



# VAAD HOEIR of ST. LOUIS ועד העיר סט. לואיס

## Passover Guide

### 5778 - 2018

### Inside the Passover Guide:

Passover Schedule...4

Locally Produced Kosher  
for Passover Items...5

Quick Web Links..6

Medicine, Cosmetics, and  
Toiletries...7

Kosher For Passover  
Pet Food...13

Pesach Shopping Guide...16

Kosher Symbols...20

## Dear Fellow Community Members,

We are pleased to present to you the 5778 Passover Guide of the Vaad Hoeir of St. Louis. You will find in the coming pages much useful information to help you prepare for yom tov.

It is impossible to properly list all suitable products available for Passover, however we have endeavored to include some of the most pertinent information. Please call the Vaad office with any questions you might have regarding specific products.

In order to produce a guide with the most comprehensive information we have used the lists compiled by the Chicago Rabbinical Council. We are grateful to the cRc that they have allowed for us to publish their convenient "shopping guide" and "medicine list."

You will also find attached a letter recently distributed to help us stop manufacturing companies from using our trademarked OV symbol to connote vegan status. Please help us in this effort by promptly reporting to our office if you notice any questionable uses of our symbol.

As we have done in the

past we are included a list of accepted kosher symbols. The list includes the most commonly seen national and international kosher symbols. The non-appearance of kosher symbols on this list does not reflect upon their reliability, but only means that the Vaad does not have a relationship with those particular agencies.

Much appreciation is due to the רבנים אחרים of the Vaad for their continuous direction and input to insuring the highest level of kashrus supervision in St. Louis.

As well as a special thank you to Mr. Alan Kandel - President of the Board and his fellow board members for their continued efforts to insure the success of our organization.

The continuous work performed daily by the Mashgichim and office staff of the Vaad Hoeir is appreciated by all kosher consumers in the St. Louis area.

Wishing you all a Chag Kosher V'Sameach,

Rabbi Zvi Zuravin  
Executive Director

Rabbi Yitzchak Kowalsky  
Senior Rabbinical Coordinator



March 2018 - Nissan 5758

The Vaad Hoeir of St. Louis is pleased to present the 2018/5778 Passover product information guide as a service to our community. We hope this will help you in your Yom Tov preparations. On behalf of the Vaad Hoeir Executive Board and staff and their families, I would like to extend our best wishes for a Chag Kosher V'Sameach to you and your families.

Alan H. Kandel  
President

4 Millstone Campus Drive, St. Louis, MO 63146  
Ph: 314-569-2770 | Fax: 314-569-2774 | Email: info@ovkosher.org  
www.ovkosher.org

# Letter From The Vaad



Rabbi M.H. Eichenstein זצ"ל  
Chief Rabbi 1942-1981

Rabbi S. Rivkin זצ"ל  
Chief Rabbi 1982-2003

Rabbi Menachem Greenblatt  
Rabbi Yosef Landa  
Rabbanim Achraim

Rabbi Zvi Zuravin  
Executive Director

Rabbi Avraham Bloch  
ראש השוחטים



Rabbi Yitzchak Kowalsky  
Senior Rabbinical Coordinator

Mr. Alan Kandel  
President


בס"ד

אדר תשע"ח  
March 2018

Shalom U'Bracha,

I am writing to you on behalf of the Vaad Hoeir of St. Louis - OV Kosher. As you may know the  has been certifying kosher products for over 80 years. With the current trend of Vegan certified foods flooding the market, manufactures have been using our trademarked  symbol to connote Vegan status on many products not kosher supervised. We feel that this infringement may have compromised the integrity of our symbol as this has led to much consumer confusion regarding which products are properly kosher supervised.

I have recently been appointed by the Vaad Hoeir of St. Louis to tackle this dilemma in addition to my other duties. We are in the midst of seeking legal counsel how to best approach the companies found to be violating our trademark. We are also actively monitoring the problem and developing a user-friendly program so that consumers can easily check online if the product in question is under our supervision.

Please let me know immediately if you encounter any products with a questionable  symbol. If possible please send me an email - [ykowsky@ovkosher.org](mailto:ykowsky@ovkosher.org) or text to 314-690-1674 with a picture of the item. I will then be able to let you know if the item is indeed under our supervision.

Your help and participation in this project is much appreciated.

Very Truly Yours,



Rabbi Yitzchak Kowalsky  
Senior Rabbinical Coordinator - OV Kosher  
[ykowsky@ovkosher.org](mailto:ykowsky@ovkosher.org)  
314-690-1674

4 Millstone Campus Drive, St. Louis, MO 63146  
Ph: 314-569-2770 | Fax: 314-569-2774 | Email: [information@ovkosher.org](mailto:information@ovkosher.org)  
[www.ovkosher.org](http://www.ovkosher.org)

# Letter from the רבנים אחראים

## One of the noteworthy

features of the Exodus is that the liberation of the Jewish people from Egyptian bondage took place B'tzem Hayom Hazeh, "in this self-same day" (Shmot 12:41). The great biblical commentator, Rashi, explains those words in accordance with the Midrash, that when the proper moment of the Jewish people's liberation arrived Hashem "did not delay them for even an instant", not even K'heref Ayin, like the blink of an eye.

What was the importance of this, and why was it even necessary? The Egyptians were already defeated and demoralized, having endured ten devastating plagues. Pharaoh came searching for Moshe in the middle of the night pleading for the Jewish people to leave his land in a hurry. What difference would a delay of an instant make? Surely there was no concern that the Egyptians would change their minds about setting the Jews free. They were the ones who were rushing the Jews, urging them to hurry and leave Egypt as fast as they possibly could. So why this great emphasis on Hashem's not delaying their departure from Egypt for even an instant?

One explanation is as follows: The reason to not delay the liberation for any amount of time was not out of concern that the Egyptians might change their minds, but rather for fear that the Jews might have a change of heart. Perhaps among the Jewish

people there would be some who would hesitate about leaving behind their familiar life of subjugation to Egypt and the depravity that it represented, and follow Moshe to receive the Torah at Mount Sinai. It is true that the Jewish people experienced divine revelation at midnight on the night of Passover, but would the inspiration of that powerful moment survive long enough to get them out of Egypt or would it fizzle out? Accordingly, the Torah informs us that when the time for liberation arrived, a delay of any duration would have potentially been devastating to the spiritual destiny of the Jewish people.

This idea provides us with a powerful lesson in our daily service of Hashem, both as individuals and collectively as a community. The Torah instructs us to remember and to relive the Exodus all the days of our lives. We all experience moments of inspiration and spiritual elevation. We all have special spiritually uplifting times when we are fired up and motivated to break free from our inner spiritual constraints, from the personal "Egyptian bondage" that spiritually enslaves us. These constraints are the personal challenges that often prevent us from being "all that we can be" and keep us from attaining the spiritual heights that we are destined for.



When those moments of inspiration arrive, there exists the danger of procrastination; of hesitation. There's the risk that we might succumb to old habits, that we might fall back to the status quo and the comfort of the personal or community environments that we are familiar with. When those elevated moments of inspiration strike, the Torah urges us to not delay "for even a blink of an eye". We are encouraged to move swiftly, to seize the moment and immediately translate the subliminal into the practical. Without wasting a moment we must transform the spiritual excitement into the actual, through a spiritually liberated life of Torah and Mitzvot.

Our best wishes to each of you for a Kosher and joyous Pesach, and may we merit, "in the blink of an eye", to go from celebrating the liberation of Pesach to celebrating the true and ultimate liberation with the coming of Moshiach.

**Rabbi Menachem Greenblatt  
& Rabbi Yosef Landa**



# Passover Schedule 2018

## **Thursday Night, March 29** **Bedikas Chametz**

On Thursday night after 8:07 PM, one should immediately perform Bedikas Chometz (Search for Leaven). The Beracha and Kol Chamira are recited.

## **Friday, March 30** **Taanis Bechorim** **(Fast of the Firstborn)**

Chometz may not be eaten after 10:36 am, according to the Magen Avraham, or after 11:00 AM according to the Grah.

## **Friday, March 30** **Biur Chametz** **(Burning of the Chametz)**

The Sale and Nullification of Chometz (Bitul) must be completed by 11:50 AM, according to the Magen Avraham, or by 12:02 PM, according to the Grah.

## **Friday, March 30** **1st Night of Passover** **Shabbos**

Candle lighting time for the 1st Night of Passover is 7:04 PM

## **Shabbos, March 31** **2nd Night of Passover**

Candle lighting is not before 8:09 PM.

The Beracha of "She'hecheyanu" is recited with the candle lighting on the first and second nights only.

Chatzos (Midnight) for the first two nights of Passover is 1:05 AM.

## **Thursday, April 5** **Erev Tavshilin** **7th Night of Passover**

Candle lighting time is 7:10 PM.

## **Friday, April 6** **8th night of Passover** **Shabbos**

Candle lighting time is 7:11 PM.

**Shabbos, April 7**  
Yizkor is said on the 8th Day of Passover.

**Shabbos, April 7**  
**Passover ends**  
with nightfall at, at 8:15 PM.

*Note: Those who sold their Chametz through their Rav should allow at least 30 minutes at the end of Passover, for the Rav to buy the Chametz back.*

## **Millstone Mikvah Schedule for Men**

Friday, March 30 Erev Pesach: 9 am - 5 pm

Thursday, April 5 Erev Yom Tov: 9 am - 5 pm

## **Shabbos Mikvah Schedule for Men**

March 31 (Shabbos, 1st Day Yom Tov) **Not Available**

April 1 - April 3 (Sunday, 2nd Day Yom Tov - Tuesday) **Available**

April 4 - April 6 (Wednesday - Friday, 7th Day Yom Tov) **Not Available**

April 7 - (Shabbos, Last Day Yom Tov) **Available**

**Regular schedule resumes, Shabbos, April 7, 2018.**



# Passover Schedule 2018

## ***The Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Maos Chitim Fund***

Please consider making a gift to The Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Maos Chitim Campaign. These funds provide many families in our community with assistance for Passover and during the year. Your donation would be greatly appreciated. Please make your checks payable to Maos Chitim and send to Vaad Hoeir of St. Louis, 4 Millstone Campus, St. Louis, MO 63146. Credit/Debit Cards donations also can be made online by going to [www.stlmaoschitim.com](http://www.stlmaoschitim.com)

## ***Hag'olas Kalim - Kashering utensils for Passover***

Kashering utensils for Passover use will take place, G-d willing, on the parking lot of the Vaad Hoeir Office at 4 Millstone Campus Drive on **The dates will be Sunday March 25th from 9 am - 5 pm, and Wednesday March 28th from 9 am - 5 pm. Rabbi Greenblatt** will be there Sunday March 25th from

10:00-11:30 am, and **Rabbi Landa** will be there: Wednesday March 28th from 9:00 - 11:00 am

## ***Kalim Mikvah***

During office hours the Kelim Mikvah is available via entrance through the Vaad office door. At other times the Kelim Mikvah is accessible through a rear door entrance. The code to enter is aleph, gimmel, hey. Please use parking lot in the front of the building. During the winter months (November-March) the Kelim Mikvah may not be accessed after 4 pm and in the summer not after 7 pm.

## ***Shatnes Testing***

The Vaad Hoeir Shatnes Center in Memory of Barbara Mendelson is located at the home of Hillel Anton, 915 Dalkeith Lane in University City. Garments to be checked should be dropped off before Shabbos. Hillel routinely checks the garments on Motzei Shabbos and they are available for pick up on Sundays. Please call 314-997-4416 prior to dropping off and picking up to make sure someone is home.

## ***Items Produced Locally for Pesach under OV certification:***

**DRIED FRUIT:** Available at Mound City when bearing Kosher for Passover certification.

### ***MILK (Fresh):***

**Schnucks:** Prairie Farms, all types of white milk in plastic gallon and ½ gallon jugs, when bearing a "KP-18" as part of the date code. *This milk is not Cholov Yisroel, but uses Passover certified vitamins.*

**Dierbergs:** Dean's skim, 1%, 2% and whole white milk in ½ gallon plastic jugs when bearing a "P" after the code date. *This milk is not Cholov Yisroel, but uses Passover certified vitamins.*

**MILK (Fresh- Cholov Yisroel):** Fresh & Tasty brand available at Schnucks - Ladue Crossing when bearing "KLP" on the label.

### ***NUTS (RAW):***

**Mound City:** when bearing the OV Kosher for Passover sticker.

**Wine and Cheese Place:** 457 New Ballas location only, when bearing the OV Kosher for Passover sticker.

### ***PREPARED FOODS:***

**Simon Kohn's:** Kishka, Knishes, Kugels, Packaged Dinners, Complete Prepared Dinners, Sponge Cakes, Macaroons and Passover Rolls.

# Quick Links for Pesach

## Quick Web Links for Pesach Certification Lists:

For a complete list of all OU certified products that do not require special Passover certification

[CLICK HERE](#)

For a complete list of Star-K certified products that are acceptable for Passover

[CLICK HERE](#)

For the Star-K "Quick Pick" list of personal care items acceptable for Passover

[CLICK HERE](#)





# Medicine & Cosmetics

## Please Note:

The following is a Halachic statement released by the cRc regarding medicine, cosmetics and toiletries for Pesach. The Rabbanim Achrayim of the Vaad Hoeir have adopted the Pesach policy regarding medicines, cosmetics and toiletries as outlined in the statement of the Chicago Rabbinical Council.

### Chicago Rabbinical Council

2701 West Howard Street  
Chicago, IL 60645  
(773) 465-3900  
www.crcweb.org

Rabbi Sholem Y. Fishbane  
Kashruth Administrator



Pesach 2018 / פסח תשע"ח

### MEDICINES, COSMETICS & TOILETRIES FOR PESACH

#### MEDICINES

FOR LAWS OF TAKING MEDICINE ON SHABBOS AND YOM TOV,  
PLEASE CONSULT YOUR RABBI

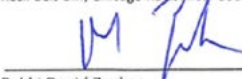
- All pill medication – with or without *chometz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Liquid and chewable medications that may contain *chometz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chometz*, and the possibility of substituting a swallowable pill.
- **Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.**
- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

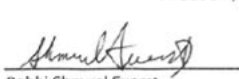
#### COSMETICS & TOILETRIES

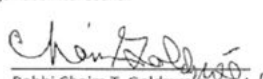
- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, and wipes contain denatured alcohol, and therefore should only be used on *Pesach* if they do not contain alcohol or the alcohol is known to be free of *chometz*. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.
- Lipstick, mouthwash and toothpaste which contain *chometz* should not be used.

  
Rabbi Gedalia Dov Schwartz  
Rosh Beis Din, Chicago Rabbinical Council

  
Rabbi Yona Reiss  
Av Beis Din, Chicago Rabbinical Council

  
Rabbi Dovid Zucker  
Rosh Kollel, Chicago Community Kollel

  
Rabbi Shmuel Fuerst  
Dayan, Agudath Israel of Illinois

  
Rabbi Chaim T. Goldzweig  
Rav, Congregation Tifereth Moshe

## A Note of Caution:

Labels bearing the inscription “Kosher For Passover” can be produced by any printer. The presence of such a label does not guarantee that the product to which it is affixed is therefore truly Kosher for Passover. For a product to be considered Kosher for Passover, it must bear the endorsement of an authoritative Rabbi or Rabbinic group. This especially applies to companies producing meat products for Passover use. Since we update our information as close to Passover as possible, information included here is accurate as of the date of publication. Please feel free to check [www.crcweb.org](http://www.crcweb.org) or contact the Vaad Hoeir office (314) 569-2770 closer to Passover, since changes may have taken place after publication of this guide.

# Medicines and Cosmetics

## MEDICINE GUIDELINES

The cRc's general guidelines on medicines, cosmetics and toiletries can be found on page 3 of this guide. The following is a summary of the medicine portion of those guidelines:

- All pill medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.]
- Rav Schwartz, Shlit"a, has ruled that, as a rule, vitamins do not qualify as medications and are instead treated as food supplements, which require *hashgachah* for Passover. If a doctor prescribes a specific vitamin which does not have Passover supervision, please review your specific situation with your doctor and Rabbi.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.**
- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill.
- For laws of taking medicine on *Shabbos* and *Yom Tov*, please consult your Rabbi.

## MEDICINE AND TOILETRY DETAILS

Items marked "Possible *chametz*" contain edible ingredients whose *chametz*-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their Rabbi.

For an expanded and updated list of products, search [www.ASKcRc.org](http://www.ASKcRc.org) or our smartphone apps.



### ALLERGY

Adwe Allergy Relief (Liquid)	Recommended
Allegra Children's Suspension (Liquid)	Possible <i>chametz</i>
Allegra Children's Orally Disintegrating Tablet	Possible <i>chametz</i> (dairy)
Claritin Children's (Chewable)	Possible <i>chametz</i>
Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)	Possible <i>chametz</i>
Zyrtec Dissolve Tabs (Tablets)	Possible <i>chametz</i>



### ANTACID / DIGESTION / GAS

Adwe Calcium Heartburn Relief (Chewable)	Recommended
Adwe Ko-Lanta Antacid Anti-gas (Liquid)	Recommended
Align (Capsules)	Recommended
Alka Seltzer Original Effervescent Tabs (Tablets)	Possible <i>chametz</i>
Alka Seltzer Xtra Strength (Effervescent Tablets)	Possible <i>chametz</i>
Culturelle Digestive Health (Capsules)	Possible <i>chametz</i>
Culturelle Kids (Chewable)	Possible <i>chametz</i>
Culturelle Kids Packets (Powder)	Possible <i>chametz</i>
Gas-X Extra Strength Chewables Cherry Crème	Possible <i>chametz</i>
Gas-X Extra Strength Peppermint Crème (Chewable)	Possible <i>chametz</i>



Imodium AD For Ages 6 & Up (Liquid)	Possible <i>chametz</i>	Delsym Children's 12 Hour Cough (Orange Flavor) (Liquid)	Possible <i>chametz</i>
Imodium AD (Liquid)	Possible <i>chametz</i>	Delsym Cough Suppressant (Liquid)	Possible <i>chametz</i>
Imodium AD Multisymptom Relief Caplets	Recommended	Mucinex Chest Congestion Mini-Melts for Kids Bubble Gum Flavor (Dissolving Granules)	Possible <i>chametz</i>
Kaopectate Max Peppermint (Liquid)	Possible <i>chametz</i>	Mucinex Cough Mini-Melts for Kids Orange Creme Flavor (Dissolving Granules)	Possible <i>chametz</i>
Kaopectate Vanilla Regular Flavor (Liquid)	Possible <i>chametz</i>	Theraflu Multi-Symptom Severe Cold (Packets)	Possible <i>chametz</i>
Pepcid Complete Berry Flavor (Chewables)	Possible <i>chametz</i> (dairy)	Theraflu Nighttime Severe Cold and Cough Powder (Powder)	Possible <i>chametz</i>
Pepcid Complete Cool Mint (Chewables)	Possible <i>chametz</i> (dairy)	Triaminic Children's Night Time Cold and Cough (Liquid)	Not Recommended
Pepto Bismol 5 Symptom Relief (Caplets)	Recommended	Triaminic Day Time Cold and Cough (Liquid)	Not Recommended
Pepto Bismol 5 Symptom Relief (Chewable)	Possible <i>chametz</i>	Vicks DayQuil Cough (Liquid)	Possible <i>chametz</i>
Pepto Bismol 5 Symptom Relief Cherry (Liquid)	Possible <i>chametz</i>	Vicks NyQuil Cough (Liquid)	Possible <i>chametz</i>
Pepto Bismol Children's Pepto Bubble Gum Flavor (Chewable Tablets)	Possible <i>chametz</i>	Vicks NyQuil Cold and Flu (Liquid)	Possible <i>chametz</i>
Pepto Bismol Max Strength Cherry Flavor (Liquid)	Possible <i>chametz</i>	Zicam Rapid Melt (Tablets)	Possible <i>chametz</i>
Tums (all varieties)	Possible <i>chametz</i>		

## BLUSH

All are recommended

## BODY SOAP

All are recommended

## COLOGNE

Only recommended if free of (denatured) alcohol or if manufactured in the United States

## COUGH, COLD & FLU

Adwe Cough Syrup Tussin (Liquid)	Recommended
Alka Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula) (Tablets)	Possible <i>chametz</i>
Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablets)	Possible <i>chametz</i>
Cold-EEZE Daytime QuickMelts (Mixed Berry flavor) (Meltaway)	Possible <i>chametz</i>
Cold-EEZE Nighttime QuickMelts (Mixed Berry flavor) (Quickmelt tablet)	Possible <i>chametz</i>
Delsym Children's 12 Hour Cough (Grape Flavor) (Liquid)	Possible <i>chametz</i>

## CREAMS

All are recommended

## DEODORANT

Gel	All are recommended
Liquid	Recommended if free of (denatured) alcohol or if manufactured in the United States
Spray	Recommended if free of (denatured) alcohol or if manufactured in the United States

## FIBER SUPPLEMENTS

see *Laxatives*

## FEVER REDUCER / PAIN RELIEF

Adwe Fever-Ex (Liquid)	Recommended
Signature Care Junior Strength Ibuprofen Chewable (Tablet)	Possible <i>chametz</i>

## GAS

see *Antacid/Digestion/Gas*

## HAIRSPRAY AND MOUSSE

Recommended if free of (denatured) alcohol or if manufactured in the United States

## INDIGESTION

see *Antacid/Digestion/Gas*

## LAXATIVES / FIBER SUPPLEMENTS

Benefiber Healthy Shape (Powder)	<i>Chametz</i> , Not Recommended
Benefiber (powder)	<i>Chametz</i> , Not Recommended
Benefiber Stick Packs (unflavored) (Powder)	<i>Chametz</i> , Not Recommended
Citrucel (Caplets)	Recommended
Dulcolax Overnight Relief (Tablets)	Recommended
Dulcolax Pink (Tablets)	Recommended
Dulcolax (Suppository)	Recommended
Epsom Salt (pure), Generic or Branded versions (Powder)	Recommended
Ex-Lax (Tablets)	Recommended
Fibercon (Caplet)	Recommended
Metamucil 4 in 1 MultiHealth Fiber Original Smooth (Powder)	Possible <i>chametz</i>
Metamucil Original Coarse (Powder)	Recommended
Mineral Oil (pure), Generic (Liquid)	Recommended
Miralax (Powder)	Recommended
Pedia-Lax Stool Softener (Liquid)	Possible <i>chametz</i>
Pedia-Lax (Suppository)	Recommended
Peri-Colase (Tablets)	Recommended
Phillips' Milk of Magnesia (Caplets)	Recommended
Phillips' Milk of Magnesia Fresh Mint (Liquid)	Possible <i>chametz</i>
Phillips' Milk of Magnesia Original (unflavored) (Liquid)	Recommended
Polyethylene Glycol (pure), Generic or Branded versions (Powder)	Recommended
Prunelax Ciruelax (Tablets)	Recommended
Senokot Tablets (Tablets)	Recommended
Senokot-S Tablets (Tablets)	Recommended



## LIPSTICK

### ALMAY

Color + Care Liquid Lip Balm	Recommended
Smart Shade Butter Kiss	Recommended

### BAREMINERALS

Gen Nude Matte Liquid Lipstick	Recommended
Gen Nude Radiant Lipstick	Recommended
Marvelous Moxie Lipgloss	Recommended
Moxie Plumping Lip Gloss	Recommended
Statement Luxe-Shine Lipstick	Recommended
Statement Matte Liquid Lipstick	Recommended

### BOBBI BROWN

Creamy Matte Lip Color	Possible <i>chametz</i>
Creamy Lip Color	Recommended
Lip Color	Recommended
Rich Lip Color	Possible <i>chametz</i>
Sheer Color Lip Gloss	Recommended
Shimmer Lip Gloss	Recommended

### CLINIQUE

Almost Lipstick	Recommended
Chubby Stick Intense Moisturizing Lip Colour Balm	Recommended
Pop Lip Shadow Cushion Matte Lip Powder	Recommended
Sweet Pots Sugar Scrub & Lip Balm	Recommended
Different Lipstick	Recommended
Long Last Glosswear	Recommended
Long Last Lipstick	Not Recommended
Long Last Soft Matte Lipstick	Recommended
Marimekko X Clinique Pop Lip Colour + Primer	Not Recommended
Quickliner For Lips Intense	Recommended

### COLOR ICON

Lipliner Fab Fuchsia	Recommended
----------------------	-------------

### DIOR

Addict Lip Tattoo	Recommended
-------------------	-------------

Double Rouge	Recommended	Super Lustrous Lipstick Cream	Recommended
Metalizer	Recommended	Super Lustrous Matte	Recommended
<b>ESTÉE LAUDER</b>		Super Lustrous Pearl	Recommended
Pure Color Envy Hi-Luster Light Sculpting Lipstick	Not Recommended	Super Lustrous Shine Lipstick	Recommended
Pure Color Envy Metallic Matte Sculpting Lipstick	Recommended	<b>ULTA3</b>	
Pure Color Love Lipstick	Not Recommended	Lip Glaze Oil – Alluring	Recommended
All Day Lipstick	Recommended	Lip Glaze Oil - Blissful	Recommended
Pure Color Envy	Not Recommended	Lip Glaze Oil - Divine	Recommended
Pure Color Envy Sheer Matte Sculpting Lipstick	Not Recommended	Liquid Lip Shine	Recommended
		Matte Lipstick	Possible <i>chametz</i>
		Moisturizing Lipstick	Recommended
<b>GIORGIO ARMANI</b>		<b>URBAN DECAY</b>	
Beauty Ecstasy Shine Lipstick	Recommended	1993 (Comfort Matte)	Recommended
Beauty Rouge Ecstasy Express Moisture	Recommended	714 (Mega Matte)	Recommended
<b>L'ORÉAL</b>		Accident (Metallized)	Recommended
Colour Riche Le Matte Lip Pen	Recommended	Afterdark (Comfort Matte)	Recommended
Colour Riche Lipcolour	Recommended	Alpha (Mega Matte)	Recommended
Colour Riche Matte Lipstick	Recommended	Amulet (Metallized)	Recommended
Extraordinaire By Colour Riche	Recommended	Anarchy (Cream)	Recommended
Infallible Le Rouge	Recommended	Ud X Kristen Leanne Vice Liquid Lipstick	Recommended
Infallible Paints/Lips Matte	Recommended	Ud X Kristen Leanne Vice Liquid Lipstick Duo	Recommended
Infallible Pro-Matte Liquid Lipstick	Recommended	<b>WET AND WILD</b>	
<b>LANCOME</b>		Cheek & Lip Tint Bundle	Recommended
Color Design	Recommended	Crystal Clear - Megaslicks Lip Gloss	Recommended
Color Design Matte Lip Crayon	Recommended	Fantasy Makers Megalast Lip Color Fm - Hazardous Red	Recommended
L'absolu Rouge	Recommended	Limited Edition Gloss 'Em Up Set Mega Slicks	Recommended
Rouge In Love	Recommended	Megalast Lip Color Pink Suga'	Recommended
Shine Lover	Recommended	Megalast Liquid Catsuit Matte Lipstick Fm - Purple Panic	Recommended
<b>MAYBELLINE</b>		Perfect Pair Ombré Lip Wand Pretty Pocket Pair	Recommended
Color Sensational Color Elixir Lip Lacquer	Recommended	Perfect Pout Gel Lip Liner Bare To Comment	Recommended
Color Sensational Powder Matte Lipstick	Recommended	Silk Finish Lipstick A Short Affair	Recommended
Colorburst Balm Stain Lipstain	Possible <i>chametz</i>		
Colorstay Overtime Lipcolor Basecoat	Recommended		
Colorstay Overtime Lipcolor Topcoat	Recommended		
Colorstay Ultimate Suede Lipstick	Recommended		
<b>REVLON</b>			
Lip Balm	Recommended		

## LOTIONS

All are recommended

## MASCARA

All are recommended



## MISCELLANEOUS

Asthma Inhalers, all types (Liquid Vapor)	Recommended
Bayer Low Dose Baby Aspirin (Chewable)	Possible <i>chametz</i>
Castor Oil (pure) (Liquid)	Recommended
Chapstick Classic Original	Recommended
Chapstick Moisturizer	Recommended
Dramamine Chewables	
Orange Flavor (Chewable)	Possible <i>chametz</i>
Ensure, assorted nutritional supplements	see Nutritional Supplements Pages
Femcon Fe (brown and white pills) (chewable tablet)	Possible <i>chametz</i> (dairy)
Fixodent Original (Cream)	Recommended
FlavorX Apple, Grape, Lemon, Raspberry and Watermelon flavors (Liquid)	Possible <i>chametz</i>
Floss, Flavored	Possible <i>chametz</i>
Floss, Unflavored	Recommended
Lip Balm, Assorted	Recommended
Listerine PocketPaks, assorted varieties (Dissolving strip)	Not Recommended
NoDoz Alertness Aid (Pill)	Recommended
Pedialyte Liters and Singles (Liquid)	Recommended
Polident 3 Minute (Tablet)	Possible <i>chametz</i>
Polident Overnight Whitening (Tablet)	Possible <i>chametz</i>
Polygrip Free (Cream)	Recommended
Polygrip Original (Cream)	Recommended
Probiotics – powders, liquids, gelcaps	Possible <i>chametz</i>
Probiotics – tablets/pills	Recommended
Unisom SleepTab (Tablet)	Recommended
Vicks ZzzQuil (Liquid)	Possible <i>chametz</i>
Vivarin (Tablet)	Recommended



## MOUTH PAIN RELIEF

Abreva (Gel)	Recommended
Anbesol Maximum Strength (Liquid)	Possible <i>chametz</i>
Kanka Mouth-pain (Liquid)	Possible <i>chametz</i>
Orajel Maximum Strength Toothache (Gel)	Possible <i>chametz</i>
Orajel Mouth Sores Triple Medicated (Gel)	Recommended

## MOUSSE

see *Hairspray and Mousse*

## MOUTHWASH

Only recommended if known to be *chametz*-free

## NAIL POLISH

All are recommended

## OINTMENTS

All are recommended



## PERFUME

Recommended if free of (denatured) alcohol or if manufactured in the United States

## SHAMPOO

All are recommended

## SHAVING CREAM

Cream	All are recommended
Gels	All are recommended
Liquid	Possible <i>chametz</i>
Lotion	All are recommended

## TOOTHPASTE

Only recommended if known to be *chametz*-free



## VITAMINS

See *Guidelines above*

## WIPES

Recommended if free of (denatured) alcohol or if manufactured in the United States

# Passover Food for Pets

## Passover Foods for Your Pets

On Passover, a Jewish person may not eat, own, or derive benefit from *chametz* which is fit for human or canine consumption, and owning *chametz* pet food to feed to an animal (even if the animal belongs to someone else or is ownerless) is a violation of the latter two of those restrictions. Although there are certain leniencies for foods that are not fit for human consumption, most modern day pet food would not be in that category. The food may be raw, or not prepared in a way that most people would entertain eating, but that does not put it in the *halachic* category of *nifsal m'achilas adam* – not fit for human consumption.

While *Ashkenazic* Jews have a custom to not eat *kitnios*, they may own and derive benefit from them. To aid pet owners, the cRc “certifies” certain varieties of pet food for *Passover*, which means that we visit the factory to determine which formulas are *chametz*-free, relieving the consumer of that responsibility. However, if no certified (or recommended) pet food is available, the consumer would have to carefully read the ingredient panel to determine whether a specific product contains any *chametz* (and many, in fact, do).

A complete list of possible pet food ingredients is beyond the scope of this guide; however the following are a few pointers when reading the ingredient panel. If an ingredient does not appear in the following guidelines, it may still be *chametz* or *chametz*-sensitive.

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer’s yeast (a common flavoring agent, which is *chametz*), malt (a barley-based sweetener), pasta, xanthan gum (a thickener which may be fermented from *chametz*), and other generic terms which may refer to a *chametz* ingredient (e.g. flour, gluten, middlings, starch, et al).
2. Many varieties of animal feed contain a multitude of vitamins, minerals, and amino acids, some of which may well be *chametz*, and there is no realistic way for

a consumer to determine which of them are problematic. However, the good news is that vitamins comprise such a small percentage of the animal food that they are *batel*. Therefore, it is generally accepted that if the animal food was created before *Passover*, it may be used on *Passover*.

3. Some common ingredients used in pet food which do not pose a *Passover* concern are:
  - a. Animal, poultry and fish products.
  - b. Vegetables, such as alfalfa, asparagus, beets, and carrots.
  - c. Assorted *kitnios* foods, such as buckwheat, corn products, lentils, millet, peas, rice, peanuts, sunflower seeds, and soy products.
  - d. Other items, such as barley grass, BHA, BHT, carageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey.

By no means do these pointers cover all of the ingredients used in pet food, and we suggest that you contact a *kashrus* professional if you are unsure about any of the other ingredients in a given pet food.

The following is a list of pet foods approved for Passover 2018. Make sure to check all labels. A product listing both meat and dairy ingredients may not be used any time during the year. Feed available at zoos is often *chametz*

and should not be purchased or fed to the animals on Passover. After Passover, pet food with *chametz* may be purchased only from stores which are non-Jewish owned (e.g. PetSmart, Petco) or Jewish owned and have sold their *chametz*.

**NOTE:** Mixes sold in stores often contain *chametz*. It is advisable to mix regular and Passover food together one to two weeks before Passover before switching completely to Passover food. The ratio of regular and Passover food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.



# Passover Food for Pets

For cats and dogs, one may feed his pet any of the following items when bearing cRc:



## CATS:

Evanger's: Beef Tips with Gravy; Chicken Dinner for Cats; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Organic Braised Chicken Dinner for Cats; Organic Turkey and Butternut Squash for Cats; Slow Cooked Beef Stew for Cats – Grain Free; Slow Cooked Chicken Stew for Cats – Grain Free; Slow Cooked Turkey Stew for Cats – Grain Free; Wild Salmon.

There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.



## DOGS:

Evanger's: 100% Beef; 100% Buffalo; 100% Chicken; 100% Duck; 100% Organic Chicken; 100% Organic Turkey with Potatoes and Carrots; 100% Pheasant; 100% Sweet Potato; All Natural Beef Liver Chunks; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Beef Dinner; Beef with Chicken; Braised Beef Chunks with Gravy; Catch of the Day; Chicken Chunks Dinner in Gravy; Cooked Chicken; Duck and Sweet Potatoes Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Hunk of Beef; Lamb and Rice Dinner; Lamb Chunks Dinner in Gravy; Senior Dinner; Turkey Chunks Dinner in Gravy; Whole Chicken Thighs; Wild Salmon.

There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.



## FISH:

Fish food, including pyramid feeders, and vacation blocks often have *chametz*. Goldfish and tropical fish can be given tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers).



## BIRDS (PARROTS, PARAKEETS, COCKATIELS, MACAWS):

- Millet, sorghum, wild bird food (check for *chametz* ingredients) as main diet.
- Peanuts, sunflower seeds, and safflower seeds can be given.
- Larger birds, such as parrots, can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
- Smaller birds can also eat pure alfalfa pellets – crush before feeding.
- Can supplement with sliced grapes, cottage cheese, rice cakes (birds like these), small pieces of lean meat, *matza*, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster shells (calcium) or mineral block such as Kaytee Tropical Fruit Mineral Block Treat.
- The greater the variety, the better.



## HAMSTERS, GUINEA PIGS, GERBILS & RABBITS:

- Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given.
- Can supplement with mixture of cut-up fruits and vegetables - carrots, grapes, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, or cabbage. Can also give some *matza*. If not accustomed to these items, give sparingly.
- Guinea pigs will especially benefit from kale, parsley, and oranges.
- Hamsters will especially benefit from apples.
- Guinea pigs need vitamin C added to diet.



## LIZARDS:

- Be aware that mealworms, which as living creatures are not *chametz*, are commonly sold in a bed of wheat flakes or oatmeal, which is *chametz* and, therefore, may not be owned or used on Passover.
- Live crickets are permissible. Whole insects (live or dead) with no additives or other ingredients are permissible. ▲



# St. Louis Mikvah Association

## On Monday, March 5th

Taharath Israel (The St. Louis Mikvah Association) hosted its inaugural Mikvah Shower attended by women across the community at UCity Shul. Spearheaded by Renee Kanefield and Sarah Davidovits, the evening was a celebration of the renewed enthusiasm surrounding the St. Louis Mikvah. The Shower was a resounding success as more than 130 women attended to help raise awareness and funds for the Mikvah. The event was designed to create an evening of relaxation with spa services and words of inspiration by board president, Sarah Glickfield. The funds raised will be used to enhance and beautify the Sylvia Green



Memorial Mikvah housed on the JCC Millstone Campus.

After receiving feedback from our community survey, the St. Louis Mikvah Association is dedicating itself to maintaining excellent service and improving the physical state of our Mikvahs. Additionally, we will be providing educational classes on the important role Mikvah plays in Jewish life. Mikvah Association President, Sarah Glickfield remarked "In a few short months we have been able to accomplish a tremendous amount, this is only possible because of the incredible energy and dedication of the community and the constant support and guidance of the Rabbanim of the Vaad."

## The Shopping Guide: An Important Reminder

As a reminder to the public to be aware that just because a product is found in the "Kosher for Passover" section of a supermarket, does not necessarily mean it is Kosher for Passover. Most food products require special certification for Passover. Look for a "P" designation next to the kosher symbol, or specific "Kosher L'Pesach" mention made on the product. Since there are some products on the market that say "Kosher for Passover," but contain kitniyos (such as peanuts, beans, peas, similar items from the legume family, corn, bean sprouts, alfalfa sprouts, green beans, mustard, and foods derived from these) or other problematic ingredients, we recommend that consumers use accepted national certifications such as the OV, OU, OK, Kof-K, cRc, Star-K, etc. It is very important to check every label. Local St. Louis supermarkets do not



consult the Vaad regarding Passover products. Often they do not even separate Kosher for Passover from Non-Kosher for Passover items. Only Simon Kohn's are under Vaad Hoeir supervision.

Please do not hesitate to call the Vaad office with any questions, especially if you are in doubt.

# Shopping Guide



Recommendations are for products purchased in the United States

This list of products is marked as follows:

✓ **Acceptable without Passover Certification**  
Food items in this section should preferably be purchased before Passover

▲ **Must bear reliable Passover Certification**

\* **Not acceptable for Passover**  
Sephardim should contact their local Sephardic rabbi regarding issues of kitnios

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
Alcohol		For drinking ▲ Denatured ✓ Isopropyl alcohol ✓
Alfalfa	*	Kitnios
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	▲	Amaranth is not kitnios but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	*	Kitnios
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also requires Pesach certification
Apple sauce	▲	
Aspartame	▲	
Baby carrots		Raw are acceptable if they contain no additives Canned, cooked or frozen ▲
Baby food	▲	Includes jarred or canned, but Gerber carrots & squash are okay
Baby formula		See Nutritional Supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is kitnios
Baby oil	✓	
Baby ointment	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes		Acceptable if they do not contain ethyl alcohol (ethanol)
Bags	✓	
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	

Product	Status	Notes
Beans	*	Kitnios
Bean sprouts	*	Kitnios
Benefiber	*	Chametz
Beverages	▲	
Bicarbonate of soda	✓	
Bird food		See pet food pages
Bleach	✓	
Bleach wipes	✓	
Blush	✓	
Body wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's yeast	*	Chametz
Brown sugar	▲	
Buckwheat	*	Kitnios
Buckwheat pillow	✓	One may own and derive benefit from kitnios
Butter	▲	
Candles	✓	Scented are also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	*	Kitnios
Caraway	*	Kitnios
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See pet food pages
Charcoal	✓	Includes "plain", easy-light, apple, hickory, and mesquite
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See medicine letter (page 3)

# Shopping Guide

Product	Status	Notes
Chewing tobacco	▲	Contains flavors and other sensitive ingredients
Chickpeas	✖	Kitnios
Cigarettes	✓	
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's is acceptable except for Special Dark
Coconut (shredded)		Sweetened or flavored ▲ Unsweetened & unflavored ✓
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See medicine and cosmetic pages
Colonoscopy drink		See medicine and cosmetic pages
Confectioners' sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander seeds	✖	Kitnios
Corn & corn products (e.g. corn oil, corn syrup)	✖	Kitnios
Corn remover	✓	
Cosmetics		See medicine and cosmetic pages
Creams (cosmetics)	✓	
Crock pot liner	✓	
Cumin	✖	Kitnios
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant	✓	
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✖ (Kitnios) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	▲	
e-Cigarette "Juice"	▲	
Edamame	✖	Kitnios

Product	Status	Notes
Eggs		Cooked or liquid ▲ Whole and raw (including pasteurized) ✓
Ensure		See nutritional supplement page
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds ✖ (Kitnios) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not kitnios See spices
Flour	✖	Chametz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See nutritional supplement page
Formula for infants		See baby formula
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
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	✖	Kitnios
Gum (chewing)	▲	
Hair gel	✓	
Hairspray	✓	
Hemp, hemp oil	✖	Kitnios
Herbal tea	▲	
Honey	▲	
Horseradish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	

✓ = Acceptable without Passover Certification    ▲ = Must bear Passover Certification    ✖ = Not acceptable for Passover



# Shopping Guide

Product	Status	Notes
Ice cream	▲	
Ices	▲	
Infant formula		See baby formula
Insecticide sprays	✓	Some traps contain chametz
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
Kasha	✗	Kitnios
Ketchup	▲	
Kimmel	✗	Kitnios
Lactaid		Lactaid milk may be used if purchased before Pesach Chewable pills ✗ Non-chewable pills ✓
Latex gloves		Powder free ✓ Powderless or with powder ▲
Laundry detergent	✓	
Laxatives		See medicine and cosmetic pages
Lemon juice	▲	Concentrate also requires Pesach certification
Lentils	✗	Kitnios
Lip products		See medicine and cosmetic pages
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See medicine letter (page 3)
Liquor	▲	
Listerine PocketPaks	✗	Requires Passover certification, and this brand is not certified
Lotions	✓	
Makeup		See medicine and cosmetic pages
Margarine	▲	
Mascara	✓	
Matzah	▲	
Mayonnaise	▲	
Meat		Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Medicine		See medicine letter (page 3)
Milk	▲	If certified is unavailable, buy before Pesach
Millet	✗	Kitnios
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors or vitamins
Monosodium glutamate	▲	

Product	Status	Notes
Mousse (for hair)	✓	
Mouthwash		See medicine and cosmetic pages
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✗	Kitnios
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements		See nutritional supplement page
Nuts		Peanuts are kitnios ✗ Pecans (all shelled) ▲ 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	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	▲	
Peanuts	✗	Kitnios
Peas	✗	Kitnios
Pecans (all shelled)	▲	
Perfume	✓	
Pet food		See pet food pages
Petroleum jelly	✓	
Pickles	▲	
Pills		See medicine letter (page 3)
Pineapple (canned)	▲	
Plastic (cutlery, plates)	✓	
Plastic wrap	✓	
Plates	✓	Including paper, plastic and Styrofoam May be used for hot or cold
Play-doh	✗	May contain chametz
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	

✓ = Acceptable without Passover Certification ▲ = Must bear Passover Certification ✗ = Not acceptable for Passover

# Shopping Guide

Product	Status	Notes
Popcorn	✗	Kitnios
Poppy seeds	✗	Kitnios
Potato chips	▲	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Pumpkin seeds		Not kitnios; acceptable if raw and without additives
Quinoa	▲	Quinoa is not kitnios but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	✗	Kitnios Rice milk may contain chametz; see milk alternatives page
Saffron	▲	Some have a custom not to use saffron for Pesach
Salads (bagged)	▲	If certified is unavailable, and contains no kitnios or sensitive additives; buy before Pesach
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	✗	Kitnios
Shampoo	✓	
Shaving lotion	✓	
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	✗	Kitnios
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorghum	✗	Kitnios
Soup mix	▲	
Sour tomatoes	▲	
Soy products	✗	Kitnios Soy sauce and soy milk may contain chametz; see milk alternatives page
Spices		Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are kitnios ✗ Other spices are acceptable in whole form, but ground spices require certification
Splenda	▲	
Stain remover	✓	
Stevia	▲	

Product	Status	Notes
Stick deodorant	✓	
String beans	✗	Kitnios
Styrofoam	✓	
Sugar		Brown sugar and confectioners' sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✗	Kitnios
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 certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	✗	Kitnios
Tomato-based products	▲	
Toothpaste		See www.crcweb.org for updated information
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)	▲	
Turmeric		Turmeric is not kitnios See spices
Vanilla	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads - see Salad (bagged) Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not kitnios (see listing for individual vegetables) and don't contain additives other than sugar
Vegetable wash	▲	
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it does not contain carbonation, flavors or vitamins
Wax for braces	✓	
Wax paper	✓	
Whitener (for coffee)	▲	
Wild rice	✗	Kitnios
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	

✓ = Acceptable without Passover Certification    ▲ = Must bear Passover Certification    ✗ = Not acceptable for Passover

# Kosher Symbols

## UNITED STATES and CANADA

### California



**Igud Hakashrus of Los Angeles**  
(Kehillah Kosher)  
Rabbi Avraham Teichman  
(323) 935-8383  
186 North Citrus Ave.,  
Los Angeles, CA 90036



**Vaad Hakashrus of Northern California**  
510-843-8223  
2520 Warring St.  
Berkeley, CA 94704



**Rabbinical Council of California (RCC)**  
Rabbi Nissim Davidi  
(213) 489-8080  
617 South Olive St. #515,  
Los Angeles, CA 90014

### Colorado



**Scroll K Vaad Hakashrus of Denver**  
Rabbi Moshe Heisler  
(303) 595-9349  
1350 Vrain St.  
Denver, CO 80204



**District of Columbia**  
**Vaad HaRabanim of Greater Washington**  
Rabbi Binyamin Sanders  
(202) 291-6052  
7826 Eastern Ave. NW,  
Suite LL8  
Washington DC 20012



**Florida**  
**Kosher Miami**  
**Vaad HaKashrus of Miami-Dade**  
Rabbi Mordechai Fried  
Rabbi Manish Spitz  
(786) 390-6620  
PO Box 403225  
Miami, FL 33140



**Florida K and Florida Kashrus Services**  
Rabbi Sholom B. Dubov  
(407) 644-2500  
642 Green Meadow Ave.  
Maitland, FL 32751



**South Palm Beach Vaad (ORB)**  
Rabbi Pesach Weitz  
(305) 206-1524  
5840 Sterling Rd. #256  
Hollywood, FL 33021



**Orthodox Rabbinate of North Dade**  
305-931-6204  
1870 N.E. 187th St.  
North Miami Beach, FL 33179



### Georgia

**Atlanta Kashrus Commission**  
Rabbi Reuven Stein  
(404) 634-4063/1855 La Vista Rd.  
Atlanta, GA 30329

### Illinois



**Chicago Rabbinical Council (cRc)**  
Rabbi Sholem Fishbane  
[www.crcweb.org](http://www.crcweb.org)  
(773) 465-3900  
2701 W. Howard,  
Chicago, IL 60645

### Indiana



**Indianapolis Beth Din**  
Rabbi Avraham Grossbaum  
Rabbi Shlomo Crandall  
(317) 251-5573  
1037 Golf Lane  
Indianapolis, IN 46260



**Indianapolis Orthodox Board of Kashrus**  
Rabbi Avraham Grossbaum  
Rabbi Shlomo Crandall  
(317) 253-5253  
6510 Hoover Road  
Indianapolis, IN 46260



### Iowa

**Iowa "Chai-K" Kosher Supervision**  
Rabbi Yossi Jacobson  
(515) 277-1718  
943 Cummins Pkwy  
Des Moines, IA 50312



### Kentucky

**Louisville Vaad Hakashrut**  
502-459-1770  
PO Box 5362  
Louisville, KY 40205



# Kosher Symbols

## Louisiana

**Louisiana Kashrut Committee**  
Rabbi Nemes  
504-957-4986  
PO Box 55606  
Metairie, LA 70055



## Maryland

**Star-K Kosher Certification**  
(chalav Yisrael)  
Dr. Avram Pollack  
(410) 484-4110  
122 Slade Ave. #300  
Baltimore, MD 21208



**Star-D Certification (non-chalav Yisrael)**  
Dr. Avram Pollack  
(410) 484-4110  
122 Slade Ave. #300  
Baltimore, MD 21208



## Massachusetts

**New England Kashrus LeMehadrin**  
617-789-4343  
75 Wallingford, MA 02135



**Vaad Hakashrus of Worcester**  
508-799-2659  
822 Pleasant St.  
Worcester, MA 01602



**Rabbi Dovid Moskovitz**  
(617) 734-535  
946 Embassy Road  
Brighton, MA 02135

## Michigan

**Council of Orthodox Rabbis of Greater Detroit (Merkaz)**  
Rabbi Yosef Dov Krupnik  
(248) 559-5005  
16947 West Ten Mile Rd.  
Southfield, MI 48075



## Minnesota

**United Mehadrin Kosher (UMK)**  
Note: unless the meat states that it is glatt, it is certified not-glatt by the UMK.  
The cRc only accepts Glatt Kosher meats.  
Rabbi Asher Zeilngold  
(651) 690-2137  
1001 Prior Ave. South  
St. Paul, MN 55116



## Missouri

**Vaad Hoeir of Saint Louis**  
(314) 569-2770  
4 Millstone Campus  
St. Louis, MO 63146



## New Jersey

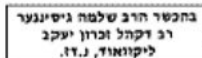
**Badatz Mehadrin -USA**  
732-363-7979  
1140 Forest Ave.  
Lakewood, NJ 08701



**Double U**  
**Kashrus Badatz Mehadrin USA**  
Rabbi Y. Shain  
(732) 363-7979  
1140 Forest Ave.  
Lakewood, NJ 08701



**Rabbi Shlomo Gissinger**  
(732) 364-8723  
170 Sunset Rd.  
Lakewood, NJ 08701



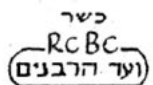
**Kashrus Council of Lakewood N.J.**  
Rabbi Avrohom Weisner  
(732) 901-1888  
750 Forest Ave. #66  
Lakewood, NJ 08701



**Kof-K Kosher Supervision**  
Rabbi Zecharia Senter  
(201) 837-0500 201 The Plaza  
Teaneck, NJ 07666



**Rabbinical Council of Bergen County**  
201-287-9292  
PO Box 1233  
Teaneck, NJ 07666



## New York-Bronx

**Rabbi Zevulun Charlop**  
(718) 365-6810  
100 E. Mosholu Parkway South  
Bronx, NY 10458

## New York-Brooklyn

**Rabbi Yechiel Babad**  
(Tartikover Rav)  
(718) 951-0952/3  
5207-19th Ave.  
Brooklyn, NY 11204

# Kosher Symbols



**Central Rabbinical Congress  
(Hisachdus HaRabanim)**  
Rabbi Yitzchak Glick  
(718) 384-6765  
85 Division Ave.  
Brooklyn, NY 11211



**Rabbi Yisroel Gornish**  
718-376-3755  
1421 Avenue O  
Brooklyn, NY 11230



**Rabbi Nussen Naftoli Horowitz**  
Rabbi Benzion Halberstam  
(718) 234-9514  
1712-57<sup>th</sup> St.  
Brooklyn, NY 11204



**Kehilah Kashrus  
(Flatbush Community Kashrus  
Organization)**  
Rabbi Zechariah Adler  
(718) 951-0481  
1294 E. 8<sup>th</sup> St.  
Brooklyn, NY 11230



**The Organized Kashrus  
Laboratories (OK)**  
Rabbi Don Yoel Levy  
(718) 756-7500  
391 Troy Ave.  
Brooklyn, NY 11213



**Rabbi Avraham Kleinman  
Margaretten Rav**  
718-851-0848  
1324 54th St.  
Brooklyn, NY 11219



**Debraciner Rav**  
Rabbi Shlomo Stern  
(718) 853-9623  
1641 56<sup>th</sup> St.  
Brooklyn, NY 11204



**Rabbi Aaron Teitelbaum  
(Nirbater Rav)**  
(718) 851-1221  
1617 46<sup>th</sup> St.,  
Brooklyn, NY 11204



**Rabbi Nuchem Efraim Teitelbaum  
(Volver Rav)**  
(718) 436-4685  
58085-11<sup>th</sup> Ave.  
Brooklyn, NY 11225



**Bais Din of Crown Heights  
Vaad HaKashrus**  
Rabbi Yossi Brook  
(718) 604-2500  
512 Montgomery Street  
Brooklyn, NY 11225



**Vaad Hakashrus Mishmeres  
L'Mishmeres**  
718-680-0642  
1157 42nd. St.  
Brooklyn, NY 11219



**Kehal Machzikei Hadas of Belz**  
718-854-3711  
4303 15th Ave.  
Brooklyn, NY 11219



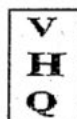
**Vaad Harabanim of Flatbush**  
Rabbi Meir Goldberg  
(718) 951-8585  
1575 Coney Island Ave.  
Brooklyn, NY 11230



**New York-Manhattan**  
**K'hal Adas Jeshurun (Breuer's)**  
Rabbi Moshe Zvi Edelstein  
(212) 923-3582  
85-93 Bennett Ave,  
New York, NY 10033



**Orthodox Jewish Congregations (OU)**  
Rabbi Menachem Genack  
(212) 613-8241  
11 Broadway  
New York, NY 10004



**New York-Queens**  
**Vaad HaRabanim of Queens**  
(718) 454-3529  
185-08 Union Turnpike,  
Suite 109  
Fresh Meadows, NY 11366



# Kosher Symbols



## New York-Long Island

### Vaad Harabanim of the Five Towns and Far Rockaway

Rabbi Yosef Eisen  
(516) 569-4536  
597A Willow Ave.  
Cedarhurst, NY 11516



## New York-Upstate

### Vaad HaKashrus of Buffalo

Rabbi Moshe Taub  
(716) 634-3990/3940 Harlem Rd.  
Amherst, NY 14226



### The Association for Reliable Kashrus

Rabbi Shlomo Ullman  
(516) 239-5306  
104 Cumberland Place  
Lawrence, NY 11559



### Rabbi Mordechai Ungar

845-354-6632  
18 N. Roosevelt Ave.  
New Square, NY 10977



### National Kashrus (NK)

Rabbi Yaacov Lipschutz  
(845) 352-4448/101 Route 306  
Monsey, NY 10952



### Bais Ben Zion Kosher Certification

Rabbi Zushe Blech  
(845) 364-5376  
30 Mariner Way  
Monsey, NY 10952



### Vaad Hakashrus of Mechon L'Hoyroa

Rabbi Y. Tauber  
(845) 425-9565 ext. 101  
168 Maple Ave.  
Monsey, NY 10952



### Rabbi Avraham Zvi Glick

(845) 425-3178  
34 Brewer Road  
Monsey, NY 10952

### Rabbi Yitzchok Lebovitz

(845) 434-3060  
P.O. Box 939  
Woodridge, NY 12789



### New Square Kashrus Council

Rabbi C.M. Wagshall  
(845) 354-5120  
21 Truman Ave.  
New Square, NY 10977



### Vaad Hakashruth of the Capital District

518-789-1530  
877 Madison Ave.  
Albany, NY 12208



### Rabbi Menachem Meir Weissmandel

(845) 352-1807  
1 Park Lane  
Monsey, NY 10952



## Ohio

### Cleveland Kosher

Rabbi Shimon Gutman  
(440) 347-0264  
3695 Severn Road  
Cleveland Heights, OH 44118



## Pennsylvania

### Community Kashrus of Greater Philadelphia

215-871-5000  
7505 Brookhaven  
Philadelphia, PA 19151



## Texas

### Texas-K

### Chicago Rabbinical Council (cRc)

Rabbi Sholem Fishbane  
(773) 465-3900  
2701 W. Howard  
Chicago, IL 60645



### Dallas Kosher

Rabbi Sholey Klein  
(214) 739-6535/7800 Northaven Rd.  
Dallas, TX 75230



## Washington

### Vaad Harabanim of Greater Seattle

(206) 760-0805  
5100 South Dawson St. #102,  
Seattle, WA 98118



# Kosher Symbols



## Wisconsin

### Kosher Supervisors of Wisconsin

Rabbi Benzion Twerski  
(414) 442-5730  
3100 North 52<sup>nd</sup> St.  
Milwaukee, WI 53216



## CANADA

### Kashrus Council of Canada (COR)

Rabbi Mordechai Levin  
(416) 635-9550  
4600 Bathurst St. #240,  
Toronto, Ontario M2R 3V2



### Montreal Vaad Hair (MK)

Rabbi Peretz Jaffe  
(514) 739-6363  
6825 Decarie Blvd.  
Montreal, Quebec H3W3E4



### Rabbinical Council of British Columbia

Rabbi Avraham Feigelstak  
(604) 267-7002  
1100-1200 West 73rd Ave.  
Vancouver, B.C. V6P 6G5



## INTERNATIONAL ARGENTINA

### Achdus Yisroel

Rabbi Daniel Oppenheimer  
(5411) 4-961-9613 Moldes 2449  
(1428) Buenos Aires



### Rabbi Yosef Feiglestock

(5411) 4-961-9613  
Ecuador 821  
Buenos Aires Capital 1214  
Argentina



## AUSTRALIA

### Melbourne Kashrut

Rabbi Mordechai Gutnick  
(613) 9525-9895  
81 Balaclava Road  
Caulfield Junction, Vic. 3161,  
Australia



## BELGIUM

### Machsike Hadass

Jacob Jacobstraat 22  
Antwerp 2018  
Rabbi Eliyahu Shternbuch  
(323) 233-5567



## BRAZIL

### Comunidade Ortodoxa Israelita Kehillas Hachareidim Departamento de Kashrus

Rabbi A.M. Iliovits  
(5511) 3082-1562  
Rua Haddock Lobo 1091,  
S. Paulo SP



## CHINA

### HKK Kosher Certification Service

Rabbi D. Zadok  
(852) 2540-8661  
8-B Albron Court  
99 Caine Road, Hong Kong



## ENGLAND

### Kedassia The Joint Kashrus Committee of England

Mr. Yitzchok Feldman  
(44208) 802-6226  
140 Stamford Hill  
London N16 6QT



### Machzikei Hadas Manchester

Rabbi M.M. Schneebalg  
(44161) 792-1313  
17 Northumberland St.  
Salford M7FH



### Gateshead Kashrus Authority

Rabbi Elazer Lieberman  
(44191) 477-1598  
180 Bewick Road  
Gateshead NE8 1UF



## FRANCE

### Rabbi Mordechai Rottenberg (Chief Orthodox Rav of Paris)

(3314) 887-4903  
10 Rue Pavée, Paris 75004

# Kosher Symbols



**Adas Yereim of Paris**  
**Rabbi Y.D. Frankfurter**  
(3314) 246-3647  
10 Rue Cadet, 9e  
(Metro Cadet),  
Paris 75009

**Kehal Yeraim of Paris**  
**Rabbi I Katz**  
33-153-012644  
13 Rue Pave  
Paris, France 75004

## ISRAEL



**Badatz Mehadrin**  
**Rabbi Avraham Rubin**  
(9728) 939-0816  
10 Rechov Miriam Mizrachi  
6<sup>th</sup> floor, Room 18  
Rechovot, Israel 76106



**Rabanut Hareishit Rechovot**  
2 Goldberg St.  
Rechovot, 76106



**Beis Din Tzedek of Agudas Israel**  
**Moetzes Hakashrus**  
**Rabbi Zvi Geffner**  
(9722) 538-4999  
2 Press St.  
Jerusalem



**Beis Din Tzedek of the Eidah Hachareidis**  
**of Jerusalem**  
**Rabbi Naftali Halberstam**  
(9722) 624-6935  
Binyanei Zupnick  
26A Rechov Strauss  
Jerusalem



**Beis Din Tzedek of K'hal Machzikei Hadas**  
**- Maareches Hakashrus**  
(9722) 538-5832  
P.O. Box 41109  
Jerusalem 91410



**Chug Chasam Sofer**  
**Rabbi Shmuel Eliezer Stern**  
(9723) 618-859618 Maimon St.  
Bnei Brak 51273



**Rabbi Moshe Landau**  
(9723) 618-2647  
Bnei Brak

**Rabbi Mordechai Seckbach**  
(9728) 974-4410  
Noda Biyauda St. 5/2  
Modiin Illit



## PHILIPPINES

**Far East Kashrut**  
**Rabbi Haim Talmid**  
312-528-7078  
Makati Philippines

## SOUTH AFRICA

**Cape Town Bais Din**  
**Rabbi D Maizels**  
(2721) 461-6310  
191 Buitenkant St.  
Cape Town 8001

## SWITZERLAND

**Beth Din Adas Jeshurun**  
**Rabbi Pinchus Padwa**  
(411) 201-6746  
Freigulstrasse 37  
8002 Zurich  
**Jewish Community and Central**  
**Synagogue Kiev**  
**Rabbi B. Bleich**  
(38044) 463-7087  
29 Shekavizkaya Str.  
Kiev

## VENEZUELA

**Union Israelita de Caracus**  
**Rabbi Chaim Raitport**  
(528212) 552-8222  
Avenida Marques del Toro  
#9 San Bernadina  
Caracas 1011

**A Service of the Kashrus Division of**  
**the Chicago Rabbinical Council -**  
**Serving the World**