



PASSOVER

QUICK SHOPPING GUIDE

**FOR THE MOST
UPDATED INFORMATION**

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AKC Pesach Guide or visit:

<https://kosheratlanta.org/pesach-guide/>



**** PASSOVER QUICK SHOPPING GUIDE FOR PASSOVER 2022 ONLY ****

BABY FOOD & FORMULA

Some of these 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:

First Choice Applesauce, Carrots, Pears, Sweet Potato (OU-P)

FORMULA

Similac (all liquids, all powders)
Enfamil (all liquids, all powders)
Isomil (all liquids, all powders)
(For a full list, including medical & nutritional supplements see our **ONLINE 2022 AKC Passover Guide** or the OU Passover Guide)

BAKING SODA

BROWN SUGAR

Domino (OK-P), Publix (OK-P)

COCOA

Any domestically produced. Hershey's except Special Dark.

COFFEE

INSTANT Folgers (Regular & Decaffeinated), Nescafe Taster's Choice (only Regular), Maxwell House (OK-P)

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)

EGGS Preferably should be 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 an (OK-P), Kroger Brand Orange Juice without Calcium, bearing an "AKC-P" on the inkjet of the container

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 Milks (whole, 2%, 1%, fat free) bearing an "AKC-P" on the inkjet of the container

MOUTHWASH

Colgate [All], Listerine [Cool Mint, Total Care Zero, UltraClean, Zero Alcohol], Scope [All]

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. **DRY ROASTED, TOASTED, BLANCHED, AND GROUND** These processed nuts require KFP certification.

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. Kroger Pecan Halves (OU)

ALMOND FLOUR Costco Kirkland Brand with KORC or Kof-K 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

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 below

SUGAR

Sugar Cubes or Pure granulated cane without dextrose. Confectioners, brown, and vanilla sugars need KFP.

TEA BAGS

PLAIN BLACK, GREEN, & WHITE FLAVORED, INSTANT, & DECAF

Requires KFP

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.

TOOTHPASTE:

Aim [All]. Close Up [All]. Colgate [All]. Pepsodent [All]. Ultrabrite [All]

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.

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
Cheese Cloths
Conditioner
Copper and metal cleaners
Cork
Cosmetics (except possibly lipsticks)
Crockpot Liners
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
Hand Sanitizer
Insecticides
Isopropyl alcohol
Jewelry polish
Laundry detergents
Lotions
Napkins (paper)
Oven cleaner
Paper cups, plates and towels

Perfumes
Pipe openers
Plastic bags
Plastic containers
Plates (paper, plastic or Styrofoam)
Scouring pads and powder
Shampoos
Shaving cream and gel
Shaving lotion
Silver polish
Skin cream
Soaps
Stick deodorant
Suntan lotion
Talcum powder (100% talc)
Toilet bowl cleaner
Water filters
Wax Paper