



VAAD HOEIR of ST. LOUIS ועד העיר סט. לואיס

Passover Guide

5776 - 2016

From the Executive Director

It is my pleasure to present to the St. Louis Jewish community, the 2016/5776 edition of our annual Kosher for Passover Product Information guide. I am sure it will be a helpful tool in preparing for yom tov.

Although it is impossible to cover each and every product, we have tried, in conjunction with other kashrus agencies, to cover the most common products about which we receive Passover inquiries. Please call the Vaad office for more information about specific medications and cosmetics.

In response to numerous requests, a list of accepted kosher symbols is attached to this guide. This list is by no means comprehensive, but does include the most commonly seen national and international kosher symbols accepted by the Vaad and with whom the Vaad has working relationships. 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.

To produce a guide such as this requires hours

and hours of research and resources that are beyond the capability of the Vaad Hoeir. Therefore, the Chicago Rabbinical Council graciously has given the Vaad permission to use sections of their publication on condition that they remain in their original format. All credit for this remarkable publication is given to the cRc and is why the cRc logo appears along with the OV logo. I would like to express our great appreciation to Rabbi Sholem Fishbane, cRc Kashrus Administrator.

I also would like to take this opportunity to acknowledge my sincere appreciation to the **רבנים אחראים** of the Vaad for their involvement in, support of and commitment to kashrus in St. Louis. My sincere appreciation goes to the Vaad Executive Board for their keen interest in the success and well-being of this organization. I would be remiss not to acknowledge the dedication and tireless efforts of the Vaad office staff and field representatives. Special thanks also are due to Mrs. Stacy Kass for the talented and professional graphic layout of this publication.

Best wishes for a Chag Kashur v'Sameach.

Rabbi Zvi Zuravin
*Executive Director of
the Vaad Hoeir of St. Louis*

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of St. Louis
ועד העיר סט. לואיס

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March 2016

The Vaad Hoeir of St. Louis is pleased to present the 2016/5776 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 Kashur v'Sameach to you and your families.

Perry Mendelson
President

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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'etzem 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 2016

Thursday, April 21

Bedikas Chametz

On Thursday night after Tzais HaKochavim (8:28 PM), one should immediately perform Bedikas Chametz (Search for Leaven). The Beracha and Kol Chamira are recited as usual.

Friday, April 22

Taanis Bechorim

(Fast of the Firstborn)

Chametz may not be eaten after 10:20 AM according to the Magen Avraham or after 10:44 AM according to the Grah.

Friday, April 22

Biur Chametz

(Burning of the Chametz),

the Sale and Nullification of Chametz (Bitul) must be completed by 11:40 AM according to the Magen Avraham or by 11:52 AM according to the Grah.

Friday, April 22

1st Night of Passover

Candle lighting time Shabbos, is 7:24 PM.

Saturday, April 23

2nd Night of Passover

Candle Lighting time is not before 8:31 PM.

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

Chatzos (Midnight) for the first two nights of Passover is 12:59 AM.

Thursday, April 28

7th Night of Passover

Eruv Tavshilin

Candle lighting time is 7:30 PM.

Friday, April 29

8th night of Passover

Candle lighting time 7:31 PM.

Saturday, April 30

Yizkor is said on the 8th Day of Passover.

Saturday, April 30

Passover ends

With nightfall at 8:37 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, April 22, 2016 – Erev Pesach, 9 AM – 5 PM

Thursday, April 28, 2016 – Erev Yom Tov, 9 AM – 5 PM

Shabbos Mikvah Schedule for Men

April 21 - April 23 (Thursday-Shabbos, 1st Day Yom Tov) - **Not Available**

April 24 - April 26 (Sunday, 2nd Day Yom Tov – Tuesday) - **Available**

April 27 - April 29 (Wednesday – Friday, 7th day Yom Tov) - **Not Available**

April 30 - Shabbos, last day Yom Tov - **Available**

Regular schedule resumes, Shabbos, April 30.



Passover Schedule 2016

The Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Moas Chitim Fund

Please consider making a gift to the Vaad Hoeir Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Moas 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 Moas Chitim and send to Vaad Hoeir of St. Louis, 4 Millstone Campus, St. Louis, MO 63146. You can also make a donation using your credit card by going to: 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 **Sunday, April 17, 9:00 AM to 5:00 PM and on Tuesday, April 19 9:00 AM to 5:00 PM.**

Rabbi Yosef Landa will be onsite, **Sunday, April 17, 9:30 AM – 11:30 AM**, to answer Pesach questions.

Rabbi Menachem Greenblatt will be onsite on **Tuesday, April 19, 9:30 AM – 11:30 AM**, to answer Pesach questions.

Kalim Mikvah

Special arrangements have been made to have the Kalim Mikvah available for use using the combination. Please call the Vaad office for further details.

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.

HORSERADISH: Superior, when bearing the OV Kosher for Passover sticker.

MILK (Fresh - Non Cholov Yisroel):

Schnucks: Prairie Farms, all types of white milk in plastic gallon and ½ gallon jugs, when bearing a "KP-16" 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.

Medicine & Cosmetics

Please Note:

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

Medicines Guidelines

- All pill medication – with or without chametz – that one swallows is permitted.
- 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 and throughout the year. 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 or on our smartphone apps.

Cosmetics & Toiletries

- All varieties of blush, body soap, creams, eye shadow, eyeliner, face powder, foot powder, 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 liquid deodorants, hairsprays, perfumes, colognes, and shaving lotions contain denatured alcohol, and therefore should not be used on Pesach unless they are listed as chametz-free on a reliable list of Pesach products.
- Lipstick, mouthwash and toothpaste which contain chametz should not be used.

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 or contact the Vaad Hoeir office (314) 569-2770 closer to Passover, since changes may have taken place after publication of this guide.

Allergy

Adwe Allergy Relief (Liquid).....	Recommended
Allegra Children's Liquid Suspension.....	Possible chametz
Allegra Children's Orally Disintegrating Tablet	
.....	Possible chametz
Claritin Children's Chewable	Possible chametz
Zyrtec Children's Allergy Indoor & Outdoor Allergies	
.....	Possible chametz
Zyrtec Dissolve Tabs	Possible chametz

Antacid / Digestion / Gas

Adwe Calcium Heartburn Relief	Recommended
Adwe Ko-Lanta Antacid Anti-gas	Recommended
Alka Seltzer Alka-Seltzer Xtra Strength	
(Effervescent Tablets)	Possible chametz
Alka Seltzer Original Effervescent Tabs	
.....	Possible chametz
Culturelle Digestive Health Capsules.....	Possible chametz
Culturelle Kids Chewables	Possible chametz
Culturelle Kids Packets	Not Recommended
Gas-X Extra Strength Chewables Cherry Crème	
.....	Possible chametz
Gas-X Extra Strength Chewables Peppermint Crème	
.....	Possible chametz
Gas-X Extra Strength Thin Strips (Meltaway)	
.....	Possible chametz
Gaviscon Extra Strength Cherry (Chewables)	
.....	Possible chametz
Gaviscon Extra Strength Original (Chewable)	
.....	Possible chametz
Imodium AD For Ages 6 & Up Liquid	
.....	Possible chametz
Imodium AD Liquid.....	Possible chametz
Imodium AD Multisymptom Relief Caplets	
.....	Recommended
Kaopectate Max Peppermint (Liquid)	
.....	Possible chametz
Kaopectate Vanilla Regular Flavor (Liquid)	
.....	Possible chametz
Pepcid Complete Berry Flavor Chewables (Dairy)	
.....	Possible chametz
Pepcid Complete Cool Mint Chewables (Dairy)	
.....	Possible chametz
Pepto Bismol 5 Symptom Relief Caplets	
.....	Recommended
Pepto Bismol 5 Symptom Relief Cherry (Liquid)	
.....	Possible chametz
Pepto Bismol 5 Symptom Relief Chewable	
.....	Possible chametz
Pepto Bismol Children's Pepto Bubble Gum Flavor	
(Chewable).....	Possible chametz
Pepto Bismol Max Strength.....	Possible chametz
Tums (all varieties)	Possible chametz

Blush All are recommended

Body Soap All are recommended

Cologne

Only recommended if known to be *chametz*-free

Cough, Cold & Flu

Adwe Cough Syrup Tussin (Liquid)	Recommended
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Alka Seltzer Plus Severe Cold & Flu Formula	
(Effervescent Tablets)	Possible chametz
Cold-EEZE Daytime QuickMelts (Meltaway	
.....	Possible chametz
Cold-EEZE Nighttime QuickMelts (
Quickmelt tablet)	Possible chametz
Diabetic Tussin Nighttime Cold & Flu Formula	
(Liquid).....	Possible chametz
Dr Cocoa Nighttime Cough and Cold (Liquid)	
.....	Not Recommended
Dr Cocoa Non-Drowsy Cough (Liquid)	
.....	Not Recommended
Theraflu Multi-Symptom Severe Cold (Packets)	
.....	Possible chametz
Thera-Flu Nighttime Severe Cold and Cough Powder	
(Powder).....	Possible chametz
Triaminic Children's Night Time Cold and Cough	
(Liquid).....	Not Recommended
Triaminic Day Time Cold & Cough Cherry Flavor	
(Liquid).....	Chametz (not recommended)
Triaminic Night Time Cough and Cold (Liquid)	
.....	Not Recommended
Tylenol Cold Sore Throat Cool Burst (Liquid)	
.....	Possible chametz
Vicks Nyquil Children's Cold and Cough (Liquid)	
.....	Possible chametz
Vicks Nyquil Liquid Cold and Flu (Liquid)	
.....	Possible chametz
Zicam Rapid Melt Tablets.....	Possible chametz
Delsym Children's 12 Hour Cough Liquid	
.....	Possible chametz
Delsym Children's 12 Hour Cough Liquid	
.....	Possible chametz
Delsym Liquid Cough Suppressant	
.....	Possible chametz
Diabetic Tussin DM Max Strength Cough	
Suppressant/Expectorant	Possible chametz
Little Remedies Honey Cough Syrup (liquid)	
.....	Possible chametz
Mucinex Chest Congestion Mini-Melts for Kids	
(Dissolving Granules).....	Possible chametz
Vick's DayQuil Cough (Liquid)	Possible chametz
Vicks Nyquil Cough (Liquid)	Possible chametz
Zarbee's Children's Nighttime Cough Syrup Grape	
Flavor (Liquid)	Possible chametz
Zarbee's Naturals Children's Cough Syrup (Liquid)	
.....	Possible chametz

Creams All are recommended

DeodorantGeneral Recommendation

Gel.....	All are recommended
Liquid.....	Possible <i>chametz</i>
Spray.....	Possible <i>chametz</i>
Stick	All are recommended

Specific Products

Arrid Extra Dry XX	Recommended
Arrid Extra Extra Dry XX	Recommended
Axe Deodorant (most varieties)	Possible chametz

Axe White Label Dry Spray Antiperspirant Recommended
 Degree Antiperspirant Spray Recommended
 Degree Dry Spray Recommended
 Degree Men Dry Spray Recommended
 Old Spice Refresh Body Spray..... Possible chametz
 Right Guard Sport (original) Recommended
 Right Guard Sport 3-D Odor Defense..Recommended
 Secret Deodorant..... Recommended
 Secret Refresh Body Spray..... Possible chametz
Fiber Supplementssee Laxatives
Face Powder All are recommended
Fever Reducer / Pain Relief
 Adwe Fever-Ex (Liquid) Recommended
 CVS Extra Strength Pain Relief Adult Liquid
 Acetaminophen Rapid Burst (Cherry)
 Recommended
 [consult with doctor for children's dosaging]
 Up & Up Children's Acetaminophen Melty Tabs
 (tablet)..... Recommended
 Walgreens Extra Strength Pain Reliever Acetaminophen
 (Cherry Flavor) (Liquid)..... Recommended
 [consult with doctor for children's dosaging]
 Walgreens Junior Strength Ibuprofen 100 Chewable
 Tablets (Orange or Grape flavor) Recommended
Foot Powder All are recommended
Gas see Antacid/Digestion/Gas
Hairspray and Mousse
 Alberto VO5 Hairspray (assorted varieties)
 Possible chametz
 Consort Hairspray for Men..... Possible chametz
 Dove Dry Spray Recommended
 Dove Hairspray Possible chametz
 Dove Men Care Dry Spray..... Recommended
 Dove Mousse Recommended
 Herbal Essences Mousse..... Recommended
 L'oreal Mousse Recommended
 Matrix Hairspray (assorted varieties)
 Possible chametz
 Pantene Hairspray Possible chametz
 Pantene Mousse Recommended
 Paul Mitchell Hairspray (assorted varieties)
 Possible chametz
 Redken Full Frame 07 Mousse..... Recommended
 Redken Hairspray Possible chametz
 Rusk Hairspray Possible chametz
 Sebastian Hairspray Possible chametz
 Suave Hairspray Possible chametz
 Suave Max Hold Mousse..... Recommended
 TRESemme Hairspray Possible chametz
 TRESemme Mousse Recommended
 White Rain Hairspray..... Possible chametz
Indigestion see Antacid/Digestion/Gas
Laxatives / Fiber Supplements
 Benefiber Healthy Shape (Powder)
 Chametz (Not Recommended)
 Benefiber Powder (powder)
 Chametz (Not Recommended)

Benefiber Stick Packs (unflavored) (Powder)
 Chametz (Not Recommended)
 Citrucel Caplets (Caplets) Recommended
 Dulcolax Suppository (Suppository) Recommended
 Epsom Salt (pure) Generic or Branded versions
 (Powder)..... Recommended
 Ex-Lax Tablets (Tablets) Recommended
 Fibercon Caplets (Caplet) Recommended
 Metamucil Original Coarse (Powder)... Recommended
 Mineral Oil (pure, liquid) Recommended
 Miralax Powder (Powder)..... Recommended
 Pedia-Lax Suppository (Suppository) ... Recommended
 Peri-Colase Tablets Recommended
 Phillips Milk of Magnesia Caplets..... Recommended
 Phillips Milk of Magnesia Original Liquid
 (unflavored)..... Recommended
 Prunelax Ciruelax Tablets..... Recommended
 Senokot Tablets..... Recommended
 Senokot-S Tablets..... Recommended
 Walgreens Mineral Oil (Liquid) Recommended
 Phillips Milk of Magnesia Fresh Mint (Liquid)
 Possible chametz
Lipstick
 Almay Liquid Lip Balm Recommended
 Almay Smart Shade Butter Kiss..... Recommended
 Bare Minerals Loud and Clear Lipsheer
 Recommended
 Bare Minerals Marvelous Moxie Lipgloss
 Recommended
 Bare Minerals Marvelous Moxie Lipgloss-Hypnotist
 Recommended
 Bare Minerals Marvelous Moxie Lipstick-Break Away .
 Recommended
 Bare Minerals Marvelous Moxie- Live Large
 Recommended
 Bare Minerals Marvelous Moxie- Raise the Bar
 Recommended
 Bare Minerals Marvelous Moxie Lipstick in Take
 Charge..... Recommended
 Bare Minerals Modern Pop Marvelous Moxie Lipstick
 in Dream Big..... Recommended
 Bare Minerals Pop of Passion Lip Oil-Balm
 Possible chametz
 Bare Minerals Pretty Amazing Lipcolor
 Possible chametz
 Bobbie Brown Sheer Lip Color Recommended
 Bobbie Brown Creamy Lip Color
 Possible chametz
 Bobbie Brown Creamy Matte Lip Color
 Recommended
 Bobbie Brown Lip Color..... Recommended
 Bobbie Brown Lip Color in Shimmer Finish
 Not Recommended
 Bobbie Brown Rich Lip Color Possible chametz
 Lancome Color Design Jason Wu Collection Lip
 Color..... Recommended
 Lancome Color Design Sensational Effects
 Recommended

Lancome Baume In Love Recommended
 Lancome Color Design Limited Edition
 Recommended
 Lancome Color Design Matte Lip Color
 Recommended
 Lancome Color Design Matte Lip Crayon
 Recommended
 Lancome L'absolu Nu Recommended
 Lancome L'absolu Rouge Advanced Replenishing &
 Reshaping Lipcolor Pro-Xylane Recommended
 Lancome L'absolu Rouge Definition Recommended
 Lancome L'absolu Rouge Long-Wear Advanced
 Replenishing & Reshaping Lipcolor
 Recommended
 Lancome L'absolu Velours Recommended
 Lancome Rouge In Love Recommended
 Lancome Shine Lover..... Recommended
 L'oreal Colour Caresse Wet Shine Stain
 Possible chametz
 L'oreal Colour Riche Collection Exclusive Red
 Lipcolor..... Recommended
 L'oreal Colour Riche Le Gloss..... Recommended
 L'oreal Colour Riche Lipcolour Recommended
 L'oreal Extraordinaire By Colour Riche Recommended
 L'oreal Infallible 8 Hr Le Gloss..... Recommended
 L'oreal Infallible 8 Hr Plumping Gloss
 Possible chametz
 L'oreal Infallible Le Rouge..... Recommended
 L'oreal Infallible Pro-Matte Gloss..... Recommended
 Revlon Colorstay Overtime Lipcolor Basecoat
 Recommended
 Revlon Colorstay Overtime Lipcolor Topcoat
 Recommended
 Revlon Colorstay Ultimate Suede Lipstick
 Recommended
 Revlon Just Bitten Lip Balm..... Recommended
 Revlon Just Bitten Lipstain Possible chametz
 Revlon Super Lustrous High Shine Lipstick
 Recommended
 Revlon Super Lustrous Lipstick Cream.. Recommended
 Revlon Super Lustrous Matte..... Recommended
 Revlon Super Lustrous Pearl..... Recommended
Lotions All are recommended
Mascara All are recommended
Miscellaneous
 Asthma Inhalers, all types (Liquid Vapor)
 Recommended
 Bayer Low Dose Baby Aspirin Chewables
 Possible chametz
 Bonine Bonine Complete Raspberry Flavored
 (Chewable)..... (Dairy) Possible chametz
 Castor Oil (pure, liquid) Recommended
 Chapstick Active Recommended
 Chapstick Classic Original Recommended
 Chapstick Moisturizer..... Recommended
 Citrus Magic Air Freshener Recommended
 Crest 3D White Whitestrips 1 Hour Express
 Recommended

Dramamine Chewables Orange Flavor
 Possible chametz
 Femcon Fe (brown and white pills) (chewable tablet
 (Dairy) Possible chametz
 Fixodent Extra Hold (Powder) Recommended
 Fixodent Food Seal (Gel) Possible chametz
 Fixodent Free (Gel) Recommended
 Fixodent Original (Gel) Recommended
 FlavorX (assorted flavors) (liquid) Possible chametz
 Floss, flavored Possible chametz
 Floss, unflavored Recommended
 Lip Balm Assorted..... Recommended
 Listerine PocketPaks Assorted varieties
 (Dissolving strip)..... Not Recommended
 NoDoz Alertness Aid (Pill) Recommended
 Polident 3 Minute (Tablet) Possible chametz
 Polident Overnight Whitening (Tablet)
 Possible chametz
 Polygrip Free (Gel)..... Recommended
 Polygrip Original (Gel) Recommended
 Vivarin (Tablet) Recommended

Mouth Pain Relief

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

Mousse see Hairspray and Mousse

Mouthwash

Only recommended if known to be *Chametz-free*

Nail Polish..... All are recommended

Ointments..... All are recommended

Perfume

Only recommended if known to be *Chametz-free*

Shampoo All are recommended

Shaving cream

Cream..... All are recommended
 Gels..... All are recommended
 Liquid..... Possible chametz
 Lotion..... All are recommended

Sleep Aids

Unisom PM Pain SleepCap (Caplet).... Recommended
 Unisom SleepTab (Tablet)..... Recommended
 Unisom QuickMelts (Meltaway)..... Possible chametz
 Vicks ZzzQuil Liquid Possible chametz

Toothpaste

Only recommended if known to be *Chametz-free*

Vitamins..... See Guidelines above

Wipes

Only recommended if free of ethyl alcohol, a.k.a.
 SD Alcohol (many are)
 Huggies Baby Wipes (assorted varieties)
 Recommended
 Pampers Baby Wipes (assorted varieties)
 Recommended

Passover Food for Pets

On Pesach, 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. While Ashkenazic Jews have a custom to not eat kitnios, they may own and derive benefit from them. To benefit pet owners, the cRc "certifies" certain varieties of pet food for Pesach, 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, 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 Pesach, it may be used on Pesach.

3. Some common ingredients used in pet food 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 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, carrageenan, 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 you might want to be in touch with 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 2016. Make sure to check all labels. A product listing both meat and dairy ingredients may not be used

Passover Food for Pets

any time during the year. Feed available at zoos is often chametz and should not be purchased or fed to the animals on Pesach. After Pesach, pet food with chametz may be purchased only from stores which are non-Jewish owned (e.g. Petsmart, Petco) or Jewish owned but have sold their chametz.

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

One may feed his pet any of the following items:

CATS:

Evanger's: Beef Tips with Gravy; Chicken Dinner; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; 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 (6 oz, 13 oz); 100% Buffalo; 100% Chicken (13 oz, 22 oz); 100% Duck; 100% Organic Chicken; 100% Organic



Turkey with Potatoes and Carrots; 100% Pheasant; 100% Sweet Potato;

All Natural Beef Liver Chunks; Beef with Chicken; Beef, Chicken, & Liver; Beef Chunks Dinner in Gravy; Beef Dinner; 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).

Passover Food for Pets



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.



Kashrus: Raw Fish on Pesach

RABBI SHOLEM FISHBANE *Kashruth Administrator*

Of the many

food items that grace our Shabbos and Yom Tov tables, almost nothing can spoil faster than fish. Even when the fish is no longer oif de velt, the enzymes that helped transfer the essential sugars and amino acids from the live fish's lunch to its muscles do not die with the fish. These active enzymes rapidly bring out self-digestion, affecting the flavor, texture, and appearance of the fish.

To this end, the customer is generally careful to only purchase healthy and wholesome-looking fish. Manufacturers of frozen fish have developed some innovative methods to keep their final product appealing, despite the natural obstacles they face. "Blast freezing" and "glazing" have been proven to be the best methods for preserving fish to maintain the attractive look and feel of fresh fish.



"Blast freezing" means to flash freeze the fish at minus 25° Fahrenheit, which instantly stops the aging of the fish. The fish does not regain its natural aging until it is thawed by the processor who

converts it to individual packaging, or your local fish store who thaws and fillets it, or places it whole on a bed of ice.

Before the blast freezing, many manufacturers glaze the fish by dipping each fish in an ice water solution, which protects the fish from dehydration while in cold storage. Some manufacturers glaze with pure ice water, while others add salt, sugar, or corn syrup solids to the water. One popular salmon company that adds both salt and corn syrup granules explained that the "salt softens the glaze to keep chipping from occurring, and the soluble corn syrup adds viscosity for better adherence".

In simpler terms, the corn syrup makes the glaze freeze evenly and assists in binding the ice to the fish. Aside from helping prevent "freezer burn," the glaze also acts as a barrier so that the fish do not stick to each other.

For those that do not eat kitniyos on Pesach, the question arises as to whether one should be concerned when purchasing raw fish that the fish may have some corn syrup residue. To answer this, we need to delve further into the glazing process. In

order to thaw frozen fish so that it appears as if it was caught that very morning, the purveyor must take special care to do so properly. Rapid thawing causes the cell walls of the fish to burst, resulting in loss of moisture and damaged fish. This means that improper thawing can result in dryness, off flavors, or even spoiling of the fish. Therefore, it is not recommended to thaw the fish via heat, but to slowly thaw it in cold water. Many processors thaw the glazed fish in a large vat of cold water, with air circulating through it. As the fish thaw, the water slowly takes in the melted corn syrup glaze. Luckily, the fish do not sit in the vat for more than 24 hours, so there is no issue of

Kashrus: Raw Fish on Pesach

kovush, however, there is a slight residue of corn syrup that remains on the fish.

We at the cRc have done extensive research on this issue by visiting cRc-certified manufacturers, contacting other manufacturers, contacting other mashgichim, and last but not least, by sending random fish samples for lab testing. Our research has shown that corn syrup glaze is primarily used only on Alaskan Wild Salmon. The fishing season is so short in Alaska that they need superior methods of freezing and shipping to preserve the quality of the fish for the rest of the year. Indeed, we have found that salmon

coming from Chile does not have these issues, as they are only glazing with salt water.

In truth, even the fish that is glazed with corn syrup is 100% permissible to eat on Pesach, as the amount of corn syrup added is always well below the shiur of bitul, which for kitniyos is bitul b'rov (Rema 453:1 as per Mishnah Berurah 453:9.) However, as with many items in kashrus – and specifically on Pesach – many people would rather not consume items that need an article such as this to explain why it is acceptable to eat. They would rather buy something that has no shailos to start off with – even

though the product in question is 100% permissible to eat according to halacha.

For those that would like to avoid such fish, as previously mentioned, you are safe if you choose the Chilean salmon, or fresh fish in the market. When you see fish in the grocery store labeled “previously frozen”, but it is unfrozen in the refrigerator section, it usually means the whole fish has been thawed, either by a processor or by the grocery chain’s seafood preparation area. These may have been glazed with the corn syrup, although it is botul.

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



Shopping Guide

PESACH 2016

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 kitniyot

Product	Status	Notes
Adhesive bandages	✓	
Air freshener		Liquid ▲ Solid ✓
Alcohol		For drinking ▲ Isopropyl alcohol ✓
Alfalfa	✗	Kitniyot
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	▲	Amaranth is not kitniyot but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	✗	Kitniyot
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
Baby formula		See Infant Formula pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is kitniyot
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	✓	
Beans	✗	Kitniyot

Product	Status	Notes
Bean sprouts	✗	Kitniyot
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	✗	Kitniyot
Buckwheat pillow	✓	One may own and derive benefit from kitniyot
Butter	▲	
Candles	✓	Scented is also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	✗	Kitniyot
Caraway	✗	Kitniyot
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See pet food pages
Charcoal	✓	
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See medicine letter (page 3)
Chewing tobacco	▲	Contains flavors
Chickpeas	✗	Kitniyot
Cigarettes	✓	

Shopping Guide

SHOPPING GUIDE – PESACH 2016

Product	Status	Notes
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's are 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
Confectionary sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander seeds	✗	Kinney
Corn & corn products (e.g. corn oil, corn syrup)	✗	Kinney
Corn remover	✓	
Cosmetics		See medicine and cosmetic pages
Crems (e.g. cosmetics)	✓	
Crock pot liner	✓	
Cumin	✗	Kinney
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Upton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant		See medicine and cosmetic pages
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds # (Kinney) Leaves ✓
Dishwashing soap	✓	
Dog food		See pet food pages
Dried fruit	▲	
e-Cigarette "juice"	▲	
Edamame	✗	Kinney
Eggs		Cooked or liquid ▲ (Whole and raw (including pasteurized) ✓)
Ensure		See nutritional supplement page

Product	Status	Notes
Eye drops	✓	
Eye liner	✓	
Eye shadow	✓	
Fabric protector	✓	
Fabric softener	✓	
Fennel		Seeds # (Kinney) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See pet food pages
Flax seeds		Flax seeds are not Kinney See grains
Flour	✗	Chmetz
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See nutritional supplement page
Foot powder	✓	
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 ✓ Peeked (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✗	Kinney
Gum (chewing)	▲	
Hair gel	✓	
Hairspray		See medicine and cosmetic pages
Hemp	✗	Kinney
Herbal tea	▲	
Honey	▲	
Horseshadish		Raw ✓ Prepared ▲
Hydrogen peroxide	✓	
Ice (in bag)	✓	
Ice cream	▲	
Ices	▲	

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

Shopping Guide

SHOPPING GUIDE – PESACH 2016

Product	Status	Notes
Infant formula		See baby formula
Insecticide		Sprays ✓ Some traps contain chemicals
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
Kasha	✗	Kittiyot
Ketchup	▲	
Kimmel	✗	Kittiyot
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	✗	Kittiyot
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 repackaged requires Pesach certification
Medicine		See medicine letter (page 3)
Milk	▲	See separate list of certified milk producers in the Midwest If certified is unavailable, buy before Pesach
Millet	✗	Kittiyot
Mineral oil	✓	
Mineral water		Acceptable if it does not contain carbonation, flavors or vitamins
Monosodium glutamate	▲	

Product	Status	Notes
Mousse (for hair)		See medicine and cosmetic pages
Mouthwash		See medicine and cosmetic pages
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	✗	Kittiyot
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplement (e.g., vitamins)		See nutritional supplement pages
Nuts		Products are Kittiyot ✗ Pecans (all shelled) ▲ Other nuts (not chopped) are acceptable without certification if free of BHA and BHT, and not bleached, roasted or ground
Ointments	✓	
Olive oil		Extra virgin (uniformly) ✓ Other types, including extra light ▲
Oil	▲	
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	✗	Kittiyot
Peas	✗	Kittiyot
Pecans (all shelled)	▲	
Perfume		See medicine and cosmetic pages
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 chemicals
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	

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

Shopping Guide

SHOPPING GUIDE – PESACH 2016

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

Product	Status	Notes
String beans	✗	Kittiyot
Styrofoam	✓	
Sugar		Brown sugar and confectionary sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	✗	Kittiyot
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	✗	Kittiyot
Tomato-based products	▲	
Toothpaste		See www.oreweb.org for updated information
Toothpicks		Toothpicks are acceptable unless flavored or colored
Turns	✗	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	▲	
Turmeric		Turmeric is not kittiyot. See spices
Vanilla	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads ▲ Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not kittiyot (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	✓	
White sugar		Pure sugar without additives is acceptable
Whitener (for coffee)	▲	
Wild rice	✗	Kittiyot
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 Rabbinite 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
(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 Kashruth 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

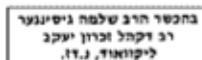


New Jersey

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



Double U
Kashrus Badatz Mehadrin USA
Rabbi Y. Shain
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Lakewood, NJ 08701



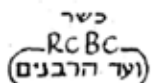
Rabbi Shlomo Gissinger
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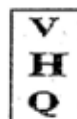
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