

JSOR[®] PASSOVER **Passover Food Guide 2025**

DID YOU KNOW?

*This Kashrut guide has been produced in collaboration with the OU and many top kashrut professionals from **around the world** for our Sephardic Communities.*

ACAI:

Trader Joe's acai under BDK Kashrut is approved without Passover certification. Brand frozen fruits called Pitaya, under Earth Kosher, such as chunk acai, and frozen acai (no additives), are approved without Kosher for Passover Supervision.



ALMOND MILK:

Requires Passover certification. The gluten-free label does not mean hamets-free, as oats are pure hamets!

- **Shelf stable Blue Diamond Almond Breeze Original Unsweetened** is approved without Passover certification.
- **Califia Coconut Go** Coconuts milk is approved without Passover certification.

ALMOND FLOUR AND ALMOND MEAL:

Require Passover certification or approval. **Kirkland** Almond flour is approved. **Blue Diamond** under the OK is approved.

ALMOND BUTTER:

Kirkland Almond Butter and Trader Joe's Naturally Nuts under Earth Kosher and P-R Farms, are approved for Passover.



PEANUT BUTTER: Kirkland, Trader Joe's and Wellsley Farms is approved without Passover certification.

BABY PRODUCTS:

Require Kosher for Passover certification.

- **First Choice Baby Food:** Require OU-P. It comes in varieties of Applesauce, Carrots, Pears, and Sweet Potatoes.
- **Beech-Nut** or **Gerber** baby food can be made with hamets and is not approved for Passover as oat-based products are produced on a daily basis.
- **Baby FORMULA** bearing a plain OU is approved for Passover. Common brands are EnfaCare, Enfamil, Gerber, Goodstart, Goodsense, Isomil, Kirkland, Nestle, Parents Choice, Publix, Rite Aid, Similac, Top Care, and Walgreens
- **Pedialyte** (Pediatric Electrolyte) bearing a plain OU is approved, as are all flavors of CVS, Enfamil Enfalyte oral, and Walgreens brands approved without Passover certification.

RECIPE CORNER

Feeding a baby can be tricky as they may be fussy about specific foods. One should be aware that what is customary for their baby may be somewhat different from the standards required for themselves. Nevertheless, like all prepared products, baby food must be approved or have a Kosher for Passover certification. One can prepare baby food using an immersion hand-blender through one of the following methods:

1. Cook whole checked rice thoroughly and then puree in a blender with some baby formula.
2. Cook ground and checked rice to make cereal.
3. Soak Passover breakfast cereal or by crumbing ladyfingers in milk or formula and then mash or blend.
4. Try a variety of baby/ hot cereals made from finely ground matsa meal or potato starch.

BAKING SODA:

(Bicarbonate of Soda) Approved without Passover certification; however, one should use a new box.



BAKING POWDER:

Clabber Girl, Rumford, Argo, and Davis brands are approved.

BEANS:

- **Fresh beans:** May be used by all Sepharadim.
- **Canned beans:** Requires Passover and year-round certification and according to one's custom.
- **Dried beans:** Are acceptable without Passover certification and according to one's custom; however, they need to be checked at least once before Pesah and rinsed before use. Special care must be taken when purchasing from companies that produce a cholent or other bean mix, which contains barley and is on the same production lines as plain beans.

BUTTER:

Requires Passover certification.

BAKING SPRAY:

Requires Passover certification as it may contain grain.

CANDY AND CHOCOLATES: Requires Passover certification.

- **Nutella and Kinder Chocolate (Ferrero Brand)** require Kosher for Passover certification bearing OU Kitniyot. Note: there

are other products by Ferrero that do not bear an OU.

CEREALS:

Requires Passover certification.

All cereals made from the five grains are, of course, hamets. In addition, many cold cereals such as Corn Flakes and Rice Krispies are hamets since malt is added to them. It is not responsible to purchase even those cereals in which the listed ingredients are 100% kosher for Passover, as there is no supervision in a facility that produces hamets on a daily basis. Secondly, they contain ingredients that are in constant contact with grains that are real hamets.

You can find many cereals in the Supermarket Kosher for Passover aisle; however, be sure to check for Passover certification. Most are made from Tapioca or potato starch or from finely ground Matsa flour.

CHEESE: See Dairy Products

COCOA:

- **Any 100% pure cocoa powder (product of America or Canada):** is approved without Passover certification. Any other ingredient or additive, such as a premix of dextrose, requires certification.
- **Cacao Beans or Nibs:** Approved without Passover certification.
- **Hot cocoa mix:** Requires Passover certification.

COCONUT:

- **Coconut Milk:** Requires Passover certification. Califia Coconut Milk is approved for Passover.
- **Coconut Oil:** Cold-pressed virgin coconut oil is approved without Passover certification. According to leading opinions, it is also approved without kosher



certification all year round. A commonly available brand is Kirkland Organic Virgin with the Star-K.

- Other refined coconut oils require Passover certification.
- **Coconut Chips, Flakes, and Coconut Flour:** Requires Passover certification. Coconut Secret - Organic coconut Aminos are approved for Passover.

COFFEE:

One should not go into a coffee shop on Pesah to purchase a coffee, as hamets is all over the place and the equipment.

- **Fresh ground coffee, Nespresso, or K-Cups - unflavored** - are approved without Passover certification.
- **Decaffeinated coffee/tea:** There are two methods of decaffeination; more recently, a common method is called the Swiss-water method; if known to be decaffeinated in such a way it is ok for Passover, if other methods are used, then they require Passover certification. Brooklyn Roasting, Folgers, and Lavazza decaf are approved without Passover certification.
- **Instant coffee: Regular** coffees are approved without Passover certification. **Elite, Sanka, and Maxwell House** come with Kosher for Passover certification.
- The following - **Via (Starbucks), Nescafe, Taster's Choice, and Delima Folgers** – unflavored, regular, and decaffeinated are approved.
- **Iced Coffee and Cold Brew:** Should be either approved or certified for Passover. **Brewology, WeBru, Offshore Coffee Roasters** have a line of decaf and regular certified kosher for Passover by JSOR available on their website.
- **Coffee Substitutes:** Requires Passover certification. Postum, Roma, or Teeccino contain grain and may NOT be used for Pesah.



- **Coffee Creamer:** Requires Passover certification.

CORN STARCH:

Cornstarch from North or South America is approved. Argo brand is approved.

COOKING SPRAY:

Requires Kosher for Passover Supervision. Plain olive oil spray with an OU is approved

DAIRY PRODUCTS:

- **Milk:** Plain Milk is approved without Passover certification. Many common brands come as Kosher for Passover and are, of course, better to use.
- As milk is produced on a daily basis, milks with vitamins and additives that may be derived from hamets and/or pasteurized on equipment that produces other products should be only with Passover certification
- **Half and Half:** Without any additives is approved without Passover certification.
- **Lactaid Milk:** may be used only when purchased before Pesah.
- **Lactaid drops and caplets:** are more questionable and shall be asked on a case-by-case basis.
- **Powdered Milk:** Requires Passover certification.
- **Almond Milk, Coconut Milk** and other alternate milks – Are **not** approved for Passover as these companies also produce oat milk. The gluten-free label does not mean hamets free, as oats are pure hamets! Shelf stable **Blue Diamond Almond Breeze** original unsweetened and **Califia Go Coconuts** Coconut Milk are approved.
- **Chocolate Milk:** Requires kosher for Passover certification.
- **CHEESES, LABNE, CREAM CHEESE, SOUR CREAM, AND YOGURT:** require



Passover certification as cultures, flavorings, etc. may contain hamets. **These are usually done with an inkjet printed on the container.**

In general, cheeses and dairy products are different than plain milk and, therefore, **always** require a reliable year-round certification, not just a plain K or a non-approved symbol.

EGGS:

Plain raw eggs and liquid eggs are approved without Passover certification. Egg substitutes require Passover certification.

EGGPLANT – DRIED:

Requires Kosher for Passover certification. These are imported from Turkey and collected from different villages. The importer informed us, and it was verified by an expert Rabbi in Kashrut located in Turkey, that the local women scoop them out and hang them to dry on a string. If there is a rush to get them dried out, wheat flour is added to draw out the moisture! Although they can be approved for year-round use, however, understandably, these cannot be recommended for Passover. Japanese eggplant is an acceptable alternative - they are very long and slender and can be easily cut in half and scooped out.

EXTRACTS:

Almond, Lemon, Orange, Vanilla Imitation, and Vanilla Pure which are done through extraction methods using alcohol, require Passover Supervision.

FISH:

- **Canned Tuna:** When purchased with a Passover certification, there is the additional benefit of the level of its Kosher status because, by fish, there are different levels in hashgacha. This is important for Sepharadim, as Hacham Yisthak Shlita in Yalkut Yosef writes that one should in general always purchase only the ones with full oversight.

Nonetheless, tuna in plain oil and water (no broth) with an OU is approved without Kosher for Passover Supervision. (See jsor.org/publications).

- **Canned Salmon:** Salmon in water, is approved without Passover certification.
- **Fresh fish:** Whole fish and fillets are approved without Passover certification. Any fish purchased is required to be bought with skin having scales on it or kosher certification with a double seal if purchased from a non-Shomer Shabbat
- **Frozen Fish:** without additives or spices is approved without Passover certification. In general, all year round, fish requires either visible skin with scales attached or Kosher certification. When there are additives, it is not recommended.
- **Kirkland** frozen salmon with an OU is approved.

FLOUR:

Of course, wheat, oat, etc. flour is forbidden on Pesah. However, the question is, what substitute can we use? Matzo meal Kosher for Pesah is available in Shmura and regular, but many are interested in other healthy options. Here is a list of guidelines:



- Any alternate flour requires Kosher for Passover certification, such as **Almond, Quinoa, Chia, Coconut flour, Cassava flour, Potato Starch, and Tapioca Starch.**
- **Blue Diamond** and **Kirkland Signature** Almond flour (from San Francisco) are approved without Passover certification.
- **Bob's Red Mill Corn flour, and rice flour** are approved for Passover.
- Otto's **Cassava** flour under the OU is approved for Passover; one can find it on their website.
- **Almond Meal:** **Blue Diamond** brand is approved without Passover certification.
- **Raw Maca Root powder:** Approved without Passover certification.

FRUITS:

- **Fresh-cut fruits** from a fruit department are approved for Passover and year-round. See **JSOR Produce Guide** to ensure that they are bug-free.
- **Canned fruits:** Fruit in its own juice and water with no other additives is approved without Passover certification. If there are any other additives, syrup, or anything, then it requires Kosher for Passover certification.

RECIPE CORNER

Frozen cherries are a good substitute instead of canned for kibbe cherry.

- **Frozen fruits:** Plain frozen fruit with no additives is approved for Passover. Insect-prone varieties such as strawberries must have, in general, a kosher supervision see **JSOR Produce Guide** for guidance on berries on page 64.
- **Dried fruits:** Without any other ingredients and naturally dried, essentially are kosher. However, with modern technology, some dried fruits are infused with coloring, flavoring, or even gelatin. Therefore, if there are any additional ingredients, it will require year-round Kosher Supervision.
- For Passover, there is more concern as they may be dried in a dehydrator, or a heat source, have glucose added, or from shared equipment.
- **Prunes and apricots** are approved without Kosher for Passover certification.
- **Raisins** from USA are approved without Kosher for Passover certification.
- Mango requires Kosher for Passover certification.
- **Sun-dried tomatoes** require Kosher for Passover as ascorbic acid is used in processing.
- **Regular Dates** require approval for Passover as it is normal to add glucose, however, **Medjool Dates** from



anywhere are approved without Passover certification.

- **Note:** Dates should be split open and checked for insects.
- **Dehydrated fruit:** Require Passover certification as well as all year round.
- **Goji Berries:** Due to much infestation, they cannot be used at all at this time.
- **Banana chips:** Require Passover certification as well as all year round.

GARLIC:

Plain, peeled packaged garlic is approved for Pesah. In general, peeled garlic should not be left overnight.



In regards to those commercially produced, there are leniencies that Kosher Supervisions rely upon, and the core is intact.

GLUTEN-FREE PRODUCTS:

Require Kosher for Passover certification. As the gluten-free demand has increased, there are many types of gluten-free and paleo cakes, cookies, crackers, and even 'matsah look-alikes' that are produced year-round; however, they will always require Passover certification. Gluten is a property found in wheat, barley, spelt, and rye and is not the definition of hamets. Gluten can be removed from wheat and it is yet entirely hamets. Oats that are gluten-free are pure hamets, or other minor ingredients may be present in the item or in production. Gluten-free means that it is free of the gluten aspect of the grain; however, some grains, such as oats, are naturally gluten-free, but they are 100% HAMETS. To understand this even better, scotch, which is produced from grain, can also be considered gluten-free; however, definitely hamets! See beyondceliac.org.

GRAINS:

Of course, products with wheat, barley, spelt, oats, and rye – farro, durum, semolina..... are all hamets until proven otherwise. However,

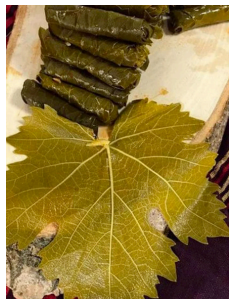
kitniyot, for Sephardim, throughout our Sephardic communities, there are several different customs in regard to which type or in which form kitniyot (legumes) may be consumed. **Follow your family custom of which kitniyot – legumes – to eat.** A partial listing of kitniyot would be **rice, snow peas, sugar snap peas, string beans, soybeans, peanuts, chickpeas, sunflower seeds, corn, beans, sesame seeds, millet, chia seeds, flax seed, hemp seed, etc.** If it is according to one's custom, they may be used after being checked at least once before Pesah, and rinsed before use. Rice is required to be checked three times **before Pesah**. When purchasing dried legumes from companies that also produce barley on the same lines, and or cholent mix which contains barley, we must be extra vigilant in checking and rinsing spices.

GRAPE LEAVES:

Require kosher for Passover certification or approval. Grape leaves may be preserved in brine, which has citric acid, which can come from a hamets origin.

In collaboration with the OK, Orlando, and Yergat grape leaves, are all approved this year without Kosher for Passover certification.

Please note: All grape leaves are to be washed carefully on both sides under running water to remove insects.



HONEY: Both for Passover and all year, pure honey from commercial sources essentially does not require Kosher or Passover certification. However, as there is no legal definition of raw honey and as honey sometimes crystallizes, it can be heated to a degree that is more than halachically cooked and still be considered raw. In the United States, honey can be made at home and, therefore, be heated in their regular (non-kosher) pots. Honey from China or even from Canadian or Mexican importers can be from bees that are being fed corn syrup, not

nectar, but even have been found with added corn syrup or liquid cane sugar added. Backyard beekeepers need to be first researched before purchasing. Larger companies with their own honey house are, as of now, ok to buy from, even without a Kosher certification.

Manuka Honey: commercially produced is approved without Passover certification.



JUICES:

- **Lemon Juice:** Unsweetened **ReaLemon** and **ReaLime** are approved for Passover. **Natalie's** under OU are approved. Other brands require Passover Supervision
- **Frozen Concentrate:** **Orange, Lemon, and White Grapefruit** unsweetened grade A concentrate without additives is approved for Passover and year-round.
- **Refrigerated Juices:** Raw squeezed juices that are High Pressure Pasteurized (HPP) are Kosher for Passover.
- **Prune Juice:** Gefen and other brands have certified for Passover; Sunsweet brand is approved with its Passover certification.

KETCHUP:

Requires Passover supervision as it contains vinegar, which can be made from hamets sources. There is a Kosher for Passover Heinz Ketchup now available with Kosher for Passover.



LIP BALM:

Is ok without Passover Supervision.

LIQUORS: All alcoholic beverages or liquors require Kosher for Passover certification. Since time immemorial (perhaps the etz ha'daat), wheat and barley grain have been the best at producing the most potent alcohol. The production process of alcohol for vodka involves enzymes and yeasts,

which may be from hamets. Therefore, even corn or potato vodka requires Passover certification.

For a list of Tequila and liquors, please see page 58-59.

MAPLE SYRUP:

Pure only is approved without Passover certification when coming from commercial sources such as the Kirkland brand.



MARGARINE:

Requires Passover certification.

MARSHMALLOWS:

Requires Passover certification as well as year-round. Marshmallows contain gelatin and, without certification, are produced from non-Kosher animal or fish sources. The misconception that since gelatin is acceptable, according to some opinions, is not justified to eat where there is no responsible supervision on the item purchased. It is interesting to note that Hacham Ovadia Yosef's namesake Kosher certification, "Badatz Bet Yosef," does not give certification on gelatin!

MATSA:

A wheat-free diet would be simple to describe. However, the mitzvah of Pesah is to eat wheat – just prepared, so it is not hamets. Therefore, the greatest level of care is needed for the production of kosher for Pesah wheat products. Baruch Hashem, there are many good reliable matsot available on the market. For the Seder, one should make sure to purchase 'Shemurah' matsot. ***For a more detailed understanding, please see article on page 40.***

- One must be aware that the matsa "for year-round use" has the status of hamets, therefore, make sure to check the marking that it is specifically certified for Passover.
- For those with wheat allergies, Oat and Spelt matsa is also available by special order. These are also available as Matsa Shemura for seder use.

MAYONNAISE AND MUSTARD:

Requires Passover supervision as they contain vinegar, which can be made from hamets sources.

MEAT:

is preferable to purchase after one's butcher koshers. However, any ground and processed meat are required to be purchased only after one's butcher koshers, as it is common for butchers to work with hamets ingredients in and around the meats.

Deli, hotdogs, sausages, and other prepared products require Passover certification.

MEDICATION AND VITAMINS:

See page 60 for detailed article titled "Is it Edible?"

Swallow Pill Medications: are approved without Kosher for Passover supervision

Folic Acid, Vitamin D, Magnesium, Kosher Fish oil capsules are ok without Passover Certification. Vitamin C requires Passover certification.

NON-FOOD PRODUCTS:

All aluminum foil, foil tins, paper cups, styrofoam, cling wrap, wax paper, parchment paper, soaps, shampoo, detergents and cleansers, paper and plastic dishes, and cups are acceptable without Passover certification. However, it is worth noting that shampoo made of oats or other grains should be avoided on Pesah.

NOODLES: See Pasta

NUTRITIONAL SUPPLEMENTS:

Requires Passover certification.

Shakes, liquids, and Powders (not bars of) Ensure, Glucerna 1.0, Boost (Plus, Nutritional Pudding, glucose control, and High protein), and Elicare are approved without Passover certification. The OU has determined that this fiber is not chometz, and the products may be consumed on Pesach.

NUTS:

- **Whole, slivered, or chopped raw or blanched nuts without additives** are approved for Passover unless the label says (or allergen warning) 'packaged in a plant that processes wheat' as those would not be approved for Passover or unless specific approval is stated for that company.
- **Midget Pecans** require Passover certifications.
- **Kirkland Raw Almonds, Pecans, Pecan halves and Walnuts** are approved without Passover certification (even with allergen warning).
- **Wesley Farms** under OK roasted almonds is approved without Passover certification.
- **Roasted Nuts and seeds:** Requires Passover certification.



Soybean, Sunflower, Safflower, Walnut, or Vegetable oil are approved without Kosher for Passover certification.

Canola oil is also approved.

There is, however a discussion of possible wheat mixture in its early stages; however, A) modern processing equipment sorts out foreign matter, with the fact that B) the wheat is not soaked in water, and C) the wheat does not really yield much oil, it is not of any concern to use. However, if one would like to be stringent, they may use the other oils.

- Available oils such as **cottonseed** oil, with Kosher for Passover Supervision as marked from common brands, are Gefen, Mishpacha, Rokeach, Bartenura, and Hain.
- Unrefined **Nutiva Red Palm** oil bearing an OU is approved for Passover.

ORAL HEALTH:

- **Toothpaste:** Throughout the year, toothpaste and Mouthwash do not require kosher supervision as they are not considered edible. However, when it comes to Passover, some are stringent due to the nature of hamets on Pesah. The following are approved according to all without questionable ingredients: Aim, Close-Up, Colgate, Pepsodent, and Ultrabrite.
- **Mouth-wash:** Colgate (all), Listerine, Cool Mint, Total Care Zero, Ultra Clean Antiseptic, and Zero; Scope (all) are without questionable ingredients.
- **Dental floss:** Even waxed is approved.

OILS:

After thoroughly researching the process of oil production for the past few years, after discussing



with multiple top experts in the field worldwide, after discussing with many Rabbanim and Poskim who are involved in Kashrut, after recently visiting an oil processing facility in the USA; we have come to the conclusion that:

- Any of the following oils bearing an **OU** or **OK** symbol – **Avocado, Cottonseed, Corn, Olive oil extra virgin, or light, Grapeseed,**



PIZZA:

Of course, it must be produced Kosher for Passover either from matsa meal or potato starch.

PASTA:

- Alternate flour pasta requires Passover certification. Be very careful of look-alikes! **Rice** noodles, **Brown Rice** noodles, **Shirataki** Noodles, **Hearts of Palm** noodles,



and Chickpeas noodles may seem benign; however, they do require certification due to possible mixtures and minor ingredients.

- **Tinkyada** and **Trade Joe's** rice, brown rice and quinoa pasta bearing a **COR certification** is approved for Pesah. The products which are of brown rice do not contain enrichment.

PET FOODS:

- **Fish food:** Many pet foods contain hamets. Since we are forbidden to derive any benefit from hamets, we may not feed any pets varieties that contain hamets ingredients. Krill fish food is approved. Other fish foods often contain meat and milk ingredients and are forbidden for use the entire year.
- **Alfalfa, sunflower seeds, split corn, or millet** are recommended for feeding birds.
- There are cat and dog food brands available that do not have hamets or the prohibited mixture of meat and milk. A detailed list can be found on the Star-K or cRc website.

PICKLES:

Require Passover supervision as it contains vinegar.

POTATO CHIPS AND SNACKS:

Requires Passover certification.

RECIPE CORNER

One can purchase prunes such as Sunsweet, which may be cooked in water and blended with an immersion blender to achieve delicious fresh prune butter. If desired to have tartness, one can add some Kosher for Passover citric acid (sour salt).

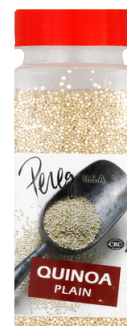
PRUNE BUTTER:

Requires Kosher for Passover certification. Haddar produces a prune jam Kosher for Passover.

QUINOA:

Requires Kosher for Passover certification as quinoa is often processed in the same facility as wheat and barley. Common brands with Kosher for Passover certification are **Goldbaum's**, **LaBonne**, **Pereg**, and **Sugat**.

Quinoa Flour requires Kosher for Passover supervision.



Quinoa can be infested, and therefore, one can check using a sifter, shaking it over a white sheet or white plate, and then looking at the plate to see what fell through.

RICE:

The staple of the Sephardic Passover diet is Rice. The #1 question before Pesah is which rice is good?

It has been our custom throughout the generations to check all rice three times before Pesah. Due to crop rotation and shared equipment, this is relevant until today, although equipment to remove any non-rice pieces has improved cleanliness. Please be advised that I remember personally when wheat or even barley grains were found in rice, so check carefully.



Secondly, many brands of rice are enriched. It has been clarified that enriched rice is Halachically acceptable, as the amount of possibility of hamets-derived sources is very minute, if one can choose to avoid the question without much expense, then of course, for Pesah, every effort is worth it. Additionally, if one specifically wants

to use the enriched rice, rinsing off the rice prior to use, will wash away enrichment.

Rice packaged overseas does not come with enrichment as it is unique to America, where they require enrichment for processed rice that is stripped of its vitamins.

Please note: Some companies repack, so check on the package; if it states allergen info as packed in a wheat facility, then it is **not** approved.

- All plain **raw white rice** is approved. These include long grain, short grain, **Basmati**, and **Jasmine**.
- **BYL** (Rabbi Moshe Cohen) and **Star-S** have a special run of unenriched Carolina rice certified for Passover with no concern at all of any questionable additives.
Note: The rice yet requires checking.
- **Brown rice** – Has no enrichment. One must take more care when checking for wheat kernels as it is more difficult due to the similarity in color. Additionally, one must be vigilant for infestation, as it is more common in brown rice.
- **Pure wild rice is approved for Passover, however, NOT** wild rice mixes. Plain wild rice looks like short black sticks, is from the grass family, not a legume at all, and is approved without Passover certification.



ROSE BLOSSOM WATER:

Cortas Rose Blossom Water and Pomegranate Molasses are approved without Passover certification.

SALT:

Regular and Coarse salt, not Iodized salt, are approved for Passover.

- **Himalayan Salt:** is approved for Passover if pure and there are no additives. NOTE:

artificially colored salt is not approved.

- **Salt substitute:** Require Kosher for Passover certification. Freeda Free Salt, No Salt or Spice of Life No Salt/No Sugar must have KP marking.

SPICES:

Pure **ground** or **whole** spices and herbs are approved for Passover, except for cumin and coriander, **however, from closed and clean sources only**. One should not buy from open spices in stores unless they were careful of cross-contamination of hamets.¹ Examples are black pepper, chili, arrowroot, cloves, peppercorns, chamomile flowers, and the like.

SELTZERS:

Unflavored seltzer is approved for Passover, as the carbonation may be kitniyot-based. **Flavored Seltzers** require Passover certification. **Vintage** flavored Seltzer has been researched and approved for Pesah **when bearing a P** for Passover.

TONIC WATER:

Requires certification for Passover.

SODAS:

Sodas may have hamets in the flavoring base, especially caramel color; therefore, they require Passover certification. Many varieties are available in two liters from Coca-Cola Classic & Diet Coke. It comes with a distinct yellow cap marked with an OUP. Pepsi and Dr. Browns (Kof-K P) products must bear a Kof-K P on the cap, and in Florida, the Kosher for Pesah bottles are marked with ORB-P.



SOUP MIXES:

Requires Passover certification.

NOTE: containers bearing a "P" are often identical to the year-round variety.

¹חזון עובדיה הלכות מצרכי מזון אות א (דף פא)

SOY FOODS:

Requires Passover certification. While actual soybeans are permissible for most Sefaradim, products made of soy, such as **soy sauce**, commonly have wheat or derivatives of grains mixed in. **TVP** and **Tofu** **require** Passover certification as they are produced through extraction and cooking methods.

SUGAR:

Any pure white granulated cane sugar is approved for Passover, as long as dextrose or glucose is not listed in the ingredients, as these may be derived from barley or wheat.

- **Brown Sugar:** Domino's is approved for Passover.
- **Confectioners' Sugar:** Requires Passover certification or approval as it contains 3% starch which is ok if from corn, however when sourced from other countries, it may be from wheat starch.
- **Domino's Confectioners' sugar** is approved for Passover.
- **Raw Sugar:** Raw Cane Sugar is approved.
- **Coconut Sugar:** Is approved without Passover certification or approval.
- **Vanilla Sugar:** Requires Passover certification as it may contain grain alcohol.
- **Organic Cane Sugar:** Approved without Passover certification.

SUGAR SUBSTITUTES:

Require Passover certification.

- **Equal & Splenda:** Require Passover certification. Gefen and Leiber's have these available for Passover.
- **Pereg Zero Calorie, Truvia Brown and Cane Sugar Blend, Sweet n' Low, Stevia:** Requires Kosher for Passover certification.
- **Pure Agave:** is approved without Passover supervision.
- **Pure Maple Syrup:** from commercial sources is approved without Passover certification (see Honey).



DID YOU KNOW?

Throughout the year, canned tomato products require reliable supervision; it has been discovered that certain packers of tomato products were producing tomatoes with non-kosher cheese and meat sauces.

SUSHI - NORI:

Sushi Maven and Sweet City are approved for Passover without certification. Note: Nori always requires a good Kosher certification as it is typically produced amongst sea creatures.



TEAS:

Unflavored, non-herbal regular tea bags (Black, Green, and White tea leaves) are approved without Kosher for Passover certification.

Flavored Herbal Teas Require Passover supervision. Available brands that have an OU-P are Bigelow, Swee-Touch-Nee, Herbal, and Wissotzky many varieties.

- **Decaffeinated** varieties require supervision. **Salada** caffeine-free contains hamets.
- **Lipton Decaf** and **Swee-Touch-Nee 97% Decaf** are approved for Passover.

TEHINE:

Requires Kosher for Passover supervision and according to one's custom. Mighty Sesame Co Tahini with an OU is approved for Pesah.

TOMATO PASTE AND SAUCE:

Requires Passover supervision due to flavored varieties of paste and sauce now being produced.

TOOTHPASTE:

Year-round, there is discussion if toothpaste requires kosher supervision, and many opinions are lenient that toothpaste does not require supervision even with questionable ingredients.

However, when it comes to Passover, some are stringent due to the nature of hamets on Pesah. All varieties of **Aim, Close-Up, Colgate, Pepsodent, and Ultrabrite**, are approved for Passover.

TUNA: See Fish

VEGETABLES:

Canned Vegetables: **Green Giant** green beans are approved without kosher for Passover certification.

FROZEN VEGETABLES:

Require Kosher for Passover certification. Several years ago, a new, lighter cuisine heralded the introduction of frozen pasta and vegetable mixtures. For frozen vegetables to hold well, they blanch or flash-cook them. There are some companies that blanch their veggies and other items, too; sometimes, pasta blends use the lines. Some companies purchase processed vegetables from another source and put their own label on the package. Codes provided by the companies proved inaccurate, and the information was confusing. Several companies have other frozen vegetables Kosher for Passover, including checked broccoli, cauliflower, and spinach.

- **Yerek** under BYL (Rabbi Moshe Cohen) and Star-S has a run with Passover logo. Thanks to them, the most important of all, peas and beans will again be available for the Sephardic Community. Several Israeli brands are also marked Kosher for Passover 'for those who consume kitniyot.'
- **Hanover, Golden Flow, Simplot/Simple Goodness, Mika** brand, **Shams**, and **Galil** frozen vegetables are approved for Passover use. Artichoke bottoms use citric acid in the wash, which has been confirmed by the certifying agency year-round that it is exclusively from a corn-derived source



- **Pre-Washed Vegetables:** Packaged or bagged are approved without kosher for Passover certification.

NOTE: Any insect-prone vegetables require proper certification that they are free of insects.

VINEGAR:

Requires Passover certification as it can be derived from grain. Rice vinegar or other kinds of vinegar can also have mixtures of *hamets*.

Cider vinegar: Requires supervision in general and Passover supervision as additionally, the nutrients may be derived from hamets.

WATER:

Does not require Passover certification. Dasani, Kirkland, Glaceau SmartWater, LifeWater, and the like with minerals or many chemical additives, including sodium citrate, are ok for Passover as long as there are no flavors.

XANTHAM GUM:

Requires Kosher for Passover supervision.

YOGURT:

Has yeasts and cultures and requires Kosher for Passover Certification. It normally has an inkjet. See Dairy Products.

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SCAN TO
LEARN MORE

Kitniyot Approved Without Passover Certification

Group 1

- Baking Soda

- Cacao Beans and Nibs

- Cornstarch

(In North or South America)



- Cocoa Powder

- Coffee – Unflavored Fresh Ground Coffee and K-Cups. Decaf requires approval (Swiss water method) or certification.

- Fish - Frozen or Fresh Fish

(skin with scales or hechsher, of course)

- Canned Salmon in plain water.

- Maca Root Powder (raw).



- Fresh-Cut Fruits or Vegetables

from Supermarkets such as Shoprite, Wegman's, Stop and Shop etc.

- RICE - All raw plain rice is ok.

Many prefer unenriched. Basmati and Jasmine or foreign rice is not enriched unless stated on bag.



Brown Rice is not enriched (Check that there is no infestation).

Pure Wild Rice is ok, however, not wild rice mixes.

- Pure Honey, Agave, or Maple Syrup

- Salt

(not Iodized or with additives like dextrose)

Himalayan Salt (pure and no additives or coloring)



- Unflavored Seltzer

- Packaged or bagged pre-washed Vegetables.



DID YOU KNOW?

This Kashrut guide has been produced in collaboration with the OU and many top kashrut professionals from **around the world** for our Sephardic Communities.

- Canned Fruits

(in its own juice or water with no additives)

- Frozen Concentrate

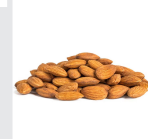
Unsweetened Grade A Orange, Lemon and White Grapefruit



- Plain Kitniyot whole grains -

according to family customs and check once before Passover: Beans, Corn, Cardamom, Caraway, Chia seeds, Fennel, Flax Seed, Edamame, Hemp Seed, Millet, Poppy seeds, Sesame, Soybeans.

- Nuts - whole, slivered, or chopped raw without additives or allergen warnings.



Kirkland Signature Almonds, Pecans and Pecan Halves and Walnuts

(even with Allergen warning are approved)

- Sugar- any pure white granulated or cane sugar with no dextrose or glucose listed in ingredients



(Brown sugar requires approval)

Coconut Sugar

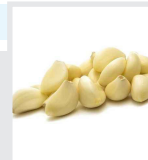
- Plain raw meat and poultry (Ground or processed meat and poultry require Kosher for Passover)

- Teas – Unflavored regular tea bags. Decaf requires approval or certification for Pesah.

- Medjool Dates (Regular dates require approval)

- Peeled garlic

- Whole and ground Spices in new packages, except cumin & coriander



- Water with minerals and electrolytes (Not flavors)



Group 2

Specific Brands that have been researched and approved through their Kosher Certifications

- Baking Powder - Clabber Girl, Rumford, Argo, and Davis brands are approved.
- Kirkland or Blue Diamond Almond Flour
- Otto's Cassava flour
- Shelf-stable boxes (unrefrigerated) Rice Dream Classic, Soy Dream (enriched also), Almond Breeze
- Peanut Butter – Kirkland, Trader Joe's
- Almond Butter – Kirkland, Trader Joe's,
- Bob's Red Mill Rice flour and corn flour
- Oil – Avocado oil, Corn, Extra Virgin and Light Olive Oil, Cottonseed, Soybean, Safflower, Walnut, Vegetable Oils and Red Palm Oil bearing an OU, or an OK. All Coconut Oil Pompeian Avocado Oil and Grapeseed Oil with a Star-K.
- Vintage Seltzers flavored with a P
- Brown Sugar - Domino's, (Lantic and Roger's available in Canada)
- Confectioners' Sugar - Domino's
- Green Giant canned green beans
- RealLemon Lemon and Lime Juice, Natalie's Juices with an OU
- Lipton Decaf, Swee-n-Touch 97% Decaf
- Hanover, Golden Flow, Simplot / Simple Goodness, Mika, Shams, and Galil frozen vegetables
- Tinkyada and Trader Joe's Rice pasta with COR Kashrut
- Cortas Rose Blossom Water and Pomegranate Molasses



Group 3

All Other foods require Kosher for Passover Certification -see the main list for details

WHAT YOU WOULD NEVER EXPECT

Rabbi Hanoka, Senior Coordinator of OK Kosher, told me of a story that happened when a Rabbi had recommended a soy drink as suitable for those who eat Kitniyot on Pesah. The product, certified by the OK, did not show anything of concern in its ingredients.

Rabbi Hanoka who oversaw this product, verified that there was oat flour as a thickening agent, going in at less than 2%, but higher than 1.6%, meaning it was not listed, however not either nullified even in sixty!! This underscores the extreme importance of verifying information with the Hashgacha directly, who have first-hand information about what's going on in the factory, and unsafe to make general assumptions when JUST reading ingredients.



Approved Liquor List

Can corn or potato vodka be good for Passover?

Since time immemorial (perhaps the etz ha'daat), wheat and barley grain have been the best at producing the most potent alcohol. The production process of alcohol for vodka involves ingredients such as yeasts and enzymes, which likely may be from hamets. Brewers yeast, which comes from leftover beer, is a common source of yeast. **Therefore, even corn or potato vodka requires Passover certification.**

Is it good enough if it says Gluten Free (GF)?

The term gluten-free does not mean hamets-free. This is most blatantly seen by Scotch as it can be classified as gluten-free, and yet definitely, by all accounts, it is according to all *hamets*.



The following is a quote from beyondceliac.org: **Is Scotch Gluten-Free?** "Yes. Pure, distilled scotch, even if made with wheat, barley, or rye, is considered gluten-free. Most scotches are safe for people with celiac disease because of the distillation process. However, be on the lookout for hidden gluten in scotch brands that may add flavorings or other additives after distillation. There is also a risk for gluten cross-contact in facilities that process products containing wheat, barley, or rye."

As the saying goes, "*drink responsibly*;" this definitely applies to verifying what we are drinking on Pesah, only to drink what we know has no base or mixture of grain.

For a list of approved Tequila, see next page and be careful to be exact about the description:



Approved Tequila List 2025

PATRON SPIRITS MÉXICO

1. GRAN PATRÓN PLATINUM SILVER TEQUILA
2. GRAN PATRON SMOKY SILVER TEQUILA
3. PATRON SILVER TEQUILA
4. ROCA PATRON SILVER TEQUILA
5. TEQUILA 100% DE AGAVE SILVER GRAN PATRON PLATINIUM
6. TEQUILA 100% DE AGAVE SILVER PATRÓN
7. TEQUILA BLANCO "PATRON"

RIVESCA

1. TEQUILA CREPUSCULO 750 ML BLANCO
2. TEQUILA DON MODESTO 750 ML BLANCO
3. TEQUILA DS COMPANY 750 ML BLANCO
4. TEQUILA EL BANDEÑO 750 ML BLANCO
5. TEQUILA ESTRELLA AZUL 750 ML BLANCO
6. TEQUILA GRAN CIERVO JOVEN DE JALISCO 750 ML BLANCO
7. TEQUILA HECHICERO 750 ML BLANCO
8. TEQUILA TORO DE LIDIA 750 ML BLANCO
9. TEQUILA REGALO DE DIOS 750 ML BLANCO
10. TEQUILA REJÓN BLANCO 750 ML
11. TEQUILA REJÓN BLANCO 1.750L
12. TEQUILA REJON BLANCO 100% DE AGAVE 1 L
13. TEQUILA REJÓN BLANCO 1L
14. TEQUILA RIVESCA 750 ML BLANCO
15. TEQUILA TORO DE LIDIA 1,750 ML BLANCO
16. TEQUILA TORO DE LIDIA 750 ML BLANCO.

ULTRAMARK SPIRITS INC:

1. PREFIERO TEQUILA AÑEJO EN TODAS SUS PRESENTACIONES
2. PREFIERO TEQUILA BLANCO EN TODAS SUS PRESENTACIONES
3. PREFIERO TEQUILA EXTRA AÑEJO EN TODAS SUS PRESENTACIONES
4. PREFIERO TEQUILA REPOSADO EN TODAS SUS PRESENTACIONES
5. TEQUILA MI TIERRA BLANCO EN TODAS SUS PRESENTACIONES
6. TEQUILA DON FERNANDO BLANCO EN TODAS SUS PRESENTACIONES
7. TEQUILA MÉXICO AZTECA BLANCO EN TODAS SUS PRESENTACIONES
8. TEQUILA BATALLÓN BLANCO EN TODAS SUS PRESENTACIONES

BROWN FORMAN TEQUILA MEXICO

1. TEQUILA EL JIMADOR BLANCO 100% AGAVE
2. TEQUILA HERRADURA BLANCO 100% AGAVE
3. TEQUILA ANTIGUO DE HERRADURA BLANCO 100% AGAVE
4. TEQUILA 100% DON EDUARDO BLANCO
5. TEQUILA HACIENDA DEL CRISTERO BLANCO 100% AGAVE
6. TEQUILA HERRADURA PLATA 100% AGAVE

TEQUILAS DEL SEÑOR:

1. TEQUILA HACIENDA DE PLATA BLANCO
2. TEQUILA AUTENTICO ORGANIC BLANCO
3. TEQUILA RESERVA DEL SEÑOR BLANC

VINOMEX (SOTOL)

1. FIESTA CHIHUAHUA
2. SOTOL EXCÉNTRICO REPOSADO
3. SOTOL HACIENDA DE CHIHUAHUA AÑEJO
4. SOTOL HACIENDA DE CHIHUAHUA AÑEJO ORO PURO
5. SOTOL HACIENDA DE CHIHUAHUA BLANCO
6. SILVER O PLATA
7. SOTOL HACIENDA DE CHIHUAHUA H5
8. SOTOL HACIENDA DE CHIHUAHUA PLÁTIMUM
9. SOTOL HACIENDA DE CHIHUAHUA REPOSADO
10. SOTOL HACIENDA DE CHIHUAHUA RÚSTICO
11. SOTOL MESH AND BONE
12. SOTOL MESTEÑO JOVEN
13. SOTOL PUNTAGA

CASA LOTOS:

1. SOTOL CASA LOTOS BLANCO

ACRONIMO:

1. SOTOL ACRÓNIMO BLANCO

MEZCAL

MEZCAL DE AMOR:

1. AMARÁS CUPREATA
2. AMARÁS ESPADÍN JOVEN
3. AMARÁS LOGIA CHUPARROSA
4. AMARÁS LOGIA JABALÍ
5. AMARÁS LOGIA SACATORO
6. AMARÁS LOGIA SIERRA NEGRA
7. AMARÁS LOGIA TEPEZTATE
8. AMARÁS LOGIA TOBALÁ,
9. AMORES CUPREATA
10. AMORES ESPADÍN JOVEN,
11. AMORES ESPADÍN
12. AMORES LOGIA SIERRA NEGRA,
13. AMORES LOGIA TOBALÁ
14. MVM VERDE MOMENTO,
15. VERDE AMARAS
16. VERDE M