

## **PASSOVER 5786**

### **I. These products DO NOT NEED special Kosher for Passover supervision.**

1. All aluminum foil and disposable pans and trays, wax paper. Spray starch – Niagara, Linit
2. Hydrogen peroxide, isopropyl alcohol, all sun tanning products. Dental floss or tape – unflavored (even waxed). Soap – all bars, body wash, hair gels, sprays or mousse, baby oil, baby ointment, baby powder.
3. Face powder, nail polish (except Mac or Mary Kay) & remover, ink, paints, shampoo (unless organic, or it says that it contains wheat, barley or oat extracts), conditioners, deodorants, hand creams, nail polish, nail polish remover, hand sanitizer. Shaving creams, gels and lotions.
4. Candles, all cleansers & detergents, bleach, ammonia, insecticides, shoe polish, drain openers, carpet cleaners, furniture polish, jewelry polish, oven cleaners, silver polish, bags: paper and plastic, charcoal, baking soda.
5. Paper towels – first three and last two sheets should be discarded. The OU does not require this.
6. The OU and CRC posit that **all paper plates are acceptable!** Napkins and Cupcake holders are fine.
7. All plastic plates, bags, cups, wrap and cutlery as well as Styrofoam are Kosher for Passover.

### **These foods items DO NOT NEED special Kosher for Passover supervision.**

8. All pure (no dextrose added) granulated white cane sugar.
9. All salt – non-iodized without dextrose. Baking soda.
10. All bottled unflavored water (without minerals), bags of plain water ice. All unflavored seltzers.
11. Tea – instant – Nestea unflavored, regular.
12. Tea bags – Lipton unflavored regular. All other tea bags, black, green or white, are acceptable if they are not flavored and not decaffeinated. Herbal teas need KFP.
13. Cocoa – 100% pure domestically produced. Not Special Dark.
14. All fresh or frozen fish with kosher supervision, not smoked, seasoned or spiced. It should be washed or rinsed before cooking. Kirkland Salmon (all types) and Tilapia are fine.
15. All frozen or fresh raw meat and poultry with kosher supervision in original factory packaging. Ground meat and poultry depends on the brand.
16. Real Lemon/Real Lime juice with plain OU.
17. Raisins– Trader Joe’s, Bowl & Basket, Dole, Gefen and Glicks, if oil is not used, do not need “KFP”.
18. Frozen, unsweetened orange & grapefruit juices without additives.
19. Extra virgin olive oil unflavored. Virgin coconut oil. Avocado oil pure virgin oil and spray.
20. Milk Substitutes; Blue Diamond Almond Breeze Original Unsweetened Almond Milk, Califa Farms Go Coconuts Coconut Milk

### **II. These foods/products NEED Kosher for Passover supervision.**

1. Canned fruits or vegetables, or frozen vegetables. Frozen fruit without flavors or sweeteners is fine.
2. Orange juice (fresh), grapefruit juice (fresh), apple juice, maple syrup and honey (even pure).
3. All spices – even if they are 100% pure
4. Confectioner’s sugar and brown sugar (Bowl and Basket brown sugar is fine)
5. Baby foods, baking powder, parchment paper, dried fruit, margarine, tuna fish (Shop Rite produces with P)
6. Peeled & shredded vegetables & fruit. Baby carrots are fine.

### **III. The following is a list of foods considered to be KITNIYOT which should not be eaten by Ashkenazic Jews on Pesach: For health reasons, or for young children, please consult with a Rabbi.**

Alfalfa, Aspartame, Beans, Bean Sprouts, Black Eye Peas, Buckwheat, Canola Oil, Caraway, Chickpeas, Corn, Corn Oil, Corn Syrup/Glucose Syrup, Edamame, Fennel, Fenugreek, Hemp, Kasha, Kimmel, Lecithin, Lentils, Licorice, Lucerne, Lupine, Millet, MSG, Mustard, Peanuts, Popcorn, Poppy Seeds, Saffron, Sesame Seeds, Snow Peas, Sorbitol, Soy, Soy Oil, String Beans, Sunflower Seeds, Tofu, Vetch, Wild Rice.

#### IV. Miscellaneous

**Quinoa** is natural and kosher, and kosher for Passover. There is concern that there might be some transfer of other chometz grains into the Quinoa. Therefore, it is advisable to only buy Quinoa with a Passover Hechsher. Pereg, and La Bonne have KFP supervision. This year, Pereg is producing Passover Quinoa flour. Kirkland with code 049U is fine.

1. Just because it is on the Pesach shelf or section does not mean it is Kosher for Passover. Check for proper supervision. Presently, there are many products on the Pesach shelves that have Passover supervision “**Lochlei Kitniyot**” or for Sephardim, for those that eat Kitniyot. If you are a Sephardi, it is fine. However, if you are an Ashkenazi, it should not be eaten.
2. Joyva products are Kof-K certified during the year, but not for Passover.
3. Egg Matzah should only be eaten by the elderly, sick and infirm. Some items such as crackers are in this category. Watch for KFP label.
4. If one cannot digest gluten, (wheat matzah), Oat or Spelt matzah can be ordered. To order call 732-363-8102 or call Landau’s Grocery 718-633-0633 or Kollel Supermarket 718-436-7701.
5. All eggs should be purchased before Passover.
6. Coffee – ground, unflavored, not decaffeinated-does not need supervision. Coffee filters do not need supervision.
7. Instant coffee needs supervision. Nescafe Taster’s Choice and McCafe regular, Folgers regular, do not need Passover supervision. Sanka is decaffeinated coffee with KFP supervision. Starbucks VIA instant Coffee with caffeine does not need KFP.
8. Milk – fresh does not require Kosher for Passover supervision, if purchased before Pesach. If purchased on Chol Hamoed, it should have Kosher for Passover supervision. Flavored milk needs KFP supervision.
9. Nuts – raw, whole, chopped or ground (walnuts or almonds) without preservatives or additives do not need Passover supervision. Please check to ensure that the nuts were not processed in a factory that also processes “Chometz” products. Pecan pieces need Passover supervision.
10. Soda – Look for OU-P on Coca Cola (yellow cap), KP on Pepsi Cola
11. Baby formula – many are fine, some are chometz, some are kitniyos.
12. Postum is chometz.
13. **Pet Food**- Chometz is not only forbidden to eat, but also one cannot derive any pleasure or benefit. Therefore, one cannot feed one’s pets any chometz pet food. This is a partial list of acceptable pet foods:
  - A. Bird foods – Pure sunflower seeds or millet, peanuts, pure alfalfa pellets or safflower seeds are fine. Most other products contain wheat or oats.
  - B. Cat food – Evangers (without wheat or grains), Friskies (canned cat foods without wheat, grains, beef and milk products combination – (formerly Friskies Buffet)- beef & liver dinner, country style, elegant entrée, mixed grill, ocean whitefish & tuna dinner, salmon dinner; Science Diet dry food, most varieties
  - C. Dog food – Evangers (without wheat or grains) Mighty Dog canned-beef & chicken, turkey & bacon, chicken & liver, gourmet dinner, beef, Science Diet dry food, most varieties.
  - D. Fish food (fresh water) – freeze dried worms, krill (frozen without additives), Tetra Weekend and Vacation
  - E. Fish food (salt water) – frozen brine shrimp, Krill (frozen without additives), Tetra Deuca bloodworms
14. Lactaid – caplets and drops may contain chometz. Lactaid milk should be bought before Pesach or buy regular milk and add the drops before Pesach. The drops or caplets should be sold with the chometz. The CRC allows non-chewable Lactaid pills.
15. Acceptable Toothpaste – Aim, Arm & Hammer, Colgate, Close Up, Crest, Orajel, Pepsodent, Sensodyne, Ultrabrite
16. Acceptable Mouthwash – Arm & Hammer, Listerine (coolmint, freshburst, total care zero, ultra clean, zero alcohol), Scope (all), TheraBreath
18. Acceptable Lip products – Blistex, Chapstick, Clinique, Cover Girl, Estee Lauder, Flirt, Mac, Smashbox. Many cosmetics produced by Mary Kay have chometz.
19. Acceptable Perfume – Aramis, Boss, Chanel, Charlie, Clinique, Estee Lauder, Helmut Lang, Hugo, Lacoste, Revlon, Tommy Hilfiger. The OU accepts all types.
20. Biodegradable “Peanuts” for packing (if melts when placed in water) are chometz.

21. Glue – all Krazy glue and Elmer's are Kosher for Passover. Elmer's finger paints and washable paste may contain chometz.
22. Playdough should not be used on Pesach. It should be put away with the chometz items.
23. Raid ant and roach traps are Kosher for Passover. Combat, Con Rat and Black Flag use an edible chometz for bait and should not be used. All insecticides sprays are Kosher for Passover.
24. Florida Hotel kashrus information, call Rabbi Manis Spitz at 305-672-1240 or 786-318-4118.
25. Miami-Latest time for eating Chometz: 10:56/11:20      Latest time for Bitul Chometz: 12:10/12:22  
Nerot: first night of Yom Tov: 7:19  
Orlando-Latest time for eating Chometz: 11:00/11:24      Latest time for Bitul Chometz: 12:15/12:27  
Nerot: first night of Yom Tov: 7:25
26. Surgical gloves. Many of these gloves have a starch on them to prevent them from sticking. Please do not wear these gloves while you are preparing Pesach food.

#### **V. Medications**

The following medications are Kosher for Passover: Advil pills, Aleve, Align capsules, Alka Seltzer original Antacid, Allegra, Ambien, Amoxicillin tablets, Anacin, Avelox, Bayer aspirin, Benadryl, Blistix, Citrucel Pills, Claritin (not Redi Tabs), Colace, Dayquil and Nyquil, Dramamine tablets, Dulcolax, Erythromycin, Ex-Lax Pills, Imodium AD caplets, Kaopectate, Keflex, Levaquin, Metamucil original course powder and Orange, Midol, Miralax powder, Motrin-all types, Mucinex pills and liquid, Paxil, Pepcid, Pepto Bismol caplets and original liquid, Percocet, Phillips Milk of Magnesia liquid unflavored or pills, Prevacid, Prozac, Robitussin cough medications, Senokot, Sudafed, Tagamet, Tums (Kitniot), Tylenol tablets, Valium, Vicks Nyquil and Dayquil cold and flu, Unisom caplets and tablets, Zantac, Zithromax, Zocor, Zyrtec.

#### **VI. Children's Pesach Products/ Medications**

1. Advil, Aleve, Allegra Children's Suspension, Bayer Children's aspirin, Benadryl Children's Allergy-chewable and liquid, Claritin Children's Syrup, Motrin Children's Suspension and Infant Drops, Orajel, Sudafed, Tylenol children's suspension- cherry, Zyrtec, 4Kids Cold & Cough. Pedialyte has kitniyot.
2. Gerber baby food: carrots and squash are acceptable with regular OU. Peas and green beans are kitniyot. Sweet potatoes contain ascorbic acid (which is batul). First Choice; applesauce, carrots, pear, sweet potato
3. Baby cereals, even the ones made from rice, should not be used. Some contain grain and even if not, they are manufactured on chometz equipment. Please call the company/manufacturer or the Kashrus supervision for the product.