



RECOMMENDATIONS ARE FOR ITEMS PRODUCED IN THE UNITED STATES



Acceptable without Pesach Certification

Food items in this section should preferably be purchased before Pesach



Must bear reliable Pesach Certification




Not acceptable for Pesach

Sephardim should contact their local Sephardic Rabbi regarding issues of *kitniyos*

PRODUCT		NOTES
Adhesive Bandages	✓	
Air Freshener	✓	
Alcohol	◇	For drinking
	✓	Denatured or Isopropyl alcohol
Alfalfa Sprouts	×	<i>Kitniyos</i>
Aluminum Products	✓	Includes aluminum foil and pans
Amaranth	◇	Amaranth is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	Same status as <i>kitniyos</i>
Antacid (Chewable)	◇	
Apple Juice	◇	Concentrate also requires Pesach certification
Applesauce	◇	
Aspartame	◇	
Baby Carrots, raw	✓	Acceptable if they contain no additives
Baby Carrots	◇	Canned, cooked, or frozen
Baby Food	◇	Includes jarred or canned
Baby Formula		See page 20. When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitniyos</i>
Baby Oil	✓	
Baby Powder		Acceptable if it only contains talc, talcum powder, cornstarch, or other innocuous ingredients
Baby Wipes	✓	
Bags	✓	Includes paper & plastic
Baking Powder	◇	
Baking Soda	✓	

PRODUCT		NOTES
Balloons		If powdered, wash before Pesach
Band-Aids	✓	
Beans	×	<i>Kitniyos</i>
Bean Sprouts	×	<i>Kitniyos</i>
Benefiber	×	<i>Chametz</i>
Beverages	◇	
Bicarbonate Of Soda	✓	
Bird Food		See page 21
Bleach	✓	
Bleach Wipes	✓	
Blush	✓	
Body Wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's Yeast	×	<i>Chametz</i>
Brown Sugar	◇	
Buckwheat	×	<i>Kitniyos</i>
Buckwheat Pillow	✓	One may own and derive benefit from <i>kitniyos</i>
Butter	◇	
Candles	✓	Scented are also acceptable
Candy	◇	
Canned Fruits or Vegetables	◇	
Canola Oil	×	<i>Kitniyos</i>
Caraway	×	Same status as <i>kitniyos</i>
Carrots		Raw (including baby carrots) are acceptable if additive-free
	◇	Canned, cooked, or frozen
Cat Food		See page 21
CBD Oil	◇	

SHOPPING GUIDE

PRODUCT		NOTES
Charcoal	✓	Includes plain, easy-light, apple, hickory, and mesquite
Cheese	◇	
Cheese Spreads	◇	
Chewable Pills		See pages 12-13
Chewing Tobacco	◇	Contains flavors and other sensitive ingredients
Chickpeas	×	<i>Kitniyos</i>
Cloves		Some have a custom not to use cloves for Pesach
Cocoa Powder		Acceptable if 100% pure and not processed in Europe.
Coconut (Shredded)	◇	Sweetened or flavored
	✓	Unsweetened & unflavored
Coffee	◇	Beans which are plain, unflavored, and not decaffeinated do not require Pesach certification, but the grinder must be clean. Instant, flavored or decaffeinated coffee requires certification. K-cups require certification.
Coffee Filters	✓	
Coffee Whitener	◇	
Cologne		See pages 12 and 14
Colonoscopy Drink		See bit.ly/3NsgS18 
Confectioners' Sugar	◇	
Contact Paper	✓	
Cooking Oil Spray	◇	
Cooking Wine	◇	
Coriander Seeds	×	Same status as <i>kitniyos</i>
Corn & Corn Products (E.g. Corn Oil, Corn Syrup)	×	<i>Kitniyos</i>
Corn Remover	✓	
Cosmetics		See pages 12-17
Creams (Cosmetics)	✓	
Crock-Pot Liner	✓	
Cumin	×	Same status as <i>kitniyos</i>
Cups	✓	Includes paper & plastic
Cutlery (Plastic)	✓	
Dates	◇	Glaze may be problematic
Dental Floss or Tape		Acceptable (including waxed) if not flavored

PRODUCT		NOTES
Dentures	✓	
Deodorant	✓	
Dessert Gels & Puddings	◇	
Detergent	✓	
Dill	×	Seeds
	✓	Leaves
	◇	Dried
Dishwashing Soap	✓	
Dog Food		See page 21
Dried Fruit	◇	
Edamame	×	<i>Kitniyos</i>
	◇	Cooked or liquid
Eggs	✓	Whole and raw (including pasteurized); buy before Pesach
		See page 20
Ensure		See page 20
Eye Drops	✓	
Eye Liner	✓	
Eye Shadow	✓	
Fabric Protector	✓	
Fabric Softener	✓	
Fennel	×	Seed, same status as <i>kitniyos</i>
	✓	Leaves
Fish	✓	Fresh
	◇	Canned, frozen, or processed
Fish Food		See page 21
Flax Seeds		Flax seeds are not <i>kitniyos</i> ; see Spices
Flour	×	<i>Chametz</i>
Floss (Dental)		Acceptable (including waxed) if not flavored
Foil (Aluminum)	✓	
Food Coloring	◇	
Food Supplements		See page 20
Formula For Infants		See page 20
Frozen Dinners	◇	
	◇	Canned, cooked, dried, or sweetened
	✓	Fresh
Fruit		Frozen is acceptable if it is not sweetened or cooked and contains no sensitive additives

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PRODUCT		NOTES
Fruit Juice	✓	Pure frozen concentrated orange juice
	◇	Other concentrates or single-strength juices
Fruit Preserves	◇	
Furniture Polish	✓	
Garlic	✓	Fresh
	◇	Peeled (in jars or cans)
Gloves (Disposable)	✓	Powder free
	◇	Powderless or with powder
Glue	✓	
Grape Juice	◇	
Grapefruit Juice	◇	
Green Beans	✗	<i>Kitniyos</i>
Gum (Chewing)	◇	
Hair Gel	✓	
Hairspray	✓	
Herbal Tea	◇	
Honey	◇	
	◇	
Horseradish	✓	Raw
	◇	Prepared
Hydrogen Peroxide	✓	
Ice (In Bag)	✓	
Ice Cream	◇	
Ices	◇	
Infant Formula		See Baby Formula
Insecticide Sprays	✓	Some traps contain <i>chametz</i>
Instant Coffee or Tea	◇	
Invert Sugar	◇	
Isopropyl Alcohol	✓	
Jam	◇	
Jelly	◇	
Juice (Fruit)	✓	Pure frozen concentrated orange juice
	◇	Other concentrates or single-strength juices
K-Cups	◇	
Kasha	✗	<i>Kitniyos</i>
Ketchup	◇	
Lactaid		Lactaid milk may be used if purchased before Pesach
	✗	Chewable pills
	✓	Non-chewable pills

PRODUCT		NOTES
Latex Gloves	✓	Powder free
	◇	Powderless or with powder
Laundry Detergent	✓	
Laxatives		See pages 15-16
Lemon Juice	◇	Concentrate also requires Pesach certification
Lentils	✗	<i>Kitniyos</i>
Lip Products		See pages 16-17. See www.ASKcRc.org for updates.
Liqueur	◇	
Liquid Dish Detergent	✓	
Liquid Medicines		See pages 12-13
Liquor	◇	
Listerine Pocketpaks	✗	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See pages 12-17
Margarine	◇	
Mascara	✓	
Matzah	◇	
Mayonnaise	◇	
Meat	✓	Fresh or frozen raw meat in original packaging is acceptable
	◇	Ground, cooked, or repacked requires Pesach certification
Medicine		See pages 12-17
Milk	◇	If certified is unavailable, buy before Pesach
Millet	✗	<i>Kitniyos</i>
Mineral Oil	✓	
Mineral Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium Glutamate	◇	
Mousse (For Hair)	✓	
Mouthwash		See pages 12 and 17
MSG	◇	
Mushrooms	◇	Canned
	✓	Raw or dried; see page 18
Mustard	✗	<i>Kitniyos</i>
Nail Polish	✓	

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PRODUCT		NOTES
Nail Polish Remover	✓	
Napkins	✓	
Non-Dairy Creamer	◇	
Nutritional Supplements		See page 20
Nuts	×	Peanuts are <i>kitniyos</i>
	◇	Pecan pieces
		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted, or ground
Ointments	✓	
Olive Oil	✓	Extra virgin (unflavored)
	◇	Other types, including extra light
Oil (Cooking)	◇	
Orange Juice	◇	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven Cleaner	✓	
Pam (Oil Spray)	◇	
Pans (Aluminum)	✓	
Paper Products	✓	Including bags, cups, napkins, plates, and wax paper. May be used for hot or cold.
Paraffin	✓	
Parchment Paper	◇	
Peanuts	×	<i>Kitniyos</i>
Peas	×	<i>Kitniyos</i>
Pecan Pieces	◇	For whole pecans, see Nuts
Perfume	✓	When produced in the USA
Pet Food		See page 21
Petroleum Jelly	✓	
Pickles	◇	
Pills		See pages 12-17
Pineapple (Canned)	◇	
Plastic (Cutlery, Plates)	✓	
Plastic Wrap	✓	
Plates	✓	Including paper, plastic, and Styrofoam. May be used for hot or cold.

PRODUCT		NOTES
Play-Doh	×	May contain <i>chametz</i>
Polish (For Furniture, Shoes, or Silver)	✓	
Popcorn	×	<i>Kitniyos</i>
Poppy Seeds	×	<i>Kitniyos</i>
Potato Chips	◇	
Poultry	✓	Fresh or frozen raw poultry in original packaging is acceptable
	◇	Ground, cooked, or repacked requires Pesach certification
Powdered Dish Detergent	✓	
Prunes	◇	
Pumpkin Seeds		Not <i>kitniyos</i> ; acceptable if raw and without additives
Quinoa	◇	Quinoa is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Raisins	◇	
Rice, Including Wild Rice	×	<i>Kitniyos</i> Rice milk may contain <i>chametz</i>
Saffron		Some have a custom not to use saffron for Pesach; see Spices
Salads (Bagged)	◇	If certified is unavailable and contains no <i>kitniyos</i> or sensitive additives; buy before Pesach
	✓	Fresh
Salmon	◇	Canned, frozen or processed
Salt		Acceptable without iodine or other additives
Sanitizers (E.g. Purell)	✓	
Scouring Pads	✓	
Seltzer	◇	
Sesame Seeds	×	<i>Kitniyos</i>
Shampoo	✓	
Shaving Lotion	✓	
Sherbet	◇	
Shortening	◇	
Silver Polish	✓	
Snow Peas	×	<i>Kitniyos</i>
Soaps	✓	
Soda	◇	
Sorbet	◇	

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PRODUCT		NOTES
Sorghum	✗	<i>Kitniyos</i>
Soup Mix	◇	
Soy Products	✗	<i>Kitniyos</i> Soy sauce and soy milk may contain <i>chamet</i> ; see page 20
Spices	✗	Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are same status as <i>kitniyos</i>
		Other spices are acceptable in whole form, but ground spices require Pesach certification
Splenda	◇	
Stain Remover	✓	
Star Anise		Star anise is not <i>kitniyos</i> ; see Spices
Stevia	◇	
Stick Deodorant	✓	
String Beans	✗	<i>Kitniyos</i>
Styrofoam	✓	
Sugar	◇	Brown sugar and confectioners' sugar
		Pure, white cane sugar without additives is acceptable
Sugar Substitute	◇	
Sunflower Seeds	✗	<i>Kitniyos</i>
Sunscreen	✓	
Suppositories	✓	
Syrups	◇	
Tea		Pure black, green or white tea leaves or tea bags are acceptable, unless they are flavored, instant or decaffeinated, in which case they require Pesach certification
	◇	Herbal tea
Tissues	✓	
Tofu	✗	<i>Kitniyos</i>
Tomato-Based Products	◇	
Toothpaste		See pages 12, 17, and 23. See www.ASKcRc.org for updates
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	✗	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna Fish (Canned)	◇	

PRODUCT		NOTES
Turmeric		Turmeric is not <i>kitniyos</i> ; see Spices
Vanilla	◇	
Vaseline	✓	
Vegetable Oil	◇	
Vegetables	◇	Bagged salads - see Salads (bagged)
	◇	Canned, cooked, or frozen
		Fresh raw vegetables are acceptable if they are not <i>kitniyos</i>
Vegetable Wash	◇	
Vinegar	◇	
Vitamins	◇	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives, e.g., citrates
Wax For Braces	✓	
Wax Paper	✓	
Whitener (For Coffee)	◇	
Wild Rice	✗	<i>Kitniyos</i>
Wine	◇	
Wood Chips	✓	Whisky wood chips are not acceptable for Pesach
Wrap (Plastic)	✓	
Yogurt	◇	

FAQ Anise – Same Status as *Kitniyos*

Q The cRc shopping guide lists a few varieties of anise (caraway, cumin, coriander, dill, and fennel) as “same status as *kitniyos*.” Can you explain what that means?

A *Rema* 453:1 rules that anise and coriander are not *kitniyos*. Some of the later *Poskim* (*Taz* 453:1 & 462:3, and *Chok Yaakov* 453:9) basically accept this *psak* but suggest that these spices be checked carefully to make sure none of the five grains are mixed into them. Other *Poskim* (*Magen Avraham* 453:3) take a stricter approach and are of the opinion that one should avoid these spices since it is so difficult to check whether grains are mixed into them. Rav Schwartz *zt”l* accepted the ruling of *Mishnah Berurah* 453:13 to follow the stricter approach. Accordingly, these spices are listed in our shopping guide as “same status as *kitniyos*.”