



Passover Product Supplement

2024 (5784)

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We hope this Passover product supplement will help you in your preparations for a wonderful holiday. This Passover product supplement is not meant to be exhaustive or complete.

All information in this supplement should only be used for Passover 5784 (2024).

More about Pesach can be found in our Annual Halacha Guidebook, beginning on page 19. If you do not have one and would like one, please find it on our website at BethIsraelMalden.org/membership or contact the office at 781-322-5686.

The information in this guide has been culled from the Passover guides produced by the Chicago Rabbinical Council, Star-K, and Orthodox Union.

1: Resources for Kosher for Passover Lists and Information

Please contact Rabbi Rabinowitz with your Passover questions at rabbi@bethisraelmalden.org or 781-223-1471.

Source	OU	CRC	Star-K	KVH
Contact	212-613-8241	773-465-3900	410-484-4110	WhatsApp 773-678-0594, info@kvhkosher.org
Websites	OUKosher.org	crcweb.org , ASKcRc.org	Star-k.org	kvhkosher.org
Guides	OU Passover Guide	cRc Passover Guide	Star-K Passover Directory	

Additional Resources:

The OU and Star-K Passover Guides, as well as The Laws of Pesach: a Digest by Rabbi Avrohom Blumencrantz, are available at the Israel Book Shop.

If there is an item you cannot find in the information or lists provided, or if an item is not available, please contact the rabbi. May we all be blessed with a kosher and happy Passover!

2: Non Food Products

Permissible without Passover Certification *unless specified otherwise*

A

- Adhesive Bandages
- Air freshener - any
- Alcohol - isopropyl, denatured, produced in the United States
- Aluminum products including foils and pans
- Ammonia

B

- Bags - plastic, paper
- Baking soda
- Balloons- if they are powdered, wash them before Passover
- Band aids
- Bicarbonate of soda
- Bleach
- Bleach wipes
- Bowl and tub cleaners
- Braces - wax; wash rubber bands before placing them in your mouth

C

- Candles
- Cardboard
- Carpet cleaner
- Charcoal briquets - includes plain, easy-light, apple, hickory, and mesquite
- Cheese cloth
- Coffee filters
- Contact lens solution - all
- Contact paper
- Copper and metal cleaners

Cork

Crayons

Crayola products- All Crayola products (e.g, crayons) are chametz free except for Crayola Dough, Glitter Dots, and Easy Peel Crayon pencils. These items should be sold with the chametz. Silly Putty may be used. **Please note that some Crayola DOUGH products manufactured by their partner A1 Toys are chametz.**

Crock pot liner

Cups - all paper, plastic, styrofoam

Cupcake holders

Cutlery, plastic -all

D

Dental floss or tape - unflavored (waxed or unwaxed)

Dentures

Detergent

Dishwashing soap and detergents

Disinfectant wipes

Drain openers

E

Eye drops

F

Fabric protector, softener

Finger paint

G

Glass cleaners

Gloves - Rubber (latex), Powder free

Powderless (may contain some powder) and with powder

2: Non Food Products (cont'd)

needs Passover certification

If they contain powder and not certified for Passover do not use near food

If they are not marked, check by turning the glove inside out and rub on dark clothing

Disposable Hospital gloves may contain oatmeal as stated on the label and, if so, should be put away with the chametz and sold

Glue

H

Hydrogen peroxide

Hand sanitizer

I

Ink

Insecticide spray

Insect/rodent traps - the bait may contain chametz, and should be put away with chametz

L

Laundry detergent

Liquid dish detergent

M

Mineral oil

N

Napkins

O

Orthodontics- rinse rubber bands well before placing them in your mouth

Oven cleaner

P

Paint

Paper towels

Paraffin

Parchment paper - *needs Passover certification*

Petroleum jelly

Plastic containers

Plastic wrap

Plates - Paper, Plastic, Styrofoam

Polish

Furniture

Jewelry

Shoe

Silver

S

Scouring pads

Scouring powder

Stain remover

Styrofoam

Sunscreen

T

Tableclothes - clear plastic, non powdered. *Make sure that the plastics, even when using "pre-cut" tablecloths, are not attached to avoid halachic issues related to Shabbat & Yom Tov*

Talcum powder (100% talc)

Tissues

Toilet bowl cleaner

Toothpicks - unflavored and uncolored

W

Water filters

Wax paper

Wipes - Baby, flushable - only recommended if free of ethyl alcohol or if manufactured in the United States

Wood chips

Beware! - Playdough contains chametz.

Store and sell it with the rest of your chametz.

3: Medications on Passover

All pill or non-chewable tablet medication that you swallow is permitted, even if it contains a chametz ingredient (*candy coated pills are an exception to this rule but are uncommon*).

If you prefer to be stricter with these items, consult the Star-K Passover directory in print form and The Laws of Pesach: a Digest by Rabbi Avrohom Blumenkrantz, which have extensive lists of medications. The websites mentioned above have shorter lists.

Vitamins and food supplements do not necessarily qualify as medications and require Passover supervision. If a doctor

prescribes a vitamin which does not have Passover supervision, speak with your doctor and Rabbi. *See the KFP Vitamins list at the end of this guide.*

Liquid medicines and chewable pills need Passover certification.

See the CRC Medicine List towards the end of the supplement or consult the Passover guides or websites listed above.

- If it may contain chametz, use it under the direction of a doctor and Rabbi. ***Important - Do not discontinue the use of any medication without consulting with your doctor and Rabbi.***

3: Medications on Passover (cont'd)

- If it contains kitniyot, consume it only if you are ill. I.e., if the illness would cause you to lay down.

-All forms of antibiotics, including liquids, are acceptable without Passover certification

- You may only relieve a minor discomfort with liquid or chewable medicine if it does not contain kitniyot.

Medicinal creams and injections are permitted.

Suppositories are permitted.

Medications that you have a question about and do not need should be put away along with chametz items.

These guidelines do not address the issue of taking medicines on Shabbat and Yom Tov.

4: Cosmetics and toiletries

Items in this section may be used regardless of their ingredients unless specified otherwise

If you prefer to be stricter with these items, consult the Star-K Passover directory in print form and The Laws of Pesach: a Digest by Rabbi Avrohom Blumenkrantz, which contain extensive information on this. The Star-k website has a shorter list.

- Baby oil and ointment
- Baby powder - any not listing oat flour as an ingredient may be used
- Blush
- Body soap
- Body wash
- Colognes - permitted if they are free of (denatured) alcohol or if manufactured in the United States
- Conditioners
- Corn remover
- Creams
- Deodorant/Antiperspirant
 - stick, gel, powder - all permitted
 - spray and roll-on - permitted if they are free of (denatured) alcohol or if manufactured in the United States
- Eye shadow
- Eyeliners
- Face powder
- Foot powder - *might contain wheat starch. Check the ingredients before use*
- Foundations
- Hair products
 - gel
 - mousse, spray - permitted if they are free of (denatured) alcohol or if manufactured in the United States
 - removers
 - treatments
- Ink
- Lipstick - See the CRC Medicines and Cosmetics List included for brands that are acceptable for Passover. If your brand is not there go to askcrc.org and use the lipstick checker.
- Lotions
- Mascara
- Mouthwash needs to be chametz free. Some usable brands:

- Listerine - *Cool Mint (Antiseptic, Zero Alcohol), Fresh Burst, Total Care Zero, UltraClean, Zero Alcohol*
- Scope - *all*
- Nail polish
- Nail polish remover
- Ointments
- Paints
- Perfumes - permitted if they are free of (denatured) alcohol or if manufactured in the United States
- Shampoo
- Shaving products
 - cream, gels, lotion - permitted
 - liquid - permitted if they are free of (denatured) alcohol or if manufactured in the United States
- Skin cream
- Sunscreen
- Suntan lotion
- Talcum powder (100% talc)
- Toothpaste needs to be chametz free. Some usable brands:
 - Aim - *all*
 - Close Up - *all*
 - Colgate - *all*
 - Crest - *Cavity Protection Gel & Paste (all), Kid's Crest (all), Crest + Scope (all), Crest 3D White (Radiant Mint)*
 - Pepsodent - *all*
 - Sensodyne - *Sensitivity & Gum Clean & Fresh*

Vaseline
Wipes - permitted if they are free of (denatured) alcohol or if manufactured in the United States

Consult the printed Passover guides for an extensive list of acceptable Passover products. There are shorter ones available on the websites. The CRC Medicine and Cosmetics List is included in this Guide.

For assistance call the Rabbi at 781-223-1471.

5: Food Products

Note for using this Section:

MBU - "May Be Used" - does not need special Passover certification. However, this does not impact the year round kosher certification that it might need.

RPC - "Requires Passover certification" - the packaging must bear a kosher for Passover symbol or be certified as kosher for Passover by a reliable Kashrut agency even without the kosher for Passover symbol. You can find this information in the resources listed above.

- If you have any questions or if something seems ambiguous, please contact the Rabbi.
- Always use clean, unopened products for Passover.

Note: Agricultural products from Israel must have a reliable Kashrut certification year round because they may have issues of Terumot, Ma'asrot, and Shemita.

A

Alcoholic beverage - **RPC**

Apple juice (including concentrate) - **RPC**

Apple sauce - **RPC**

Aspartame - **RPC**

B

Baby Food including jarred or canned- **RPC**

Baby formula - many brands are acceptable for use. Most contain kitniyot which an infant may eat. Therefore, prepare and clean bottles away from Passover sink and dishes. See Passover guides and websites. *The CRC Nutritional Supplements and Infant Formulas List is included in this Guide.*

Baking Powder - **RPC**

Butter - **RPC**

C

Candy (and other sweets) - **RPC**

Cheese and cheese spreads - **RPC** (see the included Dairy list)

Chocolate - **RPC**

Chocolate syrup - **RPC**

Cocoa

All 100% pure, if not processed in Europe - **MBU**

Hershey's cocoa, except for Special Dark - **MBU**

If the label states that it is processed in a plant that processes kitniyot or chametz - **RPC**

Coconut, shredded

sweetened or flavored - **RPC**

Unsweetened and unflavored - **MBU**

Coffee

All decaffeinated, flavored and instant - **RPC**

K-cups - **RPC**

Plain, unflavored, and not decaffeinated beans - **MBU**

A coffee grinder must be cleaned before using for Pesach.

Folgers regular and decaffeinated unflavored instant, and Tasters Choice regular unflavored instant including House Blend and French Roast - **MBU**. *Buy a new one for Passover.*

Maxwell House instant - **RPC**

Check Star-K and OU guides for other brands acceptable

for Passover.

Coffee whitener - **RPC**

Cooking oil, cooking oil spray, and cooking wine - **RPC**

D

Dairy products - RPC (see the included Vaad list)

Dates - **RPC** (because of the glaze)

Dried fruit - **RPC**

Dill dried or chopped - **RPC**

Dill fresh - **MBU** (must be checked for insects)

Dill seeds are kitniyot

E

Eggs

Whole, raw eggs should be purchased before Passover.

Cooked or liquid - **RPC**

F

Fish

Canned, frozen, or processed - **RPC**

Fresh - **MBU**

Fruit

Canned, cooked, dried or sweetened - **RPC**

Fresh - **MBU**

Fresh pre-cut - **RPC**

Frozen that are uncooked, unsweetened and without additives (syrup, citric acid, ascorbic acid or vitamin C), whole, sliced, or formed that **do not** need to be checked for insects - e.g., sliced peaches, melon balls, cranberries - **MBU**

Frozen that **do** need to be checked for insects - e.g., strawberries, requires year round inspection for infestation, unless the Kashrut certification states that no inspection is required

Preserves - **RPC**

G

Garlic

Fresh - **MBU**

Peeled (in jars or canned) - **RPC**

Gum - **RPC**

5: Food Products (continued)

H

Honey - **RPC**
 Horseradish
 Raw - **MBU**
 Prepared - **RPC**

I

Ice - plain water, bagged - **MBU**
 Ice cream - **RPC**
 Ices - **RPC**

J

Jam - **RPC**
 Jelly - **RPC**
 Juice
 Fresh - **RPC**
 Frozen
 orange, or white grapefruit, 100% pure without
 sweeteners, additives, preservatives, or enrichments (e.g.
 calcium) - **MBU**
 all other - **RPC**
 Lemon juice, including concentrate - **RPC**
 ReaLemon Brand
 Lemon Juice - **MBU**
 Lime Juice - **MBU**

K

Ketchup - **RPC**

L

Lactaid
 Lactaid milk - **MBU if purchased before Passover**
 Chewable pills *may not be used*
 Non- chewable pills - **MBU**

Liqueur - **RPC**

Liquor - **RPC**

M

Margarine - **RPC**
Matzah - RPC
 Mayonnaise - **RPC**
 Meat

 Fresh or frozen raw meat in its original packaging with
 regular kosher certification - **MBU**

 Ground, cooked, or repackaged - **RPC**

Milk - **RPC**

*Where Passover certified is unavailable, purchase before
 Passover.*

Mushrooms

 Raw or dried - **MBU**

 Canned - **RPC**

N

Non-dairy creamer - **RPC**

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 - **MBU**

 If the label states it is processed in a plant that processes
 kitniyot or chametz - **RPC**

 Dry roasted, toasted, blanched, and ground - **RPC**

Pecans

 whole, half - **MBU**

 pieces, midget - **RPC**

Peanuts - kitniyot, **may not be eaten by Ashkenazi Jews**

O

Oil

 Avocado - **RPC**

 Cooking oil/spray - **RPC**

 Grapeseed oil - **RPC**

 Olive oil - Extra virgin, unflavored - **MBU**

 Olive oil - All others, including extra light - **RPC**

P

Pam - **RPC**

Pickles and pickled tomatoes - **RPC**

Pineapple, canned - **RPC**

Potato chips - **RPC**

Popcorn - kitniyot, **may not be eaten by Ashkenazi Jews**

Poultry

 Fresh or frozen raw poultry in its original packaging
 with regular kosher certification - **MBU**

 Ground, cooked, or repackaged - **RPC**

Prunes - **RPC**

Pumpkin seeds (*are not kitniyot*)- raw without additives - **MBU**

R

Raisins - **RPC**

S

Salads - bagged - **RPC**

Salt - all non-iodized without dextrose or polysorbates (magnesium
 carbonate and sodium silicate are not a problem) - **MBU**

Sherbert - **RPC**

Shortening - **RPC**

Seltzer

 Unflavored that do not list any citrates - **MBU**

 Flavored - **RPC**

Soda - **RPC**

Sorbet - **RPC**

Soup Mix - **RPC**

5: Food Products (continued)

Spices

Whole form - **MBU**

Ground spices - **RPC**

Spice blends and seasonings - **RPC**

Splenda - **RPC**

Stevia - **RPC**

Sugar

Pure cane or beet sugar without dextrose - **MBU**

Brown, confectioners, and vanilla - **RPC**

Sugar substitutes - **RPC**

Syrups - **RPC**

T

Tea

Pure black, green, or white tea leaves or tea bags - **MBU**

Flavored, instant or decaffeinated - **RPC**

Lipton regular unflavored tea bags - **MBU**

Herbal tea - **RPC**

Tuna- canned - **RPC**

V

Vanilla - **RPC**

Vegetables

Bagged salads - See Salads - bagged, under "S"

Canned, jarred, cooked, or frozen - **RPC**

Fresh raw vegetables that do NOT contain additives other than sugar- **MBU**

Baby carrots, raw with no additives - **MBU**

Vegetable oil - **RPC**

Vegetable wash - **RPC**

Vinegar - **RPC**

W

Water

Any bottled, spring or distilled water that is unflavored, even if it includes with fluoride or minerals - **MBU**

Flavored or include citrate or zinc lactate may not be used

5 gallon containers (*because they are reused*) - **RPC**

Wine - **RPC**

Y

Yogurt - **RPC**

6: Quinoa

Quinoa was determined to be Kosher L'Pesach. It is not related to the five types of grain that can become chametz, nor to millet or rice. There is a possibility that Quinoa grows in proximity to certain grains and may be processed in facilities that compromise its kosher for Passover status. Therefore, Quinoa should only be accepted with reliable Kosher for Passover supervision.

The Butcherie carries Quinoa that is kosher for Passover use.

7: Stores from which you may buy chametz immediately after Passover

KVH Update April 11, 2024

Chametz from all Major Chain Stores is permitted to be purchased at this time. Almost all stores in our area have no Jewish ownership, and the ones that have Jewish Ownership have divested themselves from owning Chametz for the duration of Pesach according to Torah Law.

All KVH Kosher Certified Establishments have divested themselves from owning Chametz for the duration of Pesach according to Torah Law.

Please Note: While Ocean State Job Lot appears to be under Jewish ownership, KVH Kosher has not been able to verify the ownership status, nor whether the chametz was sold or not. Please consult your local Rabbi regarding purchasing chametz there during the next couple of months.

For more information see <http://kvhkosher.org/chometz-after-pesach/>

8: How to check for insects - *Romaine Lettuce*

by Rabbi David Bistricher, originally published at oukosher.org/passover/articles/assuring-insect-free-romaine-lettuce/

Romaine lettuce is commonly used for maror. This type of lettuce is known as an open leaf variety, meaning that as the leaves sprout forth from the ground, they begin to open up like a flower. Toward the end of their growth, the leaves begin to close around the stalk. Since romaine lettuce grows open, it is much more prone to insect infestation throughout the head than other varieties that primarily grow as a closed ball.

The insects most commonly found in open leaf lettuce are small black or green aphids and thrips. The leaves of the vegetable often camouflage these insects. The open structure of these vegetables allows insects to penetrate the entire head. Often, insects may be found between the innermost layers of leaves of an infested head.

Therefore, each leaf must be washed and checked individually. The use of a light box for checking lettuce can be extremely convenient and helpful. However, even if a light box is not used it is crucial to examine both sides of each leaf against a good source of light.

Occasionally, worms may be found in burrows within the body of the leaf. Look for a narrow translucent burrow speckled with black dots breaking up the deep green color of the leaf. These burrows will often trap the worm within the leaf. To rid the leaf of these worms, carefully slit the bumpy part within the burrow with a sharp knife and remove the worm. It is important to note that many of these varieties feature curly leaves with many folds in which the insects tend to hide. It is therefore recommended that they be washed and checked with extreme caution.

These two options for properly checking romaine lettuce, using a light box or a mesh cloth, are equally acceptable.

Light Box

1. Cut off the lettuce base and separate the leaves from one another.
2. Soak leaves in a solution of cold water and soap. The proper amount of soap has been added when some bubbles are observed in the water.
3. Agitate lettuce leaves in the soapy solution.
4. Spread each leaf, taking care to expose all its curls and crevices. Using a heavy stream of water or sink hose, remove all foreign matter and soap from both sides of each leaf. Alternatively, a vegetable brush may be used on both sides of the leaf.
5. Leaves should be checked over a light box or against strong overhead lighting to verify that the washing procedure has been effective. Pay careful attention to the folds and crevices in the leaf where insects have been known to hold tightly through several washings.

Mesh Cloth (washing lettuce and checking water)

1. Agitate and soak leafy produce for a few minutes in cold water containing vegetable wash.
2. Drain the water through a mesh cloth placed between two large strainers.
3. After draining the water, place the mesh cloth on a light box to inspect for any possible insects that were dislodged from the produce into the water. The mesh cloth method of checking has become increasingly popular and can be a time saver, making it easier to check larger volumes of produce.

You can watch a video on the mesh cloth method here: www.star-k.org/videos?channel=920613

To purchase a thrip cloth, contact Rabbi Zvi Solomon of the KVH at 617-999-2882, or the rabbi.

If there is something that you cannot find in the information or lists that we have provided or you have any questions please contact the rabbi at (781)223-1471 or rabbi@bethisraelmalden.org.

May we all be blessed with a kosher and happy Passover!

9: KosherVitamins.com Kosher Vitamins List

www.koshervitamins.com/shop/stores_app/page.asp?pid=9

Full Company:

Adwe (Supplements and Oral Care)
Dr. Fischer (Body Care)
SuperLan (Skin Care)

Please note the products listed below are only certified kosher when they state so on the label and are bought from KosherVitamins.com

Companies:

Adirondack:

100% Pure Maple Syrup 8 OZ

Bakol: (Sugar substitute) *only when saying Kosher for Passover on the item.*

Organic Blue Agave Sweetener - 14 OZ
Organic Blue Agave Syrup - 23.5 OZ
Organic Raw Agave Syrup - 23.5 OZ
Xylitol - 1 lb, 2.5 lb, 5 lb, Packets 50 Count

Bigelow Tea:

Cinnamon Stick Black Tea
Constant Comment Black Tea
Cozy Chamomile Herbal Tea Caffeine Free
Darjeeling Black Tea
Earl Grey Black Tea
Earl Grey Green Tea
English Breakfast Black Tea
English Teatime Black Tea
Green Tea Classic
Green Tea Classic Decaffeinated
Green Tea Jasmine
Green Tea with Mint
Mint Medley Herbal Tea Caffeine Free
Oolong Tea Classic
Peppermint Herbal Tea
Plantation Mint Black Tea
Sweet Dreams Herbal Tea

Freeda: (Supplements)

To the best of our knowledge:

Freeda products do NOT contain Chametz

Freeda products should be assumed to contain Kitniyot ingredients

Please consult with your local Rabbi for any specific questions you may have about using these products on Pesach.

Herbal Health:

Calm It Liquid - 4 OZ
Constipaid Herbal Formula - 4 OZ
Herbiotics Herbal Formula - 4 OZ
Immune Mix - 4 OZ
Multivitamix Complete Multi Vitamin and Mineral with Omega-3 Liquid - 4 OZ
Stomach Soothe - 4 OZ
Sweet Sleep Herbal Formula - 4 OZ

Landau:

Landau Vitamins does not state if their products are Kosher for Passover, please ask your local Rabbi before taking any of their supplements on Passover.

The following food items are kosher for Passover only when listed on the label.

All Natural Sweet Potato Crisps with Sea Salt 0.75, 5 OZ
All Natural Veggie Medley Crisps with Sea Salt 0.75, 5 OZ
Gluten Free Panko Crumbs Plain - Gluten Free
Pure Clover Honey 8 oz, 12 oz, 1 lb, 2 lb, 5 lb
Wrap 'n Boil Bags

Maxi Health: (Supplements)

Kosher for Passover Products:

Maxi Vitamin C Bio 400 mg. with Red Raspberry - 90 Capsules
Maxi Stomach & Acid Antacid - 120 Capsules
Maxi Calm with Valerian Root, St. John's Wort and Passion Flower Full Spectrum
Maxi Active Lax Full Spectrum Constipation Relief
Empty MaxiCaps Vegetable Capsules - All Sizes
Kosher Lemon Bioflavonoids 1000 mg - Passover 90 Tablets
The following are Certified chametz free but may contain kitniyot:

Small Prenatal Caps
Maxi Melatonin 3 mg 100 Capsules
Maxi Melatonin 5 mg 100 Capsules
Maxi Melatonin 10 mg 100 Capsules
Maxi Health Kosher Chewable Melatonin 1 mg Lemon Flavor

The following products "contain" chametz:

Green Energee (powder & caps)
Maxi Green Concentrate
Maxi Green Supreme
Green Vitality
Super Enzymax
Premium Enzymax
Maxi Digest
Fibermax Powder

All other Maxi Health products may contain kitniyot.

9: KosherVitamins.com Kosher Vitamins List (cont'd)

Mediterranean Balance

Mediterranean balance products are NOT certified kosher for Pesach and contain kitniyot.

Healthy people should not use these products over Pesach. Those with a medical need or condition, however, should consult with their Rav.

The below might have a chashash Chametz:

- Energy and Vitality Booster
- Magnesium Complex- NeuroBalance
- Male Reproduction and Fertility Support
- All multivitamins and prenatales

Navitco:(Supplements)

Navitco does not state if their products are Kosher for Passover, please ask your local Rabbi before taking any of their supplements on Passover.

Natures Cure (Supplements)

The products listed below only when saying Kosher for Passover on the label.

- Colloidal Silver 100ppm Liquid - 4 OZ, 8 OZ, 16 OZ
- Gas Relief Oil - 15 mL
- Immune Power - 100 Vegetarian Capsules, 240 Vegetarian Capsules
- Miracle Clay - 180 Vegetarian Capsules, 360 Vegetarian Capsules
- Miracle Clay Cream Deep Cleansing Cream - 4 OZ, 10 OZ, 32 OZ
- Miracle Clay Powder Vital Cleanser For Systems Balance - 10 OZ, 32 OZ, 64 OZ
- Miracle Clay Vital Cleanser For Systems Balance - 10.5 OZ, 64 OZ
- Natures Cal Plus (Calcium) - 120 Vegetarian Capsules, 240 Vegetarian Capsules
- Nature's Miracle Clay Toothpaste - Peppermint Flavor - 4 OZ, 10 OZ
- Natures Miracle Baby Powder - 6 Ounces
- Occasional Constipation Care 2 Essential Colon Cleanser - 100 Vegetarian Capsules, 250 Vegetarian Capsules
- Occasional Constipation Care - Mild - 100 Capsules
- Occasional Constipation Care Regular Essential Colon Cleanser - 100 Vegetarian Capsules , 250 Vegetarian Capsules
- Teething Oil Soothes N' Numbs - 15 ML

Nutri Supreme Research:

Nutri Supreme products are NOT certified kosher for Pesach and contain Kitniyot.

Healthy people should NOT use the products over Pesach. Those with a medical need or condition, however, should consult with their Rav.

The below might have a chashash Chametz:

All Multivitamins and Prenatales

All Chewables

Ultimate Probiotic 50 Billion and Saccharomyces Boulardii

Melatonin can be used if needed.

Taanug: (Food Natural)

- Chamomile Tea 24 Tea Bag
- Peppermint Tea 24 Tea Bag
- Senna Herbal Tea 24 Tea Bags
- Cold Cereal Vanilla Munch 5.5 OZ
- Cold Cereal Chocolate Munch 5.5 OZ

Wellbee's: (Flour)

- Super Fine Almond Flour 2 and 5lb
- Pure Fish Gelatin

Zahler: (Supplements)

In a letter from Rabbi Stern the certifying Rabbi he writes the following

BS"D

This letter is to confirm that all the vitamins from the firm 'Zahler' are under my supervision and are created with the highest standard of Kashrus for all year round but were not made Kosher for Pesach. However, they definitely do not contain Chometz, but most of them contain Kitnios.

Signature date Tuesday, Parshas Tzav 2024

Rabbi Shlomo Tzvi Stern, Rav of Debrecen

P.S. If you need to take the vitamins for your health on Pesach, you should ask your Rav if they can be taken, as there are some Heteirim:

- 1.For healing purposes, the Rabbanim did not restrict
- 2.The Kitnios becomes null against the rest of the formula
- 3.The Kitnios isn't the main need of the compound, it is just there for sidepurposes such as extending the shelflife or for dissolving purposes etc.
- 4.It's not considered 'Food', and it's reasonable to say that the Minhag restricted Food items only And the Rav will decide based on the situation.

Please ask your local Rabbi before taking any of their supplements on Passover.

DAIRY PRODUCTS

Certified dairy items available at local New England Supermarkets

PLEASE NOTE: Passover items are usually sold alongside similar items without a Passover certification. Always check each package for Passover certification on the label or date code. Also, these items will likely be bought by regular customers as well, depleting the supply.

Ahold

Cottage Cheese, Cream Cheese Bars, Cups Cream Cheese Soft, Sour Cream Natural

Amazon Fresh

1% Milk, 2% Milk, Skim Milk, Whole Milk

Breakstone's

BUTTER: Salted, Unsalted, Whipped Salted, Whipped Unsalted Low Fat, Smooth & Creamy Cottage Cheese 4%, Sour Cream, Sour Cream Reduced Fat

Devash Farms

1% Milk, Chocolate Milk, Half & Half, Heavy Cream, Homogenized Vitamin D Milk, Skim Milk

Friendship

COTTAGE CHEESE: Low Fat, Nonfat, Nonfat with Pineapple, Plain, Salt Free Low Fat, Whipped, with Pineapple Farmer Cheese, Farmer Cheese No Salt, Pot Cheese, Sour Cream

Givat

YOGURT - SLIM 60 FAT FREE SUGAR FREE: Coffee, Mixed Berry, Strawberry, Vanilla YOGURT - YOGOLITE NONFAT: Coffee, Field Berry, Strawberry, Vanilla YOGURT - YUMMY KIDS: Strawberry, Vanilla Cottage Cheese, Cottage Cheese Lowfat, Cream Cheese Bar, Yogolite Plain Sweetened

Haolam

American Cheese, Cheddar Cheese, Chevre Fine Herb Cheese, Chevre Honey Cheese, Chevre Natural Cheese, Dill Havarti Cheese, Edam Cheese, Fancy Blend (Cheddar and Mozzarella) Cheese, Feta Cheese, Garlic and Herb Feta Cheese, Garlic Basil Jack Cheese, Goat Mozzarella Cheese, Goat Muenster Cheese, Gouda Cheese, Havarti Cheese, Lacy Swiss Cheese, Monterey Jack

Cheese, Mozzarella Cheese, Muenster Cheese, Parmesan Cheese, Pepper Crusted Muenster Cheese, Pizza Cheese, Provolone Cheese, Reduced Fat American Cheese, Reduced fat Monterey Jack Cheese, Reduced Fat Mozzarella Cheese, Reduced fat Muenster Cheese, Reduced Fat Pizza Cheese, Reduced Fat String Cheese, Ricotta Cheese, Romano Cheese, String Cheese, Swiss Cheese, Tilsit Cheese, Twist String Cheese, Variety Pack, Yogurt and Herb Cheese

Garelick

1% Milk, 2% Milk, Skim Milk, Whole Milk

Great Value (Walmart)

Milk: Whole

Hannaford

Cream Cheese: Bars

J&J

CHEESE: American, American Cheese Spread, Cottage Cheese, Cottage Cheese Lowfat, Farmer CHEESE SNACK: Cappuccino, Regular CREAM CHEESE: Bar, Garlic 'n Chives, Lite, Plain, Whipped Lite, Whipped Vegetable YOGURT: Berry Medley, Blueberry, Coffee, French Vanilla, Golden Qafe - Coffee, Plain, Strawberry, Vanilla YOGURT NON FAT: Coffee, Plain Sweetened, Strawberry, Vanilla YOGURT SWISS: Strawberry, Vanilla Light Sour Cream, Sour Cream

Kirkland (Costco)

1% Milk, 2% Milk, Skim Milk, Whole Milk

La Yogurt

YOGURT: Blueberry, Cherry, Mixed Berry Yogurt, Plain, Strawberry

Market Basket

Cream Cheese Bar,

Soft Cream Cheese Cup

Mehadrin

CHEESE: American, Cheddar, Cottage Cheese, Cottage Cheese Fit 'n' Free, Cottage Cheese Lowfat, Farmer, Mozzarella, Munster, Pizza, Smoked CHEESE SNACK: Greek, Regular CHEESE STIX: American, Mozzarella, Smoked CREAM CHEESE: Whipped, Whipped Light, Whipped Vegetable LEBEN: Chocolate, Mochaccino, Plain, Strawberry, Vanilla PUDDING: Chocolate, Vanilla YOGURT: Blueberry, Coffee, Plain, Raspberry, Strawberry, Strawberry Banana, Vanilla YOGURT BLENDED LOW FAT: Coffee, Strawberry, Vanilla YOGURT FIT 'N' FREE: Coffee, Mixed Berry, Plain, Strawberry, Vanilla YOGURT GREEK FIT 'N' FREE: Black Cherry, Cappuccino, Mixed Berry, Vanilla YOGURT GREEK NON FAT: Black Cherry, Cappuccino, Peach, Plain, Strawberry, Vanilla Garlic Butter, Sour Cream

Migdal

(select varieties available at The Butcherie and Zayde's Market)

CHEESE: American, American Smoked, Baby Swiss, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster

Miller's

CHEESE: American, American Colored, American White, Asiago, Cheddar, Cheddar Skim, Colby, Edam, Feta, Gouda, Havarti, Havarti & Dill, Italian, Monterey Jack, Mozzarella, Muenster, Parmesan, Romano, Smoked, String, Swiss, Vegetable Cheese Spread, Yogurt Cheese, Yogurt Spice Cheese

Miller's Chunk

CHEESE: Calico Cheddar, Dill

Havarti, Fresh Curd, Golden Jack, Mello Gold, Port Salut

Miller's Good Health

CHEESE: American, Edam, Gouda, Mozzarella, Muenster, Swiss, Vegetable Colby

Norman's

CRÈME: Dulce De Leche, Mocha Latte, Strawberry, Vanilla
GREEK: Colombian Coffee, Plain, Strawberry, Vanilla
GREEK 2%: Caramel Caffè
Macchiato, Madagascar Vanilla, Vanilla Lavender
GREEK KIDS: Strawberry Jubilee
GREEK LIGHT: Coffee, Strawberry, Vanilla
I.Q. SQUEEZABLE: Banana-Berry, Strawberry, Strawberry Family Pk
LOW FAT: Strawberry
PIXIE CUPS: Coffee Latte 1% Low Fat Yogurt, Strawberry Yogurt 1% Low Fat, Vanilla 1% Low Fat Yogurt
WHOLE SOME: Vanilla
YOGURT GREEK CREAMY
BLENDS: Caramel Café
Macchiato, Vanilla Lavendar
YOGURT KIDDIE WHOLE MILK: Strawberry, Vanilla
YOGURT NONFAT "TASTE": Café

Late, Strawberry, Vanilla
YUMMY SWISS: VANILLA 6 pk 2% Plain Yogurt, 2% Strawberry Yogurt, 2% Vanilla Yogurt, 50 Light Plain Diet Yogurt, 50 Light Strawberry Diet Yogurt, 50 Light Vanilla Diet Yogurt, 80 Lite Coffee Yogurt, 80 Lite Strawberry Yogurt, 80 Lite Vanilla Yogurt, Choco Leben Pouch, Choco Leben Pouch Family Pk, Greek Creamy Blends Nonfat Greek Plain, Greek Creamy Blends Plain 2%, Greek Creamy Blends Strawberry 2%, Greek Creamy Blends Vanilla 2%, Greek Non-Fat Yogurt Colombian Coffee, Greek Non-Fat Yogurt Plain, Greek Non-Fat Yogurt Strawberry, Greek Non-Fat Yogurt Vanilla, Kiddie Whole Milk Yogurt - Strawberry Banana, Leben, Natural E'SHEL, Original Cream Cheese, Poppers Yogurt Lentils, Sour Cream, SQZ Pouch Strawberry, SQZ Pouch Strawberry Family Pk, SQZ Pouch Vanilla, SQZ Pouch Vanilla Family Pk, Strawberry 1% Low Fat Yogurt, Strawberry Pixie Pouch, Vanilla 1% Low Fat Yogurt, Vanilla Pixie Pouch, Whipped Cream Cheese, Wholesome

Full Fat Yogurt Dulce de Leche, Wholesome Full Fat Yogurt Mocha, Wholesome Full Fat Yogurt Strawberry, Yummy Swiss Strawberry Yogurt

Organic Valley (@ Whole Foods, Stop and Shop, and Star Market)

MILK: 1%, 2%, Chocolate, Skim, Whole
Half & Half, Heavy Cream

Stop & Shop

BUTTER: Salted, Unsalted
1% Milk, 2% Milk, Skim Milk, Whole Milk

Temp-tee

Cream Cheese

Trader Joe's

1% Milk, 2% Milk, Fat Free, Half & Half, Heavy Cream, Whole Milk

Wegmans

Cream Cheese Bar,
Soft Cream Cheese

Whole Foods

MILK: 2%, Chocolate, Skim, Whole
Heavy Cream



Kashering the

Introduction

Dishes, utensils, kitchen appliances, countertops, and anything else used with food year-round, cannot be used for Pesach, unless it goes through a process known as “*kashering*” or “*hechsher keilim*”. For a few items, *kashering* just involves thoroughly cleaning the item, but for most items, *kashering* also requires submerging the item in boiling water or a similar hot process. The laws of *kashering* are quite complex, and this article will present the most practical points for the average consumer. Readers are encouraged to discuss any questions not covered in this article with their Rabbi.

Most basic kitchen items are covered in this article. For these and additional items at-a-glance, see “Which Items Can be *Kashered*” (page 30).

The following items **cannot** be *kashered* for Pesach:

China, pottery, earthenware, cement, concrete, and enameled pots **cannot** be *kashered* for Pesach. The Ashkenazic custom is not to *kasher* **glass** or **crystal**, with the exception of glass stovetops discussed below. There is a difference of opinion as to whether plastic and other synthetic materials are included in this rule, and the cRc position is that these materials **can** be *kashered*.

Utensils and appliances which **cannot** be thoroughly cleaned, such as those having crevices in which *chametz* can accumulate, **may not** be *kashered* for Pesach. Some examples of this are dishwashers, sieves, graters, utensils with loose-fitting handles, and bottles with narrow necks.

Materials which might get ruined during the *kashering* process **may not** be *kashered* for Pesach, out of concern that the person would be afraid of breaking his utensil and will therefore not *kasher* properly. For example, a toaster cannot be *kashered* because it requires a method of *kashering* called *libun gamur*, which involves intense heat that might ruin the device.

We now turn to the parts of the kitchen which can be *kashered*.

SEPHARDIC APPLICATIONS

1. Rav Ovadia Yosef (*Chazon Ovadia* – Pesach 2003 edition page 151), following the *Shulchan Aruch (Orach Chaim 451:26)*, rules that **glass** and **crystal** do not need to be *kashered* for Pesach. Glass is a non-porous material, and thus merely requires to be washed and cleaned and may be used for *Pesach*. This includes **Pyrex** and **Duralex** as well. (*Chazon Ovadia, ibid.*)
2. However, an item that is not 100% glass, but contains even a small amount of material that is not able to be *kashered*, such as **ceramic**, may not be *kashered* (personal communication with Rav Ovadia Yosef). For example, a glass stovetop is likely not 100% glass and may contain additional materials. If even a small percentage of those additional materials are not *kasherable*, then the entire stovetop may not be *kashered*.
3. Rav Yosef (*Chazon Ovadia* – Pesach 2003 edition, page 151) opines that **plastic** may be *kashered* for Pesach.

Flatware

Silver, stainless steel, and plastic flatware can be *kashered*. The process begins with a thorough cleaning, after which the utensil should not be used for 24 hours. A pot of water is brought to a rolling boil, and the pieces of flatware are dropped into the water one at a time. If the water stops boiling at any point, one must wait until it returns to a boil before putting in any more flatware. The custom is to rinse the flatware with cold water after *kashering*.

Some have the custom to *kasher* in a dedicated “*kashering* pot” which is not used for anything else, but most *kasher* in any pot which is clean and has not been used for 24 hours.

Pots and Pans

Standard metal pots are *kashered* in the same manner as flatware. See our video at bit.ly/LargePot or scan the QR code at right for a demonstration of how to *kasher* a pot which



Kitchen

is too large to fit into any other pot of boiling water. **Enameled pots** (e.g., **Fiesta Ware**, **Le Creuset**) and **glass pots** (e.g., **Pyrex**) **may not** be *kashered* with *hag'alah* due to the materials they are made of. The **Instant Pot** and its cover **may not** be *kashered* because they have too many nooks and crannies which cannot be cleaned properly and into which the *kashering* water might not penetrate.

In general, **baking**, **roasting**, and **frying pans** **cannot** be *kashered* for Pesach, unless they are always used with generous amounts of oil or other grease when cooking. If that is the case, they can be *kashered* through *libun kal*, which involves cleaning the pans well, not using them for 24 hours, and then putting them upside-down on an open flame until both the inside and outside of the pan are hot enough to singe paper.

Drinking Glasses

The Ashkenazic custom is that drinking glasses made of **glass** **may not** be *kashered* if they were ever used for hot beverages or washed with hot water, such as in a dishwasher. If they were never used for hot drinks or washed hot, completely fill the glasses with water, and leave the water in the glasses for at least 24 hours; repeat this procedure two additional times with fresh water. Drinking glasses made of **plastic** can be *kashered* in the

SEPHARDIC APPLICATIONS

Glass Pots (Pyrex)

Per point #1 on previous page, these items do not need to undergo *kashering*. Washing and cleaning them suffices (*Chazon Ovadia* – Pesach 2003 edition page 152).

Frying Pans

Following the *Shulchan Aruch* (*Orach Chaim* 451:11), Rav Ovadia Yosef (*Chazon Ovadia* – Pesach 2003 edition page 138) rules that *hagala* suffices for frying pans. However, the difficulty in achieving the prerequisite level of cleanliness necessary for *hagala* may make this process impractical.

Glassware

Per point #1 on previous page, glassware does not require more than being washed and cleaned to be usable on Pesach.

same manner as flatware noted above but drinking glasses (or anything else) made of **ceramic** or **china** **may not** be *kashered*.

Tablecloths

Fabric tablecloths may be used for Pesach after being laundered. **Vinyl tablecloths** **may not** be *kashered* and should be replaced for Pesach.

Electric Mixers, Food Processors, and Blenders

The motor area of **small electric appliances** (e.g., mixers, food processors, blenders) is often exposed to *chametz* and is very difficult to clean; it is therefore recommended that one purchase separate appliances which should be reserved for Pesach use. A food processor or blender whose motor area is truly sealed, such that food does not penetrate, is not affected by this issue and can be used for Pesach after separate bowls and blades are purchased for Pesach use and the outside of the device is wiped down to remove all residue.

Sinks

Stainless steel or **Corian sinks** can be *kashered* using the following method. Clean thoroughly, leave unused for 24 hours, boil a kettle of water, and carefully pour that water over all surfaces of the sink and faucet. Preferably, the sink should be rinsed with cold water after *kashering* is completed. The strainer covering the sink's drain, and the aerator on the faucet, should be replaced for Pesach. If a faucet has a coiled hose, the faucet can be used on Pesach **if** the coiled portion remains in the "base" and is not pulled out. **Porcelain sinks** **may not** be *kashered*.

SEPHARDIC APPLICATIONS

Sinks

Rav Ovadia Yosef (*Chazon Ovadia* – Pesach 2003 edition page 151) ruled that **porcelain** sinks may be *kashered* in the same way that **stainless steel** or **Corian** sinks are *kashered*. He added that it is preferable to undergo this process three times for **porcelain** sinks.

Dishes and other Pesach utensils may not be placed in a sink

which was not *kashered*; rather, an insert or basin which was never used for *chametz* must be placed in the sink, and all dishes should be put into that insert.

Stovetops and Ovens

Most stovetops (ranges) and ovens can be *kashered* for Pesach use, and the process for doing so is as follows:

Stovetops

The most common type of stovetop is a metal grate over an open flame, which is situated on a porcelain enamel surface. Others have electric coils in the place of an open flame or have a *glass* (a.k.a. glass-ceramic) surface covering electric coils; the most popular brands for this last type of stovetop are **Corning** and **Ceran**.

The *kashering* of stovetops – including glass ones – is done as follows: All parts of the stovetop should be thoroughly cleaned, including scraping residual food from the surface and catch-tray, and not used for 24 hours. Then the fire or coil should be turned to its maximum temperature for at least 30 minutes. [For electric stovetops with exposed coils (i.e., not covered with glass), leave the coils on for just 15 minutes.] It is acceptable to *kasher* burners one at a time. An alternative for a glass stovetop is to not *kasher* it at all, and instead place all pots onto metal discs so that the pots have no contact with the stovetop.

Afterwards, cover the following areas with foil: (a) the knobs, catch trays, and all areas between the burners, and (b) areas behind the burners where pots might touch. If there is food residue on the underside of the stove's hood, it should be thoroughly cleaned before Pesach.

Induction Cooktops

Induction cooktops do not have a heating coil or other heat source, and, therefore, there is no realistic way to *kasher* them. The only way to use the induction cooktop on Pesach is to put a physical barrier between the cooking surface and the pots. This can be accomplished either with “induction discs” or a “mat” that is designed for an induction cooktop. Although the cooktop will not have been *kashered*, the barrier prevents any absorbed *chametz* from spreading to the pots and food.

SEPHARDIC APPLICATIONS

Ovens

Rav Ovadia Yosef (*Chazon Ovadia* – Pesach 2003 edition page 132) does not require the additional stringencies of covering the racks etc. and preventing food from coming into contact with the oven walls.

[NOTE: Using an induction cooktop raises significant *halachic* issues on *Shabbos* and *Yom Tov*, some of which might be eliminated by the use of the induction discs noted above, and consumers should consult with their Rabbi for direction on this matter.]

Non self-cleaning oven

All surfaces of the oven and racks must be thoroughly cleaned, the oven and racks should not be used for 24 hours, and then the oven should be turned on to 500-550°F for one hour. As an added precaution for Pesach, once this process is complete, some cover the racks and grates on both sides with aluminum foil (which should be perforated for air circulation), and do not allow food to touch the side, bottom or top of the oven on Pesach.

Self-cleaning oven

A complete high-temperature self-clean cycle should be run with the racks inside the oven, and then the oven may be used for Pesach without covering the racks. This *kashering* may be done even if the oven was not left unused for 24 hours. If the racks are not inside the oven while the self-clean cycle is run, the racks should be *kashered* separately.

NOTE: Low-temperature self-clean cycles (e.g., AquaLift, Steam Clean) do not qualify as *kashering*.

Warming drawer

Light one can of chafing-dish fuel (e.g., Sterno cans) in the warming drawer, being sure to use a can fueled with ethanol or methanol. (Wicked cans that use diethylene glycol as a fuel should not be used for *kashering*.) Make sure to leave the door of the warming drawer slightly ajar, so that there will be enough air to allow for combustion and allow the can to burn for two hours. As with all *kashering*, before you begin, the warming drawer must be thoroughly cleaned and not used for 24 hours.

Microwave oven

The microwave oven's **glass plate may not be *kashered* (or used)** and should be removed before *kashering* begins. Some microwaves have a porcelain enamel interior; these microwaves **may not be *kashered***.

SEPHARDIC APPLICATIONS

Microwave oven

Regarding the glass plate, refer to Point #1 on the first page of this article that glass does not require anything more than being washed and cleaned to be usable on Pesach. This assumes, though, that the plate does not contain even a small amount of *un-kasherable* materials (see Point #2 on the first page of this article).

To *kasher* the microwave appliance, clean it thoroughly, and do not use it for 24 hours. Then a cup of water should be boiled in the chamber for an extended amount of time, until the chamber fills with steam. For Pesach, it is a commendable extra precaution to cover all foods in the microwave, even after performing the above *kashering*. If a microwave has a metal grate, it should be *kashered* in a pot of hot water as described in the **Flatware** section above.

For **convection microwave ovens**, the same *kashering* process as a conventional oven should be followed, paying particular attention to cleaning out the chamber and fan assembly.

NOTE: Microwave ovens may be used on Chol HaMoed, but not on Shabbos and Yom Tov.

Refrigerators and Freezers

All parts of refrigerators and freezers, including storage bins, must be thoroughly cleaned and washed. The shelves should be lined with plastic or foil, which should be perforated with small holes to allow for air circulation.

Countertops

In any situation where the countertop cannot or will not be *kashered*, it may only be used on Pesach after being covered with a non-porous material which will not easily rip or tear.

The procedure for *kashering* a countertop is to clean it thoroughly, not use it for 24 hours, boil a kettle of water, and carefully pour that water over all surfaces from the kettle. Once the countertop is *kashered*, it may be used without being covered. However, many people have a custom to both *kasher* and cover their countertops for Pesach. As noted at the beginning of this article, one may not *kasher* utensils made of certain materials (ceramic, cement, glass), or with materials which are not robust enough to withstanding *kashering*, and one may also not *kasher* any utensil that has cracks, nicks, or scratches where pieces of food might get stuck. These same restrictions apply to countertops. Practical examples of counters which can and cannot be *kashered* are detailed below and in the chart on the page following this article.

SEPHARDIC APPLICATIONS

Refrigerators

Rav Ovadia Yosef does not require the shelves to be covered, assuming the general usage does not involve placing boiling hot pots and pans directly on the racks. To his view, washing and cleaning the shelves is sufficient (*Chazon Ovadia* – Pesach 2003 edition page 148).

Plastic laminate (Formica) is manufactured by laminating a plastic material onto a thin piece of wood. In some cases, there are seams where two pieces of laminate meet, creating the potential for *chametz* to collect in that area during the year. Special attention should be paid to cleaning those seams.

Many kitchens use natural stone such as **granite, marble, limestone, quartzite, soapstone, slate,** and **onyx** for countertops. These can be *kashered* for Pesach, regardless of which sealant is used.

Another material used for countertops is **quartz resin**, a man-made material made to look like granite or marble. Some common brands are **Cambria, Caesar Stone, Silestone, QStone,** and **Zodiaq**. These may be *kashered* for Pesach. Similarly, countertops made of **acrylic** or **polyester** look like stone. Some popular brands are **Avonite, Corian, Gibraltar, Hi-Macs, Meganite, Staron, Surrell,** and **Swanstone**. These materials can be *kashered* for Pesach **if** they do not contain any scratches or stains, in which case they must be covered.

Others create counters from **butcher block** or **wood**. In general, wood may be *kashered* only if it contains no cracks that might trap *chametz*. Due to the likelihood of such cracks developing, it was the practice to sand down wooden surfaces in butcher shops before Pesach. If sanding the countertops is practical in one's home or if the countertop contains no cracks, the countertop can be *kashered*; otherwise, the wooden countertop should be covered for Pesach.

There are also **glass, ceramic, cement,** and **porcelain** countertops available. These countertops **may not** be *kashered* for Pesach and must be covered.

Stainless steel, copper, and **zinc** countertops are also available, and they can be *kashered* for Pesach.

Special thanks to Rick Glickman of “Dream Kitchens” in Highland Park, Illinois, for his assistance with our countertop research.

As with all *halachic* issues, if a question arises regarding *kashering* one's kitchen, contact your Rabbi.

At-a-glance information about countertops is included in the chart on the following pages. All of this information and more is available at ASKcRc.org and on the cRc Kosher apps.

Milk Substitutes, Nutritional Supplements, and Infant Formulas



Rabbi Dovid Cohen
Administrative Rabbinic Coordinator

Milk Substitutes

There are many people who choose to not use cow's milk due to allergies, sensitivities, or other reasons. For most of the year, these people have a plethora of choices which are certified kosher, but there are almost none which are kosher for Pesach. This article will explore the reasons why so few of these items are available for Pesach, as well as present suitable options.

Concerns

The milk substitute which is most obviously not suitable for Pesach is **oat milk**, as it is a *chametz* mixture of oats and water.

Chametz might also be present in one of these types of beverages as an enzyme, which is to say that one way to convert bland-tasting rice into a sweet-tasting **rice milk** is by using an enzyme produced from barley in a process known as saccharification. There is a minimal amount of barley in the rice milk, but it cannot be *batel b'shishim* because it has such a pronounced effect on the rice (*davar hama'amid*). (Other rice milk is produced without this enzyme and can be *chametz*-free.)

A related issue is that the lactase enzyme used to create lactose-free cow's milk is itself produced in a process called "Koji fermentation" which uses *chametz* components. (For this reason one may not add lactase drops to milk on Pesach, although one may swallow lactase tablets which are not chewable.) However, in this case, the enzyme's role is not considered a *davar hama'amid*; therefore, one may use lactose-free cow's milk purchased before Pesach because the enzyme was already *batel b'shishim* before *Yom Tov*.

Other possible *chametz* concerns in all milk substitutes are the vitamins and flavors. These items tend to be *kitnios* rather than *chametz*, but they are made of so many components that even those who oversee *hashgachah* at these companies must expend considerable effort to determine the status of each specific one. For example, one vanilla flavor which cRc certifies contains 9 ingredients plus 2 sub-formulas, and the sub-formulas contain 15 of their own ingredients. These 24 ingredients are produced by companies all over the world, under a wide assortment of *hashgachos*.

In addition to the possibility of *chametz* in each beverage, the primary ingredient in **soy milk**, **rice milk**, and **hemp milk** is, by definition, *kitnios*. Additionally, most milk substitutes contain other *kitnios* ingredients, such as vegetable oil or thickeners.

A final concern is the equipment on which these beverages are processed. Every milk substitute must be pasteurized at hot temperatures. This means that even if the product itself is free of *chametz* and *kitnios*, it may not be suitable for Pesach use if it was processed on the same equipment as *chametz*. This issue has become more significant in recent years, as the market for oat milk has expanded.

Options

Due to all the concerns noted above, very few companies are willing to go to the lengths required to produce a milk substitute which is certified as kosher for Pesach. This year, there are some non-*kitnios* milk substitutes available with *hashgachah* for Pesach, and those are surely a first choice. Another alternative is to search the internet where one can find myriad simple recipes and instructions for producing milk-substitutes at home. Individuals can, thereby, create their own milk substitutes using kosher for Pesach ingredients.

Recognizing that these options are not for everyone, each year the OU investigates different milk substitutes that they certify to determine which, if any, can be recommended for consumers for Pesach. (The OU graciously allows us to make that information available in this Guide, at www.crckosher.org/consumer, www.ASKcRc.org, and on our apps.) These items do not meet the OU or cRc criteria to be certified as kosher for Pesach, but rather are just “recommended” for those with specific medical needs. For example, some, such as **soy milk** and **rice milk**, are obviously *kitnios* and are, therefore, only permitted for those who are ill or have some other special reason why they must consume a given product. Any consumers who are considering using these beverages should consult with their Rabbi before doing so. Similarly, some of the recommended beverages may contain other *kitnios* ingredients, or ingredients which are not suitable for Pesach, but are *batel* in the finished product. Thus, for some consumers, these are acceptable to use on Pesach, but they cannot be certified for Pesach and are not “recommended” for the general public. (Consumers who use these items should consult with their Rabbi as to whether they may be used and washed with Pesach dishes.)

Nutritional Supplements and Infant Formulas

Two related questions are the use of nutritional supplements for those who cannot obtain the required nutrition through a regular diet, and infant formulas for babies. These share many of the same issues as the milk substitutes, in that they generally contain *kitnios* and contain vitamins and other components whose *chametz/kitnios* status is very difficult to determine. Once again, these items cannot be certified as kosher for Pesach, and the OU provides a list of products which it recommends.

There are, however, a few significant differences between these products (nutritional supplements and infant formula) and milk substitutes. Firstly, by their very nature, supplements and formulas are used by people who are invariably permitted to consume *kitnios* (i.e., the infirm and infants). Similarly, these people do not have reasonable alternatives, and, therefore, it is perfectly acceptable for them to use items which rely on *bitul* or other *halachic* considerations that do not apply to those who wish to use milk substitutes. Lastly, there is little concern of these items being produced on the same equipment as *chametz* beverages, such as oat milk. (That said, some supplements contain oats or other *chametz*, and those are not recommended for Pesach.) Accordingly, the list of approved supplements and formulas tends to be much more extensive than the list of approved milk substitutes.



Pesach 2024 List of Milk Substitutes, Nutritional Supplements

The OU has researched the following milk substitutes, nutritional supplements, and infant formulas, and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo, unless otherwise stated below.

Most of these products contain kitnios, and for some that is the primary ingredient. Products that contain flavors should only be provided when no unflavored alternative exists. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one. Products should be purchased before Passover and be maintained segregated from Kosher for Passover foods.

Milk Substitutes

- Blue Diamond Almond Breeze Original Unsweetened Almond Milk (pareve, shelf-stable)
- Califia Farms Go Coconuts Coconut Milk
- Westsoy West Life Plain Soy Milk

Medical Nutritional Supplements

- Abound
- Arginaid
- Arginaid Extra
- Benecalorie
- Beneprotein
- Boost Glucose Control
- Boost High Protein
- Boost Nutritional Pudding
- Boost Plus
- Calcilo XD
- Cyclinex
- Diabetishield
- Diabetisource AC
- Elecare
- Enlive
- Ensure (all shakes, all liquids, all powders, all flavors, excluding bars)
- Fibersource HN
- Glucerna (all shakes, all powders, all flavors, excluding bars)
- Hi-Cal
- Hominex
- Isosource
- Isosource HN with Fiber
- I-Valex
- Jevity (all liquids, all powders)
- Juven
- Ketonex
- Nepro (all shakes, all powders, all flavors)
- Novasource Renal Nutren (Product line)
- Nutren (unflavored)
- Osmolite - All
- Peptamen
- Perative
- Phenex
- Portagen
- Promote (except Promote with Fiber)
- Propimex
- Provimin
- Pulmocare (all flavors)
- RCF
- Resource 2.0
- Resource Dairy Thick
- Resource Diabetic
- Resource Milk Shake Mix
- Resource Thicken Up
- Resource Thickened Juice
- Resource Shake Plus Simply Thick
- Suplena with Carbsteady
- Thick & Easy -- All
- Thick-It
- Twocal HN
- Tyrex
- Vital Peptide
- Vivonex Pediatric
- Vivonex Plus
- Vivonex Ten

Supplements, and Infant Formulas

Pediatric Supplements

- Boost Kid Essentials, 1.0, 1.5
- Boost Kid Essentials with Fiber
- Di-Vi-Sol
- Fer-In-Sol Drops
- Poly-Vi-Sol Drops
- Tri-Vi-Sol Drops
- Resource Just for Kids with Fiber
- Pediasure (all shakes, all liquids, all powders, all flavors, excluding bars)
- Pro-Phree

Electrolytes and Oral Rehydration

- Always My Baby
- Baby Basics
- Basic Care
- Being Well
- Bright Beginnings
- CareOne
- Comforts for Baby
- Cottontails
- Cozy Care
- CVS
- D-G Health
- Enfamil Enfalyte Oral Electrolyte Solution
- Equate
- Goodness
- Good Sense
- H-E-B Baby
- Home 360 Baby
- Life Brand
- Meijer
- Mom to Mom
- Naturalyte
- O Organics
- Parent's Choice
- Pedialyte (all flavors)
- Rite Aid
- ShopRite
- Sound Body
- Top Care
- Walgreen's
- Welby
- Western Family

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. **Most of these products contain kitnios, and for some that is the primary ingredient.**



Infant Formulas

- 365 Everyday Value
- Ahold
- Always My Baby
- Baby Basics
- Being Well
- Berkley & Jensen
- Bobbie
- Bright Beginnings
- CareOne
- Comfort
- Cottontails
- Cozy Care
- CVS
- Daily Source
- D-G Health
- Earth's Best
- EleCare
- EnfaCare (all liquids, all powders)
- Enfagrow (all liquids, all powders)
- Enfamil (all liquids, all powders)
- Enfaport (all liquids, all powders)
- Equate
- Food Lion
- Full Circle
- Gerber Good Start
- Giant
- Giant Eagle Baby
- Good Sense
- Hannaford
- Happy Baby
- H-E-B
- Heinz Nurture
- Home 360 Baby
- Isomil (all liquids, all powders)
- Ketonex
- Kirkland Signature
- Laura Lynn
- Lidl
- Life Brand
- Little Journey
- Meijer Baby
- Member's Mark
- Mom to Mom
- Mother's Choice
- Nature's Place
- Nestle Good Start
- Next Step
- NutraEnfant
- O Organic
- Parent's Choice
- Premier Value
- President's Choice
- Price Chopper
- ProSobee (all liquids, all powders)
- PurAmino
- Publix
- RCF
- Rite Aid
- Shopko
- Signature Care
- Similac (all liquids, all powders)
- Simply Right
- Sound Body
- Stop & Shop
- Sunrise
- Supervalu
- Target
- Tippy Toes by TopCare
- Top Care
- Topco
- True Goodness
- Tyrex
- Up & Up
- Vermont Organics
- Walgreens
- Wegmans
- Welby
- Well Beginnings
- Wellsley Farms
- Western Family

Baby Food

First Choice Baby Food: Applesauce, Carrots, Pears, and Sweet Potatoes are approved when bearing an OU-P or OU Kosher for Passover symbol.

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. **Most of these products contain kitnios, and for some that is the primary ingredient.**



Medicine & Cosmetics

Medicine Guidelines

The cRc's general guidelines on medicines, cosmetics and toiletries can be found on page 3 of this guide. The following is a summary of the medicine portion of those guidelines:

All pill medication – with or without *chametz* – that one swallows is permitted. (Candy-coated pills are an exception to this rule, but they are quite uncommon.)

Rav Gedalia Dov Schwartz, zt"l, has ruled that generally vitamins do not qualify as medications and are instead treated as food supplements which require *hashgachah* for Pesach. If a doctor prescribes a specific vitamin which does not have Pesach supervision, please review your specific situation with your doctor and Rabbi.

Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable, or any other medicine without consulting with your doctor and Rabbi.**

Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill.

For laws of taking medicine on *Shabbos* and *Yom Tov*, please consult your Rabbi.

Medicine and Toiletry Details

Items marked “Possible *Chametz*” contain edible ingredients whose *chametz*-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their Rabbi.



Antibiotics

The cRc recommends all medicinal items in pill form, which includes most of the antibiotics that adults take. The same does not apply when dealing with liquid or chewable medicines, which are considered “edible”. Since there is a chance that they contain *chametz*, they should only be used if they are known to be free of any concerns.

However, antibiotics are an exception to that rule. Generally, antibiotics are given to treat ailments which, if left untreated, can lead to a situation of *sakanah* (danger to life). Therefore, one may consume antibiotics, regardless of the ingredients used in creating them.

For an expanded and updated list of products, search www.ASKcRc.org or our smartphone apps.

Allergy

Alavert Citrus Burst (Disintegrating Tablets)	Possible <i>Chametz</i>
Allegra At Home Health Children's Allergy (Cherry Flavor) (Liquid).....	Possible <i>Chametz</i>
Allegra Children's Liquid Suspension	Possible <i>Chametz</i>
Claritin Children's Chewable (Grape Flavor)	Possible <i>Chametz</i>
Claritin Children's Non-Drowsy Oral Solution (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Genexa Kids' Allergy (Liquid)	Possible <i>Chametz</i>
Kirkland Children's Aller-Tec Sugar-Free Dye-Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Nasacort Nose Spray Allergy 24 Hour (Liquid)	Possible <i>Chametz</i>
Ohm Children's Chewable Tablets, Dye Free (Grape Flavor)	Possible <i>Chametz</i>
Ohm Children's Loratadine Dye-Free Chewable Tablets (Grape Flavor).....	Possible <i>Chametz</i>
Up & Up Children's Allergy (Chewable Tablets)	Possible <i>Chametz</i>
Up & Up Children's Allergy Relief Dye and Sugar Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Up & Up Children's Allergy Relief (Grape Flavor) (Chewable Tablets)	Possible <i>Chametz</i>
Walgreens Children's Wal-Zyr Dye-Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)	Possible <i>Chametz</i>
Zyrtec Children's Dissolve Tabs (Tablets)	Possible <i>Chametz</i>
Zyrtec Children's Dye-Free Chewables (Grape Flavor)	Possible <i>Chametz</i> (dairy)

Antacid / Digestion / Gas

Align Capsules.....	Possible <i>Chametz</i> (dairy)
Alka Seltzer Original Effervescent Tabs (Tablets)	Possible <i>Chametz</i>
Beano Extra-Strength Tablets	Recommended
Culturelle Kids Probiotic + Fiber Regularity Packets (Powder)	<i>Chametz</i> (Not Recommended)
Culturelle Kids Purely Probiotics Chewables (Bursting Berry Flavor).....	Possible <i>Chametz</i>

Gas-X Extra Strength Cherry Crème (Chewable Tablet)	Possible <i>Chametz</i>
Gas-X Total Relief Maximum Strength (Berries Flavor) (Chewable Tablets)	Possible <i>Chametz</i>
Gaviscon Extra Strength Cherry (Chewables)	Possible <i>Chametz</i>
Imodium AD For Ages 6 & Up (Liquid).....	Not Recommended (except in cases of severe diarrhea)
Imodium AD Multi-Symptom Relief (Caplets)	Recommended
Kaopectate Vanilla Regular Flavor (Liquid)	Possible <i>Chametz</i>
Mylicon Infant's Dye-Free Drops (Liquid)	Possible <i>Chametz</i>
Nature's Way Primadophilus Kids (Cherry Flavor) (Chewable Tablets)	Possible <i>Chametz</i>

TUMS

Why does cRc not recommend Tums for Pesach, but other Rabbis do?

The reason for the difference in policy as to whether Tums is recommended for Pesach is a Rabbinic difference of opinion as to whether one must refrain from consuming products which contain flavors of unknown kosher and Pesach status. Some Rabbis take a lenient position since most of the flavor-contributing chemicals are not *chametz*, no single chemical's taste is perceived in the final product (i.e., *zeh v'zeh gorem*), and the flavor is used in tiny proportions. Other Rabbis disagree based on *halachic* and factual grounds which are beyond the scope of this article. The cRc follows the latter, stricter approach to this question.

We are unable to determine whether the flavorings used in Tums are acceptable for Pesach, and, therefore, cannot recommend them. Others who list certain Tums products as acceptable for Pesach are aware of this but accept the lenient approach outlined above, which rules that flavors of unknown status do not compromise the Pesach status of the Tums. It is noteworthy that there is corn starch in every variety of Tums which we looked at, which means that even according to the lenient approach Tums should only be consumed by those who are either Sephardic or ill and permitted to eat *kitnios*.

Pepcid Complete Chewables (Berry Flavor)	Possible <i>Chametz</i> (dairy)
Pepto Bismol 5 Symptom Relief Caplets	Recommended
Pepto Bismol 5 Symptom Relief Chewables	Possible <i>Chametz</i>

Pepto Bismol Kids Pepto (Bubble Gum Flavor)
(Chewable Tablets) Possible *Chametz*

Pepto Bismol Ultra (Liquid)..... Possible *Chametz*

Probiotics, Assorted
..... Powders, liquids & gel caps need certification; pills do not

Blush All are recommended

Body Soap All are recommended

Cologne.....Only recommended if free
of (denatured) alcohol or if manufactured in the United States

Cough, Cold & Flu

Alka Seltzer Plus Cold Effervescent Tabs
(includes Night Cold Formula) (Tablets) Possible *Chametz*

Alka Seltzer Plus Cough and Chest Congestion (Cool Blueberry
Pomegranate Flavor) (Effervescent Tablets) Possible *Chametz*

Alka Seltzer Plus Severe Cold & Flu Formula
(Effervescent Tablets)..... Possible *Chametz*

Alka Seltzer Plus Severe Cold + Flu Night (Honey Lemon Zest)
(Packets) Possible *Chametz*

Amazon Basic Care NightTime Cold and Flu (Cherry Flavor)
(Liquid)..... Possible *Chametz*

Chestal Kids Honey Cough Syrup (Liquid)
..... Possible *Chametz*

Delsym 12 Hour Cough (Orange Flavor) (Liquid)
..... Possible *Chametz*

Delsym Children's 12 Hour Cough Liquid (Grape Flavor)
..... Possible *Chametz*

Delsym Children's 12 Hour Cough Liquid (Orange Flavor)
..... Possible *Chametz*

Equate Children's Chewable Acetaminophen
(Bubble Gum or Grape Flavor)..... Possible *Chametz*

Equate Children's Chewable Ibuprofen (Grape Flavor)
..... Possible *Chametz*

Equate Nighttime Cold & Flu (Cherry Flavor) (Liquid)
..... Possible *Chametz*

Genexa Kids Cold Crush (Chewable Tablets) ... Possible *Chametz*

Genexa Kids Cough and Chest Congestion (Liquid)
..... Possible *Chametz*

Mucinex Cough Mini-Melts for Kids (Orange Creme Flavor)
(Dissolving Granules) Possible *Chametz*

Mucinex InstaSoothe Sore Throat and Pain Relief Spray
..... Possible *Chametz*

Signature Care Nighttime Cold and Flu Relief (Cherry Flavor)
(Liquid)..... Possible *Chametz*

Theraflu Flu Relief Max Strength Nighttime
(Honey Lemon Flavor) (Packets) Possible *Chametz*

Theraflu Max Strength Daytime (Honey Lemon Flavor)
(Packets) Possible *Chametz*

Theraflu Multi-Symptom Severe Cold (Packets)
..... Possible *Chametz*

Theraflu Multi-Symptom Severe Cold Nighttime Tea Infusions
with Green Tea and Citrus (Packets) Possible *Chametz*

Theraflu Nighttime Severe Cold and Cough Powder
..... Possible *Chametz*

Theraflu Severe Cold Relief Combo Pack (Honey Lemon Flavor)
(Packets) Possible *Chametz*

Zarbees Baby Cough Syrup + Immune (Natural Grape Flavor or
Natural Cherry Flavor) (Liquid) Possible *Chametz*

Zarbees Baby Cough Syrup + Immune with Agave
(Natural Grape Flavor) (Liquid) Possible *Chametz*

Zarbees Baby Cough Syrup + Mucus (Natural Cherry Flavor)
(Liquid)..... Possible *Chametz*

Zarbees Children's Daytime Cough Syrup + Mucus, Throat &
Nasal (Liquid)..... Possible *Chametz*

Zarbees Children's Daytime Cough Syrup Plus Immune
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Children's Nighttime Cough Syrup + Immune
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Children's Nighttime Cough Syrup + Mucus
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Cough Syrup + Mucus (Mixed Berry Flavor) (Liquid)
..... Possible *Chametz*

Zicam Cold Remedy RapidMelts Tablets
..... Possible *Chametz*

Zicam No Drip Nasal Spray
..... Recommended

Zicam Rapidmelts Ultra (Orange Cream Flavor) (Tablet)
..... Possible *Chametz*

Creams..... All are recommended

Deodorant

Gel..... All are recommended

Liquid..... Recommended if free of (denatured)
alcohol or if manufactured in the United States

Spray Recommended if free of (denatured)
alcohol or if manufactured in the United States

Fiber Supplements see Laxatives

Fever Reducer / Pain Relief

Amazon Basic Care Children's Ibuprofen Chewable Tablets (Orange Flavor)..... Possible *Chametz*

CVS Children's Ibuprofen (Orange or Grape Flavor) (Chewable Tablets) Possible *Chametz*

Genexa Kids' Pain & Fever (Liquid) Possible *Chametz*

Midol Complete (Caplets)..... Recommended

Motrin Children's Chewables (Grape Flavor) (Chewable Tablets) Recommended

Signature Care Children's Ibuprofen (Grape Flavor) (Chewable Tablets) Recommended

Tylenol Adult Dissolve Packs (Berry Flavor) (Powder) Possible *Chametz*

Tylenol Childrens Chewables (Grape Flavor) Recommended

Ex-Lax Tablets..... Recommended

Generic Mineral Oil (pure) (Liquid)..... Recommended

Metamucil 4-in-1 Fiber Sugar Free Orange (Powder) Possible *Chametz*

Miralax Powder Recommended

Pedia-Lax Suppository..... Recommended

Phillips Milk of Magnesia (Caplets)..... Recommended

Polyethylene Glycol (pure), Generic or Branded versions (Powder)..... Recommended

Senokot-S Tablets..... Recommended

Walgreens Mineral Oil (Liquid)..... Recommended

Lipstick Bobbi Brown



If your lipstick is not listed here, you can use our search feature at www.cRcKosher.org/lipstick.

Crushed Lip Color Recommended

Luxe Matte Lip Color Recommended

Luxe Shine Intense Lipstick..... Recommended

Clinique

Dramatically Different Lipstick Shaping Lip Colour Recommended

E.L.F.

O Face Satin Lipstick..... Recommended

SRSLY Satin Lipstick Recommended

Estee Lauder

Pure Color Creme Lipstick..... Recommended

Pure Color Hi-Lustre Lipstick Recommended

Pure Color Whipped Matte Lip Color With Moringa Butter Not Recommended

L'Oreal

Colour Riche Intense Volume Matte Lipstick Recommended

Colour Riche Satin Lipstick Recommended

Lancome

L'absolu Rouge Cream Lipstick..... Not Recommended

L'absolu Rouge Drama Matte Lipstick..... Recommended

Fever for A Child

Each year, the cRc researches different fever reducers and pain relievers to see which are suitable for use for Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and some others can only be found in the cRc app, or at www.ASKcRc.org.

You may notice that our recommendation for many of these items is that they are "Possible *Chametz*", which means that they contain ingredients which are sensitive for Pesach but likely do not pose a Pesach concern. You might want to consult with your Rabbi before Pesach so that he can direct you as to when it is appropriate to give "Possible *Chametz*" to a sick child (or adult).

Gas see Antacid/Digestion/Gas

Hairspray and Mousse..... Recommended if free of (denatured) alcohol or if manufactured in the United States

Indigestion see Antacid/Digestion/Gas

Laxatives / Fiber Supplements

Benefiber Powder *Chametz* (Not Recommended)

Benefiber Stick Packs (Unflavored) (Powder) *Chametz* (Not Recommended)

Citrucel Caplets Recommended

Dulcolax Overnight Relief (Tablets)..... Recommended

Dulcolax Suppository Recommended

Epsom Salt (pure) Generic or Branded versions (Powder) Recommended

MAC

Amplified Lipstick.....	Not Recommended
Cremesheen Lipstick.....	Not Recommended
Lustreglass Sheer-Shine Lipstick.....	Not Recommended
Matte Lipstick.....	Recommended
Retro Matte Liquid Lipcolour.....	Recommended

Maybelline

Color Sensational The Creams, Cream Finish Lipstick Makeup.....	Recommended
Color Sensational The Mattes, Matte Finish Lipstick Makeup.....	Recommended
Color Sensational Ultimatte Slim Lipstick Makeup.....	Recommended
Super Stay 24 2-Step Liquid Lipstick Makeup.....	Recommended
Super Stay Ink Crayon Lipstick, Matte Longwear Lipstick Makeup.....	Recommended
Super Stay Matte Ink Liquid Lipstick.....	Recommended

Revlon

Colorstay Ultimate Liquid Lipstick.....	Recommended
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Wet n Wild

Mega Last High-Shine Lip Color.....	Recommended
Mega Last Matte Lip Color.....	Recommended
Perfect Pout Lip Color.....	Recommended
Silk Finish Lipstick.....	Recommended
Ultra Hd Matte Lip Color.....	Recommended

Lotions.....All are recommended

Mascara.....All are recommended

Miscellaneous

Anbesol Maximum Strength Liquid.....	Possible <i>Chametz</i>
Asthma Inhalers, all types (Liquid Vapor).....	Recommended
Castor Oil (pure) (Liquid).....	Recommended
Chapstick Classic Original.....	Recommended
Chapstick Moisturizer.....	Recommended

Contact Lens Solution

We reviewed the ingredients used in several popular brands of contact lens solution and did not see anything which was sensitive for Pesach, but we did not get to see every single product. To be sure yours is acceptable, please send a copy of the ingredient panel to info@cRckosher.org, so one of our Rabbis can evaluate your specific product.

Dramamine Chewables.....	Possible <i>Chametz</i>
Dramamine Original (Tablet - Non-chewable).....	Recommended
Ensure, Assorted Nutritional Supplements.....	See Nutritional Supplement Pages
Femcon Fe (brown and white pills) (Chewable Tablet).....	Possible <i>Chametz</i> (dairy)
Fixodent Original (Cream).....	Recommended
Floss, Flavored.....	Possible <i>Chametz</i>
Floss, Unflavored.....	Recommended
Kanka Mouth-pain (Liquid).....	Possible <i>Chametz</i>
Lip Balm, Assorted.....	Recommended without flavor
Listerine PocketPaks, Assorted Varieties (Dissolving strip).....	Not Recommended
NoDoz Alertness Aid (Caplet).....	Recommended
Orajel Mouth Sores Triple Medicated (Gel).....	Recommended
Polident Overnight Whitening (Tablet).....	Possible <i>Chametz</i>
Polygrip Free (Cream).....	Recommended
Polygrip Original (Cream).....	Recommended
Unisom SleepTab (Tablet).....	Recommended
Vivarin (Tablet).....	Recommended
Mousse	See Hairspray and Mousse
Mouthwash	Only recommended if known to be <i>Chametz</i> -free
Nail Polish	All are recommended
Ointments	All are recommended
Perfume	Recommended if free of (denatured) alcohol or if manufactured in the United States
Shampoo	All are recommended

Shaving Cream

- CreamAll are recommended
- GelsAll are recommended
- Liquid.....Recommended if free of (denatured) alcohol
or if manufactured in the United States
- Lotion.....All are recommended

Toothpaste Only recommended if known to be *Chametz*-free

Vitamins..... See Guidelines in the introduction to this article

WipesRecommended if free of (denatured) alcohol
or if manufactured in the United States

Toothpaste

There are those who take the position that toothpaste is considered inedible, since any food that tastes like toothpaste would never be served as a meal-item. This is the justification for why many Rabbis permit the use of any toothpaste (year-round) despite the possibility that the glycerin contained in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is *halachically* considered edible, and they are supported by the fact that people put toothpaste into their mouths every day (and that young children choose to eat it). Some follow that position all year-round and will only use a toothpaste that is certified as kosher (or free of glycerin).

The cRc accepts the lenient approach as relates to year-round

use but recommends that one be *machmir* to the strict opinion as relates to Pesach. Therefore, for Pesach we recommend that one only use a toothpaste that is known to be *chametz*-free.

What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste contains sorbitol, which is created by “hydrogenating” glucose. Glucose can be derived from *chametz*, *kitnios*, or completely innocuous ingredients, and (although most glucose and sorbitol in the United States is not made from *chametz*) we cannot recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.

2024 KITNIYOS CHART

NOTE: Products bearing STAR-K P on the label DO NOT contain *kitniyos* or *kitniyos shenishtanu* (*kitniyos* that have been manufactured and transformed into a new product).

See also star-k.org/passover for “Understanding Kitniyos - What They Are, What They Aren’t”

Aniseeds ^{4,6}	Dextrose ⁷	Peanuts ² & Peanut Oil
Ascorbic Acid ¹	Emulsifiers ³	Peas
Aspartame ¹	Fennel ^{4,6}	Poppy Seeds
Beans (including green beans, edamame, etc.)	Fenugreek ^{2,6}	Rice ⁵ and Rice Vinegar
Bean Sprouts	Flavors ⁷	Sesame Seeds
BHA (in corn oil)	Glucose ⁷	Sodium Erythorbate ¹
BHT (in corn oil)	Guar Gum ³	Sodium Citrate ⁷
Buckwheat (Kasha)	Hydrolyzed Vegetable Protein ⁷	Sorbitan ⁷
Calcium Ascorbate ¹	Isolated Soy Protein	Sorbitol ⁷
Canola Oil (Rapeseed)	Isomerized Syrup	Soybeans & Soybean Oil
Caraway Seeds ²	Lecithin	Stabilizers ³
Chickpeas	Lentils	Starch ⁷
Citric Acid ⁷	Maltodextrin ⁷	String Beans
Confectioners' Sugar ⁷	Millet	Sunflower Seeds
Coriander ^{4,6}	MSG ⁷	Tofu
Corn & Corn Oil	Mustard flour, prepared seeds	Vegetable Oil ³
Cumin ^{4,6}	NutraSweet ¹	Vitamin C ¹

1. Kitniyos Shenishtanu even with KFP symbol.

2. Should be avoided on Pesach.

3. Unless bearing a reliable Passover certification.

4. Only acceptable when the certifying agency has documented that all chometz issues have been resolved. Mishnah Berura 453:13.

5. Those people who eat rice on Pesach should confirm their rice is Kosher l'Pesach and free of problematic additives. For more information, see www.star-s.org.

6. The bulbs, root, and greens of these items are not kitniyos; it is only the seeds that are an issue.

7. This ingredient can be sourced from chometz, kitniyos, or Kosher l'Pesach sources. It may not be used on Pesach unless it has approved certification. Even with a valid certificate, it may be kitniyos shenishtanu.

2024 PET FOOD LIST

THE FOLLOWING IS A LIST OF PET FOODS APPROVED FOR PASSOVER 2024 WHEN PRODUCED IN THE U.S.

Products with identical names from foreign countries may have different formulations, thus compromising their Passover status.

Since formulas are subject to change, make sure to check all labels. There should be no chometz listed.

A product listing both meat and dairy ingredients may not be used at any time during the year.

See "Feeding Your Pet: Barking Up the Right Tree" at star-k.org/passover for more information.

CATS

BRAND	PRODUCT
Blue Freedom Grain-Free Indoor (canned)	Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty Gravy, Chicken for Mature Cats
Evanger's	When bearing cRc Passover approval
Friskies (canned)	Paté Chicken and Tuna Dinner, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner, Paté Poultry Platter, Paté Mixed Grill, Paté Liver and Chicken Dinner
Kirkland (Costco) (dry)	Maintenance Chicken & Rice, Natures Domain Salmon & Sweet Potato
Kirkland (Costco) (canned)	Paté Grain-Free 3-Flavor Variety (Chicken, Salmon, Turkey)
Merrick Grain-Free Limited Ingredient Diet (canned)	Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna
Merrick Purrfect Bistro Grain-Free (dry)	Adult (Hairball Control, Weight Control, Real Chicken and Sweet Potato, Real Salmon and Sweet Potato, Sensitive Stomach), Healthy Kitten
Prescription Diet	a/d, d/d venison & green pea, i/d (canned with chicken), r/d, s/d, t/d, z/d
Wellness Core Grain-Free (dry)	Adult, Indoor (Salmon & Herring), Kitten, Original
Wellness Core Grain-Free Classic Paté (canned)	Indoor, Kitten, Turkey & Duck, Whitefish & Salmon & Herring

FISH

Fish food and vacation blocks often contain chometz. Refer to the list below.

BRAND	PRODUCT	NOTES
Pro Balance	Vacation Feeder (3, 7, 14 days)	Acceptable
Zoo Med Laboratories	Plankton Banquet Block Feeder (regular, mini, giant)	Acceptable

GOLDFISH and TROPICAL FISH can be given the following items, provided they do not contain fillers:

Freeze-dried or frozen brine shrimp (e.g., **San Francisco Bay Brand** – Freeze-Dried Brine Shrimp), Freeze-dried worms, Tubular worms

NOTE: Tetra Tropical Slow Release Feeders CONTAIN CHOMETZ. While these were acceptable in the past, they have started including oatmeal in new formulations and are no longer acceptable.

DOGS

BRAND	PRODUCT
Blue Freedom Grain-Free (canned)	Beef Recipe Adult, Chicken Recipe (Adult, Small Breed, Puppies, Senior), Grillers (Hearty Beef, Hearty Chicken, Hearty Turkey), Lamb Recipe Adult
Evangers	When bearing cRc Passover approval
Kirkland (Costco) Natures' Domain (canned)	Turkey & Pea Stew
Kirkland (Costco) Natures' Domain (dry)	Puppy Chicken & Pea, Salmon and Sweet Potato
Prescription Diet	a/d, d/d, h/d (canned only), i/d (canned, original flavor), s/d, u/d, r/d
Purina Pro Plan Grain-Free (canned)	Adult Beef & Salmon Entrée, Adult Chicken & Carrot Entrée, Adult Turkey & Sweet Potato Entrée
Wellness Core Grain-Free (dry)	Lamb, Large Breed Original, Large Breed Puppy, Ocean, Original, Puppy, Reduced Fat, Senior, Small Breed Healthy Weight, Small Breed Original, Small Breed Puppy, Wild Game
Wellness Core Grain-Free (canned)	Beef & Venison & Lamb, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring
Wellness Core Grain-Free Ninety Five Percent (canned)	Beef, Chicken, Turkey

STAR-K thanks Julie Rabinowitz, DVM, for helping to develop the nutritional guidelines for the following animals:

AQUATIC TURTLES

- **Fluker's** – Crafted Cuisine Turtle Diet for Aquatic Turtles
- Dark, leafy green vegetables (such as collard, mustard and dandelion greens, kale, bok choy, deep green lettuces, parsley)
- Finely chopped vegetables (such as bell peppers, carrots, squash, green beans)
- Goldfish
- Guppies

BEARDED DRAGONS

They can follow the same diet as Geckos, listed below, in addition to the following:

- Fruit (including kiwi, banana, mango, papaya, apple),
 - Mixed vegetables (such as deep leafy greens, squash, carrots, greens)
 - Calcium and Vitamin D supplementation (e.g., **Zoo Med** – Repti Calcium with D3)
- NOTE:** As bearded dragons age, they can move to a more vegetable-heavy diet for life.

BIRDS

BIRD TYPE/ SPECIES	RECOMMENDED FOODS	NOTES
All Birds	Fruits, vegetables, fresh herbs, cooked chicken, canned tuna, pure alfalfa pellets (crushed for small birds)	
Large Birds	Millet, sorghum, sunflower seeds	Millet is easy to acquire in bulk on Amazon.com, as well as at local pet stores, and can be fed in large quantities. Note, however, that it doesn't provide a nutritionally complete diet.
Small Birds	Millet (sorghum and sunflower seeds are too large)	
Doves, Finches, Pigeons, Sparrows	Can have dog food (see above list)	

FOR ALL BIRDS, AVOID THE FOLLOWING: apple and pear seeds; all dairy – small amount of cottage cheese is okay; all fruit pits; avocado; mushrooms; peanuts

GECKOS

Most varieties are insectivores and prefer a diet of the following offered every two to four days:

- Crickets and grasshoppers
- Earthworms, mealworms, silk worms, super worms, or waxworms
- Fruit flies
- Moths
- Roaches
- Calcium and Vitamin D supplementation (e.g., **Zoo Med** – Repti Calcium with D3)

GERBILS & HAMSTERS

- Fruits and vegetables
- Matzah
- Millet
- Puffed rice
- Pure alfalfa pellets or hay
- Pure timothy or other pure grass hay
- Raw sunflower and pumpkin seeds
- Treats

GUINEA PIGS

- **Higgins Vita Garden Grain Free** – Guinea Pig Pellets
- Need Vitamin C supplementation (e.g., **Oasis** – Vita-Drops Pure Vitamin C for Guinea pigs).
- Vegetables high in Vitamin C (e.g., broccoli, brussels sprouts, cabbage, cauliflower, green and red peppers, spinach, sweet potatoes, turnip greens and other leafy greens)
- Unlimited amounts of pure timothy hay (or other pure grass hay, such as orchard grass, oat or meadow hay), leafy greens, herbs, carrot tops and chopped vegetables
- NEVER feed white potatoes to guinea pigs

RABBITS

- **Higgins Vita Garden Grain Free** – Rabbit Pellets (Junior or Adult)
- Unlimited amounts of pure timothy hay (or other pure grass hay, such as orchard grass, oat or meadow hay), leafy greens, herbs, carrot tops and chopped vegetables

ADVICE REGARDING WEANING PETS BEFORE PESACH

Mixes sold in stores often contain chometz. It is advisable for pet owners to slowly wean their pets off their regular chometz pet food diet.

This is accomplished by mixing regular and Pesach food starting between one and two weeks prior to Pesach, before switching completely to Pesach food. The ratio of regular and Pesach food should be changed gradually to get the animal used to the new diet. Check with your veterinarian before changing your pet's diet.

PET STORES IN BALTIMORE METROPOLITAN AREA WHERE CHOMETZ PET FOOD MAY BE PURCHASED AFTER PESACH

- Petco
- Petsmart

FAQS REGARDING PETS ON PESACH

Rabbi Zvi Goldberg, STAR-K Kashrus Administrator

Q. Are “grain-free” pet foods acceptable?

A. There are many “grain-free” dog and cat foods on the market. While we still recommend checking the ingredient panel on those foods, they are a good place to start your search for an appropriate food.

Q. Is it necessary to buy a new food bowl for your pet for Pesach?

A. No. However, the bowl used year-round should be thoroughly cleaned before Pesach.

Q. If I am going away for Pesach, what should I do with my fish?

A. Vacation blocks often contain chometz. One can purchase a block without chometz or use an automatic fish feeder and fill it with non-chometz food.

Q. During a Pesach visit to the zoo, may one purchase the animal feed?

A. No. This feed is often chometz and should not be purchased or fed to the animals during Pesach.

Q. Must pet food with chometz be put away and sold before Pesach?

A. Yes.

Q. Can *kitniyos*, such as rice and beans, be fed to animals on Pesach?

A. Yes.

Q. What are some common chometz ingredients in pet food?

A. Wheat (cracked, flour, germ, gluten, ground, groats, middlings, starch), barley (cracked, flour), oats (flour, groats, hulled), pasta, rye, and brewer’s dried yeast. Any questionable ingredient should be reviewed by a competent rabbinic authority.

Q. What are some common ingredients which may be *kitniyos* but are permitted in pet food?

A. Beans, buckwheat, brewer’s rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, sesame, soybeans, soy flour, and sunflower.

Q. Is pet food “with gravy” permitted?

A. Most often, gravy contains chometz. Read the ingredient panel carefully.

Q. Are the vitamins or minerals in pet food chometz?

A. They may be chometz, but are *batel* (nullified) due to the small amount added.