Rabbi Taub -In Concert With the VHQ -Kindly Offers For Free

The Annual Pesach Product and Medicine List

(2022 Only).

(Full Pesach Book With Over 100 Pages of Information -including *Kashering* and *Tevila* guide - Coming Very Soon!)

Please Note that:

- 1 -This Product and Medicine Guide is only to be used for Passover 2022
- 2 -Some Items may be in YELLOW (meaning it needs a KFP), while, underneath, there may be a listing in GREEN of specific manufactures of that product that may be purchased without a KFP, see, e.g. Almond Flour
 - 3 -Sale Of Chometz Form on Page 20 (Last Page)

OK <u>WITHOUT</u>

'KOSHER FOR

PASSOVER' SYMBOL

REQUIRES 'KOSHER FOR PASSOVER' SYMBOL NOT OK FOR PASSOVER BEST TO PURCHASE

BEFORE

PASSOVER

ALCOHOL: ISOPROPYL - ALL (FOR EXTERNAL USE)

ALCOHOL: ETHYL/Ethanol - ALL

ALMOND FLOUR

The following brands may be purchased without a 'P'

- Costco/Kirkland almond flour with a Kof-K
- Costco/Kirkland almond flour with a KORC
- BARNEY BASICS
- Golden Orchards Almond Meal-Raw Pareve
- Cal-Pure Almond Meal Blanched-Raw Pareve OU Symbol required. Raw No Additives
- Paramount Farms Almond Meal-Raw Pareve OU Symbol required. Raw. No additives.
- Paramount Farms Almond Meal Blanched-Raw Pareve OU Symbol required. Raw. No additives.

ALMOND MILK

For those infirm, when a Passover Certified one is not available, may purchase ALMOND BREEZE ORIGANAL

ALUMINUM FOIL - ALL

AMMONIA - ALL

BABY CARROTS (Raw)

BABY FOOD -

The following has an OU-P:

FIRST CHOICE Applesauce, Carrots, Pear, Sweet Potato THE FOLLOING MAY BE PURACHSED WITHOUT A 'P':

Gerber (when bearing OU symbol):

Carrots

Sqaush

Green Beans (kitnios)

Peas - (kitnios)

BABY WIPES - ANY BRAND W/OUT ALCOHOL

BABY OILS

BAKING SODA - ALL

BLEACH - ALL

BLUSH / ROUGE: POWDERED - ALL

BODY SOAP - ALL VARIETIES

BODY WASH - ALL VARIETIES

CARROTS - ALL (SEE ENTRY 'BABY CARROTS')

CHIA FLOUR

COCOA - ANY 100% PURE COCOA (Domestic Only)

Coconut Flour

Oleens Brand Coconut Flour (Star-K-NO P required)

COCONUT MILK

COCONUT OIL

ALL PURE Virgin Coconut Oil With An OU (even no 'P') is OK.

 Kirkland Organic virgin coconut oil- cold pressed; unrefined (London Beth Din) - no P required

COCONUT-Shredded (no flavors or sweeteners)

Coconut Sugar

CHAPSTICK/Lip Balms

-The Following may be purchased:

Classic Orig; Strawberry; Medicated; Overnight; Ultra

Moisture; Ultra SP 30

CHEWABLE CHILDREN'S MEDICINE

COFFEE:

1 - Ground, Non Decaf: ALL Plain, Ground, Unflavored COFFEE -not including Decaf or Instant -Is Fine without a 'P'

2 - Instant and Decaf (Decaf ground/Instant)

The following Instant and Decaf needs no P:

- Folgers, Regular and Decaffeinated; Single Serve Packets - Regular
- Nescafe Taster's Choice Regular only
- Via (REGULAR Only)
- · Maxwell House,
- Sanka OK-P year-round
- · Aldi Aldi Beaumont -Decaff OK-P year-round
- Peet's regular and decaf (non-flavored) coffees are certified kosher for Pesach

3 - Keurig -all non-Decaf Plain

(Speak to a Rav regarding if/how one may Kasher their Keurig machine for Pesach)

4 -Nesspresso Coffee pods:

See footnote for which flavors may be purchased without a 'P'

CONTACT PAPER

CREAMS / OINTMENTS

DENTAL FLOSS: UNFLAVORED - WAXED OR

NON-WAXED

DEODERANTS / ANTIPERSPIRANTS:

All POWDER, GEL, SOLID STICK POWDER

Liquid DEODERANT / ANTIPERSPIRANTS⁶: LIQUID see footnote

DETERGENTS

DISHWASHING SOAP - All (Palmolive/original and Ajax/original are recommended and easily available)

EGGS - ALL

EYE SHADOW

EYE-LINER

FISH: FROZEN RAW (wash before using). If it has no visible scales then it Should have a

year-round certification.

As for Pesach, make sure it has no Glaze or Colorings

FRUIT: <u>FROZEN</u> (so long as no additives)
Note: that Citric Acid and Ascorbic Acid are
indeed problematic ingredients without a
KFP.

CANNED AND DRIED FRUIT

Furniture Polish

GLOVES: RUBBER/LATEX) W/O INNER LINING

HAND SANITIZER (W/O ETHYL/ETHANAL ALCOHOL)

PURELL is **NOT** recommended

HONEY

HYDROGEN PEROXIDE - ALL

ICE - BAGGED

INFANT FORMULA

THE FOLLOWING MAY BE PURACHED WITHOUT A 'P':

365 EVERYDAY VALUE AHOLD ALWAYS MY BABY AMERIBELLA AMERICA'S CHOICE FOR BABY BABY BASICS BABY'S CHOICE BEAR ESSENTIALS BEING WELL BELACTA BELACTA PREMIUM BELACTASURE BERKLEY & JENSEN BOBBIE BRIGHT BEGINNINGS CALCILO XD CYCLINEX CAREONE COMFORT COTTONTAILS COZY CARE CVS DAILY SOURCE D-G HEALTH EARTH'S BEST ELECARE ENFACARE (all liquids, all powders) ENFAGROW (all liquids, all powders) ENFAMIL (all liquids, all powders) ENFAPORT (all liquids, all powders) EQUATE FOOD LION FULL CIRCLE GERBER GOOD START GIANT GIANT EAGLE BABY GOOD SENSE HANNAFORD HAPPY BABY H-E-B HEINZ

NURTURE HOME 360 BABY ISOMIL (all liquids, all powders) KETONEX KIRKLAND SIGNATURE KUDDLES LAURA LYNN LIDL LIFE BRAND LITTLE JOURNEY LITTLE ONES MEIJER BABY MEMBER'S MARK MOM TO MOM MOTHER'S CHOICE NATURE'S PLACE NESTLE GOOD START NEXT STEP NUTRAENFANT O ORGANIC PARENT'S CHOICE PREMIER VALUE PRESIDENT'S CHOICE PRICE CHOPPER PROSOBEE (all liquids, all powders) PURAMINO PUBLIX RCF RITE AID SHOPKO SIGNATURE CARE SIMILAC (all liquids, all powders) SIMPLY RIGHT SOUND BODY STOP & SHOP SUNRISE SUPERVALU TARGET TIPPY TOES BY TOPCARE TOP CARE TOPCO TRUE GOODNESS TYREX UP & UP VERMONT ORGANICS WALGREENS WEGMANS WELBY WELL BEGINNINGS WELLSLEY FARMS WESTERN FAMILY

JUICES:

- 1 LEMON OR LIME ONLY REALIME, REALEMON (LIQUID) MAY BE PURACHSED WITHOUT KFP, other brands needs a KFP
- 2 Frozen Concentrate no additives or Citric Acid, doesn't need a 'P'

3-All other Juices need a 'P'

KEURIG COFFEE CUPS All non-Decaf unflavored

LACTAID MILK

LAUNDRY DETERGENT - ALL

LIPSTICK (chametz ingredients)

LOTION - HAND

MAKE UP: DRY/POWDERED - ALL VARIETIES

MAPLE SYRUP

MASCARA

MEAT: FROZEN - Whole Pieces -ALL {Best To

Rinse Well (SEE NEXT ENTRY)

MEAT:- GROUND and/or SEASONED

MEDICINE - DRINK SUPPLEMENTS, CHEWABLES & ANTACIDS - <u>SEE LIST</u> FOLLOWING THIS GUIDE

MINERAL OIL - ALL (no additives)

MILK

MOUTHWASH

All 'COLGATE' and 'SCOPE' brand mouthwashes are ok WITHOUT A KFP; AS ARE, 'Listerine-Cool Mint', 'Total-Care Zero'. In cases of need, ALL mouthwashes are fine so long as one rnses out their mouth with

water after.

NAIL POLISH

NUTS: <u>RAW</u> - WHOLE, CHOPPED OR GROUND (Save For PECANS)

SEFARDIM may purchase even if BHT and BHA are added (Kitniyos). (However, see

PECANS below)

OIL

OLIVE OIL-LIGHT OR REFINED

PURE 100% VIRGIN OLIVE OIL

OINTMENTS / CREAMS

PAPER TOWEL ROLLS - ANY

PLAY-DOH

PECAN PIECES (and MIDGET PECANS)

PET FOOD

PLASTIC DISPOSABLES

PLASTIC WRAP

POWDER - FACE AND FOOT (INK & PAINT)

QUINOA

RAISINS

The following raisins are approved for use on Pesach, provided that "oil" does not appear in the ingredient panel (Star-K:)

- Dole (No P Required)
- Essential Everyday (No P Required)
- Great Value (No P Required)
- Market Pantry (No P Required)
- Southern Grove (No P Required)
- Sun Valley Raisins (No P Required)
- Trader Joe's (No P Required)
- Wegmans (No P Required)
- Weis (No P Required)

RICE MILK

FOR THOSE INFIRM, THE FOLLOWING MAY BE PURCHASED WITHOUT A 'P' IF NO PASSOVER BRAND IS AVLB:

RICE DREAM ORGINAL (SHELF STABLE CONTAINER)

RUBBER GLOVES (W/O POWDER COATING)

SALT: NON-IODIZED, W/O DEXTROSE OR POLYSORBATES

SELTZER - ALL PLAIN VARIETIES

SILVER POLISH

SHAMPOO - ALL VARIETIES

SOAP - ALL

SOY MILK

FOR THOSE INFIRM, THE FOLLOWING MAY BE PURCHASED WITHOUT A 'P' IF NO PASSOVER BRAND IS AVLB:

SOY DREAM ORIGANAL ENRICHED

STEVIA

SUGAR - GRANULATED, CANE -DOMINO BRAND, KIRKLAND, AND ALL BVK CERTIFIED SUGARS.

SUGAR - BROWN - ALL BVK Certified Sugars are Ok for Pesach

TAPIOCA STARCH

TEA BAGS -PLAIN WHITE, GREEN AND BLACK

TEA BAGS, DECAF AND/OR FLAVORED

LIPTON PLAINS DECAF BAGS ARE OK WITHOUT A 'P'

TOOTHPASTE - IF FROM FOLLOWING BRANDS:

AIM (ALL), AQUAFRESH (ALL); COLGATE (ALL); ORAGEL (PLAIN); MENTADENT (ALL); PEPSODENT (ALL)ULTRABRITE (ALL; PREVIDENT 5000SENSODYNE SENSITIVITY & GUM WHITENING

VASELINE

VEGETABLES -

THE FOLLOWING ARE OK WITHOUT A 'P':

Lancaster Foods (Star-K/no P Req uired): Acorn Squash, Butternut Squash, Eggplant, Potatoes, Yams, Yellow Squash, Zucchini

SUPREME CUTS Raw Vegetables: Butternut Squash Noodles, Green Zucchini Noodles, Harvest Medley Noodles, Primevera Noodles, Red Beets Noodles, Sweet Potato Noodles, Turnip Noodles, Yellow Squash Noodles usable with plain OU

Nature's Promise (Star-K/No P Required): Organic Butternut Squash, Organic Squash Medley

The Farmer's Market (Star-KP Required): Butternut Squash, Yams, Yellow Squash, Zucchini

Veggie Wash: Fit (OU)- wash product with

water before using; contains kitniot (2022)

VINEGAR

• Roland (Star-K/No P Required) on Balsamic Vinegar

WATER -ALL NON-FLVD

XYLITOL

IMPORTANT NOTES

1 - ALL JOYVA PRODUCTS (UNDER R' SHEINKOFF JUST FOR PESACH) ARE STRONGLY

DISCOURAGED AND OFTEN CONTAIN REAL KITNIYOS ¹

- 2 <u>All</u> types of ointments, creams, nail polish, body wash, shampoo, hand lotions (as opposed to hand sanitizers), eye shadow, eyeliner, mascara, blush, foot and face powders, and ink and paint <u>may be used regardless</u> of its ingredients.
- 3- Colognes, perfumes, hairspray, shaving lotions and deodorants that have restorable, denatured and nonsythetic alcohol should not be used. THIS STRINGENCY ONLY APPLIES TO ITEMS IN A PURE LIQUID FORM. In cases of need, or to find out about specific brands, one should speak to their Rabbi.
 - 4 <u>Lipstick</u> that contains chometz should not be used and a fresh stick should be started on Pesach.

Recommended MEDICAL DRINKS,

CHILDREN'S & ADULT CHEWABLES and

LIQUIDS

ALL PILL FORMS MEDS ARE FINE FOR PASSOVER (see p. 29)

¹ Although mixtures containing non-majority amounts of *kitniyos* are fine to eat on Pesach, nevertheless these products should be avoided (a) because they were nullified on purpose for all Jews and not just *sefardim* and (b) this rabbi allows certain ingredients that are not acceptable by most even for *all year round use*.

-For The United States ONLY-

We recommend ADWE Products that are specifically certified for Pesach.

Medical Beverages, Drinks and Supplements

(Beverage List Compiled by Rav Dovid Cohen):

• Abound • Arginaid • Arginaid Extra • Benecalorie • Beneprotein • Boost Glucose Control • Boost High Protein • Boost Nutritional Pudding • Boost Plus • Calcilo XD • Cyclinex • Diabetishield • Diabetisource AC • Elecare • Enfamil (all liquids, all powders, all flavors) • Enlive • Ensure (all shakes, all liquids, all powders, all flavors, excluding bars) • Fibersource HN • Glucerna (all shakes, all powders, all flavors, excluding bars) • Hi-Cal • Hominex • Isosource • Isosource HN with Fiber • I-Valex • Jevity (all liquids, all powders) • Juven • Ketonex • Nepro (all shakes, all powders, all flavors) • Novasource Renal Nutren (Product line) • Osmolite - All • Perative • Phenex • Portagen • Promote (except Promote with Fiber) • Propimex • Provimin • Pulmocare (all flavors) • RCF

<u>Chewable and Liquid Medications that may be used</u> <u>on Passover</u>

4Kids (Hyland's) – Allergy Relief, Calm and Restfull, Cold And Cough, GRAPE, Nighttime//Grape and Daytime; Cold and Mucus (Day and Night); Complete Allergy; Cold N' Flu; Cough Syrup with Honey; Tummy Ache

Advil - Infant Drops in Synthectic Grape; Children's Suspension in all flvs;

Allegra – Allegra Allergy Infant Drops, Allegra Allergy Children Oral Suspension (**CRC**, however, does <u>not</u> recommend Allegra products for Pesach, our inclusion comes from HaRav Gershon Bess shlit'a); Allegra Cooling Itch Cream

Alka Seltzer – Original Effervescent Tablets; Lemon Lime Effervescent Tablets; Extra Strength Effervescent Tablets;

Baby ORAJEL- Natural Teething Gel (All)

Bayer - Children's Aspirin

Benadryl – Children's Allergy - Liquid (All Flavors), Dye-Free Liquid (All Flavors), Children's Grape Chewable, Children's Plus Congestion

Claritin - Chewable Tblets; (Note; CRC pg 75 does <u>not</u> recommend Claritin products for Pesach –**Rav Bess [p. 40] allows all allergy** chewables)

Metamucil –Plain, Course is OK; Orange Flv contains *kitniyos*. Those with serious conditions should speak to their *rav* who may allow them such *kitniyos*. *See ANTACID list below*.

Motrin- - Infant Drops (All Flavors), Children's Suspension (All Flavors); Children's Liquids

Pepto Bismol – Chewable Tabs and Original Liquid (Rav Bess)

Sudafed –PE Children's; PE Children's Cold and Cough; PE Children's Nasal Decongestant, Berry; PE Pressure and Pain and Cough Liquid

Tylenol - Children's Suspension (All Flavors), Infants Oral Susp (All Flavors); Cold and Cough and Runny Nose Children's; Children's Pain and Fever Chewable; Cold anf Flu Severe Warming Liquid

PILL-FORM MEDICATION

<u>ALL</u> MEDICATION <u>IN PILL FORM</u> THAT ARE SWALLOWED – <u>AND NOT CHEWED</u> – ARE PERMITTED FOR USE ON PESACH REGARDLESS OF ITS INGREDIENTS (K'SAV SOFER 111; IGROS MOSHE 2:92; CHAZON ISH 116:8; MINCHAS SHLOMO 1:17, INTER ALIA). VITAMINS (PILL FORM) TAKEN ON DOCTOR'S ADVICE ARE INCLUDED. PLEASE SPEAK TO YOUR RABBI FOR A FINAL RULING ON PILL-FORM MEDICINE, AS SOME MAY DISAGREE WITH THIS RULING OF R' MOSHE FEINSTEIN, ET AL.

Pet Food -FROM STAR-K GUIDE2022 Only

CATS

Blue Wilderness Grain Free (dry): Adult (Duck, Indoor Chicken, Rabbit, Red Meat, Salmon, CATS Blue Freedom Grain Free Indoor (canned)—Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty Gravy, Chicken for Mature Cats Evanger's: When bearing cRc Passover approval Friskies (canned): Paté Chicken and Tuna Dinner, Paté Classic Seafood Entrée, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner, Paté Poultry Platter, Paté Mixed Grill, Paté Liver and Chicken Dinner Kirkland (Costco) (dry): Healthy Weight Indoor Adult, Maintenance Chicken & Rice, Natures Domain Salmon Meal & Sweet Potato Merrick Grain Free Limited Ingredient Diet (canned): Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna Merrick Purrfect Bistro Grain-Free (dry): Adult (Weight Control, Real Chicken and Sweet Potato), Healthy Kitten Prescription Diet: a/d, d/d venison & green pea, r/d, s/d, t/d, z/d Wellness Core Grain-Free (dry): Adult, Indoor, Kitten, Original Wellness Core Grain-Free Classic Paté (canned): Indoor, Kitten, Whitefish & Salmon & Herring

FISH

Fish food and vacation blocks often contain chometz. The following are acceptable: Pro Balance Vacation Feeder (3 days), Pro Balance Betta Vacation Feeder (7 Days), Zoo Med Laboratories Giant Plankton Banquet Block Feeder. Note: Tetra Tropical Slow Release Feeders which were acceptable in the past have started including oatmeal in new formulations and should NOT be used. Goldfish and tropical fish can be given the following items, provided they do not contain fillers: Tubular worms, frozen brine shrimp, and freeze dried worms.

BIRDS

(Parrots, Parakeets, Cockatiels, Macaws) STAR-K greatly appreciates the input of Dr. Aaron Weissberg z"I in developing the following guidelines: Millet and sorghum as main diet.) Peanuts, sunflower seeds, and safflower seeds can be given.) Larger birds such as parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).) Smaller birds can also have pure alfalfa pellets; crush before feeding.) Can supplement with cottage cheese, rice cakes (birds like to eat these), small pieces of lean meat, matzah, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.) For minerals, can have oyster shells (calcium) or mineral block.) The greater the variety, the better.

ADDITIONAL PET FOOD INFORMATION

- Mixes sold in stores often contain chometz. It is advisable for pet owners to slowly wean their pets off their regular chometz pet food diet. This is accomplished by mixing regular and Pesach food between one and two weeks prior to Pesach before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.
- Pure Timothy Hay is not chometz and may be used.

DOGS

Blue Freedom Grain Free (canned): Chicken Recipe (Small Breed, Puppies), Grillers (Hearty Lamb, Hearty Chicken, Hearty Turkey) Evangers: When bearing cRc Passover approval Kirkland (Costco) Natures' Domain (dry): Salmon Meal and Sweet Potato, Turkey Meal and Sweet Potato, Organic Chicken & Pea, Puppy Chicken & Pea Prescription Diet: a/d, d/d, h/d, s/d, u/d, r/d Purina Pro Plan Grain-Free (canned): Adult Beef & Pea Entrée, Adult Chicken & Carrot Entrée, Adult Turkey, Duck & Quail Entree, Adult Beef & Venison Entrée Wellness Core Grain Free (dry): Ocean, Original, Reduced Fat, Small Breed Original, Senior Wellness Core Grain Free (canned): Beef & Venison & Lamb, Puppy, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring Wellness Core Grain Free Ninety

Five Percer, Whitefish & Salmon & Herring

Wellness Core Grain Free Ninety Five Percent (canned): Beef with Carrots, Chicken with Broccoli, Turkey with Spinach

SALE OF CHAMETZ FORM 2022 - 5782

PLEASE RETURN FORM BEFORE 9 AM FRIDAY mo moshemtaub@gmail.com or Fee		
I,sell my <i>chomet</i> z and to rent the room where i		
The chometz is	s currently located at:	
Home:	City:	State:
Specific location at this address:		
Business:	City:	State:
Specific location at this address:		

The chometz I am selling includes:

(Please place an 'x' in the white box next to each category of *chometz* you are selling)

Baked Goods	Groceries		W	niskeys		Pasta	Yeast			
Medications	Cough Med		Cosmetics			Cereal	Pet Food		Flour	
Mouthwash	Perfumes/Colognes		S	Stock in Companies Owning Chometz			Other			

Check if Applicable					
will not be home all of Pesach and therefore am selling all C buyer can gain access to his <i>chometz</i> by contacting who will have a key or combination.					
I give the buyer free access to his <i>chometz</i> at the above location(s). The buyer's deposit will be paid to Rabbi Taub or his agent. The <i>chometz</i> has an approximate value of \$ An exact appraisal of the <i>chometz</i> will take place after Pesach by three experts. I realize the <i>chometz</i> may be sold for less than its market value. I also realize that even <i>Chometz</i> I am not aware of will be sold .					
Signature:	Date:				
Phone:	Hebrew Date:				
1 -Those planning on being away for all of Pesach should leave a small area remain unsold and in need of a bedika.					
2 - Chabad Chassidim Should Sell To a Rav Who Uses An Erev Kablan (I do not use this method)					

^{3 –}Those Selling Pets, pls let Rabbi Taub know

Of course, I will be selling ALL chometz of EVERY contract, rather the distinction for those going away is that they will not be doing any cleaning and therefore need not itemize where the chometz is located in their home - as opposed to those staying home for Pesach who should do that (section above).