

2020/5780 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 & Squash. Green Beans and Peas are Kitniyos. First Choice Applesauce, Carrots, Pears, Sweet Potato (OU-P)

FORMULA

Similac, Enfamil, Isomil

(For a full list including medical & nutritional supplements see our 2020 AKC Passover Guide or the 2020 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), Friendship (OU-P), Axelrod (OU-P)

EGGS Preferably purchased before Pesach

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 BALLS Unsweetened, additive free, without syrup, citric acid, ascorbic acid, or vitamin C.

GARLIC

PEELED Not from China does not require KFP. From China is **not acceptable** for Passover

HERBS

All Fresh

ICE

JUICE

FRESH Tropicana bearing (OK-P), Kroger Brand Orange Juice without Calcium, bearing plant #13-250, the letters "AKC-P" on the inkjet of the container 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

MEAT

RAW MEAT AND POULTRY All 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, Half & Half) bearing plant #13-250, the letters "AKC-P" on the inkjet of the container is Kosher for Passover.

NUTS

RAW 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.

ALMOND FLOUR Costco Kirkland Brand with KORC symbol is acceptable for Passover.

OILS

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

PARCHMENT PAPER

Publix, Great Value, Reynolds

QUINOA

Must have KFP certification. Check for infestation.

RAISINS [WITHOUT OIL]

Kroger, Publix, Dole, Trader Joe's, Sun-Maid (OK-P), CVS Gold Emblem

SALAD GREENS

Kroger Brand (OK-P), Publix Brand (OK-P), Fresh Express (Star-K-P)

SALT

Any non-iodized salt that does not contain dextrose, polysorbates, or sodium silicates may be used.

SELTZER

Any unflavored

SPICES

All whole, except for ground spices which require KFP certification, and Kitniyos spices listed on reverse page

SUGAR

Sugar Cubes or 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 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:

Alfalfa, Beans, Buckwheat, Caraway, Cardamom, Chickpeas, Corn, Edamame, Fennel, Fenugreek, Flaxseed (Linseed), Green beans, Hemp Seeds, Lentils, Millet, Mustard, Peas, Poppy seeds, Rapeseed (Canola oil), Rice, Sesame seeds, Soybeans (Tofu) Sunflower seeds and Teff.

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

Anise, Carob, Chia Seeds, Coriander, Cottonseed, Cumin, Guar gum, Locust bean gum, Safflower and Saffron.

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	INSECTICIDES
ALUMINUM FOIL BAKING PANS	ISOPROPYL ALCOHOL
BABY OINTMENTS	JEWELRY POLISH
BAGS (PAPER OR PLASTIC)	LAUNDRY DETERGENTS
BODY WASH	LOTIONS
BOWL AND TUB CLEANER	NAPKINS (PAPER)
CANDLES	OVEN CLEANER
CARDBOARD	PAPER CUPS, PLATES AND TOWELS
CARPET CLEANER	PERFUMES
CHARCOAL	PIPE OPENERS
CONDITIONER	PLASTIC BAGS, CUPS, AND PLATES
COPPER AND METAL CLEANERS	PLASTIC CONTAINERS
CORK	PLATES (PAPER IN USA ONLY, PLASTIC OR STYROFOAM)
COSMETICS	SCOURING PADS AND POWDER
CROCKPOT LINERS	SHAMPOOS
CUPCAKE HOLDERS	SHAVING CREAM AND GEL
CUPS (PAPER, PLASTIC OR STYROFOAM)	SHAVING LOTION
DENTAL FLOSS (ANY UNFLAVORED, INCLUDING WAXED)	SILVER POLISH
DEODORANTS	SKIN CREAM
DETERGENTS	SOAPS
DISHWASHING DETERGENT	STICK DEODORANT
DRAIN OPENER	STYROFOAM CUPS OR PLATES
FABRIC PROTECTOR	SUNTAN LOTION
FURNITURE POLISH	TALCUM POWDER (100% TALC)
GLASS CLEANER	TOILET BOWL CLEANER
HAIR GELS, SPRAYS AND MOUSSE	WATER FILTERS
HAIR REMOVERS AND TREATMENTS	WAX PAPER

FOR MORE INFORMATION AND FOR MORE DETAILED LISTS, PLEASE SEE THE 2020 AKC PASSOVER GUIDE