

2019/5779 ATLANTA KASHRUTH COMMISSION

PASSOVER

QUICK SHOPPING GUIDE

THE FOLLOWING ITEMS MAY BE USED ON PASSOVER AND CAN BE FOUND IN THE **REGULAR SUPERMARKET SECTION**.

BABY FOOD & FORMULA

The following baby foods and formulas are not certified kosher for Passover. Nonetheless these products are halachically acceptable for infants or those who are ill.

BABY FOOD

Gerber Carrots, Green Beans, Peas, Squash

FORMULA

Similac, Enfamil, Isomil [For full list including medical & nutritional supplements see our 2019 AKC or the OU Passover Guide]

BAKING SODA

BROWN SUGAR

Domino [OK-P]

CHILI PEPPERS

Dried without additives

COCOA

Any domestically produced. Hershey's **except** Special Dark.

COFFEE, INSTANT

Folgers [Regular & Decaffeinated], Nescafe Taster's Choice [only Regular], Maxwell House [OK-P]

COFFEE, GROUND & WHOLE BEAN

REGULAR [NOT DECAF] UNFLAVORED: All

DAIRY ITEMS

BUTTER Breakstone [OU-P], **CREAM CHEESE**

Kroger [OU-P], Publix [OU-P], Temp-Tee [OU-P]

COTTAGE CHEESE Breakstone [OU-P], Friendship

[OU-P], **SOUR CREAM** Breakstone [OU-P], Axelrod [OU-P]

EGGS

Preferably purchased before Pesach

EGG WHITES

100% LIQUID EGG WHITES: Kroger Break Free [OU-P], All Whites [OU-P]

FISH

RAW & FROZEN All certified fish may be used if washed before Passover. Some avoid Alaskan wild salmon or other frozen fish that have been glazed. Smoked fish needs a KFP.

FRUIT

FROZEN All frozen [some authorities require additional checking for infestation for berries] Whole, sliced or melon balls, unsweetened, additive free, without syrup, citric acid, ascorbic acid, or vitamin C.

HERBS

All Fresh

ICE

JUICE

FRESH Tropicana bearing OKP, Kroger Brand Orange Juice without Calcium, bearing plant #13-250, the letters "AKC-P" on the inkjet of the container and an expiration date of MAY 2 - MAY 23 is Kosher for Passover.

FROZEN 100% pure frozen orange or white grapefruit from concentrate with no sweeteners, additives or preservatives.

LEMON & LIME JUICE RealLemon & RealLime

MEATS

All raw meat and poultry, **excluding** some ground meats and deli that require special KFP

MILK

Preferable to use Kosher for Passover (KFP) milk, but **any milk may be used if purchased BEFORE Passover**. Kroger Brand unflavored milk [Homogenized [whole] milk, 2%, 1%, Skim milk] bearing plant #13-250, the letters "AKC-P" on the inkjet of the container and an expiration date of APRIL 18 - MAY 5 is Kosher for Passover.

NUTS

Raw, whether they are Slivered, Whole or Chopped Nuts (e.g., almonds, pine nuts, walnuts, etc.) without preservatives or other additives, such as BHT or BHA in corn oil, are approved for Passover.

If label states that it is processed in a plant that processes kitniyos or chometz, then it requires a reliable KFP certification.

The following processed nuts require KFP certification: Dry roasted, toasted, blanched, and ground. Whole and half pecans are similar to any raw nuts mentioned above; however, pecan pieces and midget pecans must bear a KFP symbol. Many consider peanuts as kitniyos, which are not permissible on Pesach.

OILS

Acceptable for Passover without P designation: Extra Virgin Olive Oil [Some Authorities require year-round certification], Virgin Coconut Oil [With OU]

QUINOA

Must have Kosher For Passover Certification.

RAISINS [WITHOUT OIL]

Kroger, Publix, Dole, Trader Joe's, Sun-Maid [OK-P]

SALAD GREENS

Kroger Brand [OK-P], Publix Brand [OK-P], Fresh Express [Star-K-P]

SALT

Non-iodized

SELTZER

Any unflavored

SPICES

All Whole, except for mustard [ground spices require certification]

SUGAR

Pure granulated cane without dextrose. Confectioners, brown, and vanilla sugars need KFP. Domino Brown Sugar is available with KFP

TEA BAGS

Pure black, green, or white. Flavored, instant, or decaf require KFP **except** for unflavored, regular non-decaf Nestea. Unflavored decaffeinated tea bags, Lipton

HERBAL TEA Bigelow [Kof-K P]

WATER

Any unflavored, spring or distilled, even with electrolytes, fluoride, or minerals, **except** when listing Calcium Citrate.

KITNIYOS

There are many products called kitniyos (legumes & similar foods) which are not eaten on Pesach by Jews of Eastern European descent (Ashkenazim).

THE FOLLOWING **ARE** CONSIDERED KITNIYOS:

Beans, Buckwheat, Caraway, Cardamom, Corn, Fennel, Fenugreek, Lentils, Millet, Mustard, Peas, Chick peas, Green beans, Poppy seeds, Rapeseed (Canola oil), Rice, Sesame seeds, Soybeans (Tofu) and Sunflower seeds.

THE FOLLOWING **ARE NOT** CONSIDERED KITNIYOS, BUT MAY REQUIRE SPECIAL CHECKING:

Anise, Carob, Coriander, Cottonseed, Cumin, Guar gum, Linseed and Locust bean gum.

THE FOLLOWING **MAY BE** KITNIYOS AND ARE THEREFORE NOT USED:
Amaranth and Peanuts.

THE FOLLOWING INGREDIENTS ARE CUSTOMARILY **NOT USED** ON PESACH: Ascorbic acid, Aspartame, BHA, BHT, Calcium ascorbate, Dextrose, Emulsifiers, H.V.P., Isolated soy protein, Isomerized syrup, Lecithin, MSG, Nutra sweet, Sodium erythorbate, Sorbitan, Sorbitol, Stabilizers, Starch and Vitamin C.

NON FOOD ITEMS

THE FOLLOWING ITEMS MAY BE USED ON PASSOVER **WITHOUT** CERTIFICATION:

ALUMINUM FOIL
ALUMINUM FOIL BAKING PANS
BABY OINTMENTS
BAGS

(PAPER OR PLASTIC)

BODY WASH
BOWL AND TUB CLEANER
CANDLES
CARDBOARD
CARPET CLEANER
CHARCOAL
CONDITIONER
COPPER AND METAL CLEANERS
CORK
COSMETICS
CUPCAKE HOLDERS
CUPS
(PAPER, PLASTIC OR STYROFOAM)
DENTAL FLOSS
(ANY UNFLAVORED, INCLUDING WAXED)
DEODORANTS
DETERGENTS
DISHWASHING DETERGENT
DRAIN OPENER
FABRIC PROTECTOR
FURNITURE POLISH
GLASS CLEANER
HAIR GELS, SPRAYS AND MOUSSE
HAIR REMOVERS AND TREATMENTS
INSECTICIDES

ISOPROPYL ALCOHOL
JEWELRY POLISH
LAUNDRY DETERGENTS
LOTIONS
NAPKINS
(PAPER)
OVEN CLEANER
PAPER CUPS, PLATES AND TOWELS
PERFUMES
PIPE OPENERS
PLASTIC BAGS, CUPS, AND PLATES
PLASTIC CONTAINERS
PLATES
(PAPER IN USA ONLY, PLASTIC OR STYROFOAM)
SCOURING PADS AND POWDER
SHAMPOOS
SHAVING CREAM AND GEL
SHAVING LOTION
SILVER POLISH
SKIN CREAM
SOAPS
STICK DEODORANT
STYROFOAM CUPS OR PLATES
SUNTAN LOTION
TALCUM POWDER
(100% TALC)
TOILET BOWL CLEANER
WATER FILTERS
WAX PAPER

**FOR MORE INFORMATION AND FOR MORE DETAILED LISTS,
PLEASE SEE THE 2019 AKC PASSOVER GUIDE**