



Shopping Guide

Pesach 2009

This list of products is marked as follows:



Acceptable without Passover Certification

Food items in this section should preferably be purchased before Passover



Must bear reliable Passover Certification



Not acceptable for Passover

Sephardim should contact their local Sephardic rabbi regarding issues of kitnios

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
Alcohol		For drinking ▲ Isopropyl and rubbing ✓
Alfalfa	✗	Kitnios
Aluminum products	✓	Includes aluminum foil and pans
Ammonia	✓	
Anise	✗	Kitnios
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also require Pesach certification
Apple sauce	▲	
Aspartame	▲	
Baby carrots		Raw are acceptable if they contain no additives Canned or cooked ▲
Baby food	▲	
Baby formula		See medicine pages When acceptable, bottles should be filled and cleaned away from Pesach dishes since formula is kitnios
Baby oil	✓	
Baby ointment	✓	
Baby powder	✓	
Baby wipes		Acceptable if they do not contain ethyl alcohol (ethanol)
Bags	✓	
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	✗	Kitnios
Bean sprouts	✗	Kitnios
Beverages	▲	

Product	Status	Notes
Bicarbonate of soda	✓	
Bird food		See pet food pages
Bleach	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable
Brewer's yeast	✗	Chametz
Brown sugar	▲	
Brussels sprouts	▲	
Buckwheat	✗	Kitnios
Buckwheat pillow	✓	One may own and derive benefit from kitnios
Butter	▲	
Candles	✓	
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	✗	Kitnios
Caraway	✗	Kitnios
Carrots		Raw (including baby carrots) are acceptable if additive free Canned or cooked ▲
Cat food		See pet food pages
Charcoal	✓	
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See medicine pages
Chickpeas	✗	Kitnios
Cloves	▲	Some have a custom not to use cloves for Pesach because they used to be soaked in alcohol
Cocoa powder		Acceptable if 100% pure and not processed in Europe All Hershey's are acceptable

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Product	Status	Notes
Coconut (shredded)	▲	
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See cosmetics pages
Colonoscopy drink		See FAQ on website
Confectionary sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander	✘	Kitnios
Corn & corn products (e.g. corn oil, corn syrup)	✘	Kitnios
Corn remover	✓	
Cosmetics		See cosmetics pages
Creams (e.g. cosmetics)	✓	
Crock pot liner	✓	
Cumin	✘	Kitnios
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Denture care		See cosmetic pages
Dentures	✓	
Deodorant		See cosmetic pages
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✘ (Kitnios) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	▲	
Eggs		Cooked or liquid ▲ Whole and raw ✓
Ensure		See medicine pages
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	

Product	Status	Notes
Fennel		Seeds ✘ (Kitnios) Leaves ✓
Fenugreek		Fenugreek is not kitnios See spices
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not kitnios See spices
Flour	✘	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See medicine pages
Foot powder	✓	
Formula for infants		See medicine pages When acceptable for use, bottles should be filled and cleaned away from Pesach dishes since formula is kitnios
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it isn't sweetened or cooked, and contains no additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✘	Kitnios
Hair gel	✓	
Hairspray		See cosmetic pages
Herbal tea	▲	
Honey	▲	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	Acceptable if plain and unflavored
Ice cream	▲	
Ices	▲	
Infant formula		See medicine pages When acceptable for use, bottles should be filled and cleaned away from Pesach dishes since formula is kitnios

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Product	Status	Notes
Ink	✓	
Insecticide		Sprays ✓ Some traps may contain chametz
Instant coffee or tea	▲	
Isopropyl Alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Kasha	✘	Kitnios
Ketchup	▲	
Kimmel	✘	Kitnios
Lactaid		Lactaid milk may be used if purchased before Pesach. Chewable pills ✘ Non-chewable pills ✓
Latex gloves		Powder free ✓ Powderless or with powder ▲
Laundry detergent	✓	
Laxatives		See FAQ on website
Lemon juice	▲	Concentrate also require Pesach certification
Lentils	✘	Kitnios
Lip products		See cosmetic pages
Lipstick		See cosmetic pages
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See medicine pages
Liquor	▲	
Listerine PocketPaks	✘	Requires Passover certification, and this brand isn't certified
Lotions	✓	
Makeup		See cosmetic pages
Margarine	▲	
Mascara	✓	
Matzo	▲	
Mayonnaise	▲	
Meat		Fresh or frozen raw meat is acceptable for Pesach, but ground or cooked requires Pesach certification
Medicine		See medicine pages
Milk	▲	See separate list of certified milk producers in the Midwest If certified is unavailable, buy before Pesach
Millet	✘	Kitnios
Mineral oil	✓	
Mineral water		Acceptable if it doesn't contain flavors or vitamins
Monosodium glutamate	▲	
Mousse (for hair)	✓	

Product	Status	Notes
Mouthwash		See cosmetic pages
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✘	Kitnios
Nail Polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements (e.g. Ensure)		See medicine pages
Nuts		Peanuts are kitnios ✘ Pecan halves or wholes ✓ Pecan pieces ▲ Other nuts are acceptable without certification if whole, free of BHA/BHT, and not blanched or roasted
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ All other types, including extra light ▲
Orange juice	▲	Pure frozen orange juice concentrate doesn't require Pesach certification
Orthodontics	✓	
Oven cleaner	✓	
Paint	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, wax paper Paper plates shouldn't be used with hot foods unless specially certified for Pesach
Parchment paper	▲	
Peanuts	✘	Kitnios
Peas	✘	Kitnios
Pecans (raw)		Halves or whole ✓ Pieces ▲
Perfume		See cosmetic pages
Pet food		See pet food pages
Petroleum jelly	✓	
Pickles	▲	
Pills		See medicine pages
Pineapple (canned)	▲	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam Paper plates shouldn't be used with hot foods unless specially certified for Pesach
Play doh	✘	May contain chametz

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Product	Status	Notes
Polish (furniture, shoe, silver)	✓	
Pop	▲	
Popcorn	✘	Kitnios
Poppy seeds	✘	Kitnios
Potato chips	▲	
Poultry		Fresh or frozen raw poultry is acceptable for Pesach, but ground or cooked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Quinoa		Quinoa is not kitnios but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	✘	Kitnios
Saffron	▲	Some have a custom not to use saffron for Pesach because they used to be dried with chametz
Salads (bagged)	▲	
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	✘	Kitnios
Shampoo	✓	
Shaving lotion		See cosmetic pages
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	✘	Kitnios
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorbitol	▲	
Soup mix	▲	
Sour tomatoes	▲	
Soy products	✘	Kitnios Soy sauce and soy milk may contain chametz
Spices		Mustard is kitnios ✘ Other spices are acceptable in whole form but ground spices require certification
Splenda	▲	
Stain remover	✓	

Product	Status	Notes
Stevia	▲	
Stick deodorant	✓	
String beans	✘	Kitnios
Styrofoam	✓	
Sugar		Brown sugar and confectionary sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✘	Kitnios
Syrups	▲	
Tea		Pure black or green tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	✘	Kitnios
Tomato-based products	▲	
Toothpaste		See cosmetics pages
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	✘	Chewable antacids require Pesach certification, and this brand isn't certified
Tuna fish (canned)	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads ▲ Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they aren't kitnios (see listing for individual vegetables) and don't contain additives other than sugar
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it doesn't contain carbonation, flavors or vitamins
Wax for braces	✓	
Wax paper	✓	
White sugar		Pure sugar without additives is acceptable
Whitener (for coffee)	▲	
Wild rice	✘	Kitnios
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	