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The JSOR takes pride in once again presenting to our Sephardic Community a comprehensive guide to Passover products.

The goal of this list is to bring clarity and ease for the community to shop for Pesah. With the advancement of technology in the development of food and preservatives, in ways that were unprecedented in years before, even the simplest item can have much association with *hamets*. Items like snacks and prepared food are clear to us that they require proper supervision. However there are a myriad of items which seem to be no problem or perhaps fall in some category in between, that much clarification can help.

This list is a product of extensive research and correspondence with food industry and Kashrut experts from major Kashrut organizations such as from the OU, cRc and Star-K and OK.

We all know that any foods or food products, which contain ingredients even if only derived from one of the following fermented grains: wheat, barley, oats, spelt or rye are forbidden on Passover. Even foods that contain minute amounts of *hamets*, or foods which are processed on utensils which are used for *hamets* - containing foods, are not permissible for Passover use.

We have expanded the listing with some gluten-free ingredients, as it has become increasingly popular. Please note however, that gluten free is NOT necessarily Kosher for Passover! Oats are gluten free, but they are pure *HAMETS!*

We follow our customs as Sephardic Jews. Most Sephardic communities consume *kitniyot* – legumes – on Pesah. Some follow the custom of allowing only fresh *kitniyot*, not dried or processed *kitniyot* out of concern that it may have been processed or ground on the same equipment as wheat. Some do not eat corn, but eat most other *kitniyot*. One should follow their family custom or ask their Rabbi for guidance.

For this list we will try to earmark items as either “requires Passover certification” or “does not require Passover certification”. We now also are grateful to have specific Passover certification for many Sefaradim with the Star-S which is under the Star-K, and the OU and OK certifying foods as ‘*for those who eat kitniyot*’.

May the merit of our care in observing the commandments of the holiday bring us all closer to Avinu She’ baShamayim, our Loving Father in Heaven and may we merit to rejoice in His redemption! Amen.

Rabbi Isaac Farhi – Kashrut Coordinator;

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Passover Points

Discard old lists – Do not purchase a product just because it was good last year. Old lists are not to be relied upon as products can change from year to year.

Beware of a look-alike – Often Kosher for Passover and non-Kosher for Passover products have identical packaging.

Get Certified Products. – Make sure a reliable Kosher for Passover certification appears on the package. Take this guide with you to the store! Remember that ‘reading the ingredients’ is insufficient throughout the year and especially on Pesah - too many chemicals can be derived from *hamets*. Alcohol, Ascorbic Acid, Citric Acid, Dextrose, Glucose, Maltodextrin, Polysorbates, Sodium Citrate, Sodium, Erythrobate, Xantham Gum & Sorbitol (outside U.S.) are among the list of common ingredients that can be derived from both grain and legume sources. Therefore buy products that bear a reliable Passover certification.

Be new - All products whether or not they need special supervision – should only be used from new and unopened packages.

Not all Kashrut is created equal – Know your personal and family Kashrut level! Check with the people who will partake of your meals and see what they accept. Ascertain your family custom pertaining to corn, rice, beans. Even within the community there are different family customs to take into account. This advance planning will save heartache and promote Shalom.

The Passover Aisle – DO NOT buy any product simply since it is in the Passover aisle! Many not kosher for Pesah items can end up in the Pesah aisle.

Look before you cook – Even with the best intentions, a non-Kosher for Passover item could be purchased inadvertently. Mix-ups happen! An extra glance on every item before cooking can save hours of trouble and possibly having to use the food for non-Passover meals!

Old products – have been found to contain insects and larvae!! At times Passover products such as cake mixes or spices left unsold are returned to the shelves the following year. This is especially a problem in vacation areas. Check carefully for a product code stating year of production, or else inspect product thoroughly.

Do not assume – Ask! If you have a doubt about koshering or about a product being Kosher for Passover, clarify the question with your Rabbi. Questions about products may be texted to Mrs. Farhi at 732.995.4422 or call the JSOR office at 732.759.0388.



The Passover Food Guide

BABY PRODUCTS: Feeding a baby can be tricky as they may be fussy for specific foods. One should be aware that the questions for their baby may be somewhat different from the standards required for themselves. Of course like all prepared products it would be appropriate too with baby food too to have a Kosher for Passover certification. There are baby cereals produced in Israel with a Passover supervision, such as Materna and La Bonne.

If one would like, they can prepare baby food through one of the following methods: 1) Cook whole checked rice thoroughly and then puree in a blender with some baby formula. Or 2) Cook ground checked rice to make cereal. Or 3) Can soak Passover breakfast cereal or by crumbing lady fingers in milk or formula and then mash or blend. Or 4) Try a variety of baby/ hot cereals that are made from finely ground *Matsa* meal or potato starch.

Gerber brand of Carrots, Green Beans, Peas and Squash are acceptable for Pesah with a plain OU. First Choice Baby Food is available with OU-P. Beech Nut is not certified as for Kosher for Passover.

All Baby Formula bearing an OU are fine to use.

Pediatric Electrolytes: Pedialyte – all flavors, CVS, Shoprite and Walgreens brands are good without special Passover certification.

BAKING POWDER: Requires Passover supervision. Common available brands include Gefen, Glick's, Hadar, Lieber's and Mishpacha.

BAKING SODA: (Bicarbonate of Soda) does not require Passover certification, however one should use a new box.

BEANS: Fresh may be used for all Sefaradim and dried and processed ones may be used according to one's custom. They should be checked one time before Pesah and keep an eye out for infestation especially in black eyed peas.

CANDY AND CHOCOLATES: Chocolates and all candies require Passover supervision.

CEREALS: All cereals made from the five grains are of course, *hamets*. In addition, many cold cereals such as corn flakes and Rice Krispies are *hamets* since malt is added to them. Even those cereals in which the listed ingredients are 100% kosher for Passover, contain ingredients that are in constant contact with grains that are real *hamets*. You will find many cereals in the Supermarket Kosher for Passover aisle, however be sure to check for Passover certification. Most are made from finely ground *Matsa* flour. Some are made from Tapioca or potato starch



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and are therefore 'Shehakol'. One can find Crispy O's, Gefen, Manischewitz and others. Telma brand Corn Flakes are certified OU 'for those who *kitniyot*'.

COCOA: Any 100% pure powder that is made in the USA is acceptable without Passover certification, EXCEPT Hershey's Special Dark, which is problematic for Passover. Cacao Beans or Nibs are acceptable without Passover certification.

COCONUT Products: Coconut Milk: requires Kosher for Passover certification.

Coconut Oil: Cold Pressed, Virgin, un-refined coconut oil is acceptable with a plain with OU certification, (no P required) or Kirkland Organic Virgin (**KLBD**) and Viola Star K (no P required).

All other coconut oils (refined and organic) require Kosher for Passover supervision.

Coconut Chips, flakes and Coconut Flour: require Kosher for Passover certification. The exception is: Coconut Secret Brand: Aminos, Crystals, Flour, Nectar, and Vinegar - Star-K (P not required).

COFFEE: It is not recommended to go into a coffee shop on Pesah to purchase coffee as *hamets* is all over the place and the equipment. However one can purchase packaged fresh ground coffee or Nespresso or K-Cups which is unflavored without Kosher for Passover certification.

Instant coffee may contain malto-dextrin which is derived from barley. **Via Brand** and **Nescafe Taster's Choice** instant regular ONLY are approved by the OU without special Kosher for Passover certification.

Decaffeinated coffee may use ethyl acetate derived from a *hamets* source in the process therefore one must know which decaf they are purchasing. **Folgers** regular decaffeinated is approved by the OU without special Kosher for Passover certification. **Brewology** under JSOR supervision has a decaffeinated coffee Kosher for Passover. **French Press** also has a full line of decaf and regular certified kosher for Passover available on their website.

Starbucks packaged coffee and Sanka and Maxwell comes with Kosher for Passover certification.

Brewology cold brew under the JSOR supervision is Kosher for Pesah.

BTW, Keurig machine may be koshered after thoroughly cleaning all parts and then running twice just hot water without coffee in the K-cup.

Coffee substitutes: Postum, Roma or Teeccino contain grain and may NOT be used for Pesah and should be sold with the *Hamets*.

Coffee creamer: Require Passover certification. The following common brands are available - Gefen, Kineret, Mishpacha, Ungers.



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COOKING SPRAY: For Pompeian Avocado Oil or Grapeseed Oil Passover certification is not required. However all others must be marked. **BEWARE!** Be sure to check cooking spray for Passover status AND for DAIRY status. Available common brands are - Gefen, Hadars, Mothers, Seasons and Mishpacha with Passover certification.

DAIRY PRODUCTS: Milk: Many common brands are marked Kosher for Passover and are of course better to use. The companies add vitamins which may be based from *hamets* and is pasteurized on the same equipment that produces other products. However purchasing milk before Pesah without Passover certification is also good. Lactaid milk may be used only when purchased before the Holiday.

Chocolate Milk: Requires Passover supervision.

All other dairy products such as cheese, yogurt, labne, cream cheese, chocolate milk, powdered milk, lactaid drops and caplets, will require Passover certification. Cultures, flavorings and coloring may contain *hamets*. In general always be careful from cheeses and dairy products that do not have a reliable supervision such as a plain K or a non-approved symbol as they are very kosher sensitive.

The following common brands are available in powdered milk - Ko-Sure, Parmalat, Haddar, Dairyman, Alba, Carnation. The following common brands are available for hot cocoa mixes Haddar, and Kojel.

Butter: Requires Passover supervision. The following brands are available – Halav Yisrael: J&J, Kahal, Mehadrin, and Tnuva. Non Halav Yisrael: Breakstone's, Shoprite, and Stop and Shop.

Milk substitutes: Coconut Milk: require Kosher for Passover certification. Shelf stable boxes not refrigerated original and unflavored of Rice Dream Classic, Soy Dream (Enriched) and Almond Breeze – THESE SPECIFIC VARIETIES ONLY are fine without Kosher for Passover certification.

Note: This is a big change from past years!

EGGS: Of course plain raw eggs in the carton do not require Passover certification, however egg substitutes or liquid eggs in a carton, requires Passover certification. The following common brands are available with supervision – Kinneret, Healthy Morn.

EGGPLANT – DRIED: These are imported from Turkey, where they are collected from different villages. The importer informed us – and was verified by a Rabbi of AKO [Association of Kashrut Organizations] located in Turkey – that the local women scoop them out hang them to dry on a string. In the event that there is a rush to get them dried out, wheat flour can be added to draw out the moisture! Understandably, we cannot recommend these for Passover. Japanese



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eggplant is a fine alternative - they are very long and slender, and can be easily cut in half and scooped out.

FISH: Canned Tuna and Salmon, requires Passover supervision. The following brands are available – BenZ's, California Delight, Dagim, Dag Yam, Gefen, Glick's, Mishpacha, Shoprite and Season. These require Passover certification since the hydrolyzed protein in tuna may contain *Hamets*.

Fresh fish: Any fish purchased is required to be purchased with skin with scales on it if purchased from a non-Jew. The whole and fillets are Kosher for Passover without certification.

Frozen Fish Fillets: Require Kosher certification or visible skin with scales attached do not require Kosher for Passover certification. The following common brands are available with Passover certification if one would like - BenZ's, Dagim, Kinneret, Schindler.

FLOUR: Of course wheat flour is forbidden on Pesah, however the question is what substitute can we use? Matsa meal Kosher for Pesah is available in regular and Shmura, but many are interested in other healthy options. Here is a list of guidelines:

All other kinds of flour require Kosher for Passover certification such as quinoa, chia, coconut, Potato starch and Tapioca Starch.

Argo corn starch – acceptable for those who use corn without Passover certification.

Almond Meal: Blue Diamond, Cal Pure, Barney's Basic brands are all good without Passover certification.

Almond Flour requires certification for Passover however Kirkland Almond flour (from San Francisco) has been verified as acceptable without Kosher for Passover certification.

Raw Maca Root powder is acceptable without Passover certification.

FRUITS: All uncut fresh fruits are acceptable. Precut fruits: such as Lancaster Foods, Natures Promise under the Star-K (no P necessary). The following only when marked Kosher for Passover certification: Delmonte, Garden Cut, and Wegman's, Winn Dixie: (ORB Passover).

Canned fruits: May use a *hamets* enzyme to clarify the juice that is used to pack the fruit; use only with Kosher for Passover marking. Unsweetened frozen fruits: are acceptable with no additives or grape juice. Insect prone varieties such as strawberries must have a year round kosher supervision.

Dried Fruits: Require Kosher for Passover certification. Following are some readily available brands, (some, only if noted, are acceptable even without Passover marking): Apricots:



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Happy, Natural Food Souce, Sunny, Sunsational Fruits and Sunrose Apricots may be used Star K without P.

Dates: Medjool Dates may be used without special Kosher for Passover certification. Other dates would require certification. Many dates are available with supervision: Carmel Natural OU-P, Setton Farms: OK-P; Sun World pitted OUP; Yum Tee OU-P; Calavo, Sunworld and Sun Glow brands Pitted and whole.

Dried, rolled dates present a special problem for Passover since they are rolled in oats! Note: Dates should be split open and checked for insects, which can be quite common. A date paste is being imported from Israel that is reliably certified for Passover by Hug Hatam Sofer.

Goji Berries: Are subject to much infestation and require proper checking, please check with JSOR on how it can be checked. In regards to Passover they do not require Passover certification if there are no additives.

Raisins: Require Berkley & Jenson, Dole, Publix, Trader Joe's and Wegmans are acceptable with OU certification even without Passover marking.

Banana chips: Require kosher supervision for year-round use. They are also not recommended for Pesah use without certification for Passover.

GLUTEN FREE PRODUCTS: as the gluten free demand has increased, there are many types of cakes, cookies, crackers and even '*matsah* look alike' that are produced for Passover. Many have asked about the acceptability of year-round gluten-free products. The answer is NO. Gluten-free means that it is free of the gluten aspect of the grain, however some grains, such as oats, are naturally gluten-free, but they are 100% *HAMETS*. See the expanded Coconut and ground nut sections.

GRAINS – Of course products with wheat barley spelt oats and rye are all *hamets* until proven otherwise, however Kitniyot, for Sefaradim, can be found. Follow your family custom which legumes to eat.

A listing of acceptable *kitniyot* depending on custom would be Alfalfa, Buckwheat, Chia Seeds, Flax Seed and Hemp Seed. Even in the community there are different customs. Canned Goods: California Delight Baby corn and Kernel Corn Star S-P Yerek Brand Frozen Vegetables: Green beans, Cut Beans, French Cut Green Beans, Green Peas, Peas & Carrots, cut corn, Mixed Vegetables, Baby Lima Beans. Chocolate: Ferrero Brand Nutella Spread OU Kitniyot Kinder Chocolate (only when made in Italy and bearing OU Kitniyot). Millet: Whole only may be used after checking at least once for *hamets* grains.

GRAPE LEAVES: The Orlando brand are OK certified, but not all jars are Passover approved!! You must check each jar if it states KOSHER for Passover. Let us repeat: IMPORTANT: NOT ALL JARS



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ARE OK-P!! Other brands of grape leaves are preserved in brine, which may contain *Hamets* vinegar or may have citric acid from a *hamets* origin. Please note! It is very important that all grape leaves be washed carefully on both sides under running water.

HONEY: Both for Passover and all year, buy honey with kosher supervision, Many varieties are available. Pure honey essentially does not require certification for Passover, however there are products marked as "Pure" honey that were found from Turkey and China which was actually not honey, rather glucose, flavoring and added ingredients. Use caution and buy with a P.

JUICES: Juices and concentrates such as apple juice, orange juice etc. require Passover certification as the enzymes and clarifying agents may be *hamets*. Available with Passover certification are: Ceres, Eden, Gefen, Glick's, Hadar, Kedem, Kirkland, Mishpacha, Mrs. Adlers, Nature's Own, Rashi, Stop and Shop and Shoprite.

Lemon Juice: Unsweetened ReaLemon and ReaLime are acceptable without a special marking. Other brands require Passover Supervision.

Orange and White Grapefruit: any brand frozen unsweetened, grade A concentrate is acceptable. All refrigerated containers must have Passover supervision. Tropicana Orange juice – use with Passover certification. Prune Juice - Gefen and Sunsweet with Passover certification.

LIQUORS – All alcoholic beverages or liquors require Kosher for Passover certification. One can find Vermouth, Vodka and Cordials certified for Passover produced by the following brands: Bartenura, Binyamina, Blue Mountain Coffee, Boukha, Carmel, Kedem, Sabra.

For Tequila - One can refer to list of what is acceptable without certification.

Zachlawi premium Vodka is available in many flavors. Also Pravda, Peacock, No. 209 (Gin) and Royal Elite have an OUP on vodka.

Can unflavored vodka made from potatoes be consumed on Pesach without special supervision? No. The process of producing alcohol for vodka involves enzymes, such as malted barley, which may be *hamets*, and involves the use of hot equipment which may have been previously used for *hamets* alcohol. Therefore, we cannot recommend it without special Pesach certification.

MARGARINE: Many margarines use starch in their flavoring making Passover supervision necessary.

MARSHMALLOWS: In general, Marshmallows require reliable certification. For Pesah, this is doubly so and they require certification for Passover. Many marshmallows contain gelatin made from non-Kosher animal sources.



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MATSA: A wheat-free diet would be simple to describe. The *mitsvah* of Pesah, however, is to eat wheat – just prepared so it is not *hamets*. Therefore the greatest level of care is needed for production of kosher for Pesah wheat products. Baruch Hashem there are many good reliable *matsot* available on the market. For the Seder one should make sure to purchase ‘Shemurah’ *matsot*.

One must be alert that the *matsa* “for year-round use” has the status of *hamets*, therefore make sure to check the marking that it specifically is certified for Passover.

For those with wheat allergies, Oat and Spelt *matsa* is also available by special order. These are also available as *Matsa Shemura* for *seder* use.

MAYONNAISE, KETCHUP, and MUSTARD: Requires Passover supervision as they contain vinegar which can be made from *hamets* sources. Ketchup: The following common brands are available with Passover supervision: Blanchard & Blanchard, Gefen; Manischewitz, Mishpacha, Rokeach; Unger’s. Mayonnaise: The following common brands are available with Passover supervision - Gefen, Haddar, Manischewitz, and Mishpacha. Mustard: The following brands are available with Passover supervision - Benz’s, Unger’s, Blanchard & Blanchard.

Milk and Milk Substitutes: See Dairy

MEATS AND POULTRY: All brands of raw meat and poultry are kosher for Passover year-round, however ground or processed beef would require to be kosher for Passover. One should buy everything once their butcher “kosher” for Pesah. Many companies have expanded greatly the selection of deli and prepared products with Kosher for Passover certification. Empire raw turkey burgers are acceptable only with the OU-P.

MEDICATION: Prescription medication in a pill form is allowed without Passover certification. Regarding chewable or liquid medication, one can inquire as to Passover status. However, do not stop taking *any* medication without first clearing it with your doctor. When in doubt- ask.

NON-FOOD PRODUCTS: All Aluminum Foil, Foil tins, Styrofoam, cling wrap, wax paper, parchment paper, soaps, shampoo, detergents and cleansers, paper and plastic dishes and cups are acceptable without Kosher for Passover certification.

NOODLES: Of course require Passover supervision, and be careful from look a likes. Shirataki Noodles need certification. Today there are many non-wheat varieties of noodles, however unless they can be verified that they are not made in the same place as *hamets* noodles, they should not be used.

NUTRITIONAL SUPPLEMENT: Boost (glucose control and High protein), Ensure - Without Fiber only: (Ensure w/Fiber contains *hamets*) Ensure plus, Glucerna 1.0.



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NUTS: Whole, slivered or chopped Raw nuts without additives are acceptable for Passover, (unless the label says packaged in a plant that processes wheat- those would require KP marking)

Blanched nuts however should require verification for Passover.

Kirkland Almonds, Pecan halves and Walnuts are acceptable (OU).

Midget Pecans and pecan pieces even raw require Passover supervision as they are washed in grain alcohol to remove insect infestation.

Nuts and seeds that are roasted require Passover supervision.

OILS: There are available oils with Kosher for Passover Supervision as marked from common brands such as Gefen, Mishpacha, Rokeach, Bartenura, Hain.

Mazola canola, vegetable, or soybean oil under the OU and Wesson oil under the OK although it seems to be only from *kitniyot* they have minute amount of citric acid. Citric acid can be extracted from corn or *hamets* grain. However one can purchase these brands if purchased prior to Pesah.

100% Pure Extra virgin olive oil is fine without Kosher for Passover certification.

Available is also Pompeian brand avocado oil and grapeseed oil bearing a Star K (no P necessary). Chosen Brand Avocado oil is acceptable with plain OU. Unrefined Nutriva Red Palm Oil is acceptable with an OU.(no P)

Oral Health: Toothpaste: Aim, Close Up, Colgate Pepsodent and Ultrabrite. All varieties of this list are accepted: Mouth-wash: Colgate (all), Listerine: Cool mint, Total Care Zero, Ultra Clean Antiseptic and Zero; Scope (all).

PASTA & PIZZA: Of course Special Kosher for Passover made either from *matsa* meal or potato starch: Dayeinu, Frankels, and Hoo Lachmu bearing an OUP. (see Noodles for more info)

PET FOODS: Fish food often contains meat and milk ingredients and is forbidden for use the entire year. Most pet foods contain *hamets*. Since we are forbidden to derive any benefit from *hamets*, we may not feed any pets those varieties that contain *hamets* ingredients.

Krill fish food is permitted. Alfalfa, sunflower seeds, split corn or millet are recommended for feeding birds. Bird Jungle had a parrot mixture for Passover but they have closed. The Paterson Bird Store in Totowa, NJ can help you with acceptable Parrot Food. There are brands of cat and dog food that are available that do not have *hamets* or the prohibited mixture of meat and milk. A detailed list can be found at <https://www.star-k.org/passover> or at <http://www.crcweb.org/Pesach2020.php>.



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PICKLES: Require Passover supervision. Some common brands that have Passover supervision are Batampte, Flaum, Gefen, Kvuzat Yavne, Osem, Sadaf, Schorr's, and Unger's.

POTATO CHIPS and Snacks: Passover certification necessary. Some common brands with Kosher for Passover certification are Lieber's, Bissli, Bloom's, Glick's, Lay's Manischewitz, Meshubach and Tuscanini.

QUINOA: Quinoa may be infested and therefore one should check through sifting it over a white sheet or white plate and then looking it over. All brands need to be marked Kosher for Passover or otherwise checked as quinoa is often processed in the same facility as wheat and barley. Common brands with Kosher for Passover supervision are Goldbaum's, LaBonne, Pereg, and Sugat. Quinoa Flour also is required to be Kosher for Passover.

RICE: The staple of the Sephardic Passover diet is Rice. It is the #1 question. Which rice is good? Many supermarket brands of rice are enriched. The enrichment is diluted with starch in order to distribute it evenly on the rice. This enrichment can be a corn, rice or perhaps a wheat starch base. Therefore all varieties of non-enriched rice with no additives are ok for Pesah without Passover certification. This includes long grain, short grain, Basmati, Jasmine.

It has been our custom throughout the generations to check all rice three times before Pesah. Crops are rotated yearly, and it is very common to find grain in rice fields. Although there is equipment to remove any non-rice pieces, it is not 100% effective. Please be advised that every year grains are found in the rice; check carefully.

The following common brands are good for Passover after checking three times: Star-S/P has made a special run of certified unenriched Carolina. Super Lucky Elephant brand (Star K) available at Walmart or Costco (sold as Kirkland Brand) is good, (be careful!! There are different products bearing the "Elephant" label which some are enriched). Goya Jasmine and Goya Basmati (London Bais Din); Vee-Pee Jasmine (LBD); Sugat brand from Israel; Carolina and Mahatma brands of Jasmine in 5 and 10 lb. size packed for Riviana Rice Co. come not enriched. Dynasty brand Jasmine (not enriched) Medium/Short grain; Nishiki, KoKuho Rose and Cal Rose brands are also enrichment free. They can be found at Wegmans and most Oriental stores. Lundberg's Organic (not mixes).

Basmati rice – Roland, and Himalayan Pride are certified Kosher for Passover by the Star-S. Other common brands are Goya, Royal, Pari, Deer, Regal Harvest, and Iberia.

Brown rice: Any brand without additives. Please be aware some brands (like Carolina Brown rice) were found to be highly infested this year. In addition to checking for *hamets*, be vigilant to check for insect infestation!



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Pure wild Rice: This rice looks like short black sticks and is from the grass family, not a legume at all. Acceptable without Passover certification, Note this does not include wild rice mixes.

SALT: Regular (Pure) and Coarse salt are permitted for Passover use without special supervision. Check that dextrose and Polysorbates are not in the ingredients. Pink Salt: Himalayan and Peruvian varieties acceptable if pure, no additives. Salt substitute: Freeda Free Salt, No Salt or Spice of Life No Salt/No Sugar must have KP marking.

SELTZERS: Any unflavored seltzer is acceptable like water, the carbonation may be from *kitniyot* based. Flavored Seltzers require Passover certification common brands found with certification as marked are Mayim Chayim, Giant, Shoprite, and Stop and Shop.

SODAS: Sodas may have *hamets* in the flavoring base, therefore they require Passover certification. Many varieties are available in two liters and cans from Coca Cola Classic & Diet Coke. It comes with a distinct yellow cap marked with an OUP. Dr. Browns (Kof K P) Pepsi products must bear a Kof-KP on the cap and in Florida Kosher for Pesah bottles marked with ORB-P.

SOUP MIXES: Beware containers bearing a "P" are often identical to the year-round variety.

SOY FOODS: While actual soybeans are permissible for most Sefaradim, products made of soy, such as soy sauce commonly have grains mixed in. However TVP and tofu are forbidden. These products are made through extraction methods that use grain alcohol in the processing of the soybeans.

SPICES: Whole spices in new packages do not require Kosher for Passover supervision. One should not buy from open spices in stores unless they were careful of cross-contamination of *hamets*. Ground spices however require a hashgacha as free-flow and anti-caking agents are added. Coriander in Western Canada was found to have *hamets*.

SUGAR: Any pure white granulated cane sugar may be purchased for Passover as long as dextrose or glucose is not listed in the ingredients as these may be derived from barley or wheat. Domino Sugar can be found with an OKP. Raw Sugar: C&H Hawaiian Raw Cane Sugar.

Coconuts Secrets Crystals: No Kosher for Passover certification required.

Confectioner's Sugar does contain 3% corn starch but according to some Sephardic customs, may be permissible for Pesah. Only sugar and cornstarch allowed!

Canadian Confectioner Sugar is not permissible as it contains wheat starch instead of corn starch. There are several varieties of Confectioners' sugar without corn starch: OUP: Mishpacha and KAJ-P: Haddar brand. Vanilla Sugar: may contain grain alcohol and therefore, Passover supervision is required.



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Brown sugar: the following may be used with OU only: Dixie, Imperial, Shoprite, Winn Dixie and Wholesome foods Organic Cane Sugar may be used without a P. Domino and Brownulated Needs OK-P.

SWEETENERS: OU-P: Gefen, Nutra Taste Gold Zero Paskez Sweetie (Badatz) and Liebers (KFP)

Equal & Splenda: are not acceptable for Passover. California Delight produces a Sucralose equivalent called Sucralis which can come certified for Passover. Also available: OUP Nutra Taste and Specially marked Sweet n' low

Stevia must be marked KP (no known on the market) Agave Nectar: (a natural sweetener) must be marked: AW, Roundy's, Sophia and Western Farm brands OK-P; Maple Syrup needs Passover certification: Janeric M/KP, Adirondack Kof KP; Xylitol: Healthy Garden OUP.

SUSHI NORI: Mizrach u'Maariv Star K-P. As a side note nori always requires a good Kosher certification as it is normally produced containing sea creatures.

TEAS: Any unflavored, non-herbal regular tea bags (Black, Green and White tea leaves) are acceptable without special Kosher for Passover certification (CRC). Decaf varieties should be used only with supervision: (Salada caffeine free contains *hamets*) Exception: Lipton Decaf and Swee-Touch-Nee 97% Decaf may be used without an OU-P.

Instant Tea: Nestea Instant unflavored only. Regular only. No KP needed. (NOT DECAF)
Herbal Teas: Need to be marked: OU-P: Bigelow, Swee-Touch-Nee: Herbal and Wissotzky- many varieties.

Tomato Paste and Sauce: Passover supervision required. Due to flavored varieties of paste and sauce now being produced tomato products must have proper Pesah supervision. Mishpacha, Gefen, Glick's, Haddar, Lieber's and Unger's - all with KFP certification. Note: Throughout the year, Tomato products should only be used with a known reliable supervision, it has been discovered that certain packers of tomato products were producing tomato with (non-kosher) Romano cheese sauce and then producing the crushed tomatoes, with no cleaning in between! Understandably this is not acceptable.

TUNA: See Fish

VEGETABLES: Frozen: Several years ago, a new lighter cuisine heralded the introduction of frozen pasta and vegetable mixtures. Vegetable companies blanch veggies and pasta blends together, and then use the same equipment for plain vegetables. Some companies purchase processed vegetables from another source and put their own label on the package. Codes provided by the companies proved inaccurate, and the information was confusing. We highly recommend the use of fresh vegetables, despite the convenience of the frozen. The most important of all, peas and beans will again be available for the Sephardic Community. Star S-P:



בס"ד

Yerek Brand Peas, Green Beans, Mixed Vegetables, Lima Beans, Cut Corn. There are several Israeli brands that are also marked Kosher for Passover 'for those who consume *kitniyot*'.

Several companies made other frozen vegetables, including broccoli, cauliflower and spinach, which are properly checked for insects and for Pesah.

Prewashed – Vegetables: Some brands use citric acid in the rinse water to balance the PH levels to prevent wilting, however if washed well it may be used or otherwise buy products with a Passover certification.

VINEGAR: Requires Passover certification as it can be made from grain. Cider vinegar: Requires Passover supervision as the nutrients may be derived from *hamets*.