



# Pesach תשפ"ה // 2025 Guide

*The Essential Guide to  
Preparing for Pesach*

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The cRc would like to thank **Mishpacha**, Michal Frischman, Chanie Nayman, and Devorah Cohen for lending their expertise in coordinating, designing, and marketing the 2025 Pesach Guide.



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 <a href="http://bit.ly/3NsgS18">bit.ly/3NsgS18</a> 
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	✓	
	×	Seeds
Dill	✓	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
Ensure		See page 20
Eye Drops	✓	
Eye Liner	✓	
Eye Shadow	✓	
Fabric Protector	✓	
Fabric Softener	✓	
	×	Seed, same status as <i>kitniyos</i>
Fennel	✓	Leaves
	✓	Fresh
Fish	◇	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

✓ = Acceptable without Pesach Certification

◇ = Must bear Pesach Certification

✗ = Not acceptable for Pesach

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 <a href="http://www.ASKcRc.org">www.ASKcRc.org</a> 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	✓	

## SHOPPING GUIDE

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	◇	

✓ = Acceptable without Pesach Certification

◇ = Must bear Pesach Certification

✗ = Not acceptable for Pesach

PRODUCT		NOTES
Sorghum	✗	<i>Kitniyos</i>
Soup Mix	◇	
Soy Products	✗	<i>Kitniyos</i> Soy sauce and soy milk may contain <i>chametz</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 <a href="http://www.ASKcRc.org">www.ASKcRc.org</a> 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*.”






# CAN IT BE KASHERED?

This is a quick guide to which items can and cannot realistically be *kashered* for Pesach. For details on how to *kasher* them, scan the QR code or search [www.ASKcRc.org](http://www.ASKcRc.org) for the specific item. For a listing of countertops which can be *kashered*, scan the QR code on the next page.



✓ May be <i>kashered</i>		✗ Cannot be <i>kashered</i>			
Item	Status	Item	Status	Item	Status
Air Fryer	✗	Glass	✗	Pots, enamel	✗
Aluminum	✓	Glass Stovetop	✓	Pots, metal	✓
Baking Pan	✗	Gold	✓	Pottery	✗
Betty Crocker Pizza Maker	✗	Granite	✓	Pyrex	✗
<i>Blech</i>	✗	Grater	✗	Quartz Resin	✓
Blender	C	Griddle	✗	Quartzite	✓
Bone China	✗	High Chair	B	Roasting Pan	✗
Cast Iron Pan	✗	Hot Plate	D	Rotisserie	✗
Cement	✗	Ice Maker	✓	Rubber	B
Ceramic	✗	Induction Cooktop	✗	Sieve	✗
China	✗	Instant Pot	✗	Silver	✓
Colander	✗	Kiddush Cup	A	Silverware	✓
Convection Oven	D	Knife	B	Sink	A
Cookie Sheet	✗	Kos	A	Slate	✓
Corelle	✗	Limestone	✓	Soapstone	✓
Corian	✓	Marble	✓	Stainless Steel	✓
Countertop	D	Meat Hammer	✓	Stone	✓
Crock-Pot	A	Metal	✓	Stovetop	✓
Crystal	✗	Microwave Oven	D	Tablecloth, fabric	✓
Cup	A	Mixer (electric)	C	Tablecloth, nylon	✗
Dishwasher	✗	Mug	✗	Toaster	✗
Duralex	✗	Neoroc	✓	Toaster Oven	✗
Earthenware	✗	Onyx	✓	Urn	D
Enameled Pots	✗	Oven	✓	Warming Drawer	✓
Fabric	✓	Pan	✗	Wood	B
Faucet	✓	Pizza Stone	✗		
Flatware	✓	Plastic	✓		
Food Processor	C	Plate	A		
Formica	B	Porcelain	✗		
Frying Pan	✗	Porcelain enamel	✗		

Kashering  
Guide



**Kashering  
Guide**



**A.** Can be *kashered* if made of metal, plastic, or rubber, but not if made of ceramic, china, glass, or porcelain

**B.** Can only be *kashered* if surfaces are not scratched

**C.** Can only be *kashered* if motor area is sealed so no food can get in

**D.** Scan QR code or check [www.ASKcRc.org](http://www.ASKcRc.org) for details



# KASHERING THE KITCHEN



## Counters, Sinks, and Tables

One may not *kasher* surfaces made of porcelain, ceramic, cement, or glass, but can *kasher* stainless steel, stone, marble, quartz, plastic/laminate, or wood if there are no cracks, nicks, or scratches where food might be stuck. Some additional materials are listed in the chart on the previous page, and more details are available by scanning the QR code below.

To *kasher* these surfaces, clean them thoroughly, don't use them for 24 hours, boil a kettle of water, and carefully pour that water over all surfaces. Want to use a steamer? Scan the QR code. Some have a custom to cover these surfaces for Pesach even after *kashering* them, and "covering" is the only option if a sink, counter, or table is not suitable for *kashering*. [For sinks, aside from *kashering*, replace the strainer covering the drain and the aerator on the faucet, and if there is a coiled hose, do not pull it out of its base during Pesach.]

## Cups

Most cups cannot be *kashered*, since they are made of glass, china, or ceramic. Metal or plastic cups that are not scratched can be *kashered* like flatware.

## Flatware

Clean them well, don't use them for 24 hours, submerge one piece at a time in boiling water, and then rinse with cold water.

## Microwave Oven

The glass plate cannot be *kashered* and must be removed. To *kasher* chamber, clean thoroughly, do not use for 24 hours, and then place a bowl of water in the chamber and boil it for 10-15 minutes. It is commendable to cover food on Pesach.

## Oven

Either run a full self-clean cycle, or clean thoroughly, do not use for 24 hours, and then set oven to 550°F for one hour. [Low-temperature self-clean cycles (e.g., AquaLift) do not qualify as *kashering*.]

## Refrigerator and Freezer

Clean thoroughly and line with plastic or foil that is perforated to allow for air circulation.

## Stovetop

Clean surfaces and grates well, do not use for 24 hours, and then turn on the flame or coil to its highest setting for 30 minutes. [15 minutes is enough for exposed electric coils.] This is also effective for glass-covered stovetops. After *kashering*, cover the knobs, catch trays, all areas **between** the burners, and any areas **behind** the burners where pots might touch.

Induction stovetops cannot be *kashered*, and pots should be put onto "induction discs" during Pesach.

## Tablecloths

Fabric tablecloths may be used for Pesach after being laundered. Vinyl/plastic tablecloths **cannot** be *kashered*.

## Other

Dishwashers cannot be *kashered* for Pesach. For warming drawers, pots, and other items not listed here, scan the QR codes below.

## Additional Articles



**Kashering  
the Kitchen  
Tutorial**



**Chametz**



**Countertops**



**Days Before  
Pesach**



**Preparing for  
the Seder**



**Seder  
Highlights**



**Seder Plate**



**Dietary  
Needs**



**Buying Chametz  
after Pesach**



# TEVILLAS KEILIM

*Tevillas keilim* is required for metal or glass utensils which have contact with food as it is being prepared/cooked or eaten. The items listed as requiring *tevillah* is based on an assumption that they are made from metal or glass and used in the standard manner.

Item	Status	Item	Status	Item	Status
Apple corer	✓	Cup (plastic, ceramic)	×	Napkin ring	×
Baking sheet	✓	Double boiler (food pot)	✓	Onion chopper	A
Barbecue grill cover	×	Double boiler (water pot)	B	Oven rack	×
Barbecue grill food handling tools	✓	Dough hook	×	Pasta extruder	×
Barbecue grill grate	✓	Egg slicer	✓	Peel (pancake flipper)	✓
Blech	B	Electric knife	✓	Peeler, standard	✓
Bottle warmer	×	Electrical appliances	×	Peeler, used only for potatoes	C
Bread box	C	Flour sifter	×	Pet food dish	×
Cake tray	B	Foil pans (disposable)	×	Piping bag with metal tip	✓
Cake tray cover	×	Food processor	A	Pizza cutter	✓
Can opener	×	Food scale	×	Pot (metal, glass, porcelain enamel)	✓
Candy dish	B	French fry cutter	A	Pot cover (metal, glass, porcelain enamel)	✓
Chafing dish cover	✓	Fruit juicer	✓	Poultry shears	A
Chafing dish food pan	✓	Grater	A	Rolling pin	×
Chafing dish water pan	×	Grill, parts which touch food	✓	Sandwich maker	×
China	C	Grinder	A	Saucer	B
Coffee mill	×	Hot plate	B	Scissors, for food	A
Coffee mug (ceramic)	×	Ice cream scooper	✓	Serving tray	B
Coffee mug (glass)	✓	Immersion heater	×	Shredder	A
Colander (metal)	✓	Juicer, for fruit	✓	Skewer (metal)	✓
Colander (plastic)	×	Kiddush cup (ceramic)	×	Skewer (wood or bamboo)	×
Cookie cutter	C	Kiddush cup (metal, glass)	✓	Spit	✓
Cookie sheet	✓	Knife sharpener	×	Spoon rest	×
Corelle plate or bowl	✓	Knife, electric	✓	Storage container	C
Cork	×	Knife, standard	✓	Stovetop grate	×
Corkscrew	×	Measuring cup (metal or glass)	A	Strainer (metal)	✓
Corn holders	✓	Measuring cup (plastic)	×	Strainer (plastic)	×
Crock-pot, "pot" made of ceramic	×	Meat slicer	✓	Sugar canister	C
Crock-pot, "pot" made of metal	✓	Meat tenderizer hammer	×	Toaster	×
Crock-pot base	×	Meat thermometer	×	Toaster oven chamber	×
Crock-pot cover (metal, glass)	✓	Melon baller	✓	Toaster oven rack and tray	✓
Cup (china)	C	Microwave chamber	×	Urn (electric)	×
Cup (metal, glass)	✓	Microwave plate	B	Whisk	A
		Mug (ceramic)	×		

**A.** This item requires *tevillah*. If it will ever be used for meal-ready food, a *bracha* should be recited before *tevillah*. If it will only be used for raw food that requires further cooking, do not recite a *bracha* before *tevillah*.

**B.** If the utensil ever has direct food contact, *tevillah* is required with a *bracha*. If it never has food contact, no *tevillah* is required.

**C.** Perform *tevillah* but do not recite a *bracha*.

# LIQUOR LIST



The following products have been verified to be Kosher for Pesach 2025 when bearing the appropriate kosher symbol.

## Brandy

**Benjamin** Premium Brandy • OU-P  
**Boukha Bokobsa** Fig Alcohol • OU-P  
**Carmel Brandy** Carmel 100 Brandy • OU-P  
**Carmel Brandy** Carmel 777 Brandy • OU-P  
**Herzog French** Boukha Fig Brandy • OU-P  
**Jonathan Tishbi** Special Reserve Brandy • OU-P  
**Kvint** Divin Kosher Brandy (Mevushal) • OU-P  
**Kvint** Kosher Brandy (Mevushal) • OU-P  
**Sabra Liqueurs** Grand Sabra Orange Brandy • OU-P  
**Shekar** Kosher Brandy (Mevushal) • OU-P  
**Spirit of Solomon** Brandy • OU-P  
**Spirit of Solomon** Plum Brandy • OU-P  
**The Cave** The Cave Brandy VSOP • OU-P

## Cognac

**Dupuy** Cognac • OU-P  
**Dupuy** Cognac VSOP • OU-P  
**Dupuy Extra** Cognac • OU-P  
**Five Stones** Cognac • OU-P  
**Five Stones Vineyard** Cognac Imperial • OU-P  
**Herzog French** Cognac Louis Royer VS • OU-P  
**Herzog French** Cognac Louis Royer VSOP • OU-P  
**Herzog French** Cognac Louis Royer XO • OU-P  
**Lisker** Cognac • OU-P  
**Lisker X.O** Cognac • OU-P  
**Luxus Tentation** Cognac • OU-P

## Gin

**Dalton Winery** Gin • OU-P  
**Dead Drop** Gin • OU-P  
**Matar Winery** Gin Pink Lady • OK-P  
**Spirits** Gin • OU-P

## Liqueur

**Binyamina Liqueur** Assorted Varieties • OU-P  
**Boukha Bokobsa** Fig Alcohol – Assorted Varieties • OU-P  
**Gold Shot** Brandwien • OU-P  
**Gold Shot** Slivovitz Plum Brandy • OU-P  
**Gush Etzion Winery** Sour Cherry Liqueur (2006) • OU-P  
**Jelinek** Williams Pear Brandy • OU-P  
**Jelinek** Silver Slivovitz • OU-P  
**Matar Winery** Arak • OK-P  
**Matar Winery** Brandy Apple • OK-P  
**Morad Wines** Liqueur - Assorted Varieties • OK-P  
**Morad Wines** Lychee Wine • OK-P

**Morad Wines** Wild Berries Wine • OK-P  
**Psagot** Cherry Liqueur (Mevushal) • OU-P  
**Righteous Road** The Fifth Cup • OU-P  
**Righteous Road** The Fifth Cup Barrel Reserve • OU-P  
**Sabra Liqueurs** Sabra Coffee • OU-P  
**Sabra Liqueurs** Sabra Orange Chocolate • OU-P  
**Spirit of Solomon** Assorted Varieties • OU-P  
**Vinprom-Troyan** Apple Brandy • Star-K-P  
**Vinprom-Troyan** Apricot Brandy • Star-K-P  
**Vinprom-Troyan** Plum Brandy (Slivovitz) • Star-K-P  
**Yekev Hagalil** Alouf Arak • OU-P  
**Yekev Hagalil** Elite Arak • OU-P  
**Yikvei Zion** New Arak 40% • OU-P  
**Yikvei Zion** Slivovitz • OU-P  
**Zachlawi** Arak - Assorted Varieties • OU-P

## Rum

**Dead Drop** Dark Rum • OU-P  
**Dead Drop** Rum • OU-P  
**Single Cask Nation** American Rum • OU-P

## Tequila

**Mi Amor** Tequila Anejo • OU-P  
**Mi Amor** Tequila Blanco • OU-P  
**Mi Amor** Tequila Reposado • OU-P  
**Zarza** Tequila Anejo Passover • OU-P  
**Zarza** Tequila Blanco Passover • OU-P  
**Zarza** Tequila Extra Anejo Passover • OU-P  
**Zarza** Tequila Repasado Passover • OU-P

## Vodka

**Barkan Wine Cellars** Givon Vodka • OK-P  
**Boyar** Vodka • OU-P  
**Dead Drop** Vodka • OU-P  
**Kedem** Vodka • OU-P  
**Lvov** Vodka • OU-P  
**Metropolitan Martini Co.** Vodka Martini • OU-P  
**Peacock** Vodka • OU-P  
**Sauvage** Upstate Vodka • OK-P  
**Shikor** Hot Shot - Vodka with Chili Pepper • OU-P  
**Shikor** Vodka infused with Saffron • OU-P  
**Stoli** Gluten Free • OU-P  
**Vincenzi** Vodka • OU-P  
**Yikvei Zion** Lemon Vodka 40% • OU-P  
**Yikvei Zion** Vodka 40% • OU-P  
**Zachlawi** Cold Brew Coffee Vodka Passover • OU-P  
**Zachlawi** Vodka Passover • OU-P



Liquor  
List

The cRc liquor list is updated regularly and can be found on our website at:  
[www.crckosher.org/consumer/LiquorList.pdf](http://www.crckosher.org/consumer/LiquorList.pdf), [www.ASKcRc.org](http://www.ASKcRc.org) or on our apps.



# MEDICINE & COSMETICS

## Chicago Rabbinical Council

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www.crcweb.org

Rabbi Sholem Y. Fishbane  
Kashruth Administrator



Pesach 2025 / פסח תשפ"ה

### MEDICINES, COSMETICS & TOILETRIES FOR PESACH

NOTE: THIS LETTER REFERS TO PESACH-SPECIFIC CONCERNS.  
PLEASE CONSULT YOUR RABBI REGARDING THE USE OF MEDICINES, COSMETICS,  
AND TOILETRIES ON *SHABBOS* AND *YOM TOV*.

#### MEDICINES

- All pill or non-chewable tablet medication – with or without *chametz* – 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 *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. 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, sunscreen, 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 *chametz*. 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 *chametz* should not be used.

Rabbi Yona Reiss  
Av Beis Din, Chicago Rabbinical Council

Rabbi Shmuel Fuerst  
Dayan, Agudath Israel of Illinois

Rabbi Dovid Zucker  
Rosh Kollel, Chicago Community Kollel

## Medicine Guidelines

The cRc's general guidelines on medicines, cosmetics, and toiletries can be found on the previous page. 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.)

Vitamins generally do not qualify as medications and are instead treated as food supplements which require *hashgachah* for Pesach. If a doctor prescribes a specific vitamin which does not have Pesach 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 *kitniyos* 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 the cRc apps.

## Allergy

**At Home Health Children's Allergy (Cherry Flavor) (Liquid)** Possible *Chametz*

**Benadryl Children's Allergy (Grape Flavor) (Chewable Tablets)** Possible *Chametz*

**Benadryl Children's Chewables (Grape Flavor)** Possible *Chametz*

**Claritin Children's Chewable Grape Flavor** Possible *Chametz*

**Claritin Children's Non-Drowsy Oral Solution (Grape) (Liquid)** Possible *Chametz*

**Genexa Kids Allergy (Liquid)** Possible *Chametz*

**Kirkland Children's Aller-Tec Sugar-Free Dye-Free (Grape Flavor) (Liquid)** Possible *Chametz*

**Nasacort Nose Spray Allergy 24 Hour (Liquid)** Possible *Chametz*

**Ohm Children's Chewable Tablets, Dye Free, Grape (Chewable Tablets)** Possible *Chametz*

**Ohm Children's Loratadine Dye-Free (Grape Flavor) (Chewable Tablets)** Possible *Chametz*

**Up & Up Children's Allergy (Chewable Tablets)** Possible *Chametz*

**Up & Up Children's Allergy Relief (Grape Flavor) (Chewable tablets)** Possible *Chametz*

**Walgreens 24-Hour Children's Allergy Relief Dye-Free (Grape Flavor) (Liquid)** Recommended

**Walgreens Children's Wal-Zyr Dye-Free (Grape Flavor) (Liquid)** Possible *Chametz*

**Zyrtec Children's Dye-Free Chewables (Grape Flavor) (Chewable Tablets)** Possible *Chametz* (dairy)

**Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)** Possible *Chametz*

**Zyrtec Children's Dissolve Tabs** Possible *Chametz*

## Antacid / Digestion / Gas

**Align Capsules** Possible *Chametz*

**Alka Seltzer Xtra Strength (Effervescent Tablets)** Possible *Chametz*

**Alka Seltzer Lemon Lime Effervescent Tabs (Tablets)** Possible *Chametz*

**Alka Seltzer Original Effervescent Tabs (Tablets)** Possible *Chametz*

**Beano Extra-Strength (Tablet)** Recommended

**Culturelle Daily Probiotic Chewables (Fresh Orange Flavor)** Possible *Chametz*

**Culturelle Digestive Daily Probiotics with Prebiotics (Capsule)** Possible *Chametz*

**Culturelle Kids Complete Multivitamin + Probiotic Chewable - Digestive & Immune Support for Kids - With Vitamin C, D3 and Zinc (Fruit Punch Flavor)** Possible *Chametz*

**Culturelle Kids Probiotic + Fiber Regularity Packets (Powder)** *Chametz* (not recommended)

**Culturelle Kids Purely Probiotics (Packets)** Possible *Chametz*

**Culturelle Ultimate Strength Probiotic (Capsules)** Possible *Chametz*

## Culturelle Women's 4 in 1 Protection (Capsules)

Recommended

## Gas-X Extra Strength Cherry Crème

(Chewable Tablet) Possible *Chametz*

## Gaviscon Extra Strength Original (Chewable)

Possible *Chametz*

**Imodium AD (Liquid)** Not Recommended (except in cases of severe diarrhea)

## Imodium AD For Ages 6 & Up (Liquid)

Not Recommended (except in cases of severe diarrhea)

## Imodium AD Multi-symptom Relief (Caplets)

Recommended

## Kaopectate Max Peppermint (Liquid)

Possible *Chametz*

## Kaopectate Vanilla Regular Flavor (Liquid)

Possible *Chametz*

## Mylicon Infant's Dye-Free Drops (Liquid)

Possible *Chametz*

## Pepcid Complete Berry Flavor (Chewables)

Possible *Chametz* (dairy)

## Pepto Bismol 5 Symptom Relief (Caplets)

Recommended

## Pepto Bismol 5 Symptom Relief (Chewable)

Possible *Chametz*

## Pepto Bismol 5 Symptom Relief Cherry (Liquid)

Possible *Chametz*

## Pepto Bismol Kids Pepto Bubble Gum Flavor

(Chewable Tablets) Possible *Chametz*

## Pepto Bismol Ultra (Liquid)

Possible *Chametz*

**Probiotics Assorted (Assorted)** Powders, liquids, capsules, & gelcaps need certification; pills do not

## Up & Up 5-Symptom Digestion Relief

(Chewable tablets) Possible *Chametz*

## Antibiotics

The cRc recommends all medicinal items in pill form, which includes most of the antibiotics that adults take. The same does not apply when dealing with liquid or chewable medicines, which are considered "edible." Since there is a chance that they contain *chametz*, they should only be used if they are known to be free of any concerns.

However, antibiotics are an exception to that rule. Generally, antibiotics are given to treat ailments which, if left untreated, can lead to a situation of *sakanah* (danger to life). Therefore, one may consume antibiotics, regardless of the ingredients used in creating them.

## 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

**Alka Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula) (Tablets)** Possible *Chametz*

**Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablets)** Possible *Chametz*

**Alka Seltzer Plus Cough and Chest Congestion (Cool Blueberry Pomegranate Flavor) (Effervescent Tablets)** Possible *Chametz*

**Alka Seltzer Plus Sinus Congestion and Pain Maximum Strength (Berry Flavor) (Effervescent Tablets)** Possible *Chametz*

**Amazon Basic Care NightTime Cold and Flu (Cherry Flavor) (Liquid)** Possible *Chametz*

**CVS Health Extra Strength Acetaminophen (Adult) (Liquid)** Recommended

**Delsym 12 Hour Cough (Orange Flavor) (Liquid)** Possible *Chametz*

**Delsym Children's 12 Hour Cough Liquid (Grape Flavor) (Liquid)** Possible *Chametz*

**Delsym Children's 12 Hour Cough Liquid (Orange Flavor) (Liquid)** Possible *Chametz*

**Equate Children's Acetaminophen (Bubble Gum or Grape Flavor) (Chewable)** Recommended

**Equate Nighttime Cold & Flu (Cherry Flavor) (Liquid)** Possible *Chametz*

**Genexa Kids Cold Crush (Chewable Tablets)** Possible *Chametz*

**Hyland's Naturals Baby, Organic Cough and Immune Daytime (Liquid)** Possible *Chametz*

**Mucinex Children's Cough and Chest Congestion (Orange Crème Flavor) (Dissolving Granules)** Possible *Chametz*

**Mucinex Cough Mini-Melts for Kids Orange Creme Flavor (Dissolving Granules)** Possible *Chametz*

**Mucinex Insta-Soothe Kickstart (Spray)** Possible *Chametz*

**Mucinex InstaSoothe Sore Throat 3 in 1 formula (Honey Echinacea Flavor) (Lozenge)** Possible *Chametz*

**Mucinex InstaSoothe Sore Throat and Pain Relief Spray (Spray)** Possible *Chametz*

**Signature Care Nighttime Cold and Flu Relief (Cherry Flavor) (Liquid)** Possible *Chametz*

**Theraflu Flu Relief Max Strength Nighttime Honey Lemon Flavor (Packets)** Possible *Chametz*

**Theraflu Max Strength Daytime Honey Lemon Flavor (Packets)** Possible *Chametz*

**Theraflu Multi-Symptom Severe Cold (Packets)** Possible *Chametz*

**Theraflu Multi-Symptom Severe Cold Nighttime Tea Infusions with Green Tea and Citrus (Packets)** Possible *Chametz*

**Theraflu Severe Cold Relief Combo Pack (Honey Lemon Flavor) (Packets)** Possible *Chametz*

**Triaminic Day Time Cold and Cough Cherry Flavor (Liquid)** Not Recommended

**Walgreen's Children's Chest Congestion Relief (Grape Flavor) (Liquid)** Possible *Chametz*

**Zarbees All-In-One Children's Nighttime Cough Syrup + Mucus, Throat & Nasal (Liquid)** Possible *Chametz*

**Zarbees Baby Cough Syrup + Immune (Natural Grape Flavor or Natural Cherry Flavor) (Liquid)** Possible *Chametz*

**Zarbees Children's Daytime Cough Syrup + Mucus, Throat & Nasal (Liquid)** Possible *Chametz*

**Zarbees Children's Nighttime Cough Syrup + Immune (Natural Mixed Berry Flavor) (Liquid)** Possible *Chametz*

**Zarbees Children's Nighttime Cough Syrup + Mucus (Natural Mixed Berry Flavor) (Liquid)** Possible *Chametz*

**Zicam Cold Remedy Rapidmelts (Tablets)** Possible *Chametz*

**Zicam Cold Remedy Rapidmelts (Citrus Flavor)** Possible *Chametz*

**Zicam No Drip Nasal Spray (Liquid)** Recommended

**Zicam Quick Dissolve Tablets Echinacea + Sambucus (Tablets)** Possible *Chametz*

**Zicam Rapidmelts Ultra (Orange Cream Flavor)** Possible *Chametz*

## 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

[www.crckosher.org/consumer](http://www.crckosher.org/consumer)

## Fiber Supplements

See *Laxatives*

## Fever Reducer / Pain Relief

### Fever for A Child

Each year, the cRc researches different fever reducers and pain relievers to see which are suitable for use for Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and others can only be found in the cRc app or at [www.ASKcRc.org](http://www.ASKcRc.org).



**Amazon Basic Care Children's Ibuprofen (Orange Flavor) (Chewable Tablets)** Possible *Chametz*

**CVS Children's Ibuprofen (Orange or Grape Flavor) (Chewable Tablets)** Possible *Chametz*

**CVS Health Children's Pain Relief Acetaminophen (Grape Flavor) (Chewable Tablets)** Possible *Chametz*

**Equate Children's Ibuprofen (Grape Flavor) (Chewable Tablets)** Recommended

**Midol Complete (Caplets)** Recommended

**Motrin Children's (Grape Flavor) (Chewable Tablets)** Recommended

**Signature Care Children's Ibuprofen Grape Flavor Chewable** Recommended

**Tylenol Children's Chewables (Bubble Gum or Grape Flavor) (Chewable Tablet)** Recommended

## 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)** *Chametz* (not recommended)

**Benefiber Powder** *Chametz* (not recommended)

**Benefiber Stick Packs (unflavored) (Powder)** *Chametz* (not recommended)

**Citrucel Caplets** Recommended

**Dulcolax Overnight Relief (Tablets)** Recommended

**Dulcolax Suppository (Suppository)** Recommended



**Epsom Salt (pure) Generic or Branded versions (Powder)** Recommended

**Ex-Lax (Tablets)** Recommended

**Generic Mineral Oil (pure) (Liquid)** Recommended

**Kirkland Signature Optifiber (Powder)**  
Not Recommended (*Chametz*)

**Metamucil 4-in-1 Fiber No Added Sweeteners (unflavored) (Powder)** Possible *Chametz*

**Metamucil 4-in-1 Fiber Sugar Free Orange (Powder)** Possible *Chametz*

**Metamucil Premium Blend Sugar Free with Stevia Orange Flavor (Powder)** Possible *Chametz*

**Miralax Powder (Powder)** Recommended

**Pedia-Lax Chewable** Possible *Chametz*

**Pedia-Lax Suppository** Recommended

**Phillips Laxative Caplets** Recommended

**Phillips Milk of Magnesia Original (unflavored) (Liquid)** Recommended

**Polyethylene Glycol (pure) Generic or Branded Versions (Powder)** Recommended

**Senokot-S Tablets** Recommended

**Walgreens Mineral Oil (Liquid)** Recommended

**Pure Color Hi-Lustre Lipstick** Recommended

**Pure Color Whipped Matte Lip Color with Moringa Butter** Not Recommended

## JANE IREDALE

**Beyond Matte Lip Stain** Recommended

**Colorluxe Hydrating Cream Lipstick** Recommended

## L'OREAL

**Colour Riche Intense Volume Matte Lipstick**  
Recommended

**Colour Riche Satin Lipstick** Recommended

## LANCOME

**L'absolu Lip Gloss** Recommended

**L'absolu Rouge Cream Lipstick** Possible *Chametz*

**L'absolu Rouge Drama Matte Lipstick** Recommended

## MAC

**Lipglass** Recommended

**Lustreglass Sheer-Shine Lipstick** Not Recommended

**M·A·C Locked Kiss 24hr Lipstick** Recommended

**M·A·Cximal Silky Matte Lipstick** Recommended

**M·A·Cximal Sleek Satin Lipstick** Recommended

**Retro Matte Liquid Lipcolour** Recommended

## MAYBELLINE

**Color Sensational The Creams, Cream Finish Lipstick Makeup** Recommended

**Color Sensational The Mattes, Matte Finish Lipstick Makeup** Recommended

**Color Sensational Ultimate Slim Lipstick Makeup**  
Recommended

**Lifter Gloss Lip Gloss Makeup with Hyaluronic Acid**  
Recommended

**Super Stay 24 2-Step Liquid Lipstick Makeup**  
Recommended

**Super Stay Ink Crayon Lipstick, Matte Longwear Lipstick Makeup** Recommended

**Super Stay Matte Ink Liquid Lipstick** Recommended

## WET N WILD

**Mega Last High-Shine Lip Color** Recommended

**Mega Last Matte Lip Color** Recommended

**Megalast Lock 'N' Shine Lip Color** Recommended

**Megaslicks Lip Gloss** Recommended

**Perfect Pout Lip Color** Recommended

**Silk Finish Lipstick** Recommended

## Lipstick



If your lipstick is not listed here,  
you can use our search feature at  
[www.cRckosher.org/lipstick](http://www.cRckosher.org/lipstick).

## BOBBI BROWN

**Crushed Lipstick** Recommended

**Luxe Lipstick** Recommended

**Luxe Matte Lipstick** Recommended

## CLINIQUE

**Clinique Pop Longwear Lipstick** Not Recommended

**Dramatically Different Lipstick Shaping Lip Colour**  
Recommended

## E.L.F.

**Hydrating Core Lip Shine** Recommended

**Lip Plumping Gloss** Recommended

**O Face Satin Lipstick** Recommended

**Srsly Satin Lipstick** Recommended

## ESTÉE LAUDER

**Pure Color Creme Lipstick** Recommended

## Lotions

All are recommended

## Mascara

All are recommended

## Miscellaneous

**Anbesol Maximum Strength (Liquid)** Possible *Chametz*

**Asthma Inhalers, all types (Liquid Vapor)**  
Recommended

**Bee Pollen, Pure** Recommended if pure with no additives

**Castor Oil (Pure) (Liquid)** Recommended

**Chapstick Classic Original** Recommended

**Chapstick Moisturizer** Recommended

**Disposable Toothbrush (assorted brands)**  
Not Recommended

**Dramamine Chewables** Possible *Chametz*

**Dramamine Original (Tablet [non-chewable])**  
Recommended

**Ensure Assorted Nutritional Supplements**  
See Nutritional Supplement Listings

**Fixodent Original (Cream)** Recommended

**Floss, Flavored** Possible *Chametz*

**Floss, Unflavored** Recommended

**Kanka Mouth-Pain (Liquid)** Possible *Chametz*

**Lip Balm, Assorted** Recommended without flavor

**Listerine PocketPaks Assorted Varieties (Dissolving Strip)** Not Recommended

**NoDoz Alertness Aid (Caplet)** Recommended

**Orajel 4X Toothache and Gum (Cream)**  
Possible *Chametz*

**Orajel Mouth Sores Triple Medicated (Gel)**  
Recommended

**Polident 3 Minute (Tablet)** Possible *Chametz*

**Polident Overnight Whitening (Tablet)**  
Possible *Chametz*

**Polygrip Free (Cream)** Recommended

**Polygrip Original (Cream)** Recommended

**Sambucol Black Elderberry Dietary Supplement (Liquid)** Possible *Chametz*

**Unisom SleepTab (Tablet)** Recommended

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

**Lotion** All are recommended

## Toothpaste

Only recommended if known to be *Chametz*-free

## Vitamins

See *Medicine Guidelines above*

## Wipes

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

## FAQ Coated Pills

**Q** It says on your website that one can take any pill medication that is swallowed. Does that include coated pills such as Advil?

**A** Most pills which are meant to be swallowed are coated with a glaze, wax, or shellac, which makes the pills easier to swallow, and some of these coatings have some form of simple sugar (e.g., sucrose). None of these ingredients are problematic for Pesach.

In rare cases, though, a pill has a flavor or is coated with sweeteners which are Pesach-sensitive (e.g., sorbitol or mannitol). These are listed as inactive ingredients, and we don't recommend them for Pesach. One example of this are some Advil brand products. The inactive ingredient panel occasionally lists that the coating contains mannitol or a flavor, and those items are not recommended.



# FRUIT & VEGETABLE BUG CHECKING GUIDE

## A Sampling

Below you will find the current cRc position on a few popular items. Infestation levels change due to numerous factors, including seasons, growing environments, and global imports; therefore, the cRc constantly reviews its policies and cleaning methodologies. The instructions noted below represent the most updated information as of the printing of this guide. For current information, please search at [www.ASKcRc.org](http://www.ASKcRc.org). For instructions on the thrip-cloth method, see next page.

### Asparagus

**FRESH GREEN ASPARAGUS** must have the tips cut off and discarded. One should either peel the entire sides of the asparagus or remove all the triangular side leaves and wash well. **CANNED** are permissible only with a reliable kosher certification. **FROZEN** are only permissible with reliable kosher certification or if one follows the steps above. **FRESH WHITE ASPARAGUS** can be used after simply rinsing it well.

### Bell peppers

All **BELL PEPPERS** must have the crown/stem area removed and the rest of the outside of the pepper be rinsed and rubbed (especially in the grooves) under running water. This is true for **MINI PEPPERS** as well. They may not be roasted whole. The crown/stem area must be chopped off, and then washed and rubbed very well.

### Blueberries, fresh

Agitate the **BLUEBERRIES** in soapy water for a minute, and then agitate one more time in plain water. This does not apply to **ORGANIC** and **U-PICK BLUEBERRIES** which require the thrip-cloth method.

### Celery stalks

**NON-ORGANIC** – cut away and discard the leaves, then wash each stalk under a stream of water.

**ORGANIC** – cut away and discard the leaves, place the stalks in a bowl of soapy water, and then wash each stalk under a stream of water.

### Endives, Belgian, fresh

Separate the leaves and wash each one individually under a stream of water.

### Endives, fresh

Use cRc thrip-cloth method.

### Fennel, fresh

**FENNEL FRONDS** — Use cRc thrip-cloth method.

**FENNEL STALKS** — Wash each stalk under a stream of water.

**FENNEL BULB** — Either check carefully between each layer or wash each layer off individually.

### Garlic, fresh

Peel and rinse. Cloves need to be separated.

### Grapes

Separate the large bunch of grapes into 3 or 4 smaller bunches and rinse under cold water.

### Leeks

Cut along full length of the leek so every leaf is separated. Wash each leaf thoroughly under running water.

### Lettuce, Romaine, fresh

Use cRc thrip-cloth method.

For **ROMAINE NON-ORGANIC HEARTS**, the following alternative method may be utilized:

1. Separate the leaves from the hearts, place them in a bowl of soapy water, and agitate for approximately one minute.
2. Remove lettuce from the soapy water and gently rub all areas of both sides of the leaves with a sponge (this includes flattening the curled up edges so that they can be scrubbed).
3. Rinse each leaf under running water, front and back, while running your fingers across the entire leaf to undo the folds.
4. Start again by putting the lettuce back into a fresh bowl of soapy water and agitate the leaves for about a minute.
5. Rinse each leaf under running water, front and back.

If this alternative method is not convenient, use cRc thrip-cloth method.

## FAQ Vegetable Wash

**Q** Does vegetable wash require *hashgachah* for Pesach?

**A** Yes, it does. Although there are a few kosher vegetable washes on the market, to the best of our knowledge, none of them are certified for Pesach. You can substitute a small amount of dish liquid (any is acceptable) which will do the same job, if not better.

The cRc is proud to maintain a full database of common fruits and vegetables purchased in the United States and their respective proper checking methods. The full range of fruits and vegetables can be found by searching [consumer.crc kosher.org/consumer/fruitsvegetables](http://consumer.crc kosher.org/consumer/fruitsvegetables).



## Mushrooms, fresh

**STANDARD (BUTTON) FRESH MUSHROOMS** can be used after they are washed well. For **PORTOBELLO MUSHROOMS**, make sure the washing includes the fan area. For **SHITAKE MUSHROOMS**, wash each one individually under a strong stream of water. **OYSTER, PORCINI**, and **MOREL MUSHROOMS** are not recommended.

## Parsley and other herbs, fresh

Use cRc thrip-cloth method.

## Scallions (green onions), raw

Check for leaf miners on the tubes/stems. If a leaf miner trail is found, then remove the entire trail.

Dice the entire scallion into small pieces. Place into a bowl of water with a little bit of soap, and agitate for approximately 30 seconds. Pour into a strainer and rinse.

Alternatively, slice the entire scallion across its length, and check carefully for insects.

## Strawberries, fresh

1. Cut or pluck off green tops.
2. Place strawberries into a bowl of soapy water and strongly swish them around for about a minute. Water should be approximately the ratio of 8 cups of water to 1 tablespoon of (a non-fragranced) soap.
3. Remove soapy strawberries and place them into a bowl of plain water. Swish around for about 30 seconds to a minute.
4. Remove strawberries and place them into a new bowl of soapy water (see above for amount of soap) and swish them around again for about 30 seconds to a minute.
5. Rinse and enjoy.

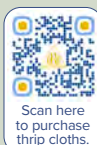
Please note that this does not apply to organic strawberries that are very difficult to get cleaned and therefore should be avoided at this time. Of course, if one wants to avoid the above steps, one can eat the strawberries (even organic) by simply cutting off the tops and peeling off the entire outside of the strawberries, followed by a rinse.

# THRIP-CLOTH METHOD

## Supplies

You will need a thrip cloth, light box, large bowl, dish soap, and 2 strainers.

"Thrip cloths" are fine silk cloths which filter insects from water; they are available for purchase from the cRc. Seventh Generation Free and Clear dish soap is a good choice for this procedure. cRc does not recommend the use of salt water or vinegar to properly remove insects from fruits and vegetables.



## Procedure

1. Separate the leaves and place them into a bowl of water.
2. Put enough dish soap or kosher vegetable wash into the bowl until the water and leaves feel somewhat slippery.
3. Soak and agitate the leaves in the soapy water for 1-2 minutes.
4. Remove the leaves from the bowl and discard the water.
5. Repeat Steps 2-4. Alternatively, put the leaves in a bowl of water to soak, and wash both sides of each leaf under running water.
6. Place leaves into a bowl of fresh soapy water and agitate for 1-2 minutes.
7. Remove leaves and pour the soapy water through a thrip cloth which is sandwiched between 2 strainers.
8. Check the cloth carefully on top of a light box. If no insects are found, rinse and enjoy. If an insect is found, repeat Steps 6-8. If insects are found after performing these procedures 3 times, the produce is overly infested and should be discarded.



Watch Rabbi Yisroel Langer demonstrating the thrip-cloth method.



# MILK SUBSTITUTES, NUTRITIONAL SUPPLEMENTS, AND INFANT FORMULAS

The OU has researched the following milk substitutes, nutritional supplements, and infant formulas, and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo.

Most of these products contain *kitniyos*, and for some that is the primary ingredient. Accordingly, consumers should consult with their Rabbi before deciding to use these items which are not fully kosher for Pesach. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one. Products should be purchased before Pesach and be maintained segregated from Kosher for Pesach foods.

## Milk Substitutes

• Blue Diamond Almond Breeze Original Unsweetened Almond Milk (pareve) • Califia Farms Go Coconuts Coconut Milk • Westsoy West Life Plain Soy Milk

## Medical Nutritional Supplements

• Abound • Arginaid • Arginaid Extra • Benecalorie • Beneprotein • Boost Glucose Control • Boost High Protein • Boost Nutritional Pudding • Boost Plus • Calcilo XD • Cyclinex • Diabetishield • Diabetisource AC • Elecare • Enlive • Ensure (all shakes, all liquids, all powders, all flavors, excluding bars) • Fibersource HN • Glucerna (all shakes, all powders, all flavors, excluding bars) • Hi-Cal • Hominex • Isosource • Isosource HN with Fiber • I-Valex • Jevity (all liquids, all powders) • Juven • Ketonex • Nepro (all shakes, all powders, all flavors) • Novasource Renal Nutren (Product line) • Nutren (unflavored) • Osmolite (all) • Perative • Phenex • Portagen • Promote (except Promote with Fiber) • Propimex • Provimin • Pulmocare (all flavors) • RCF • Resource 2.0 • Resource Dairy Thick • Resource Diabetic • Resource Milk Shake Mix • Resource Thicken Up • Resource Thickened Juice • Resource Shake Plus Simply Thick • Suplena with Carbsteady • Thick & Easy (all) • Thick-It • Twocal HN • Tyrex • Vital Peptide • Vivonex Pediatric • Vivonex Plus • Vivonex Ten

## Pediatric Supplements

• Boost Kid Essentials, 1.0, 1.5 • Boost Kid Essentials with Fiber • Di-Vi-Sol • Fer-In-Sol Drops • Poly-Vi-Sol Drops • Tri-Vi-Sol Drops • Resource Just for Kids with Fiber • Pediasure (all shakes, all liquids, all powders, all flavors, excluding bars) • Pro-Phree

## Electrolytes and Oral Rehydration

• Bright Beginnings • Comforts for Baby • Cottontails • CVS • Enfamil Enfalyte Oral Electrolyte Solution • Goodness • H-E-B Baby • Home 360 Baby • Meijer • Mom to Mom • Naturalyte • Parent's Choice • Pedialyte (all flavors) • Top Care • Walgreen's • Western Family

## Infant Formulas

• 365 Everyday Value • Ahold • Always My Baby • Baby Basics • Being Well • Berkley & Jensen • Bobbie • Bright Beginnings • CareOne • Comfort • Cottontails • Cozy Care • CVS • Daily Source • D-G Health • Earth's Best • EnfaCare (all liquids, all powders) • Enfagrow (all liquids, all powders) • Enfamil (all liquids, all powders) • EnfaPort (all liquids, all powders) • Equate • Food Lion • Full Circle • Gerber Good Start • Giant • Giant Eagle Baby • Good Sense • HannaFord • Happy Baby • H-E-B • Heinz Nurture • Home 360 Baby • Isomil (all liquids, all powders) • Ketonex • Kirkland Signature • Laura Lynn • Lidl • Life Brand • Meijer Baby • Member's Mark • Mom to Mom • Mother's Choice • Nature's Place • Nestle Good Start • Next Step • NutraEnfant • O Organic • Parent's Choice • Premier Value • President's Choice • Price Chopper • ProSobee (all liquids, all powders) • PurAmino • Publix • RCF • Rite Aid • Shopko • Signature Care • Similac (all liquids, all powders) • Simply Right • Sound Body • Stop & Shop • Sunrise • Supervalu • Target • Tippy Toes by TopCare • Top Care • Topco • True Goodness • Tyrex • Up & Up • Vermont Organics • Walgreens • Wegmans • Welby • Well Beginnings • Wellsley Farms • Western Family

## Baby Food

First Choice Baby Food: Applesauce, Carrots, Pears, and Sweet Potatoes are approved when bearing an OU-P or OU Kosher for Passover symbol.

# PESACH PET FOOD



On Pesach, a Jew may not eat, own, or derive benefit from *chametz*, but he may own or have benefit from *kitniyos*. Accordingly, in addition to year-round concerns about meat and milk ingredients in the same product, pet food must be free of *chametz* if one will own or use it on Pesach. The following are pointers to help you read the pet food's ingredient panel to determine if there is any *chametz* present.

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer's yeast, malt, pasta, xanthan gum, and other generic terms which may refer to a *chametz* ingredient (e.g., flour, gluten, middlings, starch, et al.). If any of these are present, you should not own or use this pet food on Pesach.
2. Many varieties of pet food contain a multitude of vitamins and minerals. Although there is a chance some might be *chametz*, they typically comprise such a small percentage of the food that they are *batel*, and do not pose a concern.
3. Some common ingredients which do not pose a Pesach concern are:
  - A. **Animal, poultry, and fish products.**
  - B. **Vegetables**, such as alfalfa, asparagus, beets, and carrots.
  - C. **Assorted *kitniyos* 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, carrageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey.

If you are unsure about any ingredients in a pet food, you might want to contact a *kashrus* professional for guidance.

## The following are recommendations for specific pets

To determine which of these are appropriate for your specific type of pet, please see additional guidance on our website, or check with your vet.

**Cats and Dogs** cRc Kosher approves many varieties of Evanger's brand as being free of *chametz* (and *basar b'chalav*). See the cRc website for details.

**Fish** tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers)

**Birds** millet, canary grass seed, rapeseed, alfalfa pellets (pure), safflower seeds, and sunflower seeds. Supplement with sliced grapes, berries, and canned baby fruit. For minerals, use oyster shells or mineral blocks.

**Small Mammals** millet, sunflower seeds, safflower seeds, timothy hay, potatoes, and small amounts of greens and vegetables. Supplement with grapes, apples, melons, and oranges.



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*. Whole insects (live or dead) with no additives or other ingredients are permissible.



# PESACH FAQs

## SHOPPING GUIDE FAQs

### Buy Before Pesach

**Q** I see that you recommend certain items for Pesach but say they should be bought before Yom Tov. If they do not contain any *chametz*, why can't I also buy them on Chol HaMoed?

**A** There are a handful of items – milk, eggs (in the shell), bagged salads, baby carrots – where (a) additives are used which might be *chametz* (though they probably aren't), (b) the additives are *batei b'shishim*, but (c) they're in stores very soon after they're processed. So, the milk, eggs, etc., which you buy on Chol HaMoed might have been produced on Pesach with a *chametz* additive which can't be *batei* (since it was added on Pesach). This is why we recommend that if these items aren't available with Pesach certification, you should buy them before Yom Tov.

### Contact Lens Solution

**Q** Do I need special contact lens solution for Pesach?

**A** We reviewed the ingredients used in several popular brands of contact lens solution and didn't see anything which was sensitive for Pesach. But since we haven't checked every brand, you're welcome to send a picture of the ingredient panel to [info@crckosher.org](mailto:info@crckosher.org), and one of our Rabbis will check on it for you.

### Alcohol

**Q** I know that alcohol can be made from wheat. What about things like isopropyl alcohol?

**A** Benzyl alcohol, methyl alcohol (a.k.a., methanol), isopropyl alcohol and stearyl alcohol aren't made from *chametz*. Ethyl alcohol, a.k.a. ethanol, can be made from *chametz*, and isoamyl alcohol is often a byproduct of whisky. [These might be listed as part of a compound, like ethyl acetate or isoamyl butyrate.] So, they're not recommended unless they are known to be *chametz*-free.

There are different opinions about whether denatured alcohol (SD alcohol) is forbidden on Pesach. The cRc position is that it's fine in a product manufactured in the U.S.

### Seltzer

**Q** Why does the cRc require a Pesach *hechsher* on unflavored seltzer?

**A** There are several ways to collect the carbon dioxide that's used to make seltzer. One source is a byproduct of beer or whisky production, and of course, beer and (just about all) whisky are *chametz*. There's a difference of Rabbinic opinion about whether the *chametz* status transfers to the carbon dioxide gas. Some say that since carbon dioxide is a gas, and it's "scrubbed" of all *chametz* taste, it's permitted on Pesach, despite the *chametz* source. The cRc follows the stricter opinion that treats the gas as *chametz*, since it's a direct result of the beer or whisky production. If you get seltzer with a reliable Pesach *hechsher*, you can be sure that it's not coming from a *chametz* source.

### Disposable Gloves

**Q** Is there anything wrong with using disposable gloves on Pesach?

**A** Disposable gloves aren't inherently problematic for Pesach, but some are coated with powder to prevent the gloves from sticking. The powder is likely made from *kitniyos* or an innocuous material, but it's possible that it will be *chametz*. For example, a company recently began marketing disposable gloves which are dusted with colloidal oatmeal to help hydrate the skin inside the glove. Accordingly, we recommend that people only use powder-free gloves or ones that are known to not have *chametz* issues.

### Bottled Water

**Q** Is bottled water acceptable for Pesach without special certification?

**A** Yes, and this is true even if the water also has these minerals: calcium chloride, magnesium chloride, magnesium oxide, magnesium sulfate, potassium bicarbonate, potassium chloride, sodium bicarbonate, or sodium chloride. But if it has any flavors, vitamins, and/or citrates (e.g., calcium citrate), then it should only be used with kosher for Pesach certification.



## Toothpaste

**Q** Is it okay to use my regular toothpaste on Pesach?

**A** Some *Poskim* hold that toothpaste is considered inedible, since any food that tastes like toothpaste would never be served as a meal item. This is why many Rabbis allow the use of any toothpaste (year-round), despite the possibility that the glycerin in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is *halachically* considered edible, since we put toothpaste in our mouths every day (and young children like to eat it). Some follow that position all year-round and will only use a toothpaste that is certified as kosher (or free of glycerin).

The cRc accepts the lenient approach as relates to year-round use but recommends that one be *machmir* for Pesach – that you should only use a toothpaste that's known to be *chametz*-free.

What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste has sorbitol, which is created by "hydrogenating" glucose, which can be derived from *chametz*, *kitniyos*, or completely innocuous ingredients, and, though most glucose and sorbitol in the U.S. is not made from *chametz*, we can't recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.

## KASHERING THE KITCHEN FAQs

### Braces

**Q** How should I clean out my braces after eating *chametz* for the last time before Pesach?

**A** We have been told by orthodontists that [for those people who do not have a water-flosser (e.g., Waterpik)] the best way to clean braces is to use a "proxal brush" which has a narrow-bristled end that fits between the different wires and brackets. It is an inexpensive and effective tool for removing all residue from braces and other dental appliances.

### Steamers

**Q** Can I *kasher* my countertops with a steamer?

**A** The general rule (as per *Iggeros Moshe* YD 1:60) is that *kashering* must be done with water in liquid form, and can't be done with steam. So, a steamer can only be used for *kashering* if two conditions are met. First, the steam must condense to the point that the whole area being *kashered* is covered with water, and second, that water must be at approximately the boiling point (212°F). Most steamers sold for cleaning purposes do not meet these criteria and can't be used for *kashering*, but Wagner Power Steamer 715 can be used, if one is diligent to use it slowly and with patience.

### Faucet With Spray Hose

**Q** The faucet in my new kitchen has a spray hose. Is the *kashering* of that faucet any different than a regular one?

**A** The first step in *kashering* any item is to remove all residual *chametz*. With this in mind, *Rema* 451:18 rules that any utensil which has small cracks and crevices where food might get caught should not be *kashered* for Pesach because of the difficulty in getting the utensil perfectly clean. This poses a concern for many pull-out faucets because the hose is made of a ribbed material where bits of food can get trapped and then fall out into the Pesach food. Accordingly, any faucet with this type of hose cannot be *kashered* for Pesach.

The good news is that the only concern is if the faucet is pulled out, thereby exposing the ribbed portion of the hose. Therefore, one may use the faucet on Pesach if (a) the hose is not pulled out, and (b) the rest of the faucet is *kashered* in the typical manner as described in our Pesach Guide and website.

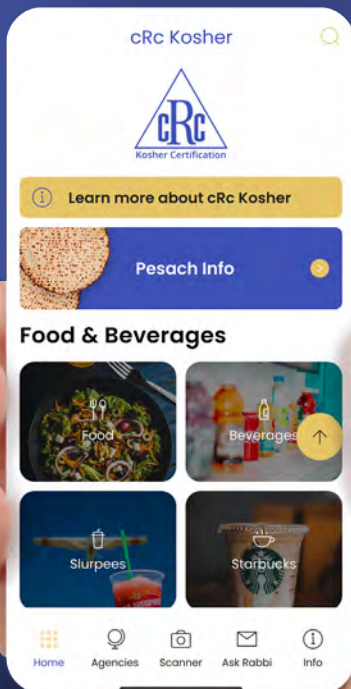
### Iron for Kashering

**Q** My son suggested we *kasher* our countertops by running a hot iron over them. Would this work?

**A** A counter can't be *kashered* with a clothing iron without any water present. Theoretically, hot water could be poured on the counter, and then the iron could be used to bring that water to a boil, but because it would be too difficult to know whether every single part of the countertop came into contact with boiling water, we wouldn't recommend it.

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