

<b>Product</b>	<b>Ashkenazim</b>	<b>Sephardim</b>
Air Fresheners	Any	Any
Airline Meals	Cert	Cert
Alcohol, Isopropyl	Any	Any
Aluminum Foil, Disposable Pans	Any	Any
Ammonia	Any	Any
Anchovies, canned	Cert	OK w/Salt and/or Olive Oil only
Antacids	Cert	Cert – Tums not permitted
Apple Juice, Liquid	Cert	100% w/no additive OK
Apple Sauce	Cert	Mott's: plain, cinnamon, chunky, natural
Baby Cereal	Cert	Discuss with your Rabbi
Baby Food	Cert	Beechnut Babies First Water, Golden Delicious Applesauce, Chiquita Bananas, Yellow Cling Peaches, Bartlett Pears, Tender Sweet Peas, Butternut Squash, Sweet Potatoes, Green Beans, Apples & Apricots, Bananas, Cherries, California Peaches, Carrots & Peas, Mixed Vegetables, Plum with Apples, Tropical Blend Nectar, Prunes with Pears and Plums with Apples & Rice, Gerber St. Applesauce, Bananas, Peaches, Pears, Prunes, Carrots, Green Beans, Peas, Potatoes, Squash, Sweet Potatoes, 2 <sup>nd</sup> Apple Blueberry, Applesauce, Applesauce Apricot, Apricots with Tapioca, Banana with Pineapple with Tapioca, Bananas with Tapioca, Peaches, Pears, Pear Pineapple, Plums with Tapioca, Prunes with Tapioca, Beets, Carrots, Creamed Corn, Garden Vegetables, green Beans, Peas, Squash, Sweet Potato, 3 <sup>rd</sup> Apple Banana, Apple Blueberry, Applesauce, Apricots with Tapioca, Banana Pineapple with Tapioca, Banana Strawberry with Tapioca, Bananas with Tapioca, Fruit Salad, Peaches, Plum with Tapioca, Carrots, Squash and Sweet Potatoes.
Baby Formula	Any Kosher: Use separate utensils due to Kitniyot	Any Kosher
Baby Oil, Creams, Ointments, Powder, Wipes	Any, but wipes only without Alcohol	Any
Baking Powder	Cert	Cert
Baking Soda	Any	Any
Balloons	Without powder	Without powder
Band-Aids	Any	Any
Benefiber	Not permitted – chometz	Not permitted – chometz

### **Legend:**

**Any** – Permissible without any special certification or certification for Pesach

**Any Kosher** – Permissible for Pesach provided it has regular reliable Kosher Certification

**Cert** – Required Reliable Certification for Pesach specifically.

**Kitniyot** – A list of products classified as Kitniyot can be found at [www.seattlevaad.org/Kitniot.html](http://www.seattlevaad.org/Kitniot.html).

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Beverages (except unflavored water/seltzer)	Cert	Cert
Bicarbonate of Soda	Any	Any
Butter	Cert	Cert
Candles	Any	Any
Candy	Cert	Cert
Canola Oil	Not permitted	Not permitted
Carrots – raw, including baby carrots, peeled carrots without additives	Any	Any
Cereal	Cert	Cert
Charcoal Briquettes	Any	Any
Cheese	Cert	Cert
Chicken, Turkey (ground)	Cert	Cert
Chicken, Turkey in BBQ Sauce	Cert	Cert
Chicken, Turkey Raw, Fresh or Frozen (not ground)	Any Kosher	Any kosher
Chocolate Chips	Cert	Any kosher
Cleansers – Powders, Liquids	Any	Any
Cocoa Powder	Domestic – Any Kosher; Outside US – Cert	Any Kosher
Coconut Flakes	Cert	Cert
Coffee Drinks	Cert	Cert
Coffee Filters	Any	Any
Coffee, Decaf & Instant, Any Flavored	Cert (Folgers & Nescafe Taster's Choice Regular [not decaf] Instant Coffee are acceptable with a plain OU)	
Coffee, Whole & Ground Caffeinated, Unflavored	Any	Any
Contact Lens Products	Any	Any
Contact Paper	Any	Any
Cookies (note: for those who eat Matza Shemura only, Matza Shemura cookies are required)	Cert	Cert
Cooking Wine	Cert	Cert
Cooking/Food Release Sprays	Cert	Pam - original and butter flavor; any all natural olive oil sprays
Cottage Cheese	Cert	Cert
Cranberry Sauce	Cert	Cert
Dental Floss	Any unflavored	Any unflavored
Denture Products	Any	Any

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Deodorants	Any	Any
Dish and Dishwasher Detergents	Any	Any
Dried Fruit	Cert (Albertsons, Dole & Del Monte Raisins are acceptable with a plain OU)	New packages without powder coating
Dried Milk	Cert	Dry Milk: Alba, Carnation non-fat dry milk (not chalav yisrael)
Dried Vegetables	Cert	Pure without additives
Egg Substitutes	Cert	Cert
Eggs	Any – purchase before Pesach	Any-purchase before Pesach
Ensure	Consult Rabbi	Regular, Plain, Light, Plus, Puddings; Ensure Fiber is chometz
Fish Fillets, Frozen, Raw, Unseasoned, Plain, No Additives	Any kosher	Any kosher
Fruits, Canned	Cert	Cert
Fruits, Frozen	Any without additives	Any without additives
Furniture Polish	Any	Any
Gefilte Fish	Cert	Cert
Gelatin Desserts and Puddings	Cert	Cert
Glue	Any	Any
Grape Juice	Cert	Any Kosher
Grape Leaves	Cert	Any Kosher
Gum, Chewing	Cert	Any kosher
Hair Spray	Any	Any
Hand Sanitizer	Any	Any
Honey	Cert	Any Kosher
Horseradish, Prepared	Cert	Cert
Hydrogen Peroxide	Any	Any
Ice Cream	Cert	Cert
Insecticides, Bug Sprays	Any	Any
Jams, Jellies	Cert	Cert
Juices, Frozen	Orange & Grapefruit – Any 100% Pure, Grade A without additives; All others require Passover Certification	Any 100% Pure Juice (grape juice must be kosher certified)
Juices, Ready to Drink	Cert	Any 100% Pure Juice (grape juice must be kosher certified)
Ketchup	Cert	Cert

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Lactaid	Milk-purchase before Pesach; Pills-consult Rabbi	Milk-purchase before Pesach; Pills-consult Rabbi
Laxatives	Any	Any
Lemon & Lime Juice	Any 100% Pure with no additives (ReaLemon Reconst. & ReaLime Reconst. are acceptable with a plain OU)	Any 100% Pure
Lemonade	Cert	Cert
Liquid Soap	Any	Any
Liquor, Liguers	Cert	Cert
Margarine	Cert	Any Kosher Pareve that does not have canola oil. Note, Saffola Pareve Margarine contains canola oil.
Marshmallows	Cert	Cert
Matzah	Cert	Cert
Matzah Ashira/Egg Matzah	Consult Rabbi	Any Passover certified but not for the mitzvah at the Seder
Mayonnaise	Cert	Cert
Meat, Raw, Fresh, or Frozen	Any Kosher	Any Kosher
Milk	Plain, must be purchased before Pesach or Cert	Plain, must be purchased before Pesach or Cert
Mineral Oil	Any	Any
Mineral Water	Any	Any
Mouthwash and Spray	Cert	Any
Mustard	Not Permitted	Consult Rabbi
Nail Polish/Remover	Any	Any
Non-Dairy Creamer	Cert	Cert
Noodles	Cert	Cert
Nutritional Supplements, Liquid	Ensure Regular, Plain, Light & Plus; Ensure Pudding contains Kitniyot; Ensure Fiber contains chometz	Ensure Regular, Plain, Pudding, Light & Plus; Ensure Fiber contains chometz
Nuts	Any raw, whole, unsalted and unroasted with no BHA/BHT; no peanuts; Pecan pieces – Cert	Any raw in shell or pure nuts with no additives
Oil, Vegetable	Cert	Any Kosher – not canola

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Olive Oil	Pure Extra Virgin Olive Oil-Any	Any
Oven Cleaner	Any	Any
Pain Relievers	Any tablets or caplets	Any tablets or caplets
Paper Goods, Plastic Cutlery, Wrap	Any	Any
Parchment Paper	Cert	Any
Pecan Pieces	Cert	Any
Pet Food	<b>See: <a href="http://www.crcweb.org/Passover%202009/2009%20Articles.html">http://www.crcweb.org/Passover%202009/2009%20Articles.html</a></b>	
Pickles	Cert	Cert
Pineapple, 100% pure canned	Cert	Any
Plastic Goods & Wrap	Any	Any
Potato Chips & Sticks	Cert	Any Kosher – must be made from potatoes, not potato flakes (e.g. not Pringles), and unseasoned
Potato Starch	Cert	Any Kosher
Powdered Milk	Cert	Alba, Carnation
Prune Butter	Cert	Sunsweet Plain
Quinoa, manufactured products	Cert	Cert
Quinoa, whole raw	Any	Any
Raisins	Cert (Dole & Del Monte Raisins are acceptable with a plain OU)	Any Kosher
Rice	Not Permitted	Generally not used in Seattle
Rice Milk	Consult Rabbi if needed	Consult Rabbi if needed
Rubber Gloves	Any	Any
Salads, Bagged	Cert – must be checked for insects All Star-K approved packaged salads may be used without special Passover Certification except for products containing peas.	Any – must be checked for insects
Salmon, Canned	Cert	Any Kosher

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Salt	Any non-iodized and without maltodextrin or dextrose (Diamond Crystal with a plain OU is acceptable)	Any
Salt Substitute	Cert	Cert
Sardines	Cert	Any Kosher
Seltzer, unflavored	Any	Any
Shampoo, Conditioner	Any	Any
Shoe Polish	Any	Any
Silver Polish	Any	Any
Soap – Bar & Liquid	Any	Any
Soap – Pads	Any	Any
Soda	Cert	Cert
Sorbet	Cert	Cert
Soups, Soup Mixes	Cert	Cert
Sour Cream	Cert	Any Kosher if plain
Soy Milk	Consult Rabbi if needed	a) Vitasoy San Sui Original Natural Soy Milk b) Soy Dream Original Unenriched
Spices, Ground	Any Kosher if single, non-kitniyot spices; Passover Cert required if mixed spices (Note: see Kitniyot list for disallowed spices)	Any (use fresh container)
Spices, Whole (not mustard)	Any non-kitniyot	Any
Steel Wool	Any	Any
Styrofoam	Any	Any
Sugar – Brown	Cert	Any
Sugar – Powdered/Confectioners	Cert	Cert
Sugar – White Granulated	Any	Any
Sugar Substitutes	Cert	Cert (Splenda with a plain OU is acceptable)
Syrup, Maple	Cert	Cert
Tea – Bags	Any Plain Caffeinated Tea (not herbal, decaf, or flavored) is allowed; Otherwise Passover Certification is required	
Tea – Powdered/Instant	Caffeinated: Any non-flavored, non-sweetened is allowed. Decaf, herbal or flavored required Passover Certification. (Nestea Regular & Decaf Unflavored Instant Teas with a plain OU are acceptable)	
Tehina	Not permitted – Kitniyot	Any 100% pure
Tissues	Any	Any
Tofu	Not permitted	Nasoya – plain, firm, extra firm (only unflavored varieties)

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Tomato Products – Canned	Cert	Any Kosher paste, puree, sauce, stewed
Toothbrush	Any	Any
Toothpaste	Any (except Crest)	Any (except Crest)
Toothpicks	Any unflavored	Any unflavored
Tuna, Canned	Cert	Any kosher
Vegetables – Canned	Cert	Without any added ingredients other than water and salt – many vegetable must be checked for insects
Vegetables – Fresh	Any non-kitniyot	Any
Vegetables – Frozen	Cert	Any without added ingredients – many vegetables must be checked for insects
Vinegar	Cert	Any kosher apple cider or wine vinegar; White vinegar must have Passover Certification
Water, Mineral or Spring, unflavored	Any	Any
Wine	Cert (note that some wines may not be mevushal)	
Wines, Cooking	Cert	Cert
Yogurt	Cert	Cert

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