



RECOMMENDATIONS ARE FOR ITEMS PRODUCED IN THE UNITED STATES



Acceptable without Pesach Certification

Food items in this section 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 *kitniyos*

PRODUCT		NOTES
Adhesive Bandages	✓	
Air Freshener	✓	
Alcohol	◇	For drinking
	✓	Denatured or Isopropyl alcohol
Alfalfa Sprouts	×	<i>Kitniyos</i>
Aluminum Products	✓	Includes aluminum foil and pans
Amaranth	◇	Amaranth is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	Same status as <i>kitniyos</i>
Antacid (Chewable)	◇	
Apple Juice	◇	Concentrate also requires Pesach certification
Applesauce	◇	
Aspartame	◇	
Baby Carrots, raw	✓	Acceptable if they contain no additives
Baby Carrots	◇	Canned or cooked
Baby Food	◇	Includes jarred or canned
Baby Formula		See page 22. When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitniyos</i>
Baby Oil	✓	
Baby Powder		Acceptable if it only contains cornstarch or other innocuous ingredients
Baby Wipes	✓	
Bags	✓	Includes paper and plastic
Baking Powder	◇	
Baking Soda	✓	
Balloons		If powdered, wash before Pesach

PRODUCT		NOTES
Band-Aids	✓	
Beans	×	<i>Kitniyos</i>
Bean Sprouts	×	<i>Kitniyos</i>
Benefiber	×	<i>Chametz</i>
Beverages	◇	
Bicarbonate Of Soda	✓	
Bird Food		See page 23
Bleach	✓	
Bleach Wipes	✓	
Blush	✓	
Body Wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's Yeast	×	<i>Chametz</i>
Brown Sugar	◇	
Buckwheat	×	<i>Kitniyos</i>
Buckwheat Pillow	✓	One may own and derive benefit from <i>kitniyos</i>
Butter	◇	
Candles	✓	Scented are also acceptable
Candy	◇	
Canned Fruits or Vegetables	◇	
Canola Oil	×	<i>Kitniyos</i>
Caraway	×	Same status as <i>kitniyos</i>
Carrots		Raw (including baby carrots) are acceptable if additive-free
	◇	Canned, cooked, or frozen
Cat Food		See page 23
CBD Oil	◇	
Charcoal	✓	Includes plain, easy-light, apple, hickory, and mesquite
Cheese	◇	

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PRODUCT		NOTES
Cheese Spreads	◇	
Chewable Pills		See pages 14-15
Chewing Tobacco	◇	Contains flavors and other sensitive ingredients
Chickpeas	×	<i>Kitniyos</i>
Cloves		Some have a custom not to use cloves for Pesach
Cocoa Powder		Acceptable if 100% pure and not processed in Europe
Coconut (Shredded)	◇	Sweetened or flavored
	✓	Unsweetened & unflavored
Coffee	◇	Beans which are plain, unflavored, and not decaffeinated do not require Pesach certification, but the grinder must be clean. Instant, flavored or decaffeinated coffee requires certification. K-cups require certification
Coffee Filters	✓	
Coffee Whitener	◇	
Cologne		See pages 14 and 16
Colonoscopy Drink		See bit.ly/3NsgS18 
Confectioners' Sugar	◇	
Contact Paper	✓	
Cooking Oil Spray	◇	
Cooking Wine	◇	
Coriander Seeds	×	Same status as <i>kitniyos</i>
Corn & Corn Products (e.g. Corn Oil, Corn Syrup)	×	<i>Kitniyos</i>
Corn Remover	✓	
Cosmetics		See pages 14-19
Creams (Cosmetics)	✓	
Crock-Pot Liner	✓	
Cumin	×	Same status as <i>kitniyos</i>
Cups	✓	Includes paper and plastic
Cutlery (Plastic)	✓	
Dates	◇	Glaze may be problematic
Dental Floss or Tape		Acceptable (including waxed) if not flavored
Dentures	✓	Cleaned well after you eat <i>chametz</i> for the last time
Deodorant (Sticks and Gels)	✓	

PRODUCT		NOTES
Deodorant (Liquids and Sprays)	✓	When produced in the USA
Dessert Gels & Puddings	◇	
Detergent	✓	
	×	Seeds, same status as <i>kitniyos</i>
Dill	✓	Leaves
	◇	Dried
Dishwashing Soap	✓	
Dog Food		See page 23
Dried Fruit	◇	
Edamame	×	<i>Kitniyos</i>
	◇	Cooked or liquid
Eggs	✓	Whole and raw (including pasteurized); buy before Pesach
Ensure		See page 22
Eye Drops		See page 16-17. See www.ASKcRc.org for updates
Eye Liner	✓	
Eye Shadow	✓	
Fabric Protector	✓	
Fabric Softener	✓	
	×	Seed, same status as <i>kitniyos</i>
Fennel	✓	Leaves
	✓	Fresh
Fish	◇	Canned, frozen, or processed
Fish Food		See page 23
Flaxseeds		Flaxseeds are not <i>kitniyos</i> ; see Spices
Flour	×	<i>Chametz</i>
Floss (Dental)		Acceptable (including waxed) if not flavored
Foil (Aluminum)	✓	
Food Coloring	◇	
Food Supplements		See page 22
Formula For Infants		See page 22
Frozen Dinners	◇	
	◇	Canned, cooked, dried, or sweetened
	✓	Fresh. See pages 20-21
Fruit		Frozen is acceptable if it is not sweetened or cooked and contains no sensitive additives.

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◇ = Must bear Pesach Certification

✗ = Not acceptable for Pesach

PRODUCT		NOTES
Fruit Juice	✓	Pure frozen concentrated orange juice
	◇	Other concentrates or single-strength juices
Fruit Preserves	◇	
Furniture Polish	✓	
Garlic	✓	Fresh
	◇	Peeled (in jars or cans)
Gloves (Disposable)	✓	Powder free
	◇	Powderless or with powder
Glue	✓	
Grape Juice	◇	
Grapefruit Juice	◇	
Green Beans	✗	<i>Kitniyos</i>
Gum (Chewing)	◇	
Hair Gel	✓	
Hairspray	✓	When produced in the USA
Hand Sanitizers (e.g., Purell)	✓	
Herbal Tea	◇	
Honey	◇	
Horseradish	✓	Raw
	◇	Prepared
Hydrogen Peroxide	✓	
Ice (In Bag)	✓	
Ice Cream	◇	
Ices	◇	
Infant Formula		See Baby Formula
Insecticide Sprays	✓	Some traps contain <i>chametz</i>
Instant Coffee or Tea	◇	
Invert Sugar	◇	
Isopropyl Alcohol	✓	
Jam	◇	
Jelly	◇	
Juice (Fruit)		see Fruit Juice
K-Cups	◇	
Kasha	✗	<i>Kitniyos</i>
Ketchup	◇	
Lactaid		Lactaid milk may be used if purchased before Pesach
	✗	Chewable pills
	✓	Non-chewable pills

PRODUCT		NOTES
Latex Gloves	✓	Powder free
	◇	Powderless or with powder
Laundry Detergent	✓	
Laxatives		See page 18
Lemon Juice	◇	Concentrate also requires Pesach certification
Lentils	✗	<i>Kitniyos</i>
Lip Products		See pages 18. See www.ASKcRc.org for updates
Liqueur	◇	
Liquid Dish Detergent	✓	
Liquid Medicines		See page 14-19
Liquor	◇	
Listerine Pocketpaks	✗	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See page 14-19
Margarine	◇	
Mascara	✓	
Matzah	◇	
Mayonnaise	◇	
Meat	✓	Fresh or frozen raw meat in original packaging is acceptable
	◇	Ground, cooked, or repacked requires Pesach certification
Medicine		See page 14-19
Milk	◇	If certified is unavailable, buy before Pesach
Millet	✗	<i>Kitniyos</i>
Mineral Oil	✓	
Mineral Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium Glutamate/MSG	◇	
Mousse (For Hair)	✓	When produced in the USA
Mouthwash		See pages 14 and 19
MSG	◇	
Mushrooms	◇	Canned
	✓	Raw or dried; see page 20-21
Mustard	✗	<i>Kitniyos</i>
Nail Polish	✓	

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PRODUCT		NOTES
Nail Polish Remover	✓	
Napkins	✓	
Non-Dairy Creamer	◇	
Nutritional Supplements		See page 22
Nuts	×	Peanuts are <i>kitniyos</i>
	◇	Pecan pieces
		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)
	◇	Other types, including extra light
Oil (Cooking)	◇	
Orange Juice	◇	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven Cleaner	✓	
Pam (Oil Spray)	◇	
Pans (Aluminum)	✓	
Paper Products	✓	Including bags, cups, napkins, plates, towels, and wax paper. May be used for hot or cold
Paraffin	✓	
Parchment Paper	◇	
Peanuts	×	<i>Kitniyos</i>
Peas	×	<i>Kitniyos</i>
Pecan Pieces	◇	For whole pecans, see Nuts
Perfume	✓	When produced in the USA
Pet Food		See page 23
Petroleum Jelly	✓	
Pickles	◇	
Pills		See pages 14-19
Pineapple (Canned)	◇	
Plastic (cutlery, plates)	✓	
Plastic Wrap	✓	
Plates	✓	Including paper, plastic, and Styrofoam. May be used for hot or cold
Play-Doh	×	May contain <i>chametz</i>

PRODUCT		NOTES
Polish (For Furniture, Shoes, or Silver)	✓	
Popcorn	×	<i>Kitniyos</i>
Poppy Seeds	×	<i>Kitniyos</i>
Potato Chips	◇	
Poultry	✓	Fresh or frozen raw poultry in original packaging is acceptable
	◇	Ground, cooked, or repacked requires Pesach certification
Powdered Dish Detergent	✓	
Prunes	◇	
Pumpkin Seeds		Not <i>kitniyos</i> ; acceptable if raw and without additives
Quinoa	◇	Quinoa is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Raisins	◇	
Rice, Including Wild Rice	×	<i>Kitniyos</i> Rice milk may contain <i>chametz</i>
Saffron		Some have a custom not to use saffron for Pesach; see Spices
Salads (Bagged)	◇	If certified is unavailable and contains no <i>kitniyos</i> or sensitive additives; buy before Pesach
	✓	Fresh
Salmon	◇	Canned, frozen or processed
Salt		Acceptable without iodine or other additives
Sanitizers (E.g. Purell)	✓	
Scouring Pads	✓	
Seltzer	◇	
Sesame Seeds	×	<i>Kitniyos</i>
Shampoo	✓	
Shaving Lotion	✓	
Sherbet	◇	
Shortening	◇	
Silver Polish	✓	
Snow Peas	×	<i>Kitniyos</i>
Soaps	✓	
Soda	◇	
Sorbet	◇	
Sorghum	×	<i>Kitniyos</i>

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PRODUCT		NOTES
Soup Mix	◇	
Soy Products	✗	<i>Kitniyos</i> Soy sauce and soy milk may contain <i>chametz</i> ; see page 22
Spices	✗	Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are same status as <i>kitniyos</i>
		Other spices are acceptable in whole form, but ground spices require Pesach certification
Splenda	◇	
Stain Remover	✓	
Star Anise		Star anise is not <i>kitniyos</i> ; see Spices
Stevia	◇	
Stick Deodorant	✓	
String Beans	✗	<i>Kitniyos</i>
Styrofoam	✓	
Sugar	◇	Brown sugar and confectioners' sugar
		Pure, white cane sugar without additives is acceptable
Sugar Substitute	◇	
Sunflower Seeds	✗	<i>Kitniyos</i>
Sunscreen	✓	
Suppositories	✓	
Syrups	◇	
Tea		Pure black, green, or white tea leaves or tea bags are acceptable, unless they are flavored, instant, or decaffeinated, in which case they require Pesach certification
	◇	Herbal tea
Tissues	✓	
Tofu	✗	<i>Kitniyos</i>
Tomato-Based Products	◇	
Toothpaste		See pages 14, 19, and 24. 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)	◇	

PRODUCT		NOTES
Turmeric		Turmeric is not <i>kitniyos</i> ; see Spices
Vanilla	◇	
Vaseline	✓	
Vegetable Oil	◇	
Vegetables	◇	Bagged salads - see Salads (bagged)
	◇	Canned, cooked, or frozen,
		Fresh raw vegetables are acceptable if they are not <i>kitniyos</i> .
Vegetable Wash	◇	
Vinegar	◇	
Vitamins	◇	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives, including citrates, e.g., magnesium citrate
Wax For Braces	✓	
Wax Paper	✓	
Whitener (For Coffee)	◇	
Wild Rice	✗	<i>Kitniyos</i>
Wine	◇	
Wood Chips	✓	Whisky wood chips are not acceptable for Pesach
Wrap (Plastic)	✓	
Yogurt	◇	

FAQ Anise – Same Status as *Kitniyos*

Q The cRc shopping guide lists a few varieties of anise (caraway, cumin, coriander, dill, and fennel) as *kitniyos*. Can you explain to me why that is the case?

A *Rema* 453:1 rules that anise and coriander are not *kitniyos*. Some of the later *poskim* (*Taz* 453:1 & 462:3, and *Chok Yaakov* 453:9) basically accept this *psak* but suggest that these spices be checked carefully to make sure none of the five grains are mixed into them. Other *poskim* (*Magen Avraham* 453:3) take a stricter approach and are of the opinion that one should avoid these spices since it is so difficult to check whether grains are mixed into them. Rav Schwartz *zt"l* accepted the ruling of the *Mishnah Berurah* 453:13 to follow the stricter approach. Accordingly, these spices are listed in our shopping guide as “same status as *kitniyos*.”