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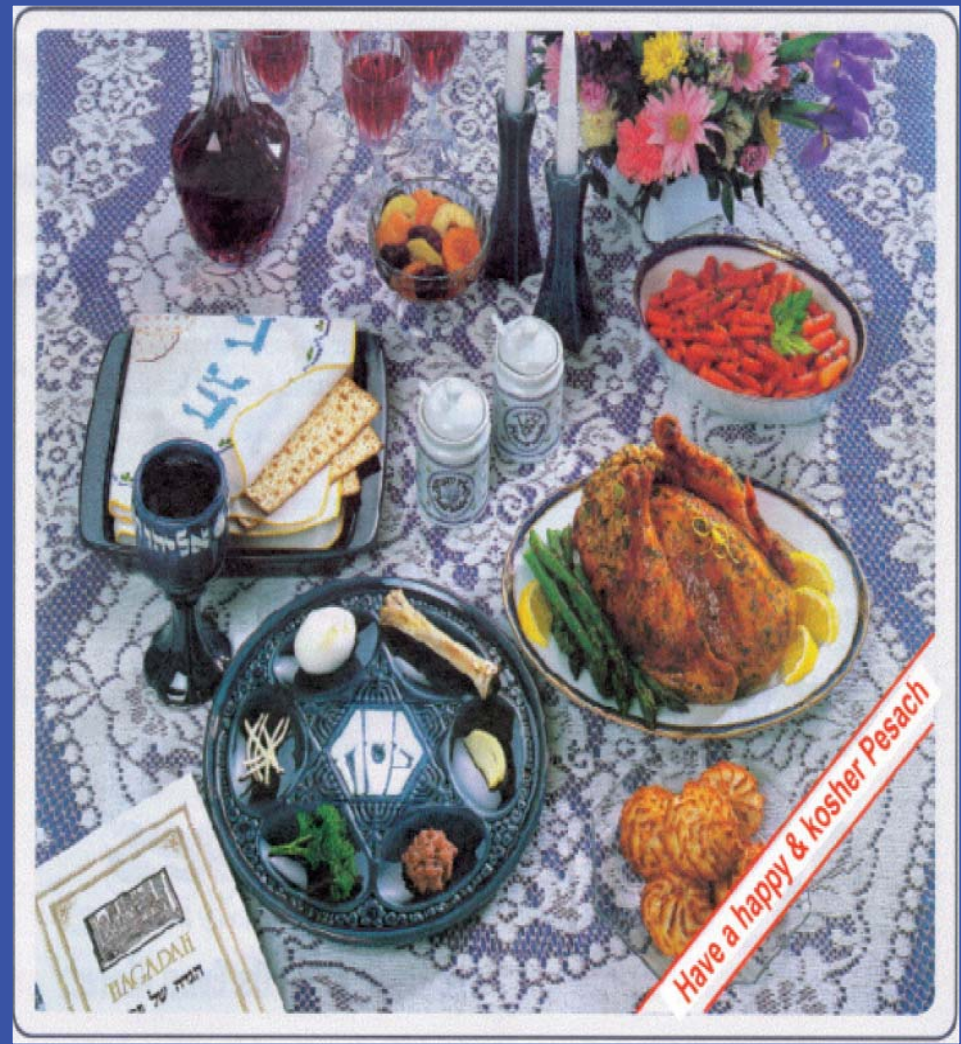
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KASHRUS CONSCIENCE

A service of the KOSHER INFORMATION BUREAU by: RABBI E. EIDLITZ

Pesach - Passover



April 2011

Nisan 5771

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for Pesach". These are meant only for those Sephardim who have the Minhag to eat Kitniyos. (See O/U Kitniyos policy below). Sardines, despite having good Hashgachos (O/U, Rabbi Teitelbaum etc) have recently been found to contain Krill (on rare occasions) in the stomach. A different sardine issue has arisen of finding Anisakis worms in the abdomen of whole sardines from Portugal (in particular Gefen brand). The abdomens either need to be removed or one should buy only skinless/boneless sardines.

"Pure Honey" from China has recently been found to be adulterated with corn and rice syrup.

The Israeli Chief Rabbinate announced that the following Shmura Matzos list fraudulent rabbinic supervision: Matzot Mehadrin –Harav Yitzchak Amnabi and Badatz Beit Yosef. **From the Kof K:** The Kof K provides its Kosher certification to all products manufactured by Joyva for year-round use EXCEPT for Passover. The Kof K does not certify or supervise anything manufactured by Joyva as Kosher for Passover because of their use of cornstarch and corn syrup in their products. The Kp on the Passover run is under the certification and supervision of Rabbi Sheinkop.

From the Star-K:

As a result of a recent investigation, we have found it possible that quinoa's kosher for Passover status is compromised when it grows or is processed in the proximity of certain crops. Therefore, quinoa will only be accepted with reliable Kosher for Passover supervision (**Note:** Sugat from Israel, available in many kosher markets has certification for Pesach)

From the OU:

The O/U will have supervision for those who eat Kitniyos. Care needs to be taken as to what the Hechscher says on the package. The Hechscher is O/U with the word Kitniyot on top and the disclaimer "acceptable for

those who consume Kitniyot on Passover".

Whiskey Alert

(concerning Chometz She'Ovar Alav HaPesach)

AKO: ASSOCIATION OF KASHRUS ORGANIZATIONS

We recommend that *Kashrus* Agencies and consumers change their policies and only consume those alcoholic beverages which [are free of standard Kosher concerns and] are known to (a) be produced by a non-Jewish company or a Jewish-owned company which arranged for the sale of their *Chometz*, (b) not contain any *Chometz*, including not having *Chometz* secondary grains or malted barley (bourbon and cordials are examples of items that may have these forbidden items), and/or (c) were not aged over *Pesach* (e.g. vodka).

The following are some brands which we believe to be subject to the above concern:

1792 Ridgemont
99 Schnapps
A. Smith Bowman
Ancient Age
Antique Collection
Barton
Blantons
Bowman
Buffalo Trace
California Deluxe
Canadian Host
Canadian Hunter

Canadian LTD
Canadian Supreme
Colonel Lee
Dr McGillicuddy's
Eagle Rare
Elmer T Lee
Experimental Collection
Fireball
Fleishmann's
George T. Stag
Hancock's Presidents Reserve
Herbsaint
Highland Mist
House of Stuart
Imperial
James Foxe
Kentucky Gentleman
Kentucky Tavern
Lauder's
McAfee's Benchmark
Mr. Boston
Northern Light
Old Charter
Old Rip Van Winkle
Old Thompson
Old Weller
Pappy Van Winkle
Peychaud's
Regan's
Rich & Rare
Rock Hill Farms
Royal Canadian
Sazerac Rye
Ten High
Thomas H. Handy
Tom Moore
Van Winkle
Very Old Barton
Virginia Gentleman
W L Weller

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CHOMETZ ON PESACH

Chometz is any substance that contains leavening from one of five cereal grains (wheat, barley, oats, spelt, or rye) caused by its prolonged contact with water or other liquids. The prohibition of Chometz on Pesach includes "Chometz Gomur" (unadulterated Chometz) and "Ta'aruvus Chometz" (a mixture containing real Chometz). There are three areas with which we must be concerned when evaluating Chometz. First, there is "Isur Hana'ah". This means that one may not derive any pleasure or benefit whatsoever from Chometz (e.g. feeding Chometz to one's pets, etc.). Secondly, a Jew may not own Chometz. This prohibition extends to possession of Chometz anywhere in the world (such as in a boat, office, mountain retreat, etc.). Thirdly, there is a prohibition against having Chometz in one's possession. One must be careful to remove all Chometz from their premises. Jews may not leave Chometz in their possession on Pesach, even if they do not intend to use it, and they don't own

it. One should be careful not to send a package which contains Chometz too close to Pesach, as it may arrive during Pesach.

STANDARDS OF KASHRUS

With over 1000 Kosher certifying agencies and individuals competing in the Kosher certifying business, it is expected that standards will vary. While most keep to a basic acceptable standard, some do not. We still see gelatin from non-Kosher animals being used, (often listed as "k-Gelatin"), corn syrup as an ingredient in Passover products (with a long reference attempting to legitimize it), carmine (from bugs) used as red coloring, as well as many other questionable ingredients. With the vast number of products being certified by reliable agencies and individuals, it would seem to be much less tempting to allow for these lenient opinions to lessen our observance of Pesach.

Additionally, some establishments only offer "Kosher style" products for Pesach, while the lenient word "style" is missed by many. Some food establishments offer a Passover taco bar, ham on Matzah special and Passover challah, among other things. The only protection as far as the government is concerned is from Assembly Bill 295, section 1329.29, passed in March of 1993. It states: "No person shall do any of the following: Make any direct statement, either orally or in writing, display the words "Kosher", "Kosher style", "Kosher type", "Kosher for Passover", "Jewish", or "Hebrew" in any language or display any insignia, six pointed star, or other mark that might reasonably be calculated to deceive or lead a reasonable person to believe a product is "Kosher" or sanctioned by Orthodox Hebrew religious requirements, if it is not". Obviously one needs to be vigilant in carefully watching for proper certification.

KITNIYOS

Due to the stringency of the prohibition of not eating Chometz on Pesach, Ashkenazic Jews, as well as many Sephardim, have developed a custom not to eat Kitniyos (legumes) on Pesach

other than for infants and under other special circumstances provided that the foods are prepared in separate utensils. Kitniyos includes beans, soy, rice, peas, and corn among others: (see below). Sephardim, whose Minhag permits them to eat rice on Pesach, must be careful to determine that the rice is additive-free. Many Sephardim have the Minhag to check the rice three times as well as to check for other grains that may be mixed in. In any case, open bins in stores should not be used. Ashkenazim refrain from eating peanuts as well. However, this restriction regarding peanuts may not include peanut oil (according to the opinion of Rav Moshe Feinstein ZT"L.) Legumes are permitted for some Sephardic Jews who, for various historical reasons, did not adopt this custom of refraining from Kitniyos consumption on Pesach. A reliable list of acceptable products following this Sephardic custom is available from the Sephardi division of the J.S.O.R. at (732) 531-4872 (be aware that a number of lists exist for Sephardim that are extremely misleading and erroneous). For this reason the Kosher consumer is confronted every year around Pesach time with a confusing array of Kosher certifications found on candy, jam, mustard and other products containing legumes. In reality, these products are edible on Pesach by only certain groups of Jews. Many, but not all, will state "Leochlei Kitniyos - only for those who eat Kitniyos". Some examples of this are sunflower seeds, canned vegetables, halva etc. Every Jew, however, is permitted to derive benefit from Kitniyos (such as pet food, glue, baby formula etc.). The following are considered Kitniyos or treated as Kitniyos according to many opinions: Anise, Ascorbic Acid (May be Chometz), Aspartame (Nutrasweet), Beans, Black Eyed Peas, Buckwheat, Calcium Ascorbate, Canola Oil, Caraway,

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grain Alcohol (Chometz).

Tomato Products - vinegar (Chometz), nutrients, salt, sugar, chometz machinery

Tonic Water - corn syrup

Tuna - hydrolyzed protein, oil

Vegetables (Frozen) - can be processed on Chometz machinery

Vegetables from Israel (often Peppers) - Terumah, Maaser, Shemita

Vanilla Extract - corn syrup, alcohol

Vitamins - yeast, starch, corn dextrose, wheat (note: Freeda vitamins are Chometz free)

Wine - corn sugar, Chometz alcohol. **Note:** not all Kosher wines are Kosher for Pesach, also many are not Mevushal (cooked) (Check the label)

Yogurt - milk powder, enzymes, flavoring, sugar

UPDATES (5771/2011)

The Star-K **Hadar Machine Matzohs** will be available only as 18 minute *chabura Matzohs*.

These are the only Star-K machine Matzohs available this year.

All **Streit's** products produced in the United States are under the dual Hechsher of Rabbi Moshe Soloveitchik and the Kof K.

NEW PRODUCTS (5771/2011)

America's Choice Flavored Seltzers (O/Up)

Barkanit Goat and Sheet Cheese (O/Up - Cholov Yisroel)

Barricini Candies (O/Up)

Bartenura Grapeseed Oil (O/Up)

Barton Chocolates (O/Up)

Blanchard & Blanchard Salad Dressings (new flavors)

Cabot Cheddar Cheese (O/Ud - Cholov Stam)

Dayenu Pizza, Rolls and Pierogies (O/Up - with Matzo Meal)

Dr. Fischer Deodorant Spray (Rabbi Shlomo Korach)

Frankels Blintzes, Waffles and Pizza (O/Up)

Gefen All Natural Apple Sauce (O/Up)

Gefen Almond Butter (O/Up)

Gefen Cakes, Cookies and Frostings (O/Ud)

Gefen Curly Nosh Snacks (O/Up)

Gefen Gluten-Free

Cereals (O/Up)

Gefen Ice Pops (O/Up)

Geula Matzahs and Matzah Products (O/Up)

Gefen Sweet Relish (O/Up)

Glick's Artichoke Bottoms (O/Up)

Glick's Imitation Soy and Teriyaki Sauces (O/Up)

Guss Pickles (O/Up)

Haddar Pesach Products (all) (O/Up)

Haddar Milk Powder

(O/Up - Cholov Yisroel)

Haddar Almond and Cashew

Butter (O/Up)

Haddar Matzahs and Matzah Products (O/Up)

Health Garden Xylitol (O/Up)

Jane's Crazy Mixed Up Salt (O/Up)

Kedem Pomegranate and Sparkling Pomegranate Juices (O/Up)

Kedem Jelinek Pear Brandy (O/Up)

Kedem Distillerie Gin (O/Up)

Kfar Chabad Hand Shmurah Matzos (O/Up)

King David Coffee

Roasters (KSA)

Kirkland Apple Juice (O/Up)

Klein's Ice Cream Cake Roll Slices (O/Up)

Klein's Wheel of Passover Pizza (O/U dairy)

Kojel Soup in a Bowl (O/Up)

Lay's Potato Chips (O/Up)

Le Tova Kichel and "Bread"

Sticks (O/Up)

Lipton Kosher Soup

Secrets (O/Up)

Lipton Matzo Ball & Soup Mix (O/Up)

Manischewitz Chocolate

Covered Cherries (O/Up)

Manischewitz Marshmallows (O/Up)

Manischewitz Biscotti (O/Up)

Mishpacha Non-Dairy topping (O/Up)

Neshama Low Fat/Low Carb

Chicken & Turkey Sausages

Norman's Machmirim Yogurt (O/Up)

Osem Bittersweet Chocolate

Coated Coffee Beans (O/Up)

Osem Bittersweet Chocolate

Coated Citrus Peels (O/Up)

Price Chopper Flavored Seltzer (O/Up)

Ratner's Pancakes and Blintzes (O/Up)

Rokeach Hand Shmurah Matzos (O/Up)

Savion Firemen's Frenzy Sauces (O/Up)

Savion Fluffy Strawberry Marshmallow Crème (O/Up)

Season Moroccan Sardines

New Products

29

Mashgiach Temidi, Bishul Yisroel (O/Up)

Shop - Rite Tuna (O/Up)

Shop - Rite Flavored Seltzer (O/Up)

Sonny & Joe's Salads,

Dips and Pickles (O/Up)

VIP Bakery Goods (O/Up)

VIP Soup in a Bowl (O/Up)

Yehuda Gluten Free

Matzo-Style Squares

Yehuda Babaganush and

Matbucha dips (O/Up)

Yanovsky Matzah from

Argentina (O/Up)

Yorvata Mozzarella, Provolone &

Pecorino Cheese (O/Up)

Zeta Olive Oil

ALERTS:

Be careful to check packages of Kosher for Pesach items for the Pesach certification. Some non-Pesach Kosher products have similar packaging to those products that are Kosher for Pesach and can be easily confused.

Not all **Elite** products bear recommended Hashgachos. Check the label.

Caution should be used when buying Matzos to be sure that they are not in the category of "**Matzah Ashira**". Some examples of this are Manischewitz White Grape Matzo, Grape Bit Crackers, Egg Matzo, Egg Matzo Crackers, Egg Matzo Snack Bits, Chocolate Covered Egg Matzo and Tam Tam crackers. These items are only permissible for the elderly, ill, or young children who are not able to properly digest regular Matzah.

At this time of year many supermarkets carry various produce from Israel. These include peppers, mango, tomatoes and spices. If one purchases such items, care must be taken to take all appropriate **Terumos** and **Maasros**. Many Kitniyos products in the market are certified as Kosher, especially from France and other European countries. These Kitniyos products are often in the form of candy. Many, but not all of these products will say "LeOchlay Kitniyos". For instance, Afflula Sunflower Seeds just say "Kosher

be iodized with flour, dextrose (dietetic may contain grape juice), corn syrup

Cat Food - wheat, cheese or whey with meat, oats and barley (see listing)

Cheese & Cottage Cheese - stabilizers, corn sugar, coagulating agent, microbial rennet from real Chometz, dextrose, cultures

Chewing Gum - corn syrup, flavoring

Cigars (Flavored) - Chometz alcohol

Chocolate & Chocolate Milk - malt (real Chometz), glucose

Chocolate Spread - from Israel may contain Kitniyos. **Note:** even though some chocolate spreads with Kitniyos may state on the label K.F.P., it is acceptable only for Sephardim who eat Kitniyos

Cider Vinegar - may contain yeast that is real Chometz

Coffee - General Foods International currently is processed on Chometz machinery. Coffee substitutes (i.e. Pero and others) contain grain.

Coffee (Decaffeinated) - may have been processed with ethyl acetate (derived - grain alcohol), coffee flavoring may contain Chometz alcohol, as well as non Kosher flavoring.

Condensed Milk - sugar, preservatives and oil to reconstitute

Confectionery Sugar - corn starch (for instance, three percent in C&H) may contain wheat starch

Creamer (Non-dairy) - whey, emulsifiers which are dairy and Kitniyos, some contain corn syrup

Dextrose - corn derivative

Dishwashing Detergent - cetyl alcohol (not Kosher), grain alcohol

Dog Food - barley, oats, wheat, cheese or whey and meat (see listing)

Dried Fruits and Raisins - dried in Chometz ovens, may contain Kitniyos oil, flour

Emulsifiers - can contain glucose

Fish Food - wheat (see listing)

Flour - has been bleached and washed, therefore Chometz

Frozen Fruit Drink - usually contain corn syrup, flavoring

Gelatin (Beef) - from all over

the world, including Israel, not acceptable unless it has reliable certification, as it usually is processed from non-Kosher slaughtered animals

Glucose - corn or wheat derivative

Honey - corn syrup, coloring (even if not listed)

Horseradish - vinegar, sweeteners, hydrolyzed vegetable protein, wheat gluten

Hydrolyzed Vegetable Protein (HVP) - often is Chometz

Ice Cream - sugar, flavorings, stabilizers

Ingredients - Ascorbic Acid, Caramel, Citric Acid (often derived from glucose), Glucose (can be derived from wheat fermentation), HVP (hydrolyzed vegetable protein), Vitamin C

Israeli Products - Teruma, Maaser, Shemita: must have reliable certification

Ketchup - stabilizers, oil, dextrose, vinegar (real chometz), flavorings

Kitniyos - includes: beans, rice, citric acid, corn, dextrose, some types of flavoring, hydrolyzed vegetable protein, soy, peanuts, sesame seeds, sorbitol, starch

Lactaid - tablets may contain Chometz

Lecithin - Kitniyos

Liquor - may have grain alcohol base, wine, or grain alcohol, or wine alcohol

MSG - wheat

Maple Syrup - de-foaming agents

Margarine - emulsifiers, artificial flavor, salt, sugar, oil

Maraschino Cherries - glucose, dextrose (cut cherries usually are colored red with carmine, an insect derivative)

Mayonnaise - MSG from hydrolyzed protein, oil, flavorings, sweeteners, vinegar

Milk - must be bought before Pesach and processed by a dairy that does not make chocolate milk (see section on milk)

Mustard - Kitniyos. Some may even contain actual Chometz. (not to be confused with Kosher for Passover imitation mustard)

Nuts - BHA, BHT, sprayed with Kitniyos (corn oil)

Oil - Kitniyos

Paper Plates (inexpensive) - coated with starch

Peanuts - considered Kitniyos by

most traditions

Pecan Pieces or Midget - Chometz processing

Peeled Vegetables - i.e. carrots, potatoes (may be washed and preserved with citric acid or dextrose anti-oxidant)

Pet Food - wheat, milk, cheese or whey mixed with meat (which is not acceptable year-round), (see listing)

Pickles - vinegar (Chometz), flavorings

Play Dough - edible flour (must be discarded before Pesach)

Powdered Cocoa (Sweetened) - powdered milk, corn sweetener

Products from Rabbanut of Israel - may contain Kitniyos

Quinoa - requires kosher for Pesach on the label.

Rice - Ashkenazim do not use rice on Pesach because it is considered Kitniyos. Sepharadim (who eat rice on Pesach) must use additive - free rice. (See article)

Roach Poison - Combat brand (edible Chometz bait)

Rubber Gloves (Powdered) - Chometz powder

Salads (Prepared in Bags) - may contain citric acid

Salt - table salt often contains dextrose and polysorbate, especially when iodized

Snacks - Bomba Snacks from Osem (Israel) is made with corn and peanuts. This product is considered to be Kitniyos even though some of the packages mistakenly bear an O/Up.

Soda - flavorings, dextrose, corn sugar

Soup cubes - Telma and others regularly contain Chometz Yeast.

Soy Oil, Corn Oil - corn syrup, soy lecithin all are Kitniyos

Spices (Processed or Flavored) - dextrose, flavoring, machinery

Splenda - contains Kitniyos

Sugar - many sugars are produced from corn and are Kitniyos

Sunflower Seeds - Kitniyos

Tea (Instant) - may contain Kitniyos sweetener

Tea Bags - All decaffeinated tea bags without Pesach certification are considered not proper for use on Pesach.

Tea (Herbal) - Chometz or non-Kosher flavoring

Tofu - Often processed using

Citric Acid (May be Chometz), Chickpeas, Confectioners' sugar with corn starch, Coriander, Corn, Corn Syrup, Cumin, Dextrose, Fennel, Fenugreek, Flax Seeds, Hemp, Hydrolyzed Vegetable Oil, Kasha, Kimmel, Lecithin, Lentils, Licorice, Lucerne, Lupine, Malto Dextrins (Chometz or Kitniyos derived), Millet, MSG, Mustard, Peanuts, Polysorbates (May be Chometz), Popcorn, Poppy Seeds, Rice (Vitamins added may be Chometz), Sesame Seeds, Snow Peas, Sodium Citrate (May be Chometz), Sodium Erythorbate (May be Chometz), Sorbitol (Could be Chometz if outside the U.S.), Soy Oil, Corn Oil, Soy, String Beans, Sunflower Seeds, Tofu (from soy), Vitamin C (may be Chometz), Wild Rice, Xanthan gum (May be Chometz). **NOTE:** Flax seed and Hemp seed are not Kitniyos and can be used after checking for other grains.

BITUL (ANNULMENT) OF CHOMETZ

During the year, any non-Kosher ingredients which are inadvertently mixed with Kosher ingredients may be Halachically (according to Jewish law) fit to eat. The reason for this leniency is that they are declared "Batel Beshishim" (annulled in sixty i.e. the Kosher food is at least sixty times greater than the non-Kosher, thus making the non-Kosher food annulled). This rule is true regarding Chometz on Pesach only if the mixture was made before Pesach. During Pesach, the laws of "bitul" are not applicable. In other words, during the week of Pesach, if even a tiny amount of Chometz falls into a large amount of "Kosher for Pesach" food, it renders the food, as well as the pot, unfit for use on Pesach. As in all such Halachic questions, a competent Rav where they are (i.e. overseas, etc.)

CHOMETZ SHE'AVAR ALAV HAPESACH (BUYING CHOMETZ AFTER PESACH)
Due to the severity of the "Issur" (prohibition) of Chometz, Chazal reinforced the sale of Chometz with a fine. This fine was levied on any Jews who kept Chometz in their possession or ownership during Pesach. This is called "Chometz She'avar Alav

to any product that may contain Chometz, one should make certain that all food products that are bought for Pesach should have a certification by a reliable Kashrus organization or Orthodox Rabbi.

HANA'AH (BENEFIT) FROM CHOMETZ
During Pesach, we may not derive any sort of benefit from Chometz. Therefore, Chometz may not be sold or used, even in business transactions or as pet food. Even some cosmetics must be Chometz-free. Generally, there is no problem with the following products if they are not organic in nature, and do not contain any grain by - products: Acne Aid, Mineral Oil, Baby Cream, Baby Oil, Eye Liner, Mascara, Rouge (Powder), Nail Polish, Talcum Powder, Stick Powder Deodorant, and Vaseline.

MECHIRAS (SELLING OF) CHOMETZ
Mechiras Chometz is the sale of Jewish owned Chometz to a non-Jew before Pesach. One must sell Chometz which is in their regular home, vacation home, office etc. This transfer of Chometz to a non-Jew is a legal and binding sale, complete with contract. This sale is transacted through a Rabbi, who acts as a legal agent to sell the Jew's Chometz to a non-Jew. The Rabbi enters into an agreement with the non-Jew for the sale of this Chometz. The Chometz that has been sold must be placed in an area which is completely sealed off, and must remain there throughout the holiday of Pesach. One must be careful to inform the Rabbi if they intend to be in a different time zone for Pesach. They do not want to have their Chometz bought back if it is still Pesach where they are (i.e. overseas, etc.)

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HaPesach." Jewish law requires that if a Jew owns Chometz on Pesach, no Jew is allowed to eat that food, even after Pesach. Therefore, we are also prohibited from buying from stores which are Jewish owned, if they have not sold their Chometz.

Rav Moshe Feinstein ZT"L, in his sefer Igros Moshe, states that if a Jew sold his Chometz for Pesach and then kept his store open during Pesach and continued to sell items of Chometz, one is nevertheless allowed to buy from that store after Pesach.

7-Eleven, Albertsons, Cambridge Farms, Coffee Bean, Costco, CVS, Gelson's, Jon's, K-Mart, Longs, Petco, Petsmart, Ralphs/Kroger, Rite Aid, Safeway, Sam's Club, Smith's, Target, Trader Joe's, Vons / Pavilions, Walgreens, Walmart, and Whole Foods are fine to use after Pesach. Reliably certified Kosher stores all sell their Chometz before Pesach.

Note: Rabbi Elmaliach, the Rabbi in charge of Kashrus at Ben Gurion airport, reports that the stores at area D7 in the airport are clear of Chometz She'avar Olav Hapesach. The other stores in other areas of the airport, had their Chometz sold but were open on Pesach and continued to sell Chometz during Pesach. Some poskim allow purchases from such establishments, while some do not.

Smart & Final stores as well as **99cent** stores are Jewish owned and problematic after Pesach unless sold. (See AKO whiskey alert)

KASHERING (MAKING UTENSILS KOSHER)

Utensils that are used during the year for Chometz may not be used to prepare food for Pesach unless they are properly Kasherred.

Cloth **tablecloths** (not plastic) and towels used year round should be washed thoroughly and may then be used for Pesach. Surfaces upon which only cold Chometz has been placed during the year, such as **refrigerators** and pantry shelves, should be

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Soup Nuts - Festive (O/Up), Goodman's (O/Up), Season's (O/Up), Haddar (KAJ), Horowitz Margareten (O/Up), Manischewitz (O/Up)
Spices - Rokeach (O/Up), It's Delish (Heart K), Spice Time (O/Up), Haddar (KAJ), Gefen (O/Up), Festive (O/Up), Gilroy Farms (O/Up), Lieber's (Weissmandel)
Spreads - Moshe & Ali's Tomato, Basil, Mediterranean (O/Up)
Stool Softener - Adwe (O/Up)
Sugar (Brown) - Domino (with O/Kp), Domino Demerara (O/Kp), Spreckles (O/Up), Haddar (KAJ)
Sugar (White) - Domino (O/Kp), Lucky Brand (O/Up), Spreckles (O/Up), Gefen (O/Kp), Haddar (CRC & KAJ), Domino Demerare Sugar (O/Kp), Lieber's (Weissmandel)
Sugar Substitutes - Gefen (O/Up), Kojel (O/Up), V.I.P. Master (O/Up), Sweet'N Low (O/Up) Health Garden xylitol (O/Up)
Syrup - Adirondack Maple Syrup (Kof-Kp), Kedem (O/Up), Bosco (O/Up), Savion (O/Up), Season (O/Up), Haddar (KAJ), Manischewitz (Chocolate and Pancake O/Up), Kedem Vanilla Syrup (O/Up), Silan Date Syrup (Rabbi Didi), Fox's U-Bet (Rabbi Schapiro), Osem (O/U)
Tea Bags - Lipton (O/Up), Festive (O/Up), Sweet-Touch Tea (including 97 1/2% caffeine free) (O/Up), Gefen (O/Up), Wissotzky (O/Up), Haddar (KAJ), Lipton Decaffeinated Unflavored Tea Bags (O/U - with or without Pesach designation)
Tea (Herbal) - Good Earth (O/Up), G'Day Herbal Teas (Star-K), Wissotzky (O/Up), Taanug Chamomille, Senna and

Mint Tea, Bigelow (Green Tea, Cinnamon Stick Tea, English Breakfast Tea, Peppermint Tea)
Tea (Instant) - Nestea Unflavored (regular and decaf)
Toothpaste - Adwe (Kof K), Crest (from England with MKP)
Vanilla Sugar - Haddar (KAJ)
Vegetables (Canned & Jarred) - Season (O/Up), California Delight (Star-Kp), Festive (O/Up), Haddar (KAJ), Gefen (O/Up), Rokeach (O/Up), Manischewitz (O/Up), Bloomy's Pickled Beets (O/Up), Lieber's (Weissmandel), Glick's Yams in Syrup and Mushrooms (KAJp), Mishpacha (O/Up)
Vegetables (Frozen) - Bodek (O/Up), Garden Pure (O/Up), Meitav (O/U), B-Tam (Star-Kp), Eden (Star K)
Vegetables (Fresh) - Bodek
Vegetable Soup Medley (O/Up, MKp, Rabbi Gissinger, (CRC p), Dole (KAJp), Chassa Lettuce (O/K)
Vegetables (Sundried Tomatoes) L'esprit De Campagne Carb Chicken & Turkey Sausages
Vinegar - Bartenura (O/Up), Carmel (O/Up), Heinz (O/Up), Kedem (O/Up), Manischewitz (Balsamic and White O/Up) Season (O/Up), Haddar (KAJ), Mazzetti Balsamic Vinegar (Rabbi Gerelick p), Glick's (KAJ), Osem (O/U)
Vinegar - Balsamic - Kedem (O/U, Zehlemer Rav), Bartenura (O/U, Rabbi Garelick)
Vitamins and Supplements - Landau Vitamin C Liquid (Rabbi Teitelbaum the Volver Rav)
Walnut Oil - Kedem (O/Up), Shufra, Haddar (KAJ), Gefen (O/Up), Nut-Ola (O/Up)
Water - Evian (O/Up), Voluic (O/Up), Valley Spring Water (O/Up), S. Pelegrino Spring Water (O/Up)
Whip Topping - Kineret (Kof-Kp only)
Wines & Liquors - Carmel (all are O/Up and Mevushal), Arak, Citron Liquor, Hagafen (O/Up) Mevushal, Amiad (O/Kp), Teal Lake (O/Kp), Kedem Vermouth Savion (O/Up), Chug Chasam Sofer (O/Up), Kesser Rashi (O/Kp), Gan Eden (O/Up), Baron Herzog California Wine Bartenura (O/Up - Mevushal), Clovis Lesieure (O/Up), Cuvee Leon (O/Up), Herzog French (O/Up),

Be Cautious

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Furst (O/Up), Star White (O/Up), Tam Pri Weinstock California Wine (O/Up), Manischewitz (O/Up only) Korbel (O/Up only), Gamla (O/Up - not all are Mevushal), Abarbanel, Kedem (note: 1 1/2 Litre are not Mevushal), Embassy Wine (Star-Kp), Recanti Wines (O/Up) **Wine (Cooking)** - Kedem (O/U) Zehlemer Rav Savion (O/Up) Wine (Vinegar) - Kedem Balsamic & White Wine Vinegar (O/Up), Heinz (O/Up)
 Wines With Pesach Certification from the Following Rabbis & Kashrus Agencies Are Recommended:
 Rav Babad (Tartikover Rav), Bedatz (Yerushalayim), Rav Belinow, Rav Chazan, Chug Chasam Sofer (Petach Tikvah), Rabbi Frankfurter, Rav Gorelick, Rabbi Hoffman (Hungary), Lubavitch Beis Din, New Square, Rabbi Oyerbach, Rav Teitelbaum (Nirbatur Rav), Tzelemer Rav, Rabbi Hillel Weinberger, Rabbi Weissmandel, Rabbi Zebach, Rabbi Zushe Blech
Yogurt - Breyers (O/Up), Slim U (O/Up), Dannon (O/Up) only **ALERT:** not all Dannon is certified O/U, check carefully.
ITEMS TO BE CAUTIOUS OF FOR PASSOVER (5771-2011)
Airline Meals - Chometz meals are sometimes served by mistake.
Apple Juice - Nutrients (sometimes processed on vinegar equipment), enzymes, clarifying agents.
Applesauce - Corn syrup, sugar, dextrose, flavoring
Baby Cereals & Baby Food May contain wheat, sugar, and can be made on Chometz equipment
Baby Powder May contain Chometz
Bird Food - Many contain grain
Brown Sugar - Culture, yeast, corn starch, may contain wheat starch
Butter - Salt, coloring, preservatives, nutrients, culture, lactic acid from corn
Candied Fruit - dextrose, may contain powdered sugar, flour
Canned & Frozen Fruit, Vegetables with Syrup - may

(Star-Kp - Cholov Yisroel), Dairyman (O/Up), Parmalat (Kof-Kp)
Milk (Chocolate / White) - Pride of the Farm - (Star-Kp), Ko-Sure - (Star-Kp)
Mixes - Mother's Stuffing, Coating (O/Up), Haddar (KAJ), Kasher V'Sameach
Mouthwash and Mint Spray - Adwe (KAJ)
Muffins - Oberlander's (Kof-Kp)
Mushrooms (Dried) - Kirsch (Kof-Kp)
Mustard (Imitation) - Savion Fireman's Frenzy (O/U), Rokeach Dijon Mustard (O/Up)
Non Dairy Creamer - Kineret (O/Up), Unger's (Star-Kp), Eden (Star-Kp)
Noodles - Season's Brand (O/Up), Manischewitz (O/Up), Horowitz Margareten (O/Up)
Nuts - Gefen (O/Up), Savion (O/Up), It's Delish (Heart-Kp), Meshuga Nuts (O/Up), Setton Farms (O/Kp), Haddar (KAJ), Oneg (KAJ), Golden Fluff (O/Up)
Oil - Benzi's (Star-Kp), Nutola (O/Up), Hunt-Wesson (O/Kp), Festive (O/Up), Mothers Choice (O/Up), Liberty (O/Up), Haddar (KAJ), Gefen (O/Up), Festive Cottonseed (O/Up), Streits (Kof-Kp), Manischewitz (O/Up), Hain Oils (Kof-Kp only), Joseph Adams Herbal & Flavored Oils Corp. (O/Kp only), Bartenura Grapeseed Oil (O/U)
Oil Sprays - Mother's Olive Oil Spray (O/Up), Rokeach (O/Up), Season's (O/Up), Haddar (KAJ)
Olives - Haddar (KAJ), Golden Fluff (KCL), Gefen, Osem (O/Up), Hidorim Olives (O/Up), Kvuzat Yavne Olives (O/Up)
Olive Oil - Mother's cooking spray (O/Up), Season (O/Up), Glick's (KAJp), Fitucci Olive Oil (Star K), Sultan's
Oven Bags - Reynolds
Pancake and Muffin Mix - Tradition, Manischewitz (O/Up), Mother's
Parchment Paper - Chef's Select (Star-Kp), Bakemark (Star K)
Peppers - Ungar's (Star-Kp), Osem (O/Up)
Personal Care Products - Adwe (O/Up)
Pickles - Haddar (KAJ),

Ba-Tampte (O/Up), Festive (O/Up), Gefen (O/Up), Season (O/Up), Osem (O/Up), Ungar's (Star Kp)
Pie Crust - Rokeach (O/Up), Manischewitz (O/Up)
Pizza - Dayeinu
 Passover Pizza (O/Up)
Potato Chips - Season's (O/Up), Paskesz (O/Up), Blooms (O/Up), Cape Cod (O/Up), Ruffe's (O/Up), Haddar (KAJ), Manischewitz (O/Up), Terra Vegetable Chips (Kof K)
Potato Pancake Mix - Horowitz Margareten (O/Up), Manischewitz (O/Up), Streits (Kof-Kp)
Potato Starch - Hisachdus (CRC), Haddar (KAJ), Gefen (O/Up), Goodman's (O/Up), Manischewitz (O/Up)
Potato Sticks and Chips - Paskesz (O/Up), Bloom's (O/Up), Golden Fluff (KCL), Terra Yukon Gold Potato Chips (Kof-Kp only)
Poultry - any reliable Kosher brand that is not processed or coated (i.e. raw). Some popular brands are: (Empire, Falls, Vineland, Galil (Star-K), Royal (Star-K), Empire Raw Ground Turkey is only acceptable with the O/Up), Belz, David Elliot Meal Mart (O/Up), and Naomi (O/Up).
NOTE: Empire produces many of its products year round Kosher for Pesach. In fact most of their products fall under this category. Some examples are Barbeque Chicken, Rotisserie Chicken, Barbeque Turkey, Chicken Fat, Cooked Turkey Breast, White Turkey Roll, Turkey Bologna Roll, Turkey Salami Roll, Chicken Franks, Turkey Franks, Smoked Turkey Breast Slices, Chicken Bologna Slices, Turkey Bologna Slices, Organic Wise Chickens (O/U)
Preserves - Haddar Just Fruit (no sugar) (KAJ), Kedem (O/Up), Osem (O/Up), Season (O/Up), Moon Shine Trading Co. (Rabbi Teichman), 778 (O/Up) Manischewitz (O/Up),
Puddings - Haddar (O/Up), Osem (O/Up), Manischewitz (O/Up), Ko Jel (O/Up)
Rice - for those Sephardim who use rice on Pesach, it is acceptable only without additives, parboiled (Mahatama, Ernperor and Riveani are acceptable).
Salad (Bagged) - Star K

bagged produce is kosher for Pesach even without the Pesach designation on the bag. The following bagged salads are Kosher for Pesach 2011 only when bearing Star K symbol: Dole (American Salad Blend, Angel Hair Coleslaw, Butter Lettuce Mix Salad Blend, Chopped Romaine, Classic Coleslaw, Classic Iceberg Salads, Classic Romaine, Classic Romaine Blend, European Salad Blend, Field Greens Salad Blend, French Salad Blend, Greener Selection, Hearts of Romaine Mix Salad Blend, Italian Salad Blend, Just Lettuce, Leafy Romaine Salad Blend, Mediterranean Salad Blend, Pre-cut Cabbage, Pre-cut Lettuce, Shredded Carrots, Shredded Green Cabbage, Shredded Lettuce, Shredded Red Cabbage
Salad Dressing - Blanchard & Blanchard (O/Up), Mothers (O/Up), Savion, Manischewitz (O/Up), Festive (O/Up), Season's (O/Up), Haddar KAJ, Gefen (O/Up), Sabra (O/Kp)
Salsa - Gold's (O/Up), Season's (O/Up), Manischewitz (O/Up), Emzee Salsa (O/Up)
Salt (Table) - Haddar (KAJ), Festive (O/Up), Gefen (O/Up), Goya (O/Up), Kroger (O/Up), Season (O/Up), Sysco (O/Up), Laish Sea Salt (Badatz p), Glick's (KAJ)
Salt (Substitute) - Freeda Free Salt, no salt, unseasoned, Spice of Life - no salt/no sugar
Sauce - Season Marinara & Duck Sauces (O/Up), Gold's (O/Up), Manischewitz (O/Up), Festive (O/Up), Kedem Steak Sauce (O/Up), Haddar (KAJ), Mrs. Adlers (O/Up), and Savion (O/Up), Gefen (O/Up), Tradition, Rokeach Marinara Sauce (O/Up), Glick's (KAJp), Mishpacha Bar-b-Que Sauce (O/Up), Gefen Bar-b-Que Sauce (O/Up), Laish Hot Red Pepper Sauce (O/Up), Simcha Marinade (CRCp), Osem (O/U)
Scouring Pads - Gefen, Scotch Brite (O/Up), Rokeach (O/Up), Season's (O/Up), Glick's (KAJ), Mishpacha (O/U)
Seltzer - Saratoga Carbonated Spring Water (O/Up)
Silver Polish - Rokeach (O/Up), Haddar (KAJ), Adwe (KAJ)
Soda - Coke (with O/U p only), Dr. Brown (with Kp only, under

thoroughly washed and rinsed to prepare them for Pesach use. Surfaces which are used for hot Chometz during the year, in addition, whenever possible must be Kasher'd by pouring hot water on them. Surfaces that cannot be Kasher'd (such as Formica and Ceramic Tiles etc.) should first be cleaned thoroughly and then covered with non absorbent material (i.e. contact paper, cardboard or multiple layers of aluminum foil).
 To Kasher an **electric range**, first scour it thoroughly. Then, turn it on to the highest temperature setting for 15 minutes, or until it gets red hot. Enamel glazed stove tops should be covered during Pesach. **Gas grates** should be put in the oven for Kasher'ing or torched. **Glass-top stoves** can be Kasher'd in the area of the burners. They should be turned to high for 15 minutes. The areas in between cannot be Kasher'd. Some find it practical to change the entire glass top for Pesach.
 A **non self-cleaning oven** should be cleaned with a special solution, such as "Easy Off" and not used for 24 hours. After this time, it should be turned on to the maximum setting for one hour. This will Kasher the oven, but not the broiler. The broiler pan cannot be Kasher'd, therefore, it is usually not used for Pesach. If the broiler pan is replaced, the broiler can be Kasher'd in a similar fashion as the oven. If one desires to Kasher it, "Libun" (glowing hot) is required (i.e. by using a torch).
 A **self cleaning oven** needs only to go thru one self clean cycle. Many **microwave ovens** (those whose walls do not exceed 120 degrees during cooking) without browning elements or convection can be Kasher'd by first cleaning them and not using them for 24 hours, and then putting a new glass tray, or cardboard on the bottom. Afterwards, a cup or bowl of water should be boiled inside. A **barbecue** must be Kasher'd with "Libun Gamur" which includes torching any surface that food comes in contact with in addition to cleaning and burning out the coals or lava rock should

be replaced. Often, it is more practical to purchase a new one for Pesach.
 A **stainless steel sink** is Kasher'd after it has first been cleaned, and then kept free from hot water usage for 24 hours. Then boiling water must be poured over its entire surface. Porcelain sinks, however, may not be Kasher'd. They should be fully lined with a tin insert, contact paper, aluminum foil, or a Pesach basin insert.
Dishwashers may be Kasher'd only if they have a stainless steel interior. All racks must be changed. After waiting 24 hours, All rubber or plastic parts must be replaced as well.
Metal utensils that are used with liquid (soup pots, etc.) may be Kasher'd by first cleaning them, not using them for 24 hours, and finally, completely immersing them in a Kasher'd pot full of boiling water for 15 seconds, followed by rinsing them in cold water immediately upon removal. They should be Kasher'd one at a time. An alternate method, particularly useful for larger pots, is to set aside the pot for 24 hours, after which time it should be filled with water and then be brought to a boil. A glowing hot item, such as a rock, should then be placed inside, allowing the hot water to spill over the sides.
Braces, bite plates and retainers should be brushed thoroughly before Pesach.
Counter tops Formica counter tops may not be Kasher'd for Pesach, and therefore, they should be covered. Granite, Marble or Stainless Steel counter tops may be Kasher'd by pouring boiling hot water (not steam) on them (Eirui).
 Caesarstone countertops may not be Kasher'd for Pesach according to many opinions, as they are composed of only 93 percent stone. In addition, Silestone and Corian also may not be Kasher'd. **Note: Steam cleaners** often may not be used for Kasher'ing purposes, as Kasher'ing must be done with boiling water.
Water filter - change the filter. Kitchen Items That may not

Be Kasher'd: Mixers, Corelle, Arcolac, Bread Machine, Collander (plastic), Crockpot, China, Corning Ware, Grater (any), Knives with Plastic Handles, Melmac, Pasta Maker, Plastic, Porcelain, Porcelain Enameled Pots, Pyrex, Sandwich Maker, Silverstone, Stoneware, Synthetic Rubber, Teflon, Toaster/ Toaster Oven, Waffle Iron.
 These items should be washed thoroughly and be put away in a completely sealed off area until after Pesach.

EREV PESACH

Fast of the First Born: This year this fast falls on Monday, 4/18.
Siyum: Males who are first born and do not wish to fast on Monday should attend a Siyum in the morning and eat at the meal following it. This meal is called a Seudas Mitzvah.
Bedikas Chometz: The search begins Sunday night, 04/17. Many have the Minhag to place ten pieces of bread out before the search is started.

Biur Chometz: The burning of the Chometz left in one's possession, including the Chometz found the previous night, must be burned on Monday morning (04/18). Please see time chart for the exact latest time.

Selling of the Chometz: This must be done by Monday morning 04/18, no later than the time of Biur Chometz.

EATING ON EREV PESACH

Consumption of Chometz is prohibited on Erev Pesach, from a third of the day and after (see times to remember). It is also forbidden to eat Matzo or anything baked with Matzo on Erev Pesach. This prohibition includes egg Matzoh. This is in order to ensure that one will eat the Matzo at the Seder with a "heartly appetite". This prohibition includes cakes and cookies made from matzo meal. However, cooked Matzo products, such as knaidlach (Matzo balls) are permitted. Non Gebrochts products are suitable for this time period. All foods should only be eaten in moderation from the ninth hour in the day and on in order to

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Glatt Mart - (310) 289-6888
Kosher Club (R.C.C.) (323) 933-8283
Kol Tov Market (R.C.C.) (butcher / fish) (310) 652-5355
La Brea Kosher Market (Kehilla) (323) 931-1221
Le Market (Rabbi Furst) (818) 763-5223
O.C. Kosher Market & Deli (R.C.O.C.)
688 El Camino Real Tustin, CA 92780 (714) 838-3108
Schwartz Bakery (R.C.C.) (Passover cookies & cakes)
(323) 653-1683
Simon's La Glatt Restaurant (R.C.C.) (open Pesach)
(323) 658-7730
Ventura Kosher Market (R.C.C.) (818) 873-1240
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Savion (O/Up), Tampri Grape
Juice (O/Up), Ti Rosh (O/Up),
After The Fall (O/Up), Kesser
(O/Kp), Gefen (O/Up), Rokeach
(O/Up), Land of Vines Organic
Grape Juice (O/Kp)
Gum - Elite (O/Up), Paskesz
(O/Up), Bloom (O/Up), Must
Sugar Free Gum (O/Up)
Honey - Rokeach (O/Up), Festive
(O/Up), Season (O/Up), Haddar
(KAJ), Western Commerce
(O/Kp), Gefen (O/Up),
Manischewitz (O/Up), Gefen
(O/Up), Lieber's (Weissmandel),
Ein Harod Meuchad Natural
Honey (Chosom Sofer p), Dutch
Gold (O/Up), Mclure's (O/Up),
Lin's Farm Horseradish - Benz's
(Star-K), Unger's (Star-K),
Ba-Tampte (O/Up), Gold's (O/Up),
Manischewitz (O/Up), Meal Mart
(O/Up), Season (O/Up), Rokeach
(O/Up), Silver Spring (O/Up),
Haddar (KAJ)
Hot Chocolate Mix - Haddar
(KAJ -Cholov Yisroel),
Ko-Sure (Cholov Yisroel -Star-Kp),
Kojel (O/Up)
Ice Cream - Kleins (Deberitzen
Rav), Pride of the Farm (Cholov
Yisroel - they also make pareve
ices) Star-Kp. Kinneret (O/Up),
Passover Delight (O/Up), Glida
(Cholov Yisroel), Manischewitz
(O/Up)
Ices - Pride of the Farm (Star-Kp),
Klein (Deberciner Rav), Kineret
(O/Up), Pascals (KSA p), and
Bloom (under the supervision
of Rav Landau), Cyrk Gourmet
(O/Up), Brother's International
Desserts (Kof-Kp)
Jams & Jellies Preserves - Atlas
Preserves Co. (O/K) Kedem
(O/Up), Manischewitz (O/Up),
Polaner (O/Up), Season (O/Up),
Haddar (KAJ), 778 (O/Up), Gefen
(O/Up), Streits (Kof-Kp), Osem
(O/U) Jels (Dessert) - Kojel
(O/Up), Carmel (O/Up), Festive
(O/Up), Osem (O/Up) Ko-Sure,
Victor's (O/Up), Elyon (KCL),
Haddar (KAJ)
Juices (Fresh) - New Square
Orange, Kedem Cranberry
Grape & Organic Grape Juice
(O/Up), Season's (Grapefruit,
Apple, Pineapple, Prune, Orange)

(O/Up), Streit's (Apple Grape
Juice) Torpedo Juice (under the
supervision of Rav Landau),
Heineke's Sparkling Grape Juice
(O/Up), Festive (O/Up), Finast
(O/Up), Tropicana (O/Kp),
Morning Select (Star-K), Apple &
Eve (O/Kp), Haddar (KAJ), Gefen
(O/Up), Ceres (Star K p), Eden
(Star K p), Manischewitz (O/Up),
HKS Pomegranate Juice (O/U)
Juices (Frozen) - any brand
name unsweetened grade A
frozen orange juice concentrate
(i.e. Minute Maid 100 percent
tangerine or grapefruit
concentrate, Just Pik't (O/Up),
Tradition
Ketchup - Osem (O/Up), Festive
(O/Up), Rokeach (O/Up), Season
(O/Up), Ungar's (O/Up), Streit's
(Kof-Kp), Haddar (KAJ), Gefen
(O/Up), Gold's (O/Up), Glick's
(KAJ), Savion Fireman's Frenzy
Spicy Ketchup (O/U)
Latkes - Kineret (O/Up)
Lemon Juice -
Season Co. (O/Up)
Lime Juice - Season Co. (O/Up)
Lip Balm - Dr. Fischer Ultrasol
(Rabbi Korach - Kosher for
Pesach), SuperLan Nature's
Natural Moisturizer for Chapped
Lips (Rabbi Y. Gruber)
Liquid Sugar - Flosweet (O/Up),
V.I.P. Masters (O/Up)
Liquor - Givon Chocolate,
Brandy and Vodka (O/Up),
Kedem Vodka (O/Up), Kedem
Vermouth (O/Up), Kedem
Bentenura Cordials (O/Up),
Carmel with (O/Up),
Vinprom-Troyan Brandy (Star Kp)
Lotion - SuperLan Moisturizer
Lotion, Adwe Skin Cream, Dr.
Fischer Hand Cream
Macaroons - Haddar (KAJ),
Manischewitz (O/Up), Glick's
(KAJ), Messing (Kof-K)
Mail Order Meals -
www.kosherclub.com.
(323) 933-8283
Kosher Cornucopia
(866) 925-7747
Kosher Connection
(800) 950-7227
Mandarin Oranges - Haddar
(KAJ), California Delight (Star Kp)
Maple Syrup - Janeric Maple
Syrup (M/K p), Rancho
Cucamonga (O/Kp),
Adirondack (Kof Kp)
Margarine - Ralphi's (O/Up),
Mothers (O/Up)

Recommended Foods

Marinades - Savion (O/U)
Marshmallows - Shufra,
Golden Fluff (O/Up), Kojel - fish
gelatin (Star-Kp), Tzali's (O/Up),
Manischewitz (O/Up), Haddar
(KAJ), Savion (O/U)
Matzo - Rakusen, Goodman's
(O/Up), Horowitz Margareten
(O/Up), Yehudah (O/Up),
Manischewitz (O/Up), Belz,
Tzelem Poph, Holyland (O/Up),
Haddar Shmura (KAJ), Yanovsky
HNOS (Buenos Aires, Argentina),
, Carmel (O/U), Promised Land
Organic Matzo (O/U), Yarden
(O/U) Matzo Ball Mix - Horowitz
Margareten (O/Up), Manischewitz
(O/Up), Streits (Kof-Kp), Rokeach
(O/Up), Croyden House (O/Up)
Matzo Meal - Goodman's (O/Up
only), Horowitz Margareten
(O/Up), Yanovsky HNOS (Buenos
Aires, Argentina)
Matza - (Chocolate Covered)
- (check with local Rabbi as
to permissibility on Pesach)
Holiday Candy, Haddar (KAJ),
Manischewitz (O/Up),
Gefen Shmura (O/Up)
Matza (Oat) - the following are
locations around the country to
order oat Matzos: (Lakewood)
(732) 364-7113, (Los Angeles)
(323) 655-8870, (Brooklyn)
(718) 633-0633, or Baltimore
(410) 358-9580.
Gluten Free Oat matzos from
Golders Green (Hashgacha:
Dayan Westheim of Manchester
Beis Din) sula@waitrose.com
www.glutenfreeoatmatzos.com.
Matza (Spelt) - (718) 599-5878
or (845) 352-7331 Haddar (KAJ)
Shmura, 18 Min.
Mayonnaise - Benz's (Star-K),
Haddar (KAJ), Festive (O/Up),
Season (O/Up), Mothers
(O/Up), Rokeach (O/Up), Ungar's,
Manischewitz (O/Up), Gefen
(O/Up), Streits (Kof-Kp),
Glick's (KAJ)
Meals (Prepackaged) - Gourmet
Kosher (Kof-Kp), Meal Mart (O/U)
Meat Deli - 999 (O/Up), Meal
Mart (O/Up)
Medicines/Vitamins - Adwe with
Pesach Certification.
(See website
www.koshervitamins.com),
Landau Vitamin C
Milk (Dry) - Ko-Sure Powder

V.I.P. (O/Up), Hadar (KAJ), Gefen (O/Up)

Coffee - Elite (O/Up), Maxwell House (with O/Kp only), Meridian (O/Up), Starbucks Flavorlock Bags (O/Up), Festive, The Gourmet Bean (O/Kp), Haddar (KAJ), Gefen (O/Up), Savarin (O/Up), Superior Coffee - (regular and decaffeinated) are CRC certified for Pesach (not flavored), La Joloa Gourmet Liquid Coffee (Star-Kp), King David Coffee Roasters (KSAp), Gevalia (O/Kp), Vascafe Espresso (Rabbi Frankel p), White Hen (O/Kp), 24 Karat (O/Kp), Hag (O/Kp), Canadian Eight O'Clock Instant Coffee (O/Kp), Yuban (O/Kp) Seattle's Best (O/Up)

Coffee (Decaf) - Sanka (with O/Kp only), Festive, Elite (O/Kp), Haddar, Yuban (O/Kp), Maxwell House (O/Kp), The Gourmet Bean (O/Kp), Gevalia (O/Kp), Gefen (O/Up), White Hen (O/Kp), 24 Karat (O/Kp), Hag (O/Kp), Peet's (KSA)

Coffee (Liquid Concentrate) - Maxwell House (O/Kp)

Coffee Creamer - Gefen (O/Up), Kineret (O/Up), Mishpacha (O/Up)

Cold Cuts - Meal Mart (O/Up), Empire (O/Up)

Cookies - B.P. Gourmet (Kof-Kp), Goodmans (O/Up), Manischewitz (O/Up), Savion Lowfat Cookies (O/Up), Jennies Bakery treats (Kof-Kp), Season (O/Up), Mothers (O/Up), Oberlander's, Gruenbaum's (KAJ), Bloomy's (O/Up), Festive (O/Up), Rokeach (O/Up), Frookies, Krum's (O/Up), Shabtai Gourmet (O/Kp), Messing (Kof-Kp), My Bubby's (Kof-Kp), Oberlander's (Kof-Kp), Bartenura (O/U), Kineret (O/U), Ness (O/U)

Cooking Bags - Cookit Cooking Bags (O/Up)

Cooking Spray - Season (O/Up), Manischewitz (O/Up), Mothers (O/Up)

Cosmetics - Shain Dee Cosmetics (Star Kp), Adwe Cosmetics (O/Up)

Cough Syrup - Adwe Tussin Cough Syrup (and DM) (O/U)

Cream - Land-O-Lakes (O/Up), Sealtest (O/Up)

Cream Cheese - Friendship, Breakstone, Fleur De Lait,

Ralph's, Vons (All with O/Up Only), Philadelphia Cream Cheese (with O/Kp only)

Cups - Dixie (O/Up), James River (O/Up)

Dairy - Lucerne Cottage Cheese & Sour Cream (Kof-Kp)

Deodorant - Dr. Fischer Deodorant Spray & Gel (Rabbi Shlomo Korach)

Dish Detergents - Festive, Rokeach (O/Up), Season (O/Up), Gefen (O/Up), Adwe (KAJ), Haddar (KAJ)

Dishwashing Detergent - Season (O/Up), Rokeach (O/Up), Haddar (KAJ)

Dressing - Manischewitz (O/Up), Savion, Blanchard & Blanchard (O/Up), Mothers (O/Up), Streits (Kof-Kp)

Egg Substitute - Kineret (O/Up), Healthy Morn (O/Up)

Egg Whites - Papetti Food - (O/Up)

Fish (Prepared and Raw) - Season (O/Up), Rokeach (with O/Up), Meal Mart (O/Up), California Delight Sardines (Star K) - (with Kosher for Passover seal only.) Tuna Delight (with Star-Kp) certification, must say may be used for Passover, King of the Sea (CRC), Haddar's Tuna (KAJ), Ungar's (O/Up), Benz's (Star-Kp), Philly Foods (Star-K p), Mrs. Adlers (O/Up), Mothers (O/Up), Kedem (O/Up), Manischewitz (O/Up), Dagim (O/Up), Vita (O/Up), Ungar's Gefilte Fish (O/Up), Tuv Taam (O/Kp), Gefen Tuna (O/Up), Royale (O/Up), Ocean Gourmet (O/Up), A&B Gefilte Fish (regular and sugar-free) (O/Up), Banner (O/Up), Gefen (O/Up), Nathan's (O/Up), Salmolux Gourmet (Kof-Kp), Tuv Taam (O/Kp), Elf Herring (O/Up), Lasco (O/Up), Selected Ralph's Markets carry fresh fish with RCC label and blue packaging, Kineret (O/Up), Daggim (O/Up), Empire (O/Up), Freshwater (raw un-coated fish only). This does not include any coated or fish blends, Herring Brook (Star-K), Lieber's (Weissmandel)

Fish (Lox) - Vita (O/Up), Three Star (O/Up), Springfield (O/Up), Diamond (O/Up), Rite Foods (O/Up), Salmon Salami pareve Cold Cuts (O/Up)

Fish (Smoked) - Acme (Kof-Kp),

American Smoked Fish (Kof-Kp), Salmolux - Chubs, Rainbow Trout, Salmon, Salmon Nova, White Fish (Kof-Kp), Gefen Smoked Salmon (O/Up)

Food Coloring - Haddar (KAJ)

French Fries - Kineret (O/Up)

Frozen Meals & Side Dishes Kineret Meals (Macaroni & Cheese) (O/U - Cholov Yisroel), Kineret Vegetable & Pizza Poppers (O/U, Chug Chasam Sofer), Kineret French Fries

Fruits And Vegetables (Canned and Packaged) - California

Delight (Star-K - must say Kosher for Passover) tropical fruit cocktail, mandarin oranges, Season (O/Up), Gefen (O/Up), Manischewitz (O/Up), Ungar's Sour Pitted Cherries (O/Up), Simcha Cranberry Sauce (CCRp)

Fruits (Canned) - Haddar (KAJ p), Lieber's (Weissmandel p), Mishpacha (O/Up), Season, California Delight

Fruits (Dried) - Trader Joe's (Star-Kp), Sun World (O/Up), Del Monte Slice, Homa (Star-Kp), California Hi-Lites (O/Up), California Prune Co. (O/Kp), Calavo Pitted Dates, Whole Dates, Cinderella Raisins, Dole Pitted Dates, Prunes, Natural Raisins, Sunglow-Pitted Dates, Whole Dates, Chopped Dates, Sun World Pitted Dates, (whole only), Marriani with (O/Up) Season with (O/Up) Festive with (O/Up), Bonner Organic Raisins (O/Up), It's Delish (Heart - K), California Prune Packing Company (O/Up), Great Lakes Turkish Apricots, Figs (Star-K), Setton (O/Kp), Glicks Raisins (KJp), Hadley's (O/Kp only), Setton International Foods (O/Kp only), Gefen Fruit Leather (O/Up)

Fruits (Frozen) - Bodek (O/Up), Granadaisa (O/Up)

Gefilte Fish - Glick's (KAJ), Haddar (KAJ)

Gelatin - Sweet City New York (Badatz Machazekai Hadaas)

Gift Packs - California Hi Lites (O/Up) (310) 696-1777, Cornucopia (800) S-KOSHER, How Sweet It Is (Kof-Kp)

Baltimore, Maryland, Kosher Connection (800) 950-7227 (Kof-Kp)

Grape Juice - R. W. Knudson (O/Up), Heineke's Sparkling

have an appetite for the Seder. **SELECTED LAWS & CUSTOMS**

One should prepare everything (for the first Seder) on Erev Pesach in order that the Seder should begin immediately upon arriving from Shul. This includes setting the table, etc. It is a custom that pillows should be prepared for leaning on during the Seder. Women are not required to lean, however, male children are. It is also a custom among some that the head of the household wears a Kittel during the Seder. In most places, the custom is that only the head of the household has a Seder plate and the three Matzos. Some, however, have a Seder plate and Matzos for each man present at the Seder. When only the head of the household has a Seder plate, he must provide for everyone at the Seder from his plate. Since there is usually not a sufficient amount of Matzo, Marror and wine to ensure that everyone present (male and female alike) has the required amounts during the Seder, additional Matzo, Marror and wine should be placed on the table for supplementary use.

THE SEDER PLATE
One may not use **MARROR** (to fulfill the Mitzvah of Marror) that was soaked for 24 hours or longer. Soaking this long is called pickling and is Halachically considered cooking. One may only use uncooked vegetables for Marror. (Do not lean when eating marror.)

CHAROSES can be made of ground apples, pears, pomegranates, dates, figs, walnuts, almonds, ginger and cinnamon, to which wine is added. Recipes may vary according to tradition.

KARPAS is any vegetable upon which a Brocho of "HaAdama" is made, that may be dipped in salt water or vinegar, and that may be used on Pesach. Parsley, celery, and potatoes are often used as Karpas.

ZROA is a piece of meat which is roasted over the fire. Most people use a chicken neck or wing for this purpose.

BAITZA is an ordinary hard boiled or roasted egg. If one forgot to roast the Zroa or Baitza on Erev

Pesach, and had to do it at night, he must eat the egg before sunset of the next day.

THE ARBA KOSOS (FOUR CUPS OF WINE)

It is preferable that the wine used at the Seder be red in color. For those who cannot drink wine, grape juice may be used (consult your Rabbi). Nevertheless, one should make every effort to drink wine at the Seder. It is preferable to add at least some wine to the grape juice. Each cup of wine should contain at least 3.3 fluid ounces. It is preferable to drink the entire cup, or at least half of it, for each of the four cups.. Men must consume all cups of wine while reclining on their left side. If one drank either of the first two cups without reclining, he must drink again without a Brocho.

Note: Many Kosher wines (and some brands of grape juice in the 64oz. bottles) are not cooked. Therefore, care must be taken as to who handles them. (Most bottles that are cooked say "Mevushal" in English or Hebrew on the label) Note: Many low-alcohol wines are now available. Some are pure wine while others are a mixture of wine and grape juice as indicated.

MATZO
Only Shmurah Matzo (guarded Matzo), which is made of grain that has been guarded against fermentation from the time of harvest, should be used for the Mitzva of eating Matzo at the Seder. Both hand and machine Shmurah Matzo are acceptable. Shmurah Matzo has been watched in most cases from the time of cutting of the wheat to protect from unwanted moisture, which may make it rise. Eighteen minute Matzo is run on machines that are cleaned every 18 minutes to prevent any possibility of the dough rising. Regular Pesach Matzo has been baked on a machine in under 18 minutes but the machine will run all day without cleaning in between runs. Matzo Ashira is any Matzo that contains products other than flour and water, such as grape juice or apple juice. The consumption of Matzo Ashira is prohibited for most people throughout Pesach. Included in this category are:

Matzo which was kneaded with fruit juice, egg matzo, tea matzo, honey and spice Matzo and some chocolate covered Matzo. However, this prohibition does not apply to infants or people who are ill. When in doubt, consult your Rabbi.

Even one who is allowed to eat Matzo Ashira, cannot fulfill their Mitzvah of Achilas Matzo (eating Matzo) with it. For people allergic to wheat, Oat Shmura Matzo is available by calling (323) 655-8870, (845) 425-9220, (732) 363-8102 or (718) 633-0633. To order Spelt Matzo call (845) 352-7331. Organic Hand Shmura - LakewoodMatzoh.com. Gluten Free Oat Matzos from England may be ordered by calling (208) 455-9476. In addition, for more information about Oat Matzos one may look on the website www. Glutenfreeoatmatzos.com.

MEDICINE
Most prescriptions can be filled with Kosher for Pesach medicine. For information on the Kosher status of your medicines, contact the Kosher Information Bureau at (818) 262-5351 (E-mail to eeidlitz@kosherquest.org) or your local reliable Rabbi. In Israel: 050 412-4188.

Rabbi Bess of Los Angeles has compiled the most detailed reliable list in the U.S. He can be reached at (323) 933- 7193. Rabbi Bess together with the Star K publishes the Passover Directory with this information. Since some prescriptions, unfortunately, are not available with Kosher certification, we will mention some guidelines for those who must take medicine on Pesach.

1. If one suffers from an illness through which one's life may become endangered, one may eat Chometz on Pesach and may use any medication needed to avoid a life-threatening situation. This Chometz should be owned by a non-Jew.

2. If someone is ill, but his life is not endangered, he may not eat Chometz on Pesach. However, he may take Chometz medicine under certain circumstances as

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Extra Whitening, Multicare, Kids Sparkle) Aquafresh, Aim Gel, Mentadent, Close Up Gel, Gleem. Sensodyne

Toothpicks - any unflavored**Vegetable (Fresh)** - alfalfa sprouts, artichoke, asparagus, avocado, beets, bell pepper, broccoli, brussel sprouts, cabbage (red or green), carrot, cauliflower, celeriac (celery root), celery, chicory, chives, collard, cucumber, dandelion greens, dill, eggplant, endive, escarole, garlic (there are varying customs regarding the use of garlic on Pesach), green onion, horseradish (raw), kohlrabi, leek, lettuce (all types), mint leaves, mushroom, okra, onion, potato, parsley, parsley root, pumpkin, radishes (all types), rhubarb, rutabaga, scallions, spinach, tomatillo, tomatoes, turnip, watercress, whole pepper, yams, and zucchini.**Vegetable Wash** - Sereli.**Water (Unflavored)** - any**Water Filters** - any**Wax Paper** - Cut Rite, America's Choice, Iga, Marcal Kitchen Charm, Remarkable, Reynolds**NUTRITIONAL PRODUCT INFORMATION**

(Diet, Organic Nitrite-Free, Lactose Reduced, Low Sodium, Gluten Free etc. Foods)

www.O/U.org/Chagim/Pesach/Pesachguide/5767/diets.htm

The Jewish Diabetes Association

Tel: (718) 303-5955

Nechama@Jewishdiabetes.org

Israel: 054-732-867

ITEMS THAT ARE RELIABLY CERTIFIED FOR PASSOVER (FOR 5771 -2011)**Agave Nectar** - Cucamonga (O/Kp)**Airline Meals** - Wilton (O/Up), Meal Mart (O/Up), Lou G. Siegel (O/Up) (with Kosher for Passover seal only). [ALERT: Airlines often mistakenly serve meals on Pesach which are not Kosher for Pesach. Always be careful to check your meal.]**Allergy Medication** - Adwe (O/Up)**Antacid** - Adwe Heartburn Relief

(plain and with calcium) (KAJ),

Adwe Ko-Lanta Antacid, Adwe

Anti Gas

Appetizers - Tuv Taam (O/Kp)**Apple Butter** - Season (O/Up),

Eden organic (O/Kp)

Apple Juice - Haddar (KAJ),

Season (O/Kp), Empire (O/Kp),

Kedem (O/Kp), Manischewitz

(O/Up), Ungar's, Eden organic

(O/Kp), Streits (Kof-Kp)

Applesauce - Kedem (O/Up),

Season (O/Up), Festive (O/Up),

Rokeach (O/Up), Gefen (O/Up),

Eden organic (O/Kp), Streits

(Kof-Kp), Manischewitz (O/Up),

Glick's (KAJ), Rue Lafayette

Aspirin - Adwe non - Aspirin pain

relief (regular and extra strength)

(O/U)

Baby Food - Festive (O/Up),

Haddar (KAJ), Gefen (O/Up),

President's Choice (Loblaw's

Brand) (O/Up only), Healthy

Times (O/Up only), Glicks (KAJ)

Bags - Bodek Garnet Herb Bags

(O/Up)

Bakery Goods - Gruenebaum

(KAJ), Oberlander (Rabbi

Babad), Schick's (KAJ), Jennie's

Macaroons (Kof-K p), Hirsch

Bros. (O/K), Horowitz-Margareten

(O/Up), Manischewitz (O/Up),

Goodman's (O/Up),

Spilke's (Kof-Kp)

Baking Powder - Haddar (KAJ),

Gefen (O/Up)

Baking Soda - Gefen (O/Up)**Bamboo Shoots** - California

Delight (Star-K)

Blintzes - Kineret (O/Up)**Borscht** - Gold's (O/Up), Gefen

(O/Up), Rokeach (O/Up), Mother's

(O/Up), Manischewitz (O/Up)

Butter - Breakstone's (O/Up)**Cake** - Carousel Cheesecake,

Oberlanders (Kof-Kp), Smilowitz,

G&I New York Style Cheesecake

(O/Up - Cholov Yisroel), Gefen

(O/Up), Goodman's (O/Up),

Rokeach (O/Up), Manischewitz

(O/Up), Shabtai Gourmet (O/Kp),

Messing (Kof-Kp), Kineret (O/Up),

Schick's (KAJ), Kinneret (O/U),

Osem (O/U)

Cake Mix - Streit's (Kof-Kp),

Manischewitz (O/Up), Goodman's

(O/Up), Savion (O/U)

Candy - Manischewitz (O/Up),

Paskesz , Elite (only with

O/Up or Badatz), Krums (O/Up)

Koppers (O/Kp), Openheimer

Jerusalem Sweets, (O/Kp), Dream

Recommended Foods

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Confections (Kof-K), Shufra (O/Kp), Holiday (Kof-K), Season (O/Up), Streits (Kof-K), It's Delish (Heart - K), Progress (O/Up), Golden Fluff (O/Up), Empress Chocolate (O/Up), Rokeach (O/Up), Barricini (Kof-Kp), Bartons (Kof-K) (some are dairy), Bloomy's (O/Up), Blum's (O/Up), Tzali's (O/Up), Holiday Candy (Kof-Kp), Oneg (KAJ), Savion (O/U), Alprose Chocolates (O/U), Manhattan Chocolates (O/K, Rabbi Weissmandl), Pizzaz Fruit Slices (O/Up)

Cereal - Manischewitz (O/Up), Mothers (O/Up), Rokeach, (O/Up), T. Abrahams (O/Up), Kojel (O/Up), Streit's (Kof-K), Oberlander's (Kof-Kp), Savion (O/U)**Charoset** - Streit's (Kof K)**Cheese** - Tuv Taam (O/Kp),

Millers (O/Up), Haolam (KAJ),

Golan (Star-Kp), Ko-Sure

(Star-Kp), Mehadrin, J & J (KAJ),

Taam Tov (O/Up), Gideon, Slim-U,

Votvata, Morning Select, Ahava,

Pastures of Eden Jerusalem

Cheese -(O/Kp), (Chosom Sofer),

Entremont Ementale Spreadable

Cheese (from France - Rabbi

Alloum), Monsey Dairy Stringles

(O/K), Natural & Kosher (Cholov

Yisroel O/K for Passover), Les

Petites Fermieres (Cholov

Stam O/K for Passover), La

Chevre (Cholov Yisroel O/K for

Passover), Migdal (KAJ), Cabot

(O/U), Mehadrin Cheese Snack

(Volve Rav), Philadelphia cream

cheese (O/Kp)

Chicken Coating - Streits Bag N

Bake (Kof-Kp)

Children's Chewable Fever &**Pain Reliever** - Adwe (O/Up)**Chocolate Chips** - Blooms,

Lieber's (Weissmandl)

Chocolate (Baking Bars) -

Haddar (KAJ), Manischewitz

(O/Up), Paskesz (O/Kp - Rabbi

Westheim)

Chocolate Syrup -

Manischewitz (O/Up)

Cleansers - Festive (O/Up),

America's Choice(O/U p), Brite

Water (O/Up), Gefen

(O/Up), Procter & Gamble (O/Up)

Rokeach (O/Up), Haddar (KAJ),

Weiman Wax Away (O/Up)

Cocoa - Lieber's (O/Kp), Savion

(O/Up), Victor's (O/Up),

Extra Virgin Olive Oil (O/U), Callisto Francesconi Extra Virgin Olive Oil, Colavita Extra Virgin, Ferrara Extra Virgin, Lupi Extra Virgin, Roland Extra Virgin, Krinos, Pompeian Extra Virgin Grade cold Pressed

Onions frozen chopped - (any pure) or fresh chopped refrigerated Ready Pac Brand
Oven Cleaner - Dow, Mr. Muscle, Foam, Easy Off, Easy Past, Amway, Jiffoam, Fantastic, Shaklee

Oven Cooking Bag - Reynolds microwave bags

Pain Medication - Bufferin, Excedrin (plain, migraine & sinus), Motrin, St. Joseph adult chewable, Ast Tabs, Tylenol & Tylenol plus.

Paper Cups - any styrofoam, plastic or cardboard. America's Choice Hot Cups, Bi-Rite Hot & Cold Cups, Classic Hot & Cold, Great Buy Cold Cups (wax only), James River (Anytime Cups, Bathroom Cups, General Occasion Cups, Kitchen Cups), Bi-Rite, Dixie

Paper Napkins - any
Paper (Plate) - America's Choice, Bi-Rite, Classic, Dixie Paper Plates, Finest, FMV, Fred Meyer (decorated paper plates, bowls and white paper plates), James River, Kroger (decorated and white paper plates and decorated bowls), Ralph's (white paper plates, decorated paper plates and decorated bowls), Solo, Sweetheart (paper bowls, platters, plates and food trays), Big Y, Bi-Rite, Dixie Stoneware, Georgia Pacific/Dixie, Ralps White & Decorated Paper Plates, Giant, Lowes, Pride Made, Shopper's Value, Stop & Shop, Topco

Paper (Parchment) - Union Paper Bak-O-Matic, Castaway, Reynolds, Cysco, Prime Source, Pure, Alliant, Wilton (CORP)

Paper Towel - any brand (first 3 sheets may contain kithiyos glue, and should not be used with hot foods.)

Pepper - Morton's Black Pepper, Durkee, Spice Island, It's Delish

Personal Care Product - The following Shaklee products: Avocado Cream Moisturizer,

Deodorant Cream, Skin Polisher, Powder Blush, Sunscreen, Moisturizer, Lip Conditioner, Men's Skin Conditioner

Plastic Bag & Wrap, Plate, Cup, etc - any brand (i.e. - Saran Wrap, Reynolds, Glad Bags, Chef's Review, Hagerty Zipper Bags, Handi Wrap, PocaHontas, Price Saver, Safeway Plastic Wrap, Slater Bros. Shamrock, Stater Brothers, Sysco, Vons, Walgreens, Wegman's, Ziploc, Rite Aid, Sam's Club, Ralph's, Sunny Select, Target, Kroger

Polish - Any

Poultry - Any reliable Kosher brand that is not processed or coated (i.e. only raw) Some popular brands are Empire, Falls, Vineland, Galis. Empire raw ground turkey is only acceptable with the O/Up label.

Powdered Milk - Alba, Carnation, Dairyman

Raisins - American Raisin Packers, Del Monte, Dole, Pride, Safari

Rice - for those Sephardim who use rice on Pesach, it is acceptable only without additives (this includes vitamins) i.e. Pari, Nasim, Royal, Shahrzad, Aftab, Kusha, Success, Riviana, Mahatma and Emperor.

Rice Milk - (Kitniyos- not Chometz) Clearly Organic, Hy-Vee, Market Basket, Meijer, Nature's Promise, RicePure

Rubber Gloves - any uncoated (i.e. Playtex, Rubber Maid)

Salt - (Coarse Kosher Salt) - any
Salt - (Table) Morton's plain, coarse, popcorn salt, special cooking salt, canning and pickling salt, extra fine flour salt, Red Cross, Sterling, Dominion Sea Salt

NOTE on Salt: Always check to make sure that there is no dextrose, iodine or polysorbate listed in the ingredients

Sandwich Bag - any paper or plastic

Scouring Pad - Dobie, Brillo Nylon, Scrubber, Scotch Brite, Supreme, Chore Boy, Airwick Nylon, Golden Fleece, Scrunge, O-Cel-O, any steel wool without soap

Seltzer (Unflavored) - any
Shampoo - Prell, Breck (regular), Head & Shoulders, Johnson's, Selsun Blue, Pert

Shelf Paper - any uncoated
Shoe Polish - any (i.e. Wrights)
Silver Polish - Amway, Weiman, Hagerty (O/U), Starco (O/U), Envirochem, Tarnishield, Starco, Rokeach, Goddards

Skin Care - Lubriderm, Unflavored Blistik, Keri, Orajel
Soap (Hand) - any
Soy Milk - (Kitniyos - but not Chometz) Vitasoy San Sui Original, Soy Dream Original Natural

Spices - Pacific Natural Spices (O/U) any whole spices

Sponge - any without soap (i.e. S.O.S. Scrubber etc.)

Steel Wool - any without soap
Sterno - any

Straws - any plastic

Styrofoam Products - any
Sugar - (Brown) C & H Gold Brown (Star K), C & H Dark Brown (Star K), Dixie Crystals Lite Brown, Wholesome Foods Organic Cane Sugar

Sugar - (White) any granulated pure cane sugar without dextrose such as C & H, Vons/Pavilions, Albertsons, Smart & Final, Spreckles, Sysco it must be listed as pure cane sugar on the label.

Sugar - (Raw) C&H Hawaiian raw cane sugar

Suntan Lotion & Medication - Coppertone (kids, oil-free, Shade, Sport) Pre Sun Sprays, Neutrogena Sunless Tanning Lotion, Solarcain (gel, spray and medical first aid spray)

Supplement - Ensure Without Fiber (Note: it contains Kitniyos - check with your Rav when needed)

Sweetener - Syncal Saccharin
Tea (Instant) - Nestea Unflavored 100% Pure Tea (Regular or Decaf)

Teabags (Regular-Unflavored) Tetley, Lipton, Swee Touch Nee, Salada, Redco, Chock Full O' Nuts, America's Choice, Bromley Estate, Albertson's, Kroger, Nestea, PocaHontas, Superior, Safeway Select, The Republic of Tea

NOTE on Teabags: Regular tea bags that are unflavored and not decaffeinated and have no fillers such as chicory may be used for Pesach without special certification.

Tea Bags (Decaf) - Lipton Unflavored, Swee-Touch-Nee

long as he does not take it in the normal way (i.e. a pill without a cup of water). A Rabbi should be consulted if the need for such medication should occur.

3. Generally speaking, cough syrups and other liquid medicines may contain grain alcohol, and may not be used on Pesach. When one must take medicine during Pesach, his/her doctor should be asked to prescribe medicine without alcohol or capsules.

Many over the counter medicines require no special certification to be used on Pesach. Consult your Rabbi for specific questions. For a complete listing of this year's Kosher for Pesach vitamins (as well as year-round vitamins) go online to www.koshervitamins.com, or www.koshervitaminsforless.com.

TOILETRIES

Rabbi Bess lists the following possible issues:

Amino Peptide Complex, Amp-Isostearyl Hydrolyzed Wheat Protein, Avena Sativa Flour, Avena Sativa Kernel Protein, Barley Extract, Beta Glucan, Disodium Wheatgermido Peg-2 Sulfosuccinate, Hordeum Vulgare Extract, Hydrolyzed Wheat Gluten, Hydrolyzed Wheat Protein, Hydrolyzed Wheat Protein PgPropyl Silanetriol, Hydrolyzed Wheat Starch, Hydroxypropyltrimonium Hydrolyzed Wheat Protein, Oat Beta Glucan, Oat Extract, Oat Flour, Phytosphingosine Extract, Prolamine, Sodium Lauroyl O Amino Acids, Stearyldimoniumhydroxypropyl Hydrolyzed Wheat Protein, Triticum Vulgare, Triticum Vulgare Flour Lipids, Triticum Vulgare Germ Extract, Triticum Vulgare Germ Oil, Wheat Amino Acids, Wheat Bran Extract, Wheat Germ Extract, Wheat Germ Glycerides, Wheat Germanidopropylidmonium Hydroxypropyl Hydrolyzed Wheat Protein, Wheat Germ Oil, Wheat Protein, Wheat Sphingolipids.

FROZEN VEGETABLES

There are many issues concerning the use of frozen vegetables for Pesach. Most large companies, such as S&W, Green Giant and Bird's Eye, purchase their vegetables from

many different processors. Due to increased competition in this industry from Mexico and Guatemala, many packers are processing pasta and vegetables in the same blanching equipment when it is not being used for pure vegetables. This is done at temperatures between 100 to 200 degrees, thus making the machinery Halachically unacceptable for Pesach use. However, some companies use steam blanchers, which are not usable for pasta. Bodek, Garden Pure, as well as others carry many frozen vegetables which are certified for Pesach.

FRESH VEGETABLES

In general, fresh vegetables do not pose a special concern for Pesach. However, fruits and vegetables from Israel require that Terumos and Maasros be taken. Leafy vegetables require the same level of inspection for insects as during the rest of the year. This is a particular concern for many who use romaine lettuce for the Mitzvah of Marror. To avoid this problem, some choose to use romaine stalks only, which are easier to rinse and check for insects. There are romaine lettuce stalks and other produce certified for Pesach that are not checked for insects. One needs to make sure that the Hechscher covers both the Pesach and insect issues.

FRESH FRUIT

Fresh fruit from Israel is found in many supermarkets at this time of year, presenting an issue of Terumos and Maasros. The issue frequently exists concerning mangoes, tomatoes, peppers and oranges. Some jams as well as lemon juice have the same issue. These products state "product of Israel".


SODA

When determining whether a type of soda is Kosher for Pesach, there are three major ingredients with which we are concerned. They are: brominated vegetable oil, flavorings and sugar. Corn syrup, which is made from Kitniyos, is a common sweetener in soda. The other ingredient, "flavoring," is also a source of concern, since there are thousands of flavors, many of

which are not Kosher, and others that are derived from Chometz. Therefore, even Sephardim who normally consume Kitniyos on Pesach should seek only those products reliably certified to be Chometz-free. Generally speaking, flavoring is the key to a product's success in the food market. Therefore, its formula is always a highly guarded secret of the company. Even a minuscule change in the formula of a product where flavoring is concerned can prove to be disastrous. Therefore, it is not surprising that these companies guard their flavorings very carefully making it necessary to have a Mashgiach (supervising Rabbi) go to the plant to personally check the flavorings being used. In regard to Pesach, it is also important to note that even within the same company (Coke, Pepsi, etc.) any individual bottling plant throughout the country may choose to use corn syrup as a sweetener. For this reason as well, it is essential that a reliable Mashgiach be on the premises during production. There are thousands of flavorings used by the food industry, not all of which are Kosher (let alone for Pesach). Some, such as ambergris (from whale intestines) and civit absolute (from cats) are, of course, never Kosher. Even if an individual knows that a soda is reliably certified Kosher for Pesach in one particular city, this does not mean that the same brand of soda is Kosher elsewhere. Note: Commonly, Coke and others will be reliably certified for Pesach. The bottle, however, may list "corn syrup/ sugar" as an ingredient. As long as the product bears a reliable Pesach certification, the soda has been reformulated to meet all Pesach concerns.

EGGS

It is best to buy eggs that were laid before Pesach. This is due to the fact that chickens are usually given feed which is Chometz. Therefore, there is a minhag (custom) not to eat eggs which were laid on Pesach.



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Cough Medicine - Corricidin, Mytussin, Scot-Tussin
Cream of Tartar - Gel Spice (O/U), Spiceco (O/U), Saratoga (O/U), Pacific Natural Spices (O/U)
Crockpot Liner - any
Cups - any plastic or styrofoam
Deli - Empire, Solomon's Company Buffalo (O/Up)
Dental Floss - any unflavored brand
Denture Cleansers - Polident, Poli Grip
Deodorant - Arrid, Secret, Sure, Jean Nate, Tom's, Rightguard
Aerosol, all dry powder types
Detergent (Clothes) Sunlight, Rokeach, Pace, Stater Brothers, Tide, All, Fab, Dash, Oxydol, Biz, Cheer (liquid & powder), Bold, Breeze, Dreft (liquid & powder), Blue Magic, Amway Detergent, Amway Bleach, Amway Prewash, Lux Liquid, Wisk Liquid, Spic & Span, Top Job, Shaklee Basic L, Pathmark Laundry Detergent, Ivory Snow Dish Detergent, Trend (powder only), Amway, Dove, Ajax, Dawn, Crystal Clear, Lux, Sunlight, Caress, Joy, Ivory Liquid, Liquid All, Lux Liquid, Pace, Cloud Nine, Dish Wash, Dazzle, Ajax Lemon Dish Detergent, Ajax Anti Bacterial, Ajax Anti Bacterial (with Baking Soda) and Ruby Red Grapefruit, Palmolive Anti Bacterial, Palmolive Oxy-Plus Wipes
Dishwasher Detergent - Pace, Calgonite, Cloud Nine, Pink Lady, Dishwasher All, Proctor & Gamble, Cascade, Amway, Sunlight, Amway Automatic Dishwashing Formula, (Soft Water), Amway Automatic Dishwashing Powder, Amway Concentrated Dishwashing Liquid
Diapers (Disposable) - any
Dog Food - (See "Pet Food" article)
Dried Fruits - Albertson's raisins, Dole raisins, Kroger raisins, Ralph's raisins, Trader Joe's raisins, Bing Cherries, Fancy Dried Nectarines, Fancy Dried pears
Eye Drops - any
Eye Shadow / Eye Liner - any brand without grain ingredients
Fabric Softener - any

Face powder - any
Fireplace Log - any unscented brand
Fish (Raw) - Ungars, Kosherific, Ralph's RCC Kosher certified, Kineret, Freshwater brand
Flax Seed - (Check seeds thoroughly before Pesach for any possible mixed-in grains).
Fruits (Canned) - California Delight
Fruit (Frozen) - any without sugar or other additives
Fruit (Packaged - Dried) - American Raisin Packers, Calavo Pitted and Whole Dates, Pride Raisins, Safari Raisins, Safari Dried Fruit, Sun World Pitted or Whole Dates, Sunglow Pitted or Whole Dates, American Eagle Apricots, Sun-Sational Snacks (apricots), American Raisin Packers, California Raisins, Del Monte Raisins (Natural & Golden), Deluxe Raisins, Dole Raisins, Regent Raisins, Pride Thompson Raisins, Zoria Dried Apples and Mixed Fruit
Furniture Polish - any
Garbage Bags - any plastic
Glass Cleaner - Bon Ami, Glass Plus
Glue - Elmer's White glue (not paste)
Hairspray - any Hemp, check thoroughly for any possible mixed-in grains
Household Cleanser - Lysol, Sunlight, Fantastic, Glass Plus
Hydrogen Peroxide - any
Ice (from plain, unflavored water) - any
Insecticide
Juice (frozen) - any brand name frozen orange juice concentrate, which is unsweetened, grade A, and is not enriched. 100% Minute Maid orange juice frozen concentrate, America's Choice Frozen Concentrate Grapefruit Juice, Florida Gold Grapefruit & Frozen Concentrate Orange, Golden Flow Orange Juice, Great Value Orange & Grapefruit Juice, Pathmark Grapefruit & Orange Juice, River Valley Grapefruit & Orange Juice, Shoprite Orange Juice, Sunkist Grapefruit Juice Frozen Concentrate, Vitality Select Grapefruit & Orange Frozen Concentrate
Lactaid Drops - (**NOT** Tablets) If needed, it must be added to milk or other dairy products **before**

Recommended Foods 21

Pesach.
Lactaid Milk - Must be purchased before Pesach (may contain small amount of actual Chometz)
Lemon Juice - Real Lemon
Lime Juice - Real Lime
Lotion - Noxzema, Ponds Cold Cream, Sea Breeze, Sea & Ski, Oxy 5/10, Petroleum Jelly, Shaklee Hand and Body
Mascara - any (without grain ingredients)
Meat - most raw meats (not coated, processed, etc.) with reliable year round Hechsher are also Kosher for Pesach, such as Rubashkin Agriprocessors, Meal Mart, Amara (Star k p) etc. Check with your local Rabbinic authority for all inquiries. This includes Venison from Musicon Farms (O/U) at (914) 294 6378, Alle (O/U), Philly Foods Vacuum Packed Raw Beef, Veal, Lamb when bearing Star K, Solomon's Company Buffalo at (605) 729-9440 certified by O/Up
Medicine (misc.) - Prozac, No Doze Caplets, Dramamin tablets (also see: Abdominal Discomfort, Aspirin and Cold Medication)
Milk - It is preferable to buy Kosher for Passover milk, otherwise any brand purchased BEFORE Pesach from a company that does not process chocolate milk on the same machinery may be used on Pesach as long as it doesn't contain monoglycerides or dextrose. Those companies from which we can buy milk in the Los Angeles area before Pesach are: Jerseymaid, Ralph's, Alta Dena, Stater Brothers, Formost, Vons Pavilions, and Knudson.
Note: Milk certified Kosher for all year is certified for Passover only when indicated.
Mineral Oil - any
Mouthwash - Scope, Listerine (plain and Listermint), Tom's of Main, Amway (not the Amway Glistar Anti Plaque Flouride)
Nail Polish/Remover - any
Nuts - any raw almonds, walnuts (even if bleached). Must be without BHA, BHT or other additives, Azar (O/K) Blue, Diamond (Kof K), Nuts Galore (note: Pecan pieces must have Kosher for Pesach certification)
Olive Oil - Olio Di Oliva Bertolli

This issue is dedicated in the name of
HaRav Avraham Daniel Mordechai ben Miriam Sara
& Fega Bat Yeta Rifkah.
May Hashem grant them a refuah shleimah in the zchus
of their being a constant osek b'tzorchai tzibur.

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In memory of Elaine Bienenfeld Silver by her loving family Morris, Sharon, Evan, Alison & Eli

MILK

Due to the modern pasteurizing processes used in the milk industry, many nutrients are inadvertently removed.

Governmental regulations dictate that Vitamin D, and in some cases, Vitamin A be added to milk before its sale. The amounts added are very minute. Inasmuch as Vitamins A and D are often derived from Chometz or Kitniyos, and since mixtures of even small amounts of Chometz on Pesach are not "batel" (annulled), we must be cautious concerning milk which contains these additives. Another matter of concern is the processing equipment.

Milk companies often produce chocolate milk on the same equipment that they use for their plain "white" milk. The chocolate milk may contain malt, which is made from grain. In order to avoid these problems, two steps are necessary. First, it is necessary to make sure that the dairy company whose milk we purchase for Pesach processes only plain "white" milk and not chocolate milk. Secondly, the milk that we need for all of Pesach must be bought before Pesach. By doing so, the vitamins in the milk are deemed "batel" (annulled) from before Pesach (since Bitul works if the mixture occurs before Pesach), and therefore, may be used on Pesach. Whenever possible, certified Kosher for Passover milk is preferable.

MARSHMALLOWS & GELATINS

Although many "Kosher for Passover" marshmallows are presumably made without Chometz ingredients, nevertheless, they may contain an ingredient which is highly controversial (for year round use), namely, gelatin. The main sources of gelatin are cattle and hogs. The process of making gelatin is as follows: the collagen in the bones and skins of the animals is converted by soaking 2" x 3" strips of hide in hydrochloric acid until it turns into ossein. This is then soaked in lime for about a month. It is then washed in sulfuric acid to obtain the gelatin.

In 1912, Rav Chaim Ozer Grodzenski ZT"L sent a response to the Royal Gelatin

Company concerning the methods of obtaining Kosher gelatin from non Kosher hides. Additionally, in 1950, Rav Lazer Silver vehemently opposed the hechsher on a well known gelatin product. In 1966, Rav Moshe Feinstein ZT"L, and Rav Aaron Kotler ZT"L both opposed all gelatins that were not obtained from a Kosher source. Kosher gelatin, from Kosher slaughtered animals, tends to be too expensive for large companies to produce. This is the reason that the O/U, O/K, Star K and other reliable certifying agencies insist upon a gelatin substitute in products which would otherwise need gelatin. Marshmallows are a prime example of such a product. Some acceptable substitutes for gelatin are: Japanese gelatin, Japanese insinglass, agar agar, Chinese moss, Irish moss, carrageenan. Surprisingly, there is even one marshmallow product being sold which states "Kosher Beef Gelatin" which is produced from dried beef bones from India, which were not Kosher slaughtered. There is a new type of fish gel that is presently being used in pharmaceuticals and some food products certified Kosher. Fortunately, a truly reliable certified Kosher gelatin obtained from Glatt Kosher hides is being produced under the supervision of the O/U. This gelatin is used by Tzall's, Golden Fluff, Manischewitz and Granny's marshmallow brands.

PET FOOD

One of the many challenges of Pesach is finding Halachically permissible pet food. There are two separate Kashrus issues about which one should be aware. One is related specifically to Pesach, and the other related to the rest of the year as well. The year round problem concerns the mixing of milk and meat. It says three times in the Torah "Lo Sevashel Gedee Bachalev Imo". Literally, this is a prohibition against cooking milk and meat together. However, from the fact that the Torah states this three times, and uses the term Gedee (kid), the Gemorah (Talmud) in Chulin (113A 115B) explains this to mean that milk from any Kosher

species and meat from any Kosher species (i.e. beef mixed with cow's milk or goat's milk etc.) are forbidden to: a) be cooked together, b) be eaten together, c) derive benefit or pleasure from them. These prohibitions (from the Torah) do not apply to poultry or venison. In order to avoid confusion, the Rabanan (Rabbis) extended the prohibition of eating milk and meat together to include poultry and venison. However, deriving benefit from poultry mixed with milk was not included in this decree. Therefore, chicken with whey, milk or cheese is permissible in pet food.

Commonly, dog and cat foods contain milk and meat mixtures, and therefore, are forbidden to Jewish pet owners all year round. There is an additional problem for a Jew who is a pet owner during Pesach. The basis for this problem is that Chometz carries with it three "Isurim" a) Hanaah (benefit), b) Ownership, c) Baal Yimatze (it must be completely removed from a person's premises). Due to the prohibition of deriving any pleasure or benefit from Chometz, we are not permitted to use or own pet food containing any type of Chometz on Pesach. Therefore, it is important to be aware of the prevalent use of the five grains (wheat, rye, barley, oats, spelt) in dog and cat foods today. Almost all dry pet foods list wheat or oats as their first ingredient. This is true for fish food and bird foods as well.

NOTE: Only clay or wood-based Kitty Litter may be used on Pesach.

The following is a list of pet foods that do not contain forbidden milk and meat mixtures, nor do they contain Chometz.

Benefit from "Kitniyos" (legumes) is permitted on Pesach, even for an Ashkenazi Jew.

Therefore, rice, for instance, does NOT pose a problem in pet foods.

Bird Food - Pure sunflower seeds, sorghum, alfalfa, peanuts or millet are fine. Most other

PESACH 2011 - 5771

TIMES TO REMEMBER - L.A. AREA

- Bedikas Chometz 4/17 (In the Evening)
- Fast of Firstborn 4/18 (firstborn attend a siyum to avoid fasting)
- Last Time to Eat Chometz 4/18 10:06 a.m. (M.A.) a.m. (GRA)
- Biur Chometz 4/18 11:21 a.m. (GRA)
- Candle Lighting (1st night) 4/18 7:08 p.m.
- Midnight (Chatzos) 4/18 12:53 a.m.
- Candle Lighting (2nd night) 4/19 After 8:12 p.m. (45 min.) 8:39 p.m. (72 min.)
- Motzei Yom Tov 4/20 8:13 p.m. (45 min.) 8:40 p.m. (72 min.)
- Shabbos Candle lighting 4/22 7:12 pm
- Motzei Shabbos 4/23 8:16 p.m. (45 min.) 8:43 p.m. (72 min.)
- Candle Lighting Y.T. 4/24 7:13 p.m.
- Candle Lighting Last Day Y.T. 4/25 After - 8:17 p.m. (45 min.) 8:44 p.m. (72 min.)
- Motzei Yom Tov 4/26 8:18 p.m. (45 min.) 8:45 p.m. (72 min.)

MITZVOS AT THE SEDER

MITZVAH	WHEN	HOW MUCH	ALLOTTED TIME (PREFERRED)
Four Cups of Wine	At appropriate times	3.3 fluid oz.	Continuously with only one interruption. Throughout the Seder at least most of the cup (each time)
Matza	Motzi Matza	1/2 Machine Matza 6 1/4" by 7" or 1/3 Hand Matza	Four minutes*
Afikoman	(2 Kzeyalm) Korech (Kzayis)	1/2 Machine Matza 6 1/4" by 7" or 1/3 Hand Matza	Four minutes*
Marror (Horse-Radish)	at "al achiles Marror"	1 fluid oz.	Four minutes*
Marror (Lettuce)	at "al achiles Marror"	enough leaves to cover an area of 8" by 10"	Four minutes*
Marror (Stalks)	at "al achiles Marror"	enough leaves to cover an area of 3" by 5"	Four minutes*

* It is preferable to eat this as quickly as possible. The preferred allotted time among the poskim ranges between four & nine minutes.

As with any area of Jewish Law, consult your Rabbi if you have any questions regarding this chart.

products contain wheat or oats.

Cat Food - FRISKIES Liver & Chicken Dinner with Salmon, Classics Seafood Entree, Ocean Whitefish & Tuna Dinner, Special diet turkey and giblets., WHISKERS Mealtime, Seaside Super, Bits O' Beef (with Salmon, with Lamb & Rice), CALIFORNIA NATURAL Sea Captains Choice, Salmon Dinner. BRANDON FARMS Organic Chicken & Mackerel, Turkey & Liver, Chicken & Chicken Liver, SCIENCE DIET - (dry) Adult optimal care ocean fish & rice, Adult indoor, Adult light, Kitten healthy.

Dog Food - AMS , Beef & Rice, ALPO Hearty Way (without Gravy), PET PRIDE Beef Chunks Dinner (with Turkey & Bacon, Chunky Chicken, Chopped Beef) PEDIGREE with Chopped Liver & Beef, Chicken, Beef, Chopped Combo with Chicken, Beef and Liver, CALIFORNIA NATURAL, MIGHTY DOG- Classic chicken egg & bacon, Classic gourmet dinner, Classic turkey & bacon. SCIENCE DIET - (dry) Adult light, Puppy small bites, Mature adult large breed, Adult active.

Fish Food (fresh water) - freeze dried worms, krill (frozen, without additives)

Fish Food (salt water) - frozen brine shrimp, krill (frozen without additives), TETRA DUECA (blood worms)

Rabbit & Hamster Food - alfalfa, corn, sunflower seeds

NOTE: One may shop at Petco and PetSmart stores after Pesach.

ITEMS THAT MAY BE USED WITHOUT PASSOVER CERTIFICATION (FOR 5771 -2011)

Abdominal Discomfort - Gelusil tablets, Metamucil (original texture regular flavor - powder only, **not** wafers), Phillips Milk of Magnesia (unflavored), Di-Gel (Kitinios), Peppid, Pepto Bismol, Roloids, Mylanta tablets or liquid, Bicarbonate of Soda, Zantac (not liquid), Immodium

Air Freshener - any

Alcohol - any Isopropyl

Aluminum Foil and Pans - any

Ammonia - any

Aluminum Disposable

Containers - any

Baby Formula - Carnation Alsoy, Enfamil, Prosobee, Isomil, Similac

(in separate utensils, as they contain Kitniyos)

Baby Oil - any pure

Baby Ointment - A&D (regular only), Desitin

Baby Medicine - Pedialyte, Pedia-Sure, Tempra Drops & Tablets

Baby Powder - Johnson's or any pure Talcum Powder

Baby Wipes - Johnson's Baby Washcloth or any other without alcohol

Baking Soda (not baking powder) - any pure bicarbonate, e.g., Arm & Hammer and V.I.P. brand

Band Aids - any (including medicated)

Bleach - any

Bird Food - (see above "Pet Food" section)

Blush (make up) - all powdered

Body Wash - any

Boric Acid - any

Candles - any pure unscented

Cat Food - see Pet Food article.

Charcoal Briquets - (for a barbecue) - any kind.

Cleaners - With (O/U) or other reliable Hechsher only. For example: Bab O Cleanser, Ajax Powder, Ajax All Purpose Cleaner Lemon Scent, Ajax Glass & Multi Surface Cleaner, Ajax Tub & Tile Cleaner, Comet, Spic & Span, Soft Scrub, Formula 409, Lysol, Clorox, Pine Lestoil, Pine Sol, Top Job, Kaftan Coffee Pot Cleaner, Mr. Clean, Grease Relief, Shaklee (Basic G, Basic H, Basic I, Get Clean Basic H2 Organic Super Cleaning Wipes, Get Clean Basic H2 Organic Super Cleaning Concentrate), Melaleuca Ultra Diamond Brite Dishwashing Concentrate, MelaMagic Pre Spot Stain Remover, Tub & Tile Cleaner, Stater, Sunlight, Bon Ami, Dubois, Brillo Cleanser, Elco Lab Cook Top Cleanser, Dow Oven Cleaner, Fantastik, Glass Plus, Tarnishield Copper & Brass Cleaner, Amway Multi Surface Cleaner and Heavy Duty Degreaser, Amway Industroclean Heavy Duty Cleaner, Amway L.O.C. Multi-Purpose Cleaner, Amway L.O.C. Plus Kitchen Cleaner, Amway L.O.C. Plus Glass Cleaner, Amway L.O.C. Plus Metal Cleaner, Amway , Pursue Disinfectant Cleaner, Amway SA8 Solutions Smashing White Water Softener/Detergent

Recommended Foods

Booster (Powder), Cavalier Chemical, Kitchen Klenser, Manhattan Products, Murphy Oil Cleanser, Johnson Cleaner/Degreaser, Murphy's Oil Soap Spray Formula, Wrights Cook top Cleaner

Cocoa - any pure cocoa, such as Dezaan, Nestle, Savion, Cargil, Hashachar Haole, Windham, Hershey's pure baking cocoa powder (except for those with SOL on the container)

Coffee (Ground) - all unflavored coffee except decaffeinated. The following are some examples:

Albertson's, Blenders Pride, MJB, Old Jerusalem, Nescafe (not Mt. Blend contains chicory), Cain's, Chase & Sanborn, Hills Bros., Taster's Choice, Brim, Chock Full O' Nuts (except decaf or 100% Columbian), Rombouts, Goya, Bokar, Eight O'Clock, Eight O'Clock Hotel & Restaurant, Eight O'Clock Royale, Folgers, White House, Best Choice French Roast, Bene Keith Unflavored, Barrie House, Ellis, Perugina Espresso or Regular, Superior, Melita, Red Circle, Ralph's, One Fresh Cup, Best Choice, Brother's, Cafe Sarks, Master Chef, Proctor & Gamble, Starbucks, Safeway, Trader Joe's, Peruvian Blend, Von's, Sara Lee, Grand Union, Master Chef, National Brands (Star K), Seattle's Best (O/U), Wal-Mart (O/U), Tully's (O/U), Newman's Own (O/U), Kroger (O/U)

Coffee (instant) - (Regular unflavored, **not** Decaf or Chicory, in the following brands only) Folgers, Tasters Choice, National Brands (Star K), Elite (O/Up), Gefen (O/Up)

Coffee Ground (Decaf Unflavored) - Ellis, Parker House, Perugina Caffe, White House, Superior, National Brands (Star K), Hena, King David - KSA), Peet's (KSA)

Coffee Filter - any unflavored

Cold Medication - Children's Cold Tylenol, Excedrin Sinus, Vicks Nyquil & Dayquil Cold/Flu, Vicks 44 (including 44D, 44E, 44M), Chapstick Cold Sore Therapy, Triaminic - HCTZ, Blistex, Neosporin, Claritin, Afrin

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