

## **Shopping Guide**

PESACH 2023

Recommendations are for items produced in the United States

The list of products is marked as follows:

- Acceptable without Pesach Certification
  Food items in this section on should preferably be purchased before Pesach
- **▲** Must bear reliable Pesach Certification
- Not acceptable for Pesach
  Sephardim should contact their local Sephardic Rabbi regarding issues of kitnios

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
	<b>A</b>	For drinking
Alcohol	✓	Denatured or Isopropyl alcohol
Alfalfa	×	Kitnios
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	<b>A</b>	Amaranth is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	Kitnios
Antacid (chewable)	<b>A</b>	
Apple juice	<b>A</b>	Concentrate also requires Pesach certification
Applesauce	<b>A</b>	
Aspartame	<b>A</b>	
Baby carrots		Raw are acceptable if they contain no additives
	<b>A</b>	Canned, cooked or frozen
Baby food	<b>A</b>	Includes jarred or canned
Baby formula		See Nutritional Supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitnios</i>
Baby oil	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, cornstarch, or other innocuous ingredients
Baby wipes	✓	
Bags	✓	Includes paper & plastic
Baking powder	<b>A</b>	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	×	Kitnios
Bean sprouts	*	Kitnios

	·	
Product	Status	Notes
Benefiber	×	Chametz
Beverages	<b>A</b>	
Bicarbonate of soda	✓	
Bird food		See Pet Food Pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body Wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's yeast	*	Chametz
Brown sugar	<b>A</b>	
Buckwheat	*	Kitnios
Buckwheat pillow	✓	One may own and derive benefit from <i>kitnios</i>
Butter	<b>A</b>	
Candles	✓	Scented are also acceptable
Candy	<b>A</b>	
Canned fruits or vegetables	<b>A</b>	
Canola oil	×	Kitnios
Caraway	*	Kitnios
Carrots		Raw (including baby carrots) are acceptable if additive-free
	<b>A</b>	Canned, cooked or frozen
Cat food		See Pet Food pages
CBD oil	*	Kitnios
Charcoal	✓	Includes "plain", easy-light, apple, hickory, and mesquite
Cheese	<b>A</b>	
Cheese spreads	<b>A</b>	
Chewable pills		See Medicine Letter (page 3)
Chewing tobacco	<b>A</b>	Contains flavors and other sensitive ingredients

## SHOPPING GUIDE PESACH 2023

or tea  Dental floss or tape  Dentures  Deodorant  Dessert gels & puddings  Detergent  Dill  X Seeds  Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  X Seeds  Leaves  Seeds  X Leaves  Cooked or liquid	Product	Status	Notes
Cloves  Cocoa powder  Cocoa powder  Coconut (shredded)  Coconut (shredded)  Coffee  A Sweetened or flavored  Unsweetened & unflavored  Peans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification K-cups Redictine and Cosmetic pages  See Medicine and Cosmetic pages  A Kitnios  Cornader seeds  A Kitnios  Cornader seeds  A Kitnios  Cornamover  Cosmetics  Cornamover  Cosmetics  Creams (cosmetics)  Creams (cosmetics)  Creams (cosmetics)  Creams (cosmetics)  Creams (cosmetics)  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  A Glaze may be problematic  Decaffeinated coffee or tea  A Ciphon decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Dental floss or tape  Dental floss or tape  Dessert gels  A Puddings  Petergent  A Seeds  Dill  A Seeds  Dill  A Seeds  Dishwashing soap  Dog food  Dried fruit  A Cooked or liquid	Chickpeas	*	Kitnios
Cocoa powder  Coconut (shredded)  A Sweetened or flavored  Unsweetened & unflavored  Unsweetened & unflavored  Coffee  A Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification  Coffee whitener  Coffee whitener  Cologne  Colonoscopy drink  Confectioners' sugar  Confectioners' sugar  Contact paper  Cooking oil spray  Cooking wine  Coriander seeds  X Kitnios  Corn a corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cutlery (plastic)  Dates  Decaffeinated coffee  A Ciaze may be problematic  Decaffeinated coffee  A Ciaze may	•		
Coconut (shredded)  Coffee  Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification See Medicine and Cosmetic pages  Confectioners' sugar Contact paper  Cooking oil spray  Coriander seeds  Kitnios  Corn & corn products (e.g. corn oil, corn syrup) Corn remover  Cosmetics  Creams (cosmetics)  Creams (cosmetics)  Creams (cosmetics)  Crups  Includes paper & plastic  Cutlery (plastic)  Dates  A Glaze may be problematic  Decaffeinated coffee or tea  Lipton decaffeinated tea bags require certification  Dentures  Dentures  A Ceceptable (including waxed) if not flavored  Dessert gels & puddings  Detergent  X Seeds  Dill  Edamame  X Kitnios  Cooked or liquid	Cocoa powder		processed in Europe. Hershey's is
Coffee Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification S-ce Medicine and Cosmetic pages S-ce Medicine and Cosmetic pages C-cooking wine A-cooking wine A-coo	Coconut (shredded)		
Coffee whitener  Cologne Colonoscopy drink Confectioners' sugar Contact paper Cooking oil spray Cooking wine Coriander seeds Corn & corn products (e.g. corn oil, corn syrup) Cosmetics Creams (cosmetics) Creams (cosmetics) Cutlery (plastic) Dates Decaffeinated coffee or tea  Dentures Dentures Dentures Dishwashing soap Dog food Dried fruit Edamame  See Medicine and Cosmetic pages Kitnios Kitnios  See Medicine and Cosmetic pages Kitnios  Kitnios  Citulinos  Kitnios  Cometics See Medicine and Cosmetic pages  Kitnios  Citulinos  Kitnios  Citulinos  Cometics  See Medicine and Cosmetic pages  Kitnios  Cosmetics  Cometics  See Medicine and Cosmetic pages  Kitnios  Cosmetics  Cosmetics  A Citulinos  Cosmetics  Cosmetics  Cosmetics  A Cooked or liquid	Coffee		Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification
Cologne Colonoscopy drink See Medicine and Cosmetic pages Confectioners' sugar Contact paper Cooking oil spray Cooking wine Coriander seeds  Kitnios Corn & corn products (e.g. corn oil, corn syrup) Cosmetics Creams (cosmetics) Crock pot liner Cumin  Kitnios Cutlery (plastic) Dates Decaffeinated coffee or tea Dental floss or tape Dentures Deodorant Dessert gels A puddings Detergent  X See Medicine and Cosmetic pages  See Medicine and Cosmetic pages  Kitnios  Kitnios Cups Cube Cube Medicine and Cosmetic pages  Kitnios Cups Cube Medicine and Cosmetic pages  Kitnios Cups Cube Medicine and Cosmetic pages  Kitnios  Cambria Cosmetic pages  A Claze may be problematic  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  Dessert gels A puddings  Detergent  X Seeds  Dill X Seeds  Dishwashing soap  Dog food  Dried fruit A Cooked or liquid	Coffee filters	✓	
Colonoscopy drink  Confectioners' sugar  Contact paper  Cooking oil spray  Cooking wine  Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dentures  Debetergent  Dill  X Seeds  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  See Medicine and Cosmetic pages  Kitnios  Kitnios  Kitnios  Cups  A Cilaze may be problematic  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Seeds  Leaves  Dishwashing soap  Dog food  Dried fruit  A Cooked or liquid	Coffee whitener	<b>A</b>	
Confectioners' sugar  Contact paper  Cooking oil spray  Cooking wine  Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dentures  Deodorant  Dessert gels X puddings  Detergent  Dill  X Seeds  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Cups  Acceptable (including waxed) if not flavored  Seeds  Leaves  Dishwashing soap  Cooked or liquid	Cologne		See Medicine and Cosmetic pages
Contact paper  Cooking oil spray  Cooking wine  Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dental floss or tape  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Cups  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  Seeds  Leaves  Dishwashing soap  Cooked or liquid	Colonoscopy drink		See Medicine and Cosmetic pages
Cooking oil spray Cooking wine Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup) Corn remover Cosmetics Creams (cosmetics) Crock pot liner Cumin  Cups Cutlery (plastic)  Dates Decaffeinated coffee or tea  Dentures Dentures Dentures Debedorant Dessert gels & puddings Detergent Dill  Dishwashing soap Dog food Dried fruit Edamame  **Kitnios  Kitnios  Kitnios  Kitnios  Kitnios  Caps  Akitnios  Caps  Akitnios  Caps  Aliavored  Acceptable (including waxed) if not flavored  Caps  See Beet Food pages  Acceptable functional syrup  See Pet Food pages  Acceptable functional syrup  Caps  See Pet Food pages  Acceptable functional  Cooked or liquid	Confectioners' sugar	<b>A</b>	
Cooking wine  Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Deodorant  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame   Kitnios  Kitnios  Kitnios  Kitnios  A Glaze may be problematic  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  Cooked or liquid	Contact paper	✓	
Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dentures  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  Cooked or liquid	Cooking oil spray	<b>A</b>	
Coriander seeds  Corn & corn products (e.g. corn oil, corn syrup)  Corn remover  Cosmetics  Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dentures  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  Cooked or liquid	Cooking wine	<b>A</b>	
Corn remover	Coriander seeds	×	Kitnios
Cosmetics Creams (cosmetics) Crock pot liner Cumin  **  Kitnios  Cups Cutlery (plastic)  Dates  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dendorant  Dessert gels  **  **  **  **  **  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame  **  **  See Medicine and Cosmetic pages  See Medicine and Cosmetic pages  **  Kitnios  **  See Medicine and Cosmetic pages  **  Kitnios  **  See Medicine and Cosmetic pages  **  Kitnios  **  Cooked or liquid	•	×	Kitnios
Creams (cosmetics)  Crock pot liner  Cumin  X Kitnios  Cups  Cutlery (plastic)  Dates  A Glaze may be problematic  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Dendorant  Dessert gels A puddings  Detergent  Dill  X Seeds  V Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  X Kitnios  Cups  Kitnios  Kitnios  Includes paper & plastic  Claze may be problematic  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Seeds  V Leaves  Cooked or liquid	Corn remover	✓	
Crock pot liner  Cumin  X  Kitnios  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  A  Glaze may be problematic  Decaffeinated coffee or tea  Lipton decaffeinated tea bags require certification  Dental floss or tape  Dentures  Dentures  Deodorant  Dessert gels  A puddings  Detergent  Dill  X  Seeds  J  Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  X  Kitnios  Cooked or liquid	Cosmetics		See Medicine and Cosmetic pages
Cumin  Cups  Cups  Includes paper & plastic  Cutlery (plastic)  Dates  Cutlery (plastic)  Decaffeinated coffee or tea  Cutlery (plastic)  Decaffeinated coffee or tea  Cutlery (plastic)  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Dentures  Deodorant  Dessert gels	Creams (cosmetics)	✓	
Cups  Cutlery (plastic)  Dates  A Glaze may be problematic  Decaffeinated coffee or tea  Dental floss or tape  Dentures  Deodorant  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame   Includes paper & plastic  Claze may be problematic  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Seeds  Leaves  Leaves  Leaves  Cooked or liquid	Crock pot liner	✓	
Cutlery (plastic)  Dates  A Glaze may be problematic  Decaffeinated coffee or tea  Lipton decaffeinated tea bags require certification  Dental floss or tape  Acceptable (including waxed) if not flavored  Dentures  Deodorant  Dessert gels  A puddings  Detergent  X Seeds  V Leaves  Dill  Dill  See Pet Food pages  Dried fruit  Edamame  X Kitnios  Cooked or liquid	Cumin	×	Kitnios
Dates       ▲       Glaze may be problematic         Decaffeinated coffee or tea       ▲       Lipton decaffeinated tea bags require certification         Dental floss or tape       Acceptable (including waxed) if not flavored         Dentures       ✓         Deodorant       ✓         Dessert gels & puddings       ▲         Detergent       ✓         Dill       ×         Seeds         ✓       Leaves         Dishwashing soap       ✓         Dried fruit       ▲         Edamame       ×         Kitnios         Acceptable (including waxed) if not flavored         Including waxed) if not flavored         Cooked or liquid	Cups	✓	Includes paper & plastic
Decaffeinated coffee or tea  Dental floss or tape  Dentures  Deodorant  Dessert gels & puddings  Detergent  Dill  Dishwashing soap  Dog food  Dried fruit  Edamame  Lipton decaffeinated tea bags require certification  Acceptable (including waxed) if not flavored  Leaves  Seeds  Leaves  Seeds  Leaves  Kitnios  Cooked or liquid	Cutlery (plastic)	✓	
or tea  Dental floss or tape  Dentures  Deodorant  Dessert gels & puddings  Detergent  Dill  X Seeds  Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  Acceptable (including waxed) if not flavored  Acceptable (including waxed) if not flavored  X Seeds  Leaves  Seeds  X Leaves  Cooked or liquid	Dates	<b>A</b>	Glaze may be problematic
Dentures  Deodorant  Dessert gels & puddings  Detergent  The properties of the prope		•	Lipton decaffeinated tea bags require certification
Deodorant  Dessert gels & puddings  Detergent   X  Seeds  V  Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  X  Kitnios  Cooked or liquid	Dental floss or tape		
Dessert gels & puddings  Detergent   X Seeds  Dill  X Seeds  Leaves  Dishwashing soap  Dog food  See Pet Food pages  Dried fruit  Edamame  X Kitnios  Cooked or liquid	Dentures	✓	
& puddings  Detergent	Deodorant	✓	
Dill  x Seeds  Leaves  Dishwashing soap  Dog food  Dried fruit  Edamame  x Kitnios  Cooked or liquid	O .	<b>A</b>	
Dill  ✓ Leaves  Dishwashing soap  ✓ See Pet Food pages  Dried fruit  Edamame  ✓ Kitnios  Cooked or liquid	Detergent	✓	
Dishwashing soap  Dog food  See Pet Food pages  Dried fruit  Edamame  ★  Kitnios  Cooked or liquid	Dill		
Dog food  See Pet Food pages  Dried fruit  Edamame  * Kitnios  Cooked or liquid	Disharashin .		Leaves
Dried fruit  Edamame  * Kitnios  Cooked or liquid	Ŭ .	•	C. D. F. J.
Edamame × Kitnios  Cooked or liquid	,		See Pet Food pages
▲ Cooked or liquid		_	W
	Edamame		
Eggs Whole and raw (including pasteurized)	Eggs		Whole and raw (including
Ensure See Nutritional Supplement page	Enguro		•

Product	Status	Notes
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel	*	Seeds (Kitnios)
rennei	✓	Leaves
Fish	✓	Fresh
FISH	<b>A</b>	Canned, frozen or processed
Fish food		See Pet Food pages
Flax seeds		Flax seeds are not kitnios; see Spices
Flour	×	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	<b>A</b>	
Food supplements		See Nutritional Supplement page
Formula for infants		See Baby formula
Frozen dinners	<b>A</b>	
	<b>A</b>	Canned, cooked, dried or sweetened
Fruit	✓	Fresh
		Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Eruit iuica	✓	Pure frozen concentrated orange juice
Fruit juice	<b>A</b>	Other concentrates
Fruit preserves	<b>A</b>	
Furniture polish	✓	
Garlic	✓	Fresh
Garne	<b>A</b>	Peeled (in jars or cans)
Classe (diamagella)	✓	Powder free
Gloves (disposable)	<b>A</b>	Powderless or with powder
Glue	✓	
Grape juice	<b>A</b>	
Grapefruit juice	<b>A</b>	
Green beans	×	Kitnios
Gum (chewing)	<b>A</b>	
Hair gel	✓	
Hairspray	✓	
Hemp, hemp oil	×	Kitnios
Herbal tea	<b>A</b>	
Honey	<b>A</b>	
Horseradish	✓ <b>A</b>	Raw Prepared
Hydrogen peroxide	<b>-</b>	7
Ice (in bag)	· ·	
Ice (in bag)	•	
Ices	<u> </u>	
ices	<b>A</b>	

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ×= Not acceptable for Pesach

## SHOPPING GUIDE PESACH 2023

Product	Status	Notes
Infant formula		See Baby formula
Insecticide sprays	✓	Some traps contain chametz
Instant coffee or tea	<b>A</b>	
Invert sugar	<b>A</b>	
Isopropyl alcohol	✓	
Jam	<b>A</b>	
Jelly	<b>A</b>	
Juice (fruit)	✓	Pure frozen concentrated orange juice
Juice (iruit)	<b>A</b>	Other concentrates
K-Cups	<b>A</b>	
Kasha	×	Kitnios
Ketchup	<b>A</b>	
Kimmel	×	Kitnios
		Lactaid milk may be used if purchased before Pesach
Lactaid	*	Chewable pills
	✓	Non-chewable pills
Latay glavas	✓	Powder free
Latex gloves	<b>A</b>	Powderless or with powder
Laundry detergent	✓	
Laxatives		See Medicine and Cosmetic pages
Lemon juice	<b>A</b>	Concentrate also requires Pesach certification
Lentils	×	Kitnios
Lip products		See Medicine Letter (page 3) and see www.ASKcRc.org for updated information
Liqueur	<b>A</b>	
Liquid dish detergent	✓	
Liquid medicines		See Medicine Letter (page 3)
Liquor	<b>A</b>	
Listerine PocketPaks	×	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See Medicine and Cosmetic pages
Margarine	<b>A</b>	
Mascara	✓	
Matzah	<b>A</b>	
Mayonnaise	<b>A</b>	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked required Pesach certification
Medicine		See Medicine Letter (page 3)
Milk	<b>A</b>	If certified is unavailable, buy before Pesach
Millet	×	Kitnios
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium glutamate	<b>A</b>	

Product	Status	Notes
Mousse (for hair)	✓	
Mouthwash		See Medicine and Cosmetic pages
MSG	<b>A</b>	
	<b>A</b>	Canned
Mushrooms	✓	Raw or dried
Mustard	×	Kitnios
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	<b>A</b>	
Nutritional supplements		See Nutritional Supplement page
	×	Peanuts are kitnios
	•	Pecans (all shelled)
Nuts		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Ointments	✓	
Olive oil	✓	Extra virgin (unflavored)
Olive on	<b>A</b>	Other types, including extra light
Oil (cooking)	<b>A</b>	
Orange juice	<b>A</b>	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	<b>A</b>	
Pans (aluminum)	✓	
Paper products	✓	Including bags, cups, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	<b>A</b>	
Peanuts	×	Kitnios
Peas	×	Kitnios
Pecans (all shelled)	<b>A</b>	
Perfume	✓	When produced in the USA
Pet food		See Pet Food pages
Petroleum jelly	✓	
Pickles	<b>A</b>	
Pills		See Medicine Letter (page 3)
Pineapple (canned)	<b>A</b>	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic, and Styrofoam May be used for hot or cold
Play-doh	×	May contain chametz
Polish (for furniture, shoes, or silver)	✓	

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ×= Not acceptable for Pesach

## SHOPPING GUIDE PESACH 2023

Product	Status	Notes
Pop	<b>A</b>	
Popcorn	×	Kitnios
Poppy seeds	×	Kitnios
Potato chips	<b>A</b>	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	<b>A</b>	
Pumpkin seeds		Not <i>kitnios</i> ; acceptable if raw and without additives
Quinoa	•	Quinoa is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Raisins	<b>A</b>	
Rice, including wild rice	×	Kitnios Rice milk may contain <i>chametz;</i> see Milk Alternatives page
Saffron		Some have a custom not to use saffron for Pesach; see Spices
Salads (bagged)	<b>A</b>	If certified is unavailable and contains no <i>kitnios</i> or sensitive additives; buy before Pesach
Salmon	✓	Fresh
Samon	<b>A</b>	Canned, frozen or processed
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	<b>A</b>	
Sesame seeds	×	Kitnios
Shampoo	✓	
Shaving lotion	✓	
Sherbet	<b>A</b>	
Shortening	<b>A</b>	
Silver polish	✓	
Snow peas	×	Kitnios
Soaps	✓	
Soda	<b>A</b>	
Sorbet	<b>A</b>	
Sorghum	×	Kitnios
Soup mix	<b>A</b>	
Soy products	×	Kitnios Soy sauce and soy milk may contain chametz, see Milk Alternatives page
Spices	×	Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are <i>kitnios</i>
		Other spices are acceptable in whole form, but ground spices require certification
Splenda	<b>A</b>	
Stain remover	✓	
Star anise	<b>A</b>	Star anise is not kitnios; see Spices
Stevia	<b>A</b>	

Product	Status	Notes
Stick deodorant	✓	
String beans	×	Kitnios
Styrofoam	✓	
Sugar	•	Brown sugar and confectioners' sugar
Ü		Pure, white cane sugar without additives is acceptable
Sugar substitute	•	
Sunflower seeds	×	Kitnios
Sunscreen	✓	
Suppositories	✓	
Syrups	<b>A</b>	
Tea		Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaf- feinated, in which case they require certification
	<b>A</b>	Herbal tea
Tissues	✓	
Tofu	×	Kitnios
Tomato-based products	<b>A</b>	
Toothpaste		See www.ASKcRc.org for updates
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	×	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	<b>A</b>	
Turmeric		Turmeric is not kitnios; see Spices
Vanilla	<b>A</b>	
Vaseline	✓	
Vegetable oil	<b>A</b>	
	•	Bagged salads- see Salads (bagged) Canned, cooked or frozen
Vegetables		Fresh raw vegetables are acceptable if they are not kitnios (see listing for individual vegetables) and do not contain additives other than sugar
Vegetable wash	<b>A</b>	
Vinegar	<b>A</b>	
Vitamins	<b>A</b>	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Wax for braces	✓	
Wax paper	✓	
Whitener (for coffee)	<b>A</b>	
Wild rice	×	Kitnios
Wine	<b>A</b>	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	<b>A</b>	

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ×= Not acceptable for Pesach