



PASSOVER

QUICK SHOPPING GUIDE

**FOR MORE PRODUCTS
AND THE MOST
UP TO DATE
INFORMATION**

Scan this code to access our online
AKC Pesach Guide or visit:
kosheratlanta.org/pesach-guide/



FOR PASSOVER 2023 ONLY

The following items may require a kosher symbol but do not require a Kosher for Passover (KFP) symbol unless specified with a Passover symbol in parenthesis alongside the product below.

BABY FOOD & FORMULA

Some of these baby foods and formulas are not certified KFP. These products are halachically acceptable for infants or those who are ill.

BABY FOOD

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

FORMULA

Enfamil (all liquids, all powders)

Isomil (all liquids, all powders)

Similac (all liquids, all powders)

(For a full list, including medical & nutritional supplements see our ONLINE 2023 AKC Passover Guide or the OU Passover Guide)

BAKING SODA

All.

BROWN SUGAR

Domino (OK-P)

COCOA

All Hershey's.

All 100% cocoa without additives when produced in the US.

COFFEE

GROUND & WHOLE BEAN

All caffeinated unflavored.

INSTANT Folgers (Caffeinated &

Decaf), Maxwell House (OK-P),

Nescafe Taster's Choice (caffeinated only)

DAIRY ITEMS

BUTTER Breakstone (OU-P)

COTTAGE CHEESE Breakstone (OU-P), Friendship (OU-P)

CREAM CHEESE Kroger (OU-P),

Publix (OU-P), Temp-Tee (OU-P)

SOUR CREAM Breakstone (OU-P),

Friendship (OU-P)

EGGS

Preferably should be purchased before Passover.

FISH

FRESH & FROZEN

365 by Whole Foods [Atlantic

Salmon], Costco [Tilapia], Kirkland

Signature [Skin-On Boneless Wild

Sockeye Salmon Portions, Skinless

Boneless Farmed Atlantic Salmon

Portions, Tilapia Loins], Member's

Mark [All-Natural Tilapia]

All raw, unprocessed, and unseasoned fish may be used.

SMOKED FISH requires KFP.

FRUIT

FROZEN: SLICED OR WHOLE

Unsweetened and additive free.

Some fruit requires insect checking.

GARLIC

PEELED Garlic from China is not acceptable for Passover. All other peeled garlic is acceptable.

HERBS

All fresh.

ICE

All.

JUICE

FRESH

Kroger Brand Orange Juice without

Calcium (AKC-P on the inkjet of the

container)

Tropicana (OK-P)

FROZEN 100% pure frozen orange or

white grapefruit from concentrate with no additives.

LEMON & LIME JUICE

RealLemon & RealLime

MEAT AND POULTRY

RAW, UNPROCESSED, AND

UNSEASONED All.

GROUND, PICKLED, SEASONED, OR DELI MEATS require KFP unless

specified.

GROUND BEEF Kosher Gourmet, Griller's Pride (AKC-P), Toco Hills Kroger, Teva

MILK

Kroger Brand Milks: Whole, 2%, 1%, fat-free (AKC-P on the inkjet of the container)

Preferable to use KFP milk, but all milk may be used if purchased before Passover.

MOUTHWASH

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

NUTS

RAW CHOPPED, SLIVERED, OR WHOLE NUTS (excluding pecans and peanuts) without additives.

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

BLANCHED, DRY ROASTED, GROUND, AND TOASTED

require KFP.

PECANS

Kroger Pecan Halves (OU)

Pecan pieces and midget pecans require KFP.

Whole and half pecans are similar to raw nuts mentioned above.

PEANUTS

Many consider peanuts to be Kitniyos.

ALMOND FLOUR Kirkland Signature

OILS

Extra Virgin Olive Oil (Some require year-round certification), Virgin Coconut Oil (with OU)

PARCHMENT PAPER

Great Value, Members Mark, Publix, Reynolds, Up&Up

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QUINOA

Requires KFP. Check for infestation.

RAISINS [WITHOUT OIL]

Dole, Gold Emblem, Kroger, Publix, Trader Joe's

SALT

All non-iodized, without dextrose, polysorbates, or sodium silicates.

SELTZER

All unflavored.

SPICES

GROUND SPICES require KFP.

WHOLE SPICES All, except those listed in the Kitniyos list below.

SUGAR

Sugar cubes or pure granulated cane without dextrose.

BROWN, CONFECTIONERS, AND VANILLA SUGARS require KFP.

TEA BAGS AND LEAVES

BLACK, GREEN, & WHITE

All pure, unflavored, non-decaf.

Flavored, instant, and decaf tea requires KFP.

HERBAL TEA

Bigelow (Kof-K P)

TOOTHPASTE

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

WATER

All unflavored, spring or distilled, without Calcium Citrate. Electrolytes, fluoride, and minerals are acceptable.

KITNIYOS

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

THE FOLLOWING ARE CONSIDERED KITNIYOS:

Beans, Buckwheat, Caraway, Cardamom, Chickpeas, Corn, Edamame, Fennel, Fenugreek, Flaxseed (Linseed), Green Beans, Haricot Verts, 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	Dental floss (any unflavored, incl. waxed)	Oven cleaner
Aluminum foil baking pans	Deodorants	Paper cups, plates, and towels
Baby ointments	Detergents	Perfumes
Bags (paper or plastic)	Dishwashing detergent	Plastic containers
Body wash	Drain opener	Plates (paper, plastic, or Styrofoam)
Bowl and tub cleaner	Fabric protector	Scouring pads and powder
Candles	Furniture polish	Shampoos
Cardboard	Glass cleaner	Shaving cream and gel
Carpet cleaner	Hair gels, sprays, and mousse	Shaving lotion
Charcoal	Hair removers and treatments	Silver polish
Cheese cloths	Hand sanitizer	Skin cream
Conditioner	Insecticides	Soaps
Copper and metal cleaners	Isopropyl alcohol	Suntan lotion
Cork	Jewelry polish	Talcum powder (100% talc)
Cosmetics (lipstick ingredients should be checked)	Laundry detergents	Toilet bowl cleaner
Crockpot liners	Lotions	Water filters
Cupcake holders	Napkins (paper)	Wax paper

Wishing you a happy and kosher Passover!