

## **CANNED VEGETABLE GUIDE**

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Most canned vegetables require a reliable hashgacha. There are some exceptions to the rule. Hearts of palm and artichoke bottoms under the supervision of the Peru Rabbinate are acceptable if only packed in water (no oil or vinegar). Artichoke hearts under the same hashgacha are not recommended. There may be other exceptions to the rule, but unless you know otherwise, all others would need a reliable hashgacha.

## **FROZEN VEGETABLE GUIDE**

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All frozen vegetables are acceptable, with the following exceptions that would require a reliable hashgacha:

Broccoli, Cauliflower, Brussel Sprouts, Asparagus, Cut onions, Spinach, Potatoes, Artichoke Hearts.

Any vegetable containing added ingredients such as:  
pasta, oil, spices, sauces, flavors, or colors;  
and any vegetables that are packed in Israel

require reliable hashgacha. For a guide to fresh vegetables, please see the cRc policy on fresh vegetables.

## **CANNED & FROZEN FRUIT GUIDE**

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All canned and frozen fruit is acceptable, with the following exceptions that would require a reliable hashgacha:

If it contains any natural or artificial flavors or natural colors, contains any grape juice or the words “fruit juice”, any product produced in Israel or canned or jarred product packed in Israel or China.