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Netzach Israel  
**2024-5784**  
***Pesach Product List***  
***For Sefaradim***

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Prepared by Rabbi Yehuda Boroosan

**2024 CHANGES ARE DONE IN PURPLE AND ARE BOLD.**

This guide is prepared as a service to the general public by Rabbi Yehuda Boroosan, who is employed by the Orthodox Union, the largest Kosher certification agency in the world, as the Rabbinic Field Representative and Mashgiach for the southeast region of the United States. He has over 20 years of experience working in the food industry and has extensive knowledge regarding the commercial production of food and household products. Rabbi Boroosan received his semicha from the Ner Israel Rabbinical College, and is the Rabbi Emeritus of Congregation Netzach Israel of Atlanta.

The Pesach Product List is based on Heter Kitniot for Sefaradim and is not endorsed by the OU. Our objective in providing this guide is to:

- Educate the public with the laws of Pesach
- To assist them with an easy to understand guide to prepare for Pesach
- To provide an alternative list of products that are L'chatachila/ (categorically) acceptable for Sefaradim

**MUST READ NOTES:**

- (1) The provisions of this list **apply ONLY to U.S. Domestically-Produced Brands, they DO NOT apply to imported, organic, or foreign brands,** or to alternative varieties such as Diet, Reduced Fat, Sugar Free, Zero, Zero Sugar, Fat Free, etc. unless specified in the List. **This cannot be emphasized enough.**
- (2) If a specific brand is listed, do not assume that other brands of the same product are acceptable.
- (3) Unless specified otherwise, approved items only refer to the plain/original/classic variety, **NOT to any flavored varieties.**

The halachic basis for permitting these foods on Pesach vary, as do the circumstances under which certain foods are permitted. Accordingly, **it is critical that you pay close attention to these guidelines when shopping for Pesach.**

This Pesach Product List (the "List") is prepared in conjunction with the Pesach Guide as a service to the general public. Please refer to the Pesach Guide for an overview of the laws of Pesach, and a step-by-step manual of how to prepare for Pesach, and conduct the Seder.

The List includes common products which are permitted L'Chatechila, for consumption on Pesach by Sefaradim only. (Many of the items on this list are permitted based on Heter Kitniyot, which is unique to Sefardic Jews. Accordingly, Ashkenazi Jews cannot rely on the list.)

If you have any questions or comments about the items on this list, or if you require any clarification, please contact Rabbi Boroosan directly or, for a quicker response, send an email to [pesach@netzachisrael.org](mailto:pesach@netzachisrael.org).

**DID YOU FIND THE LIST  
& GUIDE HELPFUL?**



<b>Product</b>	<b>Pesach Certification</b>
<b>Air Fresheners</b>	Any. Can be purchased before or during Pesach.
<b>Almond Butter</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Almond Flour</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Almond Milk/Original</b>	Any U.S. domestically-produced brand original, sweetened and unsweetened with a year-round reliable certification. Must be purchased before Pesach.
<b>Aluminum Foil</b>	Any. Can be purchased before or during Pesach.
<b>Ammonia</b>	Any. Can be purchased before or during Pesach.
<b>Apple Sauce</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Artificial Sweetener</b>	Sweet N' Low, Splenda, Equal (sucralose, saccharin) with a year-round reliable certification. Must be purchased before Pesach.
<b>Baby Food - Rice Cereal</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Baby Food - 100% Pure Fruit or Vegetable</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Baby Food – Any variety with blended grains</b>	Requires KFP certification. <b>Several varieties contain oats and may contain other fillers that are Chametz.</b>
<b>Baby Formula</b>	Refer to the OU List here: <a href="https://tinyurl.com/pesachsups2024">https://tinyurl.com/pesachsups2024</a>
<b>Baby Oil</b>	Any. Can be purchased before or during Pesach.
<b>Baby Ointment</b>	Any. Can be purchased before or during Pesach.
<b>Baby Powder</b>	Johnson's. Can be purchased before or during Pesach.
<b>Baby Wipes</b>	Any. Can be purchased before or during Pesach.
<b>Baking Powder</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Baking Soda (Bicarbonate Soda)</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Band-Aids</b>	Any. Can be purchased before or during Pesach.
<b>BBQ Sauce</b>	Sweet Baby Ray's - BBQ Sweet Baby Ray's - Honey BBQ Sauce. Sweet Baby Ray's - Sweet 'n Spicy Sweet Baby Ray's - Honey Chipotle Sweet Baby Ray's - Sweet Vidalia Onion (continued on next page)

<b>BBQ Sauce (Cont.)</b>	Sweet Baby Ray's - Hickory & Brown Sugar  All above varieties of Sweet Baby Ray's BBQ Sauces that are certified by the OU and state "Gluten Free" on the bottom of the back label are כשר לפסח. Must be purchased before Pesach.
<b>Bleach</b>	Any. Can be purchased before or during Pesach.
<b>Breakfast Cereal</b>	Requires KFP certification.
<b>Butter</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Candles</b>	Any. Can be purchased before or during Pesach.
<b>Candy/Lollipop</b>	Charms Brand: Squares, Blow Pops, Super Blow Pops, Blow Pop Minis. Must be purchased before Pesach.
<b>Cat Food</b>	Refer to the Star-K list here: <a href="https://tinyurl.com/pesachpetfood">https://tinyurl.com/pesachpetfood</a>
<b>Cheese, American Processed</b>	Requires reliable KFP certification.
<b>Cheese, Cottage Cheese</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Cheese, Cream Cheese</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach. Kite Hill made with almond milk
<b>Cheese, Feta</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Cheese, processed</b>	Requires reliable KFP certification.
<b>Cheese, non-dairy</b>	Soya Kaas brand: Mozzarella Style - OK-D Gouda Style - OK-D Jalapeno Mexi-Kass - OK-D Nat Garden Vegetable / Cream Cheese Style - OK-D All items listed above must be purchased before Pesach.
<b>Chili Sauce</b>	Heinz brand. Must be purchased before Pesach.
<b>Chocolate Chips</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Chocolate Syrup</b>	Hershey's Brand. Can be purchased before or during Pesach.
<b>Cocoa</b>	Hershey's or any other 100% pure. Can be purchased before or during Pesach.
<b>Coconut Cream</b>	With no added ingredients. Can be purchased before or during Pesach.
<b>Coffee Beans, Whole and/or Ground</b>	Any U.S. domestically-produced brand plain, <u>unflavored</u> whole beans or coffee grounds. <u>Decaffeinated is not included.</u> Can be purchased before or during Pesach, but <i>do not</i> grind them in the store's grinder during Pesach.

<b>Coffee Creamer</b>	Rich's, Nestle's Coffee Mate, Great Value, Chobani & International Delight brands with year-round reliable certification. Must be purchased before Pesach. <b><u>NOTE: Plant-based, oat-based, zero sugar, and reduced fat varieties are NOT approved.</u></b>
<b>Coffee, Decaffeinated</b>	Folgers Classic Decaf Ground or Instant, and Sanka brand. Must be purchased before Pesach.
<b>Coffee Filters</b>	Any. Can be purchased before or during Pesach.
<b>Coffee, Flavored</b>	All flavored coffee (whole beans, ground coffee, and instant coffee) require reliable KFP certification.
<b>Coffee, Instant</b>	Folgers, Taster's Choice. Can be purchased before or during Pesach.
<b>Coffee, K-Cups</b>	Any U.S. domestically-produced brand plain, <u>unflavored</u> k-cups. <u>Decaffeinated is not included.</u>
<b>Contact Lenses and Solution</b>	Any. Can be purchased before or during Pesach.
<b>Contact Paper</b>	Any. Can be purchased before or during Pesach.
<b>Cookies, Gluten Free</b>	<b>Simple Mills Brand Gluten-Free Seed &amp; Nut Flour Sweet Thins: Chocolate Brownie, Honey Cinnamon, Lemon, &amp; Mint Chocolate (Marked as OU-D, but are actually Pareve). Must be purchased before Pesach.</b>
<b>Cooking Oil Spray/Baking Oil Spray</b>	Requires reliable KFP certification.
<b>Corn Tortilla</b>	Any U.S. domestically-produced brand with a year-round reliable certification. with a year-round reliable certification. Must be purchased before Pesach. <b>Please note that only CORN tortillas are acceptable when purchased before Pesach. <u>FLOUR TORTILLAS ARE CHAMETZ.</u></b>
<b>Corn Chips</b>	Tostitos Scoops. Must be purchased before Pesach.
<b>Deli and Processed Meats</b>	Requires reliable KFP certification.
<b>Dental Floss</b>	Any unflavored including waxed. Can be purchased before or during Pesach.
<b>Deodorants</b>	Any. Can be purchased before or during Pesach.
<b>Detergents</b>	Any. Can be purchased before or during Pesach.
<b>Dog Food</b>	Refer to the Star-K list here: <a href="https://tinyurl.com/pesachpetfood">https://tinyurl.com/pesachpetfood</a>
<b>Eggs</b>	Any. Can be purchased before or during Pesach.
<b>Fish, Raw</b>	Any kosher-species raw fresh and frozen fish is acceptable. Can be purchased before or during Pesach.
<b>Fish, Gefilte</b>	Requires reliable KFP certification. (contain fillers that may be Chametz)
<b>Fish Sticks</b>	Requires reliable KFP certification.
<b>Flour</b>	Flours in the market are Chametz. Requires reliable KFP certification.
<b>Fruit</b>	Any 100% - fresh or frozen. Can be purchased before or during Pesach.
<b>Fruit, Dried</b>	Any U.S. domestically-produced brand 100% pure without additives. Can be purchased before or during Pesach.

<b>Fruit, Canned</b>	In juice and/or in corn syrup. Must be purchased before Pesach.
<b>Furniture Polish</b>	Any. Can be purchased before or during Pesach.
<b>Garlic / Garlic Powder, Granulated Garlic</b>	Any U.S. domestically-produced brand with a year-round reliable certification. with year-round reliable certification. Must be purchased before Pesach.
<b>Grape Juice, Pure</b>	Any with year-round reliable certification (light varieties not included). Can be purchased before or during Pesach.
<b>Gum / Bubble Gum</b>	Concord Confections Brand Dubble Bubble (the classic "twist" gum - any flavor) with year-round reliable certification Must be purchased before Pesach. All other brands require a reliable KFP certification.
<b>Honey</b>	Any 100% pure honey. Can be purchased before or during Pesach.
<b>Hot Sauce</b>	Sriracha, Texas Pete <u>Original</u> Hot Sauce, Frank's RedHot Sauce - <u>Original</u> . Must be purchased before Pesach.
<b>Hydrogen Peroxide</b>	Any. Can be purchased before or during Pesach.
<b>Ice Cream</b>	Plain vanilla with year-round reliable certification. Must be purchased before Pesach.
<b>Ices</b>	Any U.S. domestically-produced brand with year-round reliable certification. Must be purchased before Pesach.
<b>Jams and Jellies</b>	<u>Smucker's Simply Fruit</u> : Strawberry, Blackberry, Concord Grape, Peach, Apricot, Red Raspberry PLEASE <u>Smucker's Low Sugar</u> : Strawberry & Concord Grape Preserves <u>Smucker's Sugar Free</u> : Strawberry Preserves <u>Smucker's Jam</u> : Concord Grape, Strawberry, Raspberry, Blackberry, Plum, Apple Butter  All above when bearing the Kosher emblem of the OU are acceptable for Pesach. Must be purchased before Pesach.
<b>Juice</b>	Any U.S. domestically-produced brand 100% pure fresh & frozen juices. Can be purchased before or during Pesach. Any juices which include grape require a year round reliable certification.
<b>Ketchup</b>	Hunt's, Heinz. Must be purchased before Pesach.
<b>Legumes, Canned (Beans, chickpeas, lentils, etc.)</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Legumes; Dried (Beans, chickpeas, lentils, etc.)</b>	Any with no other ingredients. Keep in mind that you need to check them and remove any other grain that may have been inadvertently mixed in it, before cooking it for Pesach.
<b>Lemon/Lime Juice</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Limes / Limoo Ammani (Persian Dried Limes)</b>	Any. Can be purchased before or during Pesach.
<b>Liquor</b>	Requires reliable KFP certification. (see Tequila section below)
<b>Maple Syrup</b>	Any U.S. domestically-produced brand 100% pure maple syrup with a year-round reliable certification. Must be purchased before Pesach.

<b>Margarine / Imitation Butter</b>	Fleischman, Benecol, Smart Balance light with Flaxseed oil, <b>Earth Balance Vegan Buttery Sticks</b> <i>I can't believe it's not Butter</i> – Light (Pareve) / The Original (Dairy) Must be purchased before Pesach.
<b>Matzah</b>	Requires reliable KFP certification.
<b>Matzah, Egg</b>	Requires reliable KFP certification. Please note that even sick and elderly do not fulfill the obligation to eat matzah at the Seder with this type of matzah.
<b>Mayonnaise</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach. Lite Mayo and Mayo with Olive Oil are currently not approved.
<b>Meat: raw, fresh or frozen</b>	Any with a year round reliable certification. Must be purchased before Pesach. [without sauce and/or seasoning]
<b>Medicine</b>	See Medicine section below
<b>Milk</b>	ONLY Plain unflavored and Lactaid milk. Must be purchased before Pesach.
<b>Milk, Chocolate</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Milk, Evaporated</b>	Carnation, PET with OU-D. Must be purchased before Pesach.
<b>Milk, Sweetened Condensed</b>	Eagle brand by Borden - OU-D. Must be purchased before Pesach.
<b>Mineral Oil</b>	Any. Can be purchased before or during Pesach.
<b>Mineral Water</b>	Any. Can be purchased before or during Pesach.
<b>Miracle Whip</b>	Acceptable when bearing the OK kosher emblem. Must be purchased before Pesach.
<b>Mouthwash</b>	Any. Must be purchased before Pesach.
<b>Mustard</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Nail Polish</b>	Any. Can be purchased before or during Pesach.
<b>Nutritional Supplements</b>	Refer to the OU List here: <a href="https://tinyurl.com/pesachsupplements2024">https://tinyurl.com/pesachsupplements2024</a>
<b>Nuts</b>	Only raw [NOT roasted] -Any brand. Can be purchased before or during Pesach.
<b>Oil (includes Avocado Oil, Canola, Cottonseed Oil, Coconut Oil, Palm Oil, Peanut Oil, Soybean Oil)</b>	Any with a year round reliable certification. Must be purchased before Pesach.
<b>Olive Oil, 100% Pure</b>	Any with a year round reliable certification. Can be purchased before or during Pesach.
<b>Olive Oil, Extra Virgin</b>	Any with a year round reliable certification (even for Ashkenazim). Can be purchased before or during Pesach.
<b>Onion Powder</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Oven Cleaner</b>	Any. Can be purchased before or during Pesach.
<b>Paper Plates</b>	Any. Can be purchased before or during Pesach.
<b>Pasta, Gluten-Free</b>	<b>Ronzoni Gluten-Free: Spaghetti, Elbow, Penne Rigate when bearing an OU.</b> <b>Barilla Gluten-Free: Rotini, Penne, Elbows Pasta, Chickpea Spaghetti, Chickpea Penne when bearing an OK.</b>

	<b>Must be purchased before Pesach.</b>
<b>Peanut Butter</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Pickles</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Plastic Wrap</b>	Any. Can be purchased before or during Pesach.
<b>Popcorn</b>	Any raw kernels. It should be checked for wheat or other grains before Pesach, like rice.
<b>Potato Chips, Plain Salted</b>	Any unflavored U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Potato Chips, Cape Cod</b>	Kettle Cooked Potato Chips- <u>Original</u> . Can be purchased before or during Pesach.
<b>Potato Chips, Lay's</b>	Classic, Wavy Potato Chips- <u>Original</u> , Kettle Cooked Potato Chips- <u>Original</u> . Can be purchased before or during Pesach.
<b>Potato Chips, Ruffles</b>	Original. Can be purchased before or during Pesach.
<b>Poultry (Chicken, turkey, etc.) raw, fresh or frozen</b>	Any with a year round reliable certification. Must be purchased before Pesach. [without sauce and/or seasoning]
<b>Prepared Foods</b>	Require reliable KFP certification.
<b>Quinoa</b>	Raw with no seasonings, no matter where it was grown. It should be checked for wheat or other grains before Pesach, like rice.
<b>Rice</b>	See page 10
<b>Rice Milk, Original/Plain</b>	Any <u>organic</u> U.S. domestically-produced brand with a year-round reliable certification Must be purchased before Pesach.
<b>Salad Dressing</b>	Ken's Brand: Honey Mustard, Italian, Zesty Italian, Raspberry Walnut Vinaigrette Dressing, and <b>Simply Vinaigrette Olive Oil &amp; Vinegar</b> ( <i>when bearing an OU for all year round use</i> ). Must be purchased before Pesach.
<b>Salt</b>	Any.
<b>Sauces &amp; Dips</b>	Requires reliable KFP certification.
<b>Seaweed</b>	Any unflavored U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Seltzer (Unflavored)</b>	Any unflavored seltzer. Must be purchased before Pesach.
<b>Seltzer (Flavored)</b>	Requires reliable KFP certification.
<b>Silver Polish</b>	Any. Can be purchased before or during Pesach.
<b>Soap</b>	Any. Can be purchased before or during Pesach.
<b>Soft Drinks/Soda</b>	<b>Coca Cola Classic, Caffeine Free Coca Cola Classic</b> - Due to changes in the supply chain of certain ingredients, only Pesach-approved "Coca-Cola Original Taste" is permitted during Pesach. Consumers should refrain from drinking "Coca-Cola Original Taste" which is not approved for Pesach. Fanta Orange ( <b>excluding Zero</b> ), Mello Yellow ( <b>excluding Zero</b> ), Gold Peak (Sweetened & Unsweetened) Lemon Iced Tea, Gold Peak (Sweetened, Slightly Sweet & Unsweetened) Southern Style Iced Tea ( <b>excluding Zero</b> ), Minute Maid



	Fruit Punch, Minute Maid Grape, Minute Maid Lemonade, Minute Maid Orange, Nestea Citrus Green Tea, Nestea Cool Lemon, Nestea Green Tea Peach. Must be purchased before Pesach. <b>NOTE: ALL Diet &amp; Zero varieties require reliable KFP certification.</b>
<b>Sour Cream</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Soy Milk/Original</b>	Silk, Organic. Must be purchased before Pesach.
<b>Soy sauce</b>	Requires reliable KFP certification.
<b>Spices</b>	Any 100% pure U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach. Sumac Spice from the DeKalb Farmer's Market in Atlanta, GA is not approved for Pesach.
<b>Styrofoam plates/cups etc.</b>	Any. Can be purchased before or during Pesach.
<b>Sugar, Brown</b>	Domino brand. Can be purchased before or during Pesach.
<b>Sugar, Confectioner's</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Sugar, Granulated</b>	Any brand of granulated white or brown sugar. Can be purchased before or during Pesach.
<b>Sunseed</b>	Vita Prima Sun Salad. Must be purchased before Pesach.
<b>Tahini</b>	Any 100% Pure Tahini. Can be purchased before or during Pesach.
<b>Tea, Decaffeinated</b>	Lipton Tea bags. Must be purchased before Pesach.
<b>Tea, Iced</b>	Arizona (Any flavor except diet), Lipton iced tea powder mix. Must be purchased before Pesach.
<b>Tea, Instant</b>	Lipton Tea bags. Must be purchased before Pesach.
<b>Tea, Regular</b>	Any brand pure, unflavored tea leaves or tea bags. Must be purchased before Pesach.
<b>Tequila</b>	A list of approved tequilas is available here: <a href="https://tinyurl.com/2024PesachTequila">https://tinyurl.com/2024PesachTequila</a>
<b>Tissues</b>	Any, including scented tissues
<b>Tofu</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Tomato Juice</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Tomato Paste</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Including Hunt's & Heinz. Must be purchased before Pesach.
<b>Tomato Sauce</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Including Hunt's & Heinz. Must be purchased before Pesach.
<b>Tomato, Diced or Crushed</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Tomato, Whole Canned</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Must be purchased before Pesach.
<b>Toothpaste</b>	Any. Can be purchased before or during Pesach.
<b>Toothpicks</b>	Any. Can be purchased before or during Pesach.

<b>Tuna, in oil</b>	Any U.S. domestically-produced brand with a year-round reliable certification in Vegetable Oil or Olive Oil only. Must be purchased before Pesach.
<b>Tuna, in water</b>	Requires reliable KFP certification.
<b>Vegetables, Fresh</b>	Any. Can be purchased before or during Pesach.
<b>Vegetables, Frozen</b>	Any plain. Can be purchased before or during Pesach.
<b>Vinegar</b>	Any Apple Cider, Red Wine, Distilled White & Balsamic U.S. domestic brand with reliable certification for all year round. Must be purchased before Pesach. Malt vinegar is NOT acceptable for Pesach use.
<b>Water</b>	Any brand, even with electrolytes. Can be purchased before or during Pesach.
<b>Wax Paper</b>	Any. Can be purchased before or during Pesach.
<b>Whip Topping</b>	Rich's. Must be purchased before Pesach.
<b>Wine</b>	Any 100% GRAPE wine or juice that is labeled as acceptable for Kiddush & Havdalah with a year-round reliable certification. See also page 12.
<b>Yogurt, Plain</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.
<b>Yogurt, Flavored</b>	Chobani Greek Yogurt: Plain, Apricot, Blackberry, Black Cherry, Blueberry, Mango, Vanilla Mixed Berry, Passion Fruit, Peach, Pineapple, Pomegranate, Raspberry, Strawberry, Strawberry banana. Must be purchased before Pesach.
<b>Yogurt, Greek Plain</b>	Any U.S. domestically-produced brand with a year-round reliable certification. Can be purchased before or during Pesach.

**Rice**

Rice is a primary staple food for many people. When rice is processed into white rice, the fiber and nutrient rich outer bran is stripped first, leaving behind the germ and endosperm. In many cases, the nutritious germ is lost as well during the polishing process. As a result, white rice is not terribly nutritious, naturally. Therefore, the U.S. Food and Drug Administration (FDA) requires that any rice labeled “enriched”, regardless of its point of origin - whether domestically grown or imported - must contain at least the minimum levels of thiamin, niacin, iron and folic acid as specified in the Code of Federal Regulations. By contrast, “Organic Rice” may not contain other nutrients, in compliance with the regulations set forth by the International Federation of Organic Agriculture Movements (IFOAM). Although the USDA does not require any import permit to import processed “Natural Rice” such as Basmati, Jasmine, etc., without enrichment, for food consumption to the U.S., in some countries abroad the trend has become to enrich their natural rice that is intended for import purposes. The production process described above may cause chametz to be introduced into regular rice.

- Niacin (Vitamin B3) is produced through a synthetic process that utilizes enzymatic processes in commercial production. The enzymes used in the process are not of any chametz concern
- Iron (ferrous sulfate) is an inorganic chemical and is not of any chametz concern.
- Folic Acid (Vitamin B9) is an innocuous ingredient and presents no issues for Pesach.
- Thiamin (Vitamin B1) is a vitamin that is made through reaction of ethanol with formic acid to produce ethyl formate that is used to make Vitamin B1. Ethanol can be made using wheat, sugar cane, sweet potato or corn. Because there are no federal regulations governing the production process, commercial producers manufacture ethanol using the cheapest available base product. From a kashrut perspective, this makes it impossible to verify that the ratio of ethanol is less than 1/60 of the total mix that is utilized to produce the final product.

Due to the concerns with thiamin, some Poskim advise against using enriched rice on Pesach. However, considering the fact that all four vitamins are blended together along with a carrier and then only 3/10 of a pound of enrichment is added to every one thousand pounds (0.03%) of rice, the enrichment is considered null & void. **Hence, if you purchase enriched rice for Pesach, it should be rinsed well before cooking to remove any added vitamins.**

The following chart is a useful reference for purchase qualified kosher rice for Pesach. Keep in mind that you need to check the rice and remove any other grain that may have been inadvertently mixed in it, before cooking it for Pesach.

Type of rice	If Labeled...	Ingredient List	Acceptable for Pesach?
Domestic brand of Rice	Enriched	Includes above listed enrichments	Yes – Buy before Pesach
Natural Rice - Imported Rice such as Jasmine or Basmati	Enriched	Includes above listed enrichments	Yes – Buy before Pesach
Natural Rice – Imported Rice such as Jasmine or Basmati	Natural Rice	Natural Rice	Yes
Natural Rice - Imported Rice such as Jasmine or Basmati	Natural Rice	It is never enriched	Yes – You may buy it even during Pesach. However, keep in mind that you do not wish to possess any other grain that may have been mixed in the rice. Check it and dispose of any other grain mixed in it before using.
Organic Rice	It is never enriched	It is never enriched	Yes – You may buy it even during Pesach. However, keep in mind that you do not wish to possess any other grain that may have been mixed in the rice. Check it and dispose of any other grain mixed in it before using.

**Pesach Wines**

Some people follow a stringency of not using any wine that contains added sugar or water. Preferably, if there is **less** than one part of water to two parts of wine, and the blend still tastes like authentic wine, the mixture is still considered wine.

All OU approved Table Wines (Dry Wines) are not blended with any water.

The following varieties of “Kedem Estate Wines” are free of water and/or sugar.

<b>Kedem Estates</b>	<b>Blush Chablis (750 MI)</b>	<b>Mevushal</b>
<b>Kedem Estates</b>	Reduced Carb Light Red	Mevushal
<b>Kedem Estates</b>	Cabernet Soft 1.5L	Not Mevushal
<b>Kedem Estates</b>	Chardonnay	Mevushal
<b>Kedem Estates</b>	Eshkol Ruby Red No Sulfites (Organic)	Mevushal
<b>Kedem Estates</b>	Blush Chablis (1.5 L)	Not Mevushal

All other varieties are made with more than 70% single strength fermented grape juice/wine, and are accordingly acceptable for ארבעה כוסות and Kiddush. Accordingly, when one wishes to dilute wine with water, the maximum amount of water should be less than 20% and the remaining 10% should be wine or grape juice.

The following varieties of Grape Juice which may contain artificial sweetener; is blended with more water. Accordingly, it should not be blended with more than 10% water to be qualified for ארבעה כוסות and Kiddush.

- Light White Grape Juice Beverage
- Light Concord Grape Juice Beverage
- Sparkling Light Concord Grape Juice

All Mevushal wines and grape juices are heated to a minimum 180 F. They are accordingly are Mevushal and labeled as Mevushal. Non-Mevushal wines are not heated at all during the production process. However, some (sweetened) wines and grape juices, are heated below the temperature 160 F, and thus are labelled Non-Mevushal.

**IMPORTANT NOTE:** Several varieties of Manischewitz wine such as blackberry and cherry wine, do not contain grapes, and may not be used for Kiddush or the four cups of the Seder (or Kiddush & Havdalah during the rest of the year). The Beracha of these varieties is “Shehakol” and not “Borei Peri Hagefen”.

**Cosmetics & Toiletries**

Anything which is poisonous/dangerous to ingest is, by definition, not chametz, even if it contains one of the five grains which make chametz - and may be used for Pesach. In particular, “denatured alcohol” or “alcohol denat.” is poisonous. Drinkable alcohol is listed as “ethyl alcohol” or “alcohol” on ingredient list). Thus, all varieties of blush, body soap, creams, eye shadow, eyeliner, face or foot powder, lotions, mascara, nail polish, nail polish remover, ointments, shampoo, and stick deodorant are permitted on Pesach.

**Medicine**

All pill medications-with or without chametz-that one swallows whole are permitted. Vitamins and food supplements do not fall into this category. Please consult a competent Rabbi whether your specific condition, qualifies you to take vitamins or supplements.

Liquid and chewable medications that may contain chametz (alcohol, starch) should only be used under the direction of a doctor and competent rabbi who would qualify the severity of the illness, the likelihood that the medication contains chametz and the possibility of substituting it with non-chewing pill. **PLEASE**, do not discontinue taking liquid, chewable or any other medicine that are prescribed by your doctor without consulting with your doctor and rabbi.

**Brief Medication List**

This list is not exhaustive, and any medication meeting the above criteria, may be used.

**Allergy, Cold and Pain Relief:**

**Adwe – Stool Softener**

**Advil Tablets & Caplets**

**Afrin** (nasal spray)

**Aleve**

**Allegra-D- 12 Hours Tablets**

**Alka Seltzer – Original tablets**

**Aspirin; St. Joseph** (adult & children's chewable)

**Claritin-** Syrup & Tablets;

**Contact D**

**Coricidin** Cold & flu: Cough & Cold

**Drixoral** all

**Konsyl Powder - Unflavored**

**Motrin** tablets, caplets, Children's Cold Oral Suspension Dye Free, Children's Cold Oral Suspension, Children's & Jr. Strength Chewable Tablets; Infant Drops

**Nasonex** Nasal Spray,

**Pediacare:** Allergy, Long Acting, and Decongestant Syrups

**Singulair** Oral Granules & Chewable

**Sinex,** Nasal Spray

**Tums Regular, E-X, Ultra**

**Tylenol** reg., extra strength-tablets, caplets, Allergy Complete, Adult Liquid Cherry Pain Reliever, With Codeine Elixar, PM Liquid, Plus /Cold & Runny Nose, Sore Throat Liquid AM& PM, Children's Suspension (Strawberry, Bubble Gum, Grape.) Children's Tablets & Liquid, Children's Cold & Cough Chewable and Suspension, Children's Plus Cold & Cough Suspension, Children's Cold Chew Tabs, Infant concentrated Drops, Junior Strawberry soft chews, Max Strength Flu Nighttime Liquid, Meltaways Children's, and Jr. Vick's Dayquil, Nyquil

**Antacids:**

Bromo Selzer  
 Di-Gel tablets  
 Dramamine  
 Prevacid Delayed Release Caps & Oral Suspension.  
 Pepto-Bismol (all forms);  
 Tums: Regular, E-X, Ultra (Smoothies & others contain chametz)  
 Rolaids  
 Pepcid: Tablets, AC, Complete, Chews  
 Philip's Milk of Magnesia

**Other digestion related medications:**

Imodium (Chewable, Tablets and Liquid);  
 Colace: liquid, syrup and capsules;  
 Metamucil: capsules & powder & wafers are approved Milk of Magnesia;  
 Miralax  
 Senokot – tablets only

**The following prenatal vitamins do not contain chametz:**

Prenate Elite, DHA  
 Vi-Daylin;  
 Pedialite;  
 Fer-Iron Drops  
 Freeda PreNatal 1 A Day

**Vitamins**

Vitamins are normally not considered medication, but rather a food supplement. As such, most Rabbanim feel that vitamins should have supervision in general and for Passover in particular. Many Rabbis hold that pre-natal vitamins that are taken *as directed by a doctor*, should be used without hesitation. Any other cases when your doctor prescribes a specific vitamin that must be taken on Passover should be taken only after consulting your doctor and your Rabbi.