

 \Diamond

Acceptable without Pesach Certification Food items in this section should preferably be purchased before Pesach

 \checkmark

Must bear reliable Pesach Certification Not acceptable for Pesach Sephardim should contact their local Sephardic Rabbi regarding issues of *kitniyos*

x

PRODUCT		NOTES
Adhesive Bandages	\checkmark	
Air Freshener	\checkmark	
	\diamond	For drinking
Alcohol	\checkmark	Denatured or Isopropyl alcohol
Alfalfa Sprouts	x	Kitniyos
Aluminum Products	\checkmark	Includes aluminum foil and pans
Amaranth	\diamond	Amaranth is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Ammonia	\checkmark	
Anise	x	Same status as kitniyos
Antacid (Chewable)	\diamond	
Apple Juice	\diamond	Concentrate also requires Pesach certification
Applesauce	\diamond	
Aspartame	\diamond	
Baby Carrots, raw	\checkmark	Acceptable if they contain no additives
Baby Carrots	\diamond	Canned, cooked, or frozen
Baby Food	\diamond	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	\checkmark	
Baby Powder		Acceptable if it only contains talc, talcum powder, cornstarch, or other innocuous ingredients
Baby Wipes	\checkmark	
Bags	\checkmark	Includes paper & plastic
Baking Powder	\diamond	
Baking Soda	\checkmark	

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

SHOPPING GUIDE

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

PRODUCT		NOTES
Dentures	\checkmark	
Deodorant	\checkmark	
Dessert Gels & Puddings	\diamond	
Detergent	\checkmark	
	x	Seeds
Dill	\checkmark	Leaves
	\diamond	Dried
Dishwashing Soap	\checkmark	
Dog Food		See page 21
Dried Fruit	\diamond	
Edamame	x	Kitniyos
	\diamond	Cooked or liquid
Eggs	\checkmark	Whole and raw (including pasteurized); buy before Pesach
Ensure		See page 20
Eye Drops	\checkmark	
Eye Liner	\checkmark	
Eye Shadow	\checkmark	
Fabric Protector	\checkmark	
Fabric Softener	\checkmark	
Fennel	x	Seed, same status as kitniyos
renner	\checkmark	Leaves
Fish	\checkmark	Fresh
11311	\diamond	Canned, frozen, or processed
Fish Food		See page 21
Flax Seeds		Flax seeds are not <i>kitniyos</i> ; see Spices
Flour	x	Chametz
Floss (Dental)		Acceptable (including waxed) if not flavored
Foil (Aluminum)	\checkmark	
Food Coloring	\diamond	
Food Supplements		See page 20
Formula For Infants		See page 20
Frozen Dinners	\diamond	
	\diamond	Canned, cooked, dried, or sweetened
Facilit	\checkmark	Fresh
Fruit		Frozen is acceptable if it is not sweetened or cooked and contains no sensitive additives

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Fuil JuiceIIPur frozen concentrates or single-strength juicesFurit PreservesISingle-strength juicesFurniture PolishIIGarlicIPeeled (in jars or cans)GarlicIPowder freeGloves (Disposable)IPowder freeGrape JuiceIIGrape JuiceIIGrape fuit JuiceIIGrape BaansIIGrane ReansIIHairs GelIIHars GelIIHoneyIIHorseradishIIHorseradishIIFuel In BaansIIInter GeramIIInter GramIIInter GramIIInter GramIIInter GramIIIntert SugarIIIntert SugarIIIntert SugarIIJuice (Fruit)IIInter GramIIInter GramIIIntert SugarIIIntert SugarIIInter GramIIIntert SugarIIIntert SugarIIIntert SugarIIIntert SugarIIIntert SugarIIIntert SugarIIIntert SugarIIIntert SugarII	PRODUCT		NOTES
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Grape JuiceImage: style	oloves (Disposable)	\diamond	Powderless or with powder
Grapefruit JuiceImage: constant of the section of the se	Glue	\checkmark	
Green Beans×KitniyosGum (Chewing)◇Hair Gel◇Hairs Gan◇Hairs Dan◇Herbal Tea◇Honey◇Horseradish◇Forgen Peroxide◇Ice (In Bag)◇Ice Cream◇Ice Cream◇Insecticide Sprays◇Some traps contain chametzInsecticide Sprays◇Some traps contain chametzInvert Sugar◇Jam◇Juice (Fruit)◇Ather Socona Concentrates or single-strength juicesKasha◇Sther concentrates or single-strength juicesKasha◇Ather Socona Concentrates or single-strength juicesKasha◇Sther concentrates or single-strength juicesKasha◇AthinyosAthinyos◇AthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyosAthinyos <tr< th=""><th>Grape Juice</th><th>\diamond</th><th></th></tr<>	Grape Juice	\diamond	
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HorseradishImage: Restrict of the section	Honey	\diamond	
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Kasha × Kitniyos Ketchup ◇ Lactaid milk may be used if purchased before Pesach Lactaid × Chewable pills	Suce (Fran)	\diamond	
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Lactaid milk may be used if purchased before Pesach × Chewable pills	Kasha	×	Kitniyos
Lactaid × Chewable pills	Ketchup	\diamond	
	Lactaid		
✓ Non-chewable pills		×	Chewable pills
		\checkmark	Non-chewable pills

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

www.crckosher.org/consumer

SHOPPING GUIDE

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

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

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✓ = Acceptable without Pesach Certification ♦ = Must bear Pesach Certification ¥ = Not acceptable for Pesach

PRODUCT		NOTES	
Sorghum	×	Kitniyos	
Soup Mix	\diamond		
Soy Products	×	<i>Kitniyos</i> Soy sauce and soy milk may contain <i>chametz</i> ; see page 20	
	×	Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are same status as <i>kitniyos</i>	
Spices		Other spices are acceptable in whole form, but ground spices require Pesach certification	
Splenda	\diamond		
Stain Remover	\checkmark		
Star Anise		Star anise is not <i>kitniyos</i> ; see Spices	
Stevia	\diamond		
Stick Deodorant	\checkmark		
String Beans	x	Kitniyos	
Styrofoam	\checkmark		
Sugar	\diamond	Brown sugar and confectioners' sugar	
Sugar		Pure, white cane sugar without additives is acceptable	
Sugar Substitute	\diamond		
Sunflower Seeds	x	Kitniyos	
Sunscreen	\checkmark		
Suppositories	\checkmark		
Syrups	\diamond		
Теа		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	
	\diamond	Herbal tea	
Tissues	\checkmark		
Tofu	x	Kitniyos	
Tomato-Based Products	\diamond		
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)	\diamond		

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

FAQ Anise – Same Status as Kitniyos

O 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."