



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 2024 ONLY

The following common items do not require a Kosher for Passover (KFP) symbol unless specified in parenthesis alongside the product. Products may require regular kosher certification.

BABY FOOD & FORMULA

BABY FOOD

First Choice (OU-P)

FORMULA

*Some of these baby foods and formulas are not certified KFP, but are halachically acceptable for infants or those who are ill:

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 2024 AKC Passover Guide or the OU Passover Guide.

BAKING SODA

All.

BROWN SUGAR

Domino (OK-P)

COCOA

All 100% cocoa produced in the US without additives.

COFFEE

GROUND & WHOLE BEAN

All caffeinated unflavored.

INSTANT UNFLAVORED Folgers

[Caffeinated and Decaf], Maxwell

House [Caffeinated and Decaf]

(OK-P), Nescafe Taster's Choice

[Caffeinated]

DAIRY ITEMS

BUTTER Breakstone (OU-P)

COTTAGE CHEESE Breakstone (OU-P),

Friendship (OU-P)

CREAM CHEESE Publix (OU-P),

Temp-Tee (OU-P)

FARMER CHEESE Friendship (OU-P)

EGGS

Preferably should be purchased before Passover.

FISH

FRESH & FROZEN 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, unseasoned.

SMOKED FISH require KFP.

FRUIT

FRESH: SLICED

*Pre-cut fruit at supermarkets often contain non-KFP preservatives.

FROZEN: SLICED OR WHOLE

Unsweetened and additive-free.

Some fruits require insect checking.

GARLIC

PEELED All produced in the US without additives.

HERBS

All fresh.

ICE

All.

JUICE

FRESH

Kroger Orange Juice without Calcium

(AKC-P on inkjet of the container)

Lidl (OU-P), Simply (OU-P),

Tropicana (OK-P)

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

LEMON & LIME JUICE

ReaLemon & ReaLime

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 [Half & Half, Skim, Whole, 2%, 1%] (AKC-P on the inkjet)

KFP milk is preferred, but all milk may be used if purchased before Passover.

MOUTHWASH

Listerine [Cool Mint: Antiseptic or Zero Alcohol, Freshburst, Total Care Zero, UltraClean], Scope [All]

NUTS

RAW (excluding peanuts)

Whole, halved, slivered, or chopped without additives*.

*If product bears an allergen warning that it's processed in a plant with kitniyos or chometz, it requires KFP.

*Pecan pieces and midget pecans require KFP.

Raw nuts that are KFP with a plain OU, despite allergen warning:

Kirkland Signature [Whole Almonds,

Whole/Halved Pecans, Walnuts]

Kroger [Halved Pecans]

BLANCHED, DRY ROASTED,

GROUND, AND TOASTED require KFP.

PEANUTS

Many consider peanuts to be Kitniyos.

ALMOND FLOUR Kirkland Signature

OILS

Extra Virgin Olive Oil: Many kosher agencies only recommend buying with a hechsher. If not available with a

hechsher, the oil may be used without.

Virgin Coconut Oil (with OU)

PARCHMENT PAPER

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

QUINOA

Requires KFP. Check for infestation.

–cont'd from front

RAISINS [WITHOUT OIL]

Dole, Great Value, Kroger, Publix, Trader Joe's

SALT

All non-iodized, without dextrose or polysorbates. Magnesium carbonate and sodium silicate are KFP.

SELTZER

All unflavored.

SPICES

GROUND require KFP.

WHOLE All, except if on Kitniyos list.

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]

WATER

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

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
Aluminum foil baking pans
Baby ointments
Bags (paper or plastic)
Body wash
Bowl and tub cleaner
Candles
Cardboard
Carpet cleaner
Charcoal, unflavored
Cheese cloths
Coffee filters
Conditioner
Copper and metal cleaners
Cork
Cosmetics (lipstick ingredients should be checked)
Crockpot liners
Cupcake holders

Cups (paper, plastic, or Styrofoam)
Dental floss (any unflavored, incl. 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
Plastic containers
Plates (paper, plastic, or Styrofoam)
Scouring pads and powder
Shampoos
Shaving cream and gel
Shaving lotion
Silver polish
Skin cream
Soaps
Suntan lotion
Talcum powder (100% talc)
Toilet bowl cleaner
Water filters
Wax paper

Wishing you a happy and kosher Passover!