • Rocky Mountain Spice | |
| | • Rosenberg's Kosher | |

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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| • Anise ⁴ (according to some) | • Corn | • Millet |
| • Ascorbic Acid, | • Cumin ⁴ (according to some) | • MSG (possibly <i>chometz</i>) ³ |
| • Aspartame ¹ | • Dextrose (possibly <i>chometz</i>) | • Mustard Flour |
| • Beans (including Green Beans,
Edamame, etc.) | • Emulsifiers ³ | • NutraSweet ² |
| • Bean Sprouts | • Fennel ⁴ (according to some) | • Peanuts ⁵ (according to some) |
| • BHA (in corn oil) | • Fenugreek ⁵ | • Peas |
| • BHT (in corn oil) | • Glucose ³ | • Rice ⁶ |
| • Buckwheat | • Green Beans | • Seeds (Caraway, Poppy, Sesame,
Sunflower) (according to some) |
| • Calcium Ascorbate ^{2,3} | • Guar Gum ³ | • Sodium Citrate ¹ (possibly <i>chometz</i>) |
| • Canola Oil (Rapeseed) | • Hemp seed and Hemp oil are <i>kitniyos</i>
according to some authorities. This is
not to be confused with CBD oil, which
is discussed elsewhere in this guide. | • Sodium Erythorbate ¹ |
| • Caraway Seeds (according to some) | • H.V.P. (possibly <i>chometz</i>) | • Sorbitan |
| • Chickpeas | • Isolated Soy Protein | • Sorbitol |
| • Citric Acid ^{2,3} (possibly <i>chometz</i>) | • Isomerized Syrup | • Soybeans |
| • Confectioner's Sugar generally contains
cornstarch (<i>kitniyos</i>) and may possibly
contain <i>chometz</i> . Certified KFP varieties
are available which substitute tapioca
starch for cornstarch. | • Kasha (Buckwheat) | • Starch |
| • Coriander (according to some) | • Lecithin | • String Beans |
| | • Lentils | • Tofu |
| | • Maltodextrin ² (possibly <i>chometz</i>) | • Vitamin C ^{1,2} (possibly <i>chometz</i>) |

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

¹ *Kitniyos Shenishtanu*. Some hashgacha agencies will certify products for Pesach use when containing *kitniyos shenishtanu*.

² Unless bearing a reliable Passover certification.

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

⁴ The bulbs, roots, and greens of these items are not *kitniyos*; it is only the seeds we avoid.

⁵ Should be avoided on *Pesach*.

⁶ 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.

There will be a kosher for Pesach kitniyos section at East Side Kosher Deli which may be utilized by those who eat kitniyos on Pesach.