

Passover

בס"ד
OK VAAD HOEIR OF ST. LOUIS
GUIDE
5781-2021

INSIDE THE PASSOVER GUIDE:

CLEANING FOR PASSOVER...4

PASSOVER SCHEDULE...7

LOCALLY PRODUCED PASSOVER FOOD...8

QUICK WEB LINKS...9

MEDICINE, COSMETICS, & TOILETRIES... 10

KOSHER FOR PASSOVER PET FOOD... 17

PESACH SHOPPING GUIDE...20

KOSHER SYMBOLS...24

Dear Fellow Community Members,

We are pleased to present to you the 5781 Passover Guide of the Vaad Hoeir of St. Louis. You will find in the coming pages much useful information to help you prepare for yom tov.

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

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



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

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

As we have done in the past, we are including a list of accepted kosher symbols. The

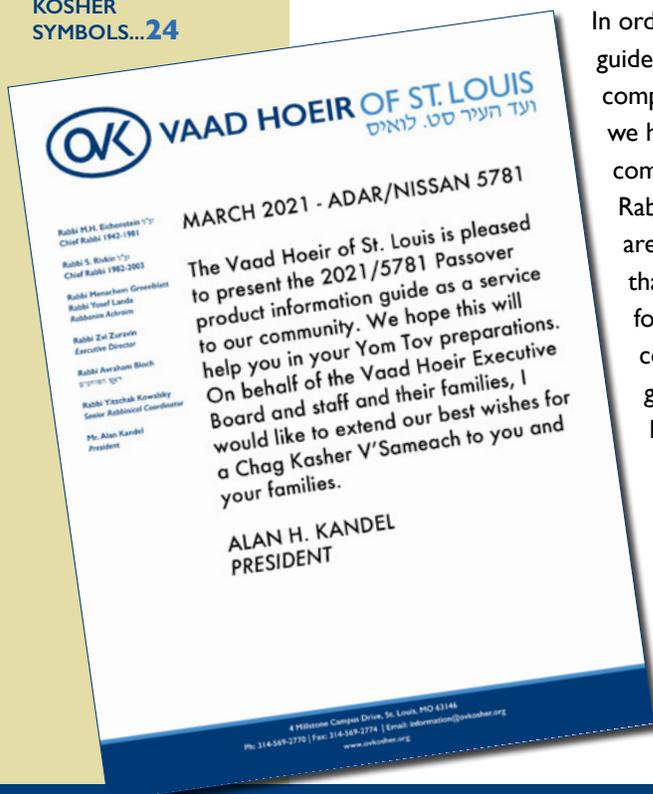
As well as a special thank you to Mr. Alan Kandel - President of the Board and his fellow board members for their continued efforts to insure the success of our organization.

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

Wishing you all a Chag Kosher V'Sameach,

Rabbi Zvi Zuravin
Executive Director

Rabbi Yitzchak Kowalsky
Senior Rabbinical Coordinator



TAKE IT HOME!

In the year of the Exodus, 2448 from creation, when Moshe Rabbeinu instructed the Jewish people to take “a lamb for each household” it meant quite literally that the sacrifice was to be performed *in* their homes. Indeed, the entire process of that first Pesach offering—the slaughtering, the placing of the blood upon the lintel and doorposts, as well as the eating of the Korban Pesach — all took place inside the home. However, with all the annual Passover offerings that were brought subsequent to that first year, the entire process, except for the consumption of the offering, took place in the Beit Hamikdash.

On the surface, the explanation for this unique characteristic of the first Korban Pesach is that it took place before there was a Beit Hamikdash. Since we didn’t have at that time a designated place where the Presence of G-d rested, neither the Mishkan (Tabernacle) nor the Beit Hamikdash (Temple), everyone could just bring the offering in their own home.

Upon deeper analysis, however, there seems to be more to this, because it was not merely *permitted* for the first Pesach offering to be performed at home, it was actually *required* that it be performed at home. It *couldn't* be done anywhere else. Remarkably, if we examine the verses in Shemot in which the Jews were initially commanded to bring the Korban Pesach, we find no less than twelve references of the word “home” (or variations thereof)! Surely there’s a deeper significance that lies herein.

Our question, in short, is what is the significance of the special requirement that the first Passover offering be performed

specifically at home, unlike all the subsequent Passover offerings, including those which will soon be performed again with the rebuilding of the Third Temple?



“The Jewish home is referred to as a “mikdash me’at” ; literally, a miniature sanctuary...”

Let’s examine this more closely. We know which of the two is holier, the Beit Hamikdash or the home; the synagogue or the home. Clearly, the Beit Hamikdash or synagogue is the holier location. There are scores of halachic imperatives that support that. The deeper question, however, is which of the two is more *important*? And that’s a very profound question...

The Jewish home is referred to as a “mikdash me’at”; literally, a miniature or microcosmic sanctuary. So we have the “Big Temple” located in Jerusalem (or at the synagogue) and the “Small Temple” located in each and every one of our homes.

The Temple that King Solomon built was a beautiful, ornately designed structure, but its purpose was not for its own grandeur but for the effect that it had on the outside world. That is why, our sages explain, the windows in the Holy Temple were built “shkufim atumim”—meaning narrow on the inside and wider on the outside.

In the days before electric lighting, windows were designed to maximize the amount of sunlight entering the home. Thus, in a home with thick walls, the windows were designed to be wider on the inside. In the Holy Temple, however, the design was reversed. This seemingly minor detail captures the underlying mission of the Beit Hamikdash. The Temple was not built to bring light *into* the Temple, but to radiate the spiritual glow of the Temple *outward*. The Holy Temple, as well as the

Letter From the רבנים אחרונים



Passover
GUIDE
5781-2021

contemporary Shul, are meant to enable Judaism to be lived and practiced in each and every individual space *outside* of the Beit Hamikdash... In the individual homes where the Jewish people live their daily lives together with their families.

Let's now go back to our original question. Why was the first ever Passover offering not merely *allowed* to be performed at home but *required* to be done there? The answer becomes abundantly clear.

The first Passover offering sent a message about what would become the ultimate mission of the Jewish people. The message was that while the *source* of holiness in the world would be the Temple, the *goal* of that holiness would be the Jewish home. Significantly, that point was made clear to us from the very get-go, even before we received the Torah, entered the Holy Land or built the Temple.

What this means for each of us, is that we are encouraged to refocus our attention inwardly, on the importance of our homes

and our families. We are called upon to realize that the goal of Yiddishkeit is not only what we do in synagogue, but more so what we take *from* the synagogue and implement *in* our homes and with the members of our families.



Our heartfelt wishes to each of you for a good, healthy and safe Yom Tov season. May Hashem shower upon us his abundant blessings, and just as He redeemed us from our Egyptian bondage, so shall he very soon redeem us from our current state of Galus with the coming of Moshiach, speedily!

A happy, HEALTHY and Kosher Pesach to one and all!

RABBANIM ACHRAIM

Rabbi Menachem Greenblatt
Rabbi Yosef Landa



Cleaning for Pesach

These notes are compiled from Rabbi Greenblatt's annual lecture to women as a guide to properly kasher for Pesach. Any questions on these halachos should please be directed to Rabbi Greenblatt.

I. Cleaning for Pesach:

- As an overall rule: Pesach cleaning ≠ spring cleaning! You can take this as an opportunity to clean your house/garage/car thoroughly, but that's not the point. For instance, dusting, weeding out your closets, etc. are not part of cleaning for Pesach, per se.
- Clothing: If you never put *chametz* in your pockets, then you do not have to go through cleaning them. But, since most all of us will put candy, etc. in our pockets at some time during the year, then you must go through to make sure that it's not there anymore.
- Books: If you want to use them at the table that you are eating on Pesach, then you should clean them out. This is because if you have even the smallest crumb in a book, and then bring it to the table and it mixes with your Pesach food, you may have rendered your food and dishes *trief*. You should not use *benchers* that you normally use during the year on Pesach. Put them away with the rest of the *chametz* stuff that you are going to sell.
- Pets: One cannot feed their pets *chametz* food, because if you own the pet and the pet benefits from the food, then you benefit from the food.
- School projects: One does not need to get rid of the cute noodle projects since the *chometz* on them is rendered inedible.
- Toys for outside only: These do not need to be thoroughly cleaned. A simple inspection will suffice.
- Anything truly beyond one's reach does not need to be



cleaned. For instance, if there is a space between your countertop in the kitchen and your fixed stove, then you do not need to try to squeeze between there or move the stove to clean that space. But, movable appliances (like many refrigerators) should be moved in order to clean behind and around them. A good rule of thumb is that if you do not move a piece of furniture during the year (i.e. a big dresser) then you do not need to move it to clean for Pesach.

- Small kitchen appliances (i.e. toasters, bread makers) that one is not going to use on Pesach do not need to be cleaned. Just put them away with the things that will be sold.
- Stains (like on books or clothing) are not a problem.

II. Kashering the Kitchen:

- Materials that can be *kashered* include metal, wood, natural stone and natural rubber.
- Materials that cannot be *kashered* include earthenware (ceramics), plastic, other synthetics.
- Regarding glass vessels, there is a possibility for them to be *kashered* with a special method called *milui v'irui*. It involves soaking the glass for 24 hours, three times. If one needs to do this, consult your Rav.
- The way to *kasher* something is dependent on the way in which it is used. In general, there are three ways to *kasher* items listed above.
 - o *Hagalah* (via boiling water)
 - o *Libun Kal* (dry heat which is hot enough to singe straw)
 - o *Libun Gamur* (dry heat which is glowing hot)
- In general, before anything can be *kashered* (as delineated below), it should be thoroughly cleaned and then left unused for 24 hours. For things that cannot be totally cleaned and will always have a bit of grime left over, one should use a caustic or ammonia-containing cleanser. The reason for this

Cleaning for Pesach

- is that these cleaners render the grime that is left over *batul* (void and totally unfit to be eaten).
- When one *kashers* vessels by method of *hagalah* it can be accomplished by one of the following methods:
 - Boil water in a tea kettle that you normally use during the year (after it has been cleaned).
 - Put the items that need to be *kashered* into a pot of boiling water. One should ideally use a Pesach pot for this purpose. But, one can also use a pot from year-round use that has been cleaned well and has not been used for the past 24 hours. The *minhag* is to *re-kasher* the pot if you used a Pesach pot to *kasher* the utensils.
 - Refrigerator: Since there are no hot foods in the fridge, there is no need to *kasher* it. All one needs to do is clean it thoroughly and empty it of any *chametz* (or separate the *chametz* items and cover them away). One does not need to line the shelves with anything. If it is your tradition to cover the shelves, you should punch holes in the covering so that the air can circulate through the fridge.
 - Tables & Countertops: If they are made of synthetic materials, there is no way to *kasher* them for Pesach and they should be covered with any material that prevents liquid or heat from seeping through (i.e. plywood, plexiglass, contact paper etc.). If they are made of natural granite or stainless steel, you can *kasher* them by *hagalah* (pouring boiling water over the area).
 - Sinks: Stainless steel sinks can be *kashered* by *hagalah*. They should be thoroughly cleaned but can be used for the next 24 hours before the *kashering*, if one only uses cold water. The boiling water needs to be poured over the entire sink, as well as the faucet and handles.
 - Garbage disposal: clean by pouring down bleach and boiling water.
 - Spray nozzle from the kitchen sink: These are very difficult to clean and *kasher*, secondary to the small holes. The best thing is to buy a new one at a place like Home Depot. They cost a few dollars.
 - Oven:
 - If self-cleaning: These are *kashered* by *libun*. One should first remove any actual pieces of *chametz*, then let it run through a self-cleaning cycle. This *kashers* the oven as well as the racks inside. One does not need to wait 24 hours before *kashering* a self-cleaning oven.
 - If not self-cleaning: Clean it very well with a caustic cleaner, then put it on the highest temperature setting (550°F or broil) for 1.5 hours. Ideally, one should put a disposable aluminum pan with water in the oven during the last half-hour so that the steam can also *kasher* it (by *hagalah*).
 - Stove:
 - If gas: Clean all the components (drip pans, grates and caps) very well, and then place them in the oven while you are *kashering* the oven. Alternatively, you can put pans of water over the burners and then turn them on high for about 20-30 minutes. This will spread the flame and *kasher* the burner grate. If one has a self-cleaning oven, beware of putting the components inside, since the heat from the self-cleaning cycle may ruin their enamel finish. Instead, apart from *kashering* the oven, one can put it on 550°F (like the regular oven) and then put the stove components inside for *kashering*. Note, if you don't *kasher* the drip pans, then



Cleaning for Pesach

they should be covered with foil or purchase new ones for Pesach.

- o If electric: Clean and then turn it on to the highest setting and let it become red-hot for a few minutes.
- o Stovetop: Should be cleaned very well, and then covered with a double layer of foil.
- o Stove knobs: Clean very well, does not need to be covered.
- o Exhaust fan above: Clean with a caustic/ammonia cleaner
- o Vents that come up to the stove that is on top of an oven: Clean with a caustic/ammonia cleaner.
- Utensils: Metal ones that are used during the rest of the year can be *kashered* by *hagalah* after you clean them well and don't use them for 24 hours. This is not true for knives because of the handle/blade interface.
- Freezer Ice Maker: Clean it well, as one tends to put their *schmutzy* hands in there all year round.
- Microwave: They are harder to *kasher* for Pesach. Either do

without it (since you only have 3-4 days between the Yom Tovim to use it anyway) or buy a new one for your Pesach investments.

- Urn for hot water: These are very hard to *kasher* for Pesach since the steam from the hot drinks, made under the spigot during the year comes up into the spigot. Either get a new one or ask your Rav specifically about this.
- Dishwasher: Since there are many plastic components contained within, it cannot be *kashered* for Pesach.
- Tablecloths: Wash them in hot water with detergent, they can then be used on Pesach.

III. Miscellaneous:

- One should preferably buy all the eggs they will need for Pesach before the holiday starts.
- Beware of things that have powder coatings (i.e. gloves for washing dishes). This powder is often made from a corn base and is problematic for Ashkenazim.



Passover Schedule 2021



Passover
GUIDE
5781-2021

Thursday, March 25 **Fast of the Firstborn**

Thurs. Night, March 25 **Bedikas Chametz**

On Thursday night after 8:03pm, one should immediately perform Bedikas Chametz (Search for Leaven). The beracha and kol chamira are recited.

Friday, March 26 **Biur Chametz Chametz** **(Burning of the Chametz),**

Sale and burning of the chametz must be completed by 11:54am according to the Magen Avraham or by 12:06pm according to the GR"A.

Shabbos, March 27 **Erev Pesach**

Chametz may not be eaten after 10:38am according to the Magen Avraham or after 11:02am according to GR"A.

Bitul (nullification) of the chametz must be completed by 11:52am according to the Magen Avraham or by 12:04pm according to the GR"A.

Shabbos, March 27 **1st Night of Pesach**

Candle lighting time for the 1st night of Pesach is not before 8:05pm.

Sunday, March 28 **2nd Night of Pesach**

Candle lighting is not before 8:06pm

Note: The beracha of She'hecheyanu is recited with the candle lighting on the first and second nights only.

Chatzos (Midnight)

For the first two nights of Pesach is at 1:06am

Friday, April 2 **7th Night of Pesach**

Candle lighting time is 7:07pm

Shabbos, April 3 **8th Night of Pesach**

Candle lighting time is not before 8:12pm

Sunday, April 4 **Yizkor is said on the 8th day of Pesach**

Sunday, April 4 **Passover ends**

Pesach ends with nightfall at 8:13pm

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

Millstone Mikvah Schedule for Men:

Friday, March 26th Erev Shabbos 9am-5pm

Friday, April 2 Erev Yom Tov (2nd Days) 9am-5pm

Shabbos Mikvah Schedule for Men:

March 27 - 28 (Shabbos/Erev Pesach & First Day of Yom Tov - Sunday) - Not Available

March 29 (Second Day of Yom Tov - Monday) - Available

April 3 (Shabbos/Seventh Day of Yom Tov) - Not Available

April 4 - (Sunday/Last Day Yom Tov) - Available



Passover Schedule 2021



Passover
GUIDE
5781-2021

The Rabbi Sholom Rivkin Tzedakah/ Merle Hartstein Maos Chitim Fund

Please consider making a gift to The Rabbi Sholom Rivkin Tzedakah/Merle Hartstein Maos Chitim Campaign. These funds provide many families in our community with assistance for Passover and during the year. Your donation would be greatly appreciated.

Please make your checks payable to Maos Chitim and send to Vaad Hoeir 8630 Delmar Blvd. Suite 240 St. Louis, MO 63124. Credit/Debit Cards donations also can be made online by going to www.stlmaoschitim.com

Hag'olas Kalim - Kashering Utensils for Passover

Kashering utensils for Passover use will take place, G-d willing, **Sunday March 21 at the Vaad office from 10am - 5pm.**

Due to COVID precautions, we will only be kashering kiddush cups and cutlery necessary for Pesach.

Kelim Mikvah

The Keilim Mikvah located on the Millstone Campus now requires appointments prior to use. Please sign up for a slot by going to <https://stlouismikvah.simplybook.me/v2/> and selecting "Book Now." Please reach out to stlouismikvah@gmail.com with any questions. If you have an urgent question which cannot be resolved by email, please contact **Aliza Freilich at 201-966-8242**. Please remember to disinfect surfaces after your appointment is complete. The Kelim Mikvah is accessible through a rear door entrance. The code to enter is aleph, gimmel, hey. Please use the parking lot in the front of the building.

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 OVK certification:

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

MILK (Fresh):

Schnucks: Prairie Farms, all types of white milk in plastic gallon and ½ gallon jugs, when bearing a "P-21" 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.

PREPARED FOODS:

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

Quick Links for Pesach



Passover
GUIDE
5781-2021

Quick Web Links for Pesach Certification Lists:

For a complete list of all OU products that DO NOT require special Passover certification

[CLICK HERE](#)

For a list of Star-K “Quick Pick” Medicine List certified products that are acceptable for Passover

[CLICK HERE](#)

For the Star-K “Quick Pick” Personal Care List certified products that are acceptable for Passover

[CLICK HERE](#)

For the Star-K Pet Food acceptable for Passover list:

[CLICK HERE](#)

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 Hoer supervision.



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

Please Note:

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

Chicago Rabbinical Council

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

Rabbi Sholem Y. Fishbane
Kashruth Administrator



Pesach 2021 / פסח תשפ"א

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

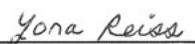
- All pill or non-chewable tablet medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their 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.

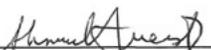
Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

- 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 David Zucker
Rosh Kollel, Chicago Community Kollel

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 Hoer office (314) 569-2770 closer to Passover, since changes may have taken place after publication of this guide.

Medicine & Cosmetics



Passover
GUIDE
5781-2021

ALLERGY

- Allegra Children's Liquid Suspension (Liquid)
.....Possible Chametz
- Allegra Children's Orally Disintegrating Tablet
..... Possible Chametz (dairy)
- Claritin Children's Chewable Grape Flavor
.....Possible Chametz
- Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)
..... Possible Chametz
- Zyrtec Children's Dissolve Tabs (Tablets)
.....Possible Chametz

ANTACID / DIGESTION / GAS

- Align Capsules
..... Recommended
- Alka Seltzer Alka-Seltzer Xtra Strength (Effervescent Tablets)
..... Possible Chametz
- Alka Seltzer Original Effervescent Tabs (Tablets)
.....Possible Chametz
- Culturelle Kids (Chewable)
.....Possible Chametz
- Gas-X Extra Strength Cherry Crème (Chewable Tablet)
.....Possible Chametz
- Gaviscon Extra Strength Cherry (Chewables)
.....Possible Chametz
- Gaviscon Extra Strength Original (Chewable)
.....Possible Chametz
- Imodium AD For Ages 6 & Up (Liquid)
.. Not Recommended (except in cases of severe diarrhea)
- Imodium AD Liquid
.. Not Recommended (except in cases of severe diarrhea)
- Imodium AD Multi-symptom Relief (Caplets)
..... Recommended
- Kaopectate Vanilla Regular Flavor (Liquid)
.....Possible Chametz
- Mylicon Infants Original Drops (Liquid)
.....Possible Chametz
- Pepcid Complete Berry Flavor (Chewables)
..... Possible Chametz (dairy)
- Pepcid Complete Cool Mint (Chewables)
..... Possible Chametz (dairy)
- 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 Tablets)
.....Possible Chametz
- Pepto Bismol Ultra (Liquid)
.....Possible Chametz
- Prilosec OTC Wildberry Flavor (Non-Chewable) (Tablet)
..... Recommended
- Tums Regular - Assorted Fruit, Sugar Free and Peppermint
(Chewable)
.....Possible Chametz

TUMS

There is a difference of opinion regarding the usage of Tums on Pesach, revolving around the question of whether one is permitted to consume products on Pesach which contain flavors of unknown kosher - and kosher for Pesach - status. Some Rabbis take a lenient position due to the fact that most of the flavor-contributing chemicals are not *chametz*, no single chemical's taste is perceived in the final product (i.e., *zeh v'zeh gorem*), and the flavor is used in tiny proportions. Other Rabbis disagree based on *halachic* and factual grounds which are beyond the scope of this document. The cRc follows the latter, stricter approach to this question.

The Rabbi who certifies Tums as kosher reported that he was unable to determine whether the flavorings used in Tums are acceptable for Pesach, and therefore the cRc is unable to recommend them. Others who list certain Tums products as acceptable for Pesach are aware of this but accept the lenient approach outlined above, which rules that flavors of unknown status do not compromise the Pesach status of the Tums. It is noteworthy that there is corn starch in every variety of Tums which we looked at, which means that even according to the lenient approach Tums should only be consumed by those who are either *Sephardic* or ill and permitted to eat *kitnios*.

BLUSH

All are recommended

BODY SOAP

All are recommended

Medicine & Cosmetics

COLOGNE

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

COUGH, COLD & FLU

- Alka Seltzer Alka Seltzer Plus Cold Effervescent Tabs (Tablets)Possible *Chametz*
- Alka Seltzer Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablets)Possible *Chametz*
- Delsym 12 Hour Cough Relief (Orange Flavor) (Liquid)Possible *Chametz*
- Delsym Children's 12 Hour Cough (Grape Flavor) (Liquid)Possible *Chametz*
- Delsym Children's 12 Hour Cough (Orange Flavor) (Liquid)Possible *Chametz*
- Little Remedies Honey Cough Syrup (Liquid)Possible *Chametz*
- Mucinex Cough Mini-Melts for Kids Orange Creme Flavor (Dissolving Granules)Possible *Chametz*
- Theraflu Multi-Symptom Severe Cold (Packets)Possible *Chametz*
- Thera-Flu Nighttime Severe Cold and Cough (Powder)Possible *Chametz*
- Triaminic Children's Night Time Cold and Cough (Grape flavor) (Liquid) Not Recommended
- Triaminic Day Time Cold and Cough Cherry Flavor (Liquid) Not Recommended
- Vicks Nyquil Cough (Liquid)Possible *Chametz*
- Vicks Nyquil Liquid Cold and Flu (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*
- Zicam Cold Remedy RapidMelts (Cherry flavor) (Tablets)Possible *Chametz*
- Zicam Rapidmelts Ultra (Orange Cream Flavor) (Tablet)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

FIBER SUPPLEMENTS

See Laxatives

FEVER REDUCER / PAIN RELIEF

- CVS Adult Pain Reliever (Acetaminophen) [NOT dye free]Possible *Chametz*
Check with doctor for children's dosage
- Midol Complete (Caplets) Recommended
- Tylenol Children's Chewable Bubble Gum Flavor (Tablet) Recommended
- Tylenol Children's Chewables (Grape Flavor)Possible *Chametz*
- Tylenol Children's Dissolve Packs (Powder)Possible *Chametz*
- Walgreens Adult Pain Reliever (Acetaminophen) [NOT dye free] (Liquid)Possible *Chametz*
Check with doctor for children's dosage
- Walgreens Junior Strength Ibuprofen 100 Chewable Tablets (Orange or Grape flavor) Recommended

FEVER FOR A CHILD

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

You may notice that our recommendation for many of these items is that they are "possible *Chametz*", which means that they contain ingredients which are sensitive for Pesach but likely do not pose a Pesach concern. You might want to consult with your Rabbi before Pesach so that he can direct you as to when it is appropriate to give "possible *Chametz*" to a sick child (or adult).

GAS

See Antacid/Digestion/Gas

Medicine & Cosmetics

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 Powder Chametz (Not Recommended)
Benefiber Stick Packs (unflavored) (Powder) Chametz (Not Recommended)
Citrucel Caplets Recommended
Dulcolax Overnight Relief (Tablets) Recommended
Dulcolax Suppository Recommended
Epsom Salt (pure) Generic or Branded versions (Powder) Recommended
Ex-Lax Tablets Recommended
Fibercon Caplets Recommended
Generic Mineral Oil (pure) (Liquid) Recommended
Metamucil Sugar Free Orange (Powder) Possible Chametz
Miralax Powder Recommended
Pedia-Lax Chewable (Tablets) Possible Chametz
Pedia-Lax Liquid Stool Softener Berry Flavor (Liquid) Possible Chametz
Pedia-Lax Suppository Recommended
Phillips Milk of Magnesia Caplets Recommended
Phillips Milk of Magnesia Original Liquid (unflavored) Recommended
Polyethylene Glycol (pure) Generic or Branded versions (Powder) Recommended
Prunelax Ciruelax Tablets Recommended

Senokot Tablets Recommended
Senokot-S Tablets Recommended
Walgreens Mineral Oil (Liquid) Recommended

LIPSTICK

If your lipstick is not listed here, you can use our search feature at www.crckosher.org/lipstick.

BOBBI BROWN

Crushed Lip Color Recommended
Crushed Liquid Lip Recommended
Lip Color Recommended
Luxe Liquid Lip Velvet Matte Recommended
Luxe Matte Lip Color Recommended
Luxe Shine Intense Lipstick Recommended

CHANEL

Rouge Allure Recommended
Rouge Allure Velvet Recommended
Rouge Allure Velvet Extrême Recommended
Rouge Coco Recommended
Rouge Coco Flash Recommended

CLINIQUE

Almost Lipstick Recommended
Dramatically Different Lipstick Shaping Lip Colour Recommended
Pop Glaze Sheer Lip Colour + Primer Not Recommended

Medicine & Cosmetics



Passover
GUIDE
5781-2021

CLINIQUE, *continued*

- Pop Lip Colour + Primer
..... Not Recommended
- Pop Matte Lip Colour + Primer
..... Recommended

DIOR

- Dior Addict Lacquer Stick
..... Recommended
- Dior Addict Stellar Shine
..... Recommended
- Rouge Dior
..... Recommended
- Rouge Dior Ultra Care Liquid
..... Recommended
- Rouge Dior Ultra Rouge
..... Recommended

ESTEE LAUDER

- Pure Color Envy Hi-Lustre Light Sculpting Lipstick
..... Not Recommended
- Pure Color Envy Matte Sculpting Lipstick
..... Not Recommended
- Pure Color Envy Sculpting Lipstick
..... Not Recommended

L'OREAL

- Colour Riche Matte Lipstick
..... Recommended
- Colour Riche Plump And Shine Lip Color
.....Possible *Chametz*
- Colour Riche Satin Lipstick
..... Recommended
- Colour Riche Shine Lipstick
..... Recommended
- Infallible Pro-Matte Liquid Lipstick
..... Recommended

LANCOME

- Color Design
..... Recommended
- L'absolu Rouge Drama Matte Lipstick
..... Recommended
- L'absolu Rouge Hydrating Lipstick
..... Recommended

- L'absolu Rouge Intimatte
..... Recommended

MAYBELLINE

- Color Sensational The Mattes, Matte Finish Lipstick
..... Recommended
- Superstay 24 2-Step Liquid Lipstick
..... Recommended
- Superstay Ink Crayon Lipstick, Matte Longwear Lipstick
..... Recommended
- Superstay Matte Ink Liquid Lipstick
..... Recommended

REVLON

- Colorstay Ultimate Liquid Lipstick
..... Recommended
- Super Lustrous Lipstick
..... Recommended
- Ultra Hd Matte Lip Color
..... Recommended

URBAN DECAY

- Vice Lipstick 1993 Cream
..... Recommended
- Vice Lipstick 1993 Cream Comfort Matte
..... Recommended
- Vice Lipstick 1993 Cream Mega Matte
..... Recommended
- Vice Lipstick Accident (Metallized)
..... Recommended
- Vice Lipstick Brat (Sheer)
..... Recommended
- Vice Lipstick Native (Cream)
..... Recommended

LOTIONS

All are recommended

MASCARA

All are recommended

Medicine & Cosmetics

MISCELLANEOUS

- Adwe - Mouthwash (assorted varieties)
..... Recommended
- Anbesol Maximum Strength (Liquid)
.....Possible *Chametz*
- Asthma Inhalers, all types (Liquid Vapor)
..... Recommended
- Bayer Low Dose Baby Aspirin (Cherry and Orange)
(Chewable)Possible *Chametz*
- Bonine Complete Raspberry Flavored (Chewable)
..... Possible *Chametz* (dairy)
- Chapstick Classic Original
..... Recommended
- Chapstick Moisturizer
..... Recommended

CONTACT LENS SOLUTION

We reviewed the ingredients used in several popular brands of contact lens solution and did not see anything which was sensitive for Pesach. However, we did not review every product, so to check your solution, please send a copy of the ingredient panel to info@crckosher.org so one of our Rabbis can evaluate your specific product.

- Culturelle Digestive Health Women's Health Balance
(Capsule)..... Recommended
- Dramamine (Chewable)
.....Possible *Chametz*
- Ensure Assorted Nutritional Supplements
.....See Nutritional Supplement Pages
- Femcon Fe (brown and white pills) (Chewable tablet)
..... Possible *Chametz* (dairy)
- Fixodent Extra Hold (Powder)
..... Recommended
- Fixodent Original (Cream)
..... Recommended
- Floss, Flavored
.....Possible *Chametz*
- Floss, Unflavored
..... Recommended
- Kanka Mouth-pain (Liquid)
.....Possible *Chametz*
- Lip Balm, Assorted
.....Recommended (preferably without flavor)

- Listerine PocketPaks Assorted varieties (Dissolving strip)
..... Not Recommended
- NoDoz Alertness Aid (Pill)
..... Recommended
- Orajel Mouth Sores Triple Medicated (Gel)
..... Recommended
- Pedialyte Liters and Singles (Liquid)
..... Recommended
- Polident 3 Minute (Tablet)
.....Possible *Chametz*
- Polident Overnight Whitening (Tablet)
.....Possible *Chametz*
- Polygrip Free (Cream)
..... Recommended
- Polygrip Original (Cream)
..... Recommended
- Probiotics Assorted (Assorted)
Powders, liquids & gelcaps need certification; pills do not
- Unisom Sleepmelts (Meltaway)
.....Possible *Chametz*
- Unisom SleepTab (Tablet)
..... Recommended
- Vicks ZzzQuil Liquid (Warming Vanilla Cherry and
Warming Berry)Possible *Chametz*
- 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

Medicine & Cosmetics



Passover
GUIDE
5781-2021

SHAMPOO

All are recommended

SHAVING CREAM

CreamAll are recommended

GelsAll are recommended

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

LotionAll are recommended

TOOTHPASTE

Only recommended if known to be *chametz*-free

VITAMINS

See Medicine Guidelines above

WIPES

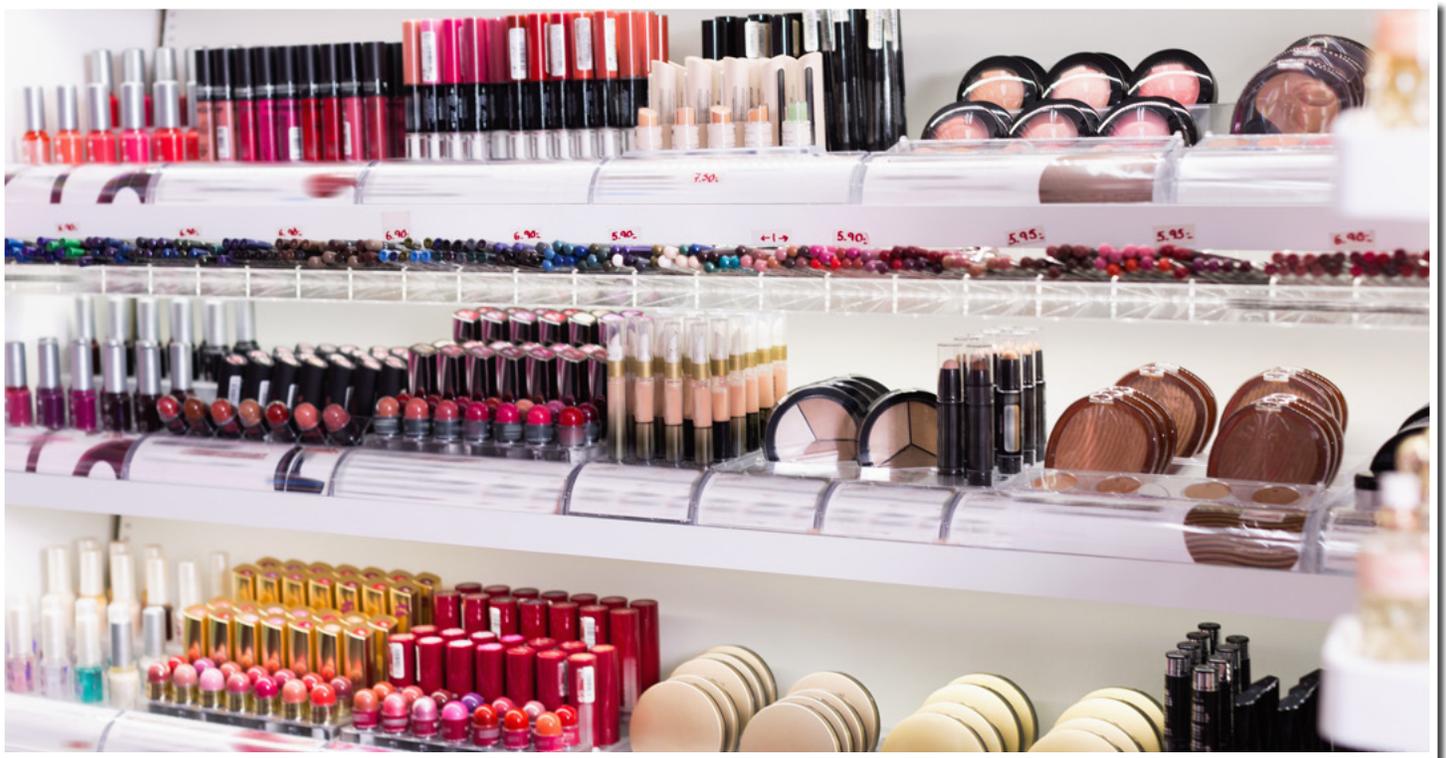
Recommended if free of (denatured) alcohol or if
manufactured in the United States

TOOTHPASTE

There are those who take the position that toothpaste is considered inedible, since any food that tasted like toothpaste would never be served as a meal-item. This is the justification for why many Rabbis permit the use of any toothpaste (year-round) despite the possibility that the glycerin contained in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is *halachically* considered edible, and they are supported by the fact that people put toothpaste into their mouths every day (and that young children don't mind eating 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 the strict opinion as relates to Pesach. Therefore, for Pesach we recommend that one only use a toothpaste that is known to be *chametz*-free.

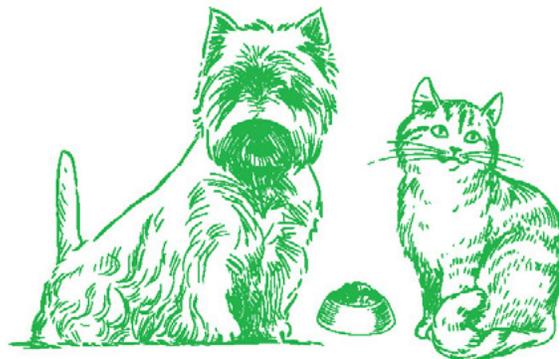
What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste contains sorbitol, which is created by "hydrogenating" glucose. Glucose can be derived from *chametz*, *kitnios*, or completely innocuous ingredients, and [although most glucose and sorbitol in the United States is not made from *chametz*] we cannot recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.



PESACH FOODS FOR YOUR PETS

The only *kashrus* restriction for pet foods aside from the Pesach season is that a product listing both meat and dairy ingredients may not be used any time during the year. On Pesach, however, a Jewish person may not eat, own, or derive benefit from *chametz* which is fit for human or canine consumption. While *Ashkenazic* Jews have a custom to not eat *kitnios*, they may own and derive benefit from them. Owning *chametz* pet food to feed to an animal (even if the animal belongs to someone else or is ownerless), therefore, is a violation of the latter two of those restrictions. Although there are certain leniencies for foods that are not fit for human consumption, most modern-day pet food would not be in that category. Although the food may be raw or not prepared in a way that most people would entertain eating, that does not put it in the *halachic* category of *nifsal mei'achilas adam* – not fit for human consumption.

Just as it is prohibited for the owners to feed *chametz* to their pets, it is also forbidden to ask a non-Jew to feed *chametz* to the pets. If a pet absolutely needs to have a diet of *chametz* food, there is the possibility of selling the pet to a non-Jew for all of Pesach. However, such a sale is not permitted if it is clearly a ruse, such as when the *chametz* pet food is sold to the non-Jew together with the pet, for the explicit purpose of the non-Jewish purchaser coming to the Jewish pet owner's house during Pesach to feed the pet during Pesach (see *Mishna Berurah*, OC 448:33). Therefore, such a sale would generally require that the pet be transferred into the physical possession of the non-Jew during Pesach (or that the animal together with its living quarters, such as its barn, be transferred to the non-Jew), with the understanding that the non-Jew assumes the responsibility of feeding the pet during that time (*id.*). Because this arrangement is complicated, any such sale would require the careful supervision of an esteemed rabbinic authority in order to ensure that it is performed correctly.



PETS ON SHABBOS AND YOM TOV

by Rabbi Yona Reiss

cRc Av Beth Din

Pets, like all animals, are generally viewed as *muktzeh*. There is a minority opinion that pets that are designated for play and amusement purposes are not *muktzeh* nowadays, but this is not the general consensus of most rabbinic authorities. Accordingly, one should be careful to avoid touching or handling pets on Shabbos and Yom Tov.

However, it is permissible and even proper to feed one's pets on Shabbos and Yom Tov. The *Gemara* derives from scriptural verses that people should feed their pets before partaking of food themselves. However, it is prohibited to feed animals that are not one's own on Shabbos and Yom Tov because of the excessive exertion that is involved (there is a special exception for stray dogs). For this reason, a number of rabbinic authorities were opposed to the practice of putting out bird food on *Shabbos Shira*, although some authorities were lenient especially if the food is not fed directly to the birds. Similarly, the practice of throwing breadcrumbs in the water for fish during *Tashlich* is considered inappropriate for the same reason.

Although it is permissible to feed one's pets on Yom Tov, it is forbidden to cook food on Yom Tov on behalf of animals, or to carry food on Yom Tov outside of an *Eruv* to feed one's pets. It goes without saying that one cannot carry food on Shabbos outside of an *Eruv* since on Shabbos one is not allowed to carry altogether without an *Eruv*.

Passover Food for Pets



Passover
GUIDE
5781-2021

To aid 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 and free of *basar v’chalav* concerns, relieving the consumer of that responsibility. However, if no certified (or recommended) pet food is available, the consumer would have to carefully read the ingredient panel to determine whether a specific product contains any *chametz* (and many, in fact, do).

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

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer’s yeast (a common flavoring agent, which is *chametz*), malt (a barley-based sweetener), pasta, xanthan gum (a thickener which may be fermented from *chametz*), and other generic terms which may refer to a *chametz* ingredient (e.g. flour, gluten, middlings, starch, et al).
2. Many varieties of animal feed contain a multitude of vitamins, minerals, and amino acids, some of which may well be *chametz*, and there is no realistic way for a consumer to determine which of them are problematic. However, the good news is that vitamins comprise such a small percentage of the animal food that they are *batel*, if purchased before Pesach. 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 we suggest that you contact a *kashrus* professional if you are unsure about any of the other ingredients in a given pet food.

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 and have sold their *chametz*.

NOTE: Anytime a new pet food will be used for Pesach, it is advisable to mix the year-round choice and the Pesach food together for one to two weeks before the holiday, 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. This allows the pet to gradually get used to the new food and helps avoid painful digestive issues for the pet.

Some brands of pet food offer varieties which are composed of “limited ingredients” (sometimes referred to as L.I.D.). If your pet is currently on a prescription diet food which contains *chametz*, if you find an L.I.D. which is certified to be nutritionally complete for your pet and appropriate for its life stage (baby or adult), and if they do not contain ingredients to which your pet is allergic, this may be a good alternative for the short duration of Pesach. **Check with your veterinarian before changing any diet, particularly if your pet has issues with allergies or illnesses.**

The following is a list of pet foods approved for Pesach 2020. Make sure to check all labels. One may feed his pet any of the following items when bearing cRC:



CATS:

Evanger’s: Beef Tips with Gravy; Chicken Dinner for Cats; Freeze-Dried Beef Liver; Freeze-Dried Beef Tripe; Freeze-Dried Wild Salmon; Organic Braised Chicken Dinner for Cats; Organic Turkey and Butternut Squash for Cats; Slow Cooked Beef Stew for Cats – Grain Free; Slow Cooked Chicken Stew for Cats – Grain Free; Slow Cooked Turkey Stew for Cats – Grain Free; Wild Salmon. There may be varieties of other name brand pet foods, such as Prescription Diet and Science Diet, which may be *chametz*-free. Consumers are urged to check all labels for *chametz* and/or *chametz*-sensitive ingredients as listed in the introductory paragraph above.



DOGS:

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

Passover Food for Pets



Passover
GUIDE
5781 - 2021

Gravy; Whole Chicken Thighs; Wild Salmon.

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



FISH:

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



BIRDS:

Finches, parakeets and cockatiels: Millet and canary grass seed can be used as the main diet.

Canaries: Canary grass seed and rape seed are acceptable.

Parrots: Safflower seeds and sunflower seeds are acceptable.

Birds enjoy variety. You can provide this for larger birds, such as parrots, with pure alfalfa pellets (make sure it is pure alfalfa, since it is common to add grains). Smaller birds can also eat pure alfalfa pellets. For the latter, crush the pellets before feeding.

One may supplement with sliced grapes, berries, or canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.

For minerals, birds can have oyster shells (calcium) or mineral block, such as Kaytee Tropical Fruit Mineral Block Treat.



SMALL MAMMALS:

Gerbils: Millet, sunflower seeds, and safflower seeds are acceptable.

Guinea Pigs, Rabbits, and Chinchillas: Timothy hay, greens, and vegetables are acceptable; one may supplement with grapes, apples, melon, and oranges. If your pet is not accustomed to these items, give sparingly. Guinea pigs will especially benefit from kale, parsley, and oranges, in small amounts. Oranges will supply needed Vitamin C to their *Pesach* diet.

Mice and rats: Sunflower seeds, greens, vegetables, and potatoes are acceptable.

Hamsters: Sunflower seeds, potatoes, small amount of greens and vegetables are acceptable; one may supplement with grapes, apples, melon, and oranges. If your pet is not accustomed to these items, give sparingly.



REPTILES AND AMPHIBIANS:

Iguanas, Tortoises, and Turtles: Greens and vegetables are acceptable; turtles can also have small amounts of raw chicken or cut-up earthworms.

Anoles, Bearded Dragons, Small Lizards, Dart Frogs, and Tree Frogs: Crickets are acceptable.

Snakes: If possible, schedule this as a non-feeding week.

Dwarf Aquatic Frogs: Tubifex worms or blackworms are acceptable.

Newts: Tubifex worms, bloodworms, or blackworms are acceptable.

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 *Pesach*.

Live crickets should be gut-fed on bits of potato and vegetable 24 hours before feeding to lizards, to enhance their nutrition for the lizard. Whole insects (live or dead) with no additives or other ingredients are permissible. ▲

We are grateful to Esther-Bayla Goldhammer for her assistance in researching pet foods.



Shopping Guide



Passover
GUIDE
5781 - 2021



VAAD HOEIR OF ST. LOUIS
ועד העיר סט. לואיס



Shopping Guide

PESACH 2021

Recommendations are for items produced in the United States

This list of products is marked as follows:



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 *kitnios*

Product	Status	Notes
Adhesive bandages	✓	
Air freshener	✓	
Alcohol		For drinking ▲ Denatured or Isopropyl alcohol ✓
Alfalfa	×	<i>Kitnios</i>
Aluminum products	✓	Includes aluminum foil and pans
Amaranth	▲	Amaranth is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	<i>Kitnios</i>
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 Nutritional Supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitnios</i>
Baby oil	✓	
Baby powder		Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients
Baby wipes	✓	
Bags	✓	Includes paper & plastic
Baking powder	▲	
Baking soda	✓	
Balloons		If powdered, wash before Pesach
Band-aids	✓	
Beans	×	<i>Kitnios</i>
Bean sprouts	×	<i>Kitnios</i>

Product	Status	Notes
Benefiber	×	<i>Chametz</i>
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	×	<i>Chametz</i>
Brown sugar	▲	
Buckwheat	×	<i>Kitnios</i>
Buckwheat pillow	✓	One may own and derive benefit from <i>kitnios</i>
Butter	▲	
Candles	✓	Scented are also acceptable
Candy	▲	
Canned fruits or vegetables	▲	
Canola oil	×	<i>Kitnios</i>
Caraway	×	<i>Kitnios</i>
Carrots		Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲
Cat food		See Pet Food pages
CBD Oil	×	<i>Kitnios</i>
Charcoal	✓	Includes "plain", easy-light, apple, hickory, and mesquite
Cheese	▲	
Cheese spreads	▲	
Chewable pills		See Medicine Letter (page 3)
Chewing tobacco	▲	Contains flavors and other sensitive ingredients

Shopping Guide

SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
Chickpeas	✘	<i>Kitnios</i>
Cloves		Some have a custom not to use cloves for Pesach
Cocoa powder		Acceptable if 100% pure and not processed in Europe. Hershey's is acceptable except for Special Dark
Coconut (shredded)		Sweetened or flavored ▲ Unsweetened & unflavored ✓
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See Medicine and Cosmetic pages
Colonoscopy drink		See Medicine and Cosmetic pages
Confectioners' sugar	▲	
Contact lens solution	✓	
Contact paper	✓	
Cooking oil spray	▲	
Cooking wine	▲	
Coriander seeds	✘	<i>Kitnios</i>
Corn & corn products (e.g., corn oil, corn syrup)	✘	<i>Kitnios</i>
Corn remover	✓	
Cosmetics		See Medicine and Cosmetic pages
Creams (cosmetics)	✓	
Crock pot liner	✓	
Cumin	✘	<i>Kitnios</i>
Cups	✓	Includes paper & plastic
Cutlery (plastic)	✓	
Dates	▲	Glaze may be problematic
Decaffeinated coffee or tea	▲	Lipton decaffeinated tea bags are acceptable without certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant	✓	
Dessert gels & puddings	▲	
Detergent	✓	
Dill		Seeds ✘ (<i>Kitnios</i>) Leaves ✓
Dishwashing soap	✓	
Dog food		See Pet Food pages
Dried fruit	▲	
Edamame	✘	<i>Kitnios</i>
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 ✘ (<i>Kitnios</i>) Leaves ✓
Fish		Fresh ✓ Canned, frozen or processed ▲
Fish food		See Pet Food pages
Flax seeds		Flax seeds are not <i>Kitnios</i> ; see spices
Flour	✘	<i>Chametz</i>
Floss (dental)		Acceptable (including waxed) if not flavored
Foil (aluminum)	✓	
Food coloring	▲	
Food supplements		See Nutritional Supplement page
Formula for infants		See baby formula
Frozen dinners	▲	
Fruit		Canned, cooked, dried or sweetened ▲ Fresh ✓ Frozen is acceptable if it is not sweetened or cooked, and contains no sensitive additives
Fruit juice	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
Fruit preserves	▲	
Furniture polish	✓	
Garlic		Fresh ✓ Peeled (in jars or cans) ▲
Gloves (disposable)		Powder free ✓ Powderless or with powder ▲
Glue	✓	
Grape juice	▲	
Grapefruit juice	▲	
Green beans	✘	<i>Kitnios</i>
Gum (chewing)	▲	
Hair gel	✓	
Hairspray	✓	
Hemp, hemp oil	✘	<i>Kitnios</i>
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>

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Shopping Guide

SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	▲	Pure frozen concentrated orange juice ✓ Other concentrates ▲
K-Cups	▲	
Kasha	×	<i>Kitnios</i>
Ketchup	▲	
Kimmel	×	<i>Kitnios</i>
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	×	<i>Kitnios</i>
Lip products		See Medicine Letter (page 3) and see www.ASKcRc.org for updated information
Liqueur	▲	
Liquid dish detergent	✓	
Liquid medicines		See Medicine Letter (page 3)
Liquor	▲	
Listerine PocketPaks	×	Requires Pesach 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	▲	If certified is unavailable, buy before Pesach
Millet	×	<i>Kitnios</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 Medicine and Cosmetic pages

Product	Status	Notes
MSG	▲	
Mushrooms		Canned ▲ Raw or dried ✓
Mustard	×	<i>Kitnios</i>
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements		See Nutritional Supplement page Peanuts are <i>kitnios</i> × Pecans (all shelled) ▲ Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Nuts		
Ointments	✓	
Olive oil		Extra virgin (unflavored) ✓ Other types, including extra light ▲
Oil (cooking)	▲	
Orange juice	▲	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	▲	
Pans (aluminum)	✓	
Paper products	✓	Including bags, cups, napkins, plates, and wax paper May be used for hot or cold
Paraffin	✓	
Parchment paper	▲	
Peanuts	×	<i>Kitnios</i>
Peas	×	<i>Kitnios</i>
Pecans (all shelled)	▲	
Perfume	✓	When produced in the USA
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 <i>chametz</i>
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	
Popcorn	×	<i>Kitnios</i>
Poppy seeds	×	<i>Kitnios</i>

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Shopping Guide



Passover
GUIDE
5781 - 2021

SHOPPING GUIDE – PESACH 2021

Product	Status	Notes
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 <i>kitnios</i> ; acceptable if raw and without additives
Quinoa	▲	Quinoa is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in
Raisins	▲	
Rice, including wild rice	×	<i>Kitnios</i> Rice milk may contain <i>chametz</i> ; see Milk Alternatives page
Saffron		Some have a custom not to use saffron for Pesach See spices
Salads (bagged)	▲	If certified is unavailable, and contains no <i>kitnios</i> or sensitive additives; buy before Pesach
Salmon		Fresh ✓ Canned, frozen or processed ▲
Salt		Acceptable without iodine or other additives
Sanitizers (e.g. Purell)	✓	
Scouring pads	✓	
Seltzer	▲	
Sesame seeds	×	<i>Kitnios</i>
Shampoo	✓	
Shaving lotion	✓	
Sherbet	▲	
Shortening	▲	
Silver polish	✓	
Snow peas	×	<i>Kitnios</i>
Soaps	✓	
Soda	▲	
Sorbet	▲	
Sorghum	×	<i>Kitnios</i>
Soup mix	▲	
Soy products	×	<i>Kitnios</i> Soy sauce and soy milk may contain <i>chametz</i> ; see milk alternatives page
Spices		Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are <i>kitnios</i> . Other spices are acceptable in whole form, but ground spices require certification
Splenda	▲	
Stain remover	✓	
Star anise		Star anise is not <i>kitnios</i> ; see Spices
Stevia	▲	
Stick deodorant	✓	

Product	Status	Notes
String beans	×	<i>Kitnios</i>
Styrofoam	✓	
Sugar		Brown sugar and confectioners' sugar ▲ Pure, white cane sugar without additives is acceptable
Sugar substitute	▲	
Sunflower seeds	×	<i>Kitnios</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 certification Lipton decaffeinated tea bags ✓ Herbal tea ▲
Tissues	✓	
Tofu	×	<i>Kitnios</i>
Tomato-based products	▲	
Toothpaste		See www.ASKcfc.org for updates
Toothpicks		Toothpicks are acceptable unless flavored or colored
Tums	×	Chewable antacids require Pesach certification, and this brand is not certified for Pesach
Tuna fish (canned)	▲	
Turmeric		Turmeric is not <i>kitnios</i> ; see spices
Vanilla	▲	
Vaseline	✓	
Vegetable oil	▲	
Vegetables		Bagged salads - see Salad (bagged) Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not <i>kitnios</i> (see listing for individual vegetables) and do not contain additives other than sugar
Vegetable wash	▲	
Vinegar	▲	
Vitamins	▲	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Wax for braces	✓	
Wax paper	✓	
Whitener (for coffee)	▲	
Wild rice	×	<i>Kitnios</i>
Wine	▲	
Wood chips	✓	
Wrap (plastic)	✓	
Yogurt	▲	

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Kosher Symbols



Passover
GUIDE
5781-2021



UNITED STATES and CANADA

California

Igud Hakashrus of Los Angeles (Kehillah Kosher)

Rabbi Avraham Teichman
(323) 935-8383
186 North Citrus Ave.,
Los Angeles, CA 90036



Vaad Hakashrus of Northern California

510-843-8223
2520 Warring St.
Berkeley, CA 94704



Rabbinical Council of California (RCC)

Rabbi Nissim Davidi
(213) 489-8080
617 South Olive St. #515,
Los Angeles, CA 90014



Colorado

Scroll K Vaad Hakashrus of Denver

Rabbi Moshe Heisler
(303) 595-9349
1350 Vrain St.
Denver, CO 80204



District of Columbia

Vaad HaRabanim of Greater Washington

Rabbi Binyamin Sanders
(202) 291-6052
7826 Eastern Ave. NW,
Suite LL8
Washington DC 20012



Florida

Kosher Miami Vaad HaKashrus of Miami-Dade

Rabbi Mordechai Fried
Rabbi Manish Spitz
(786) 390-6620
PO Box 403225
Miami, FL 33140



Florida K and Florida Kashrus Services

Rabbi Sholom B. Dubov
(407) 644-2500
642 Green Meadow Ave.
Maitland, FL 32751



South Palm Beach Vaad (ORB)

Rabbi Pesach Weitz
(305) 206-1524
5840 Sterling Rd. #256
Hollywood, FL 33021



Orthodox Rabbinate of North Dade

305-931-6204
1870 N.E. 187th St.
North Miami Beach, FL 33179



Georgia

Atlanta Kashrus Commission

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



Illinois

Chicago Rabbinical Council (cRc)

Rabbi Sholem Fishbane

www.crcweb.org

(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



Passover
GUIDE
5781-2021



Louisiana

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



Maryland

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



Star-D Certification (non-chalav Yisrael)

Dr. Avram Pollack
(410) 484-4110
122 Slade Ave. #300
Baltimore, MD 21208



Massachusetts

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



Vaad Hakashrus of Worcester

508-799-2659
822 Pleasant St.
Worcester, MA 01602

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



Michigan

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



Minnesota

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



Missouri

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



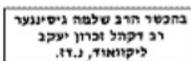
New Jersey

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



Double U

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



Rabbi Shlomo Gissinger

(732) 364-8723
170 Sunset Rd.
Lakewood, NJ 08701



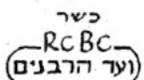
Kashrus Council of Lakewood N.J.

Rabbi Avrohom Weisner
(732) 901-1888
750 Forest Ave. #66
Lakewood, NJ 08701



Kof-K Kosher Supervision

Rabbi Zecharia Senter
(201) 837-0500 201 The Plaza
Teaneck, NJ 07666



Rabbinical Council of Bergen County

201-287-9292
PO Box 1233
Teaneck, NJ 07666

New York-Bronx

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

New York-Brooklyn

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

Kosher Symbols



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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

Kosher Symbols



New York-Long Island
Vaad Harabanim of the Five Towns and Far Rockaway
Rabbi Yosef Eisen
(516) 569-4536
597A Willow Ave.
Cedarhurst, NY 11516



New York-Upstate
Vaad HaKashrus of Buffalo
Rabbi Moshe Taub
(716) 634-3990/3940 Harlem Rd.
Amherst, NY 14226



The Association for Reliable Kashrus
Rabbi Shlomo Ullman
(516) 239-5306
104 Cumberland Place
Lawrence, NY 11559



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



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



Bais Ben Zion Kosher Certification
Rabbi Zushe Blech
(845) 364-5376
30 Mariner Way
Monsey, NY 10952



Vaad Hakashrus of Mechon L'Hoyroa
Rabbi Y. Tauber
(845) 425-9565 ext. 101
168 Maple Ave.
Monsey, NY 10952



Rabbi Avraham Zvi Glick
(845) 425-3178
34 Brewer Road
Monsey, NY 10952

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



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



Vaad Hakashruth of the Capital District
518-789-1530
877 Madison Ave.
Albany, NY 12208



Rabbi Menachem Meir Weissmandel
(845) 352-1807
1 Park Lane
Monsey, NY 10952



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



Pennsylvania
Community Kashrus of Greater Philadelphia
215-871-5000
7505 Brookhaven
Philadelphia, PA 19151



Texas
Texas-K
Chicago Rabbinical Council (cRc)
Rabbi Sholem Fishbane
(773) 465-3900
2701 W. Howard
Chicago, IL 60645



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



Washington
Vaad Harabanim of Greater Seattle
(206) 760-0805
5100 South Dawson St. #102,
Seattle, WA 98118

Kosher Symbols



Wisconsin

Kosher Supervisors of Wisconsin
Rabbi Benzion Twerski
(414) 442-5730
3100 North 52nd St.
Milwaukee, WI 53216



CANADA

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



Montreal Vaad Hair (MK)

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



Rabbinical Council of British Columbia

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



INTERNATIONAL ARGENTINA

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



Rabbi Yosef Feiglestock

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



AUSTRALIA

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



BELGIUM

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



BRAZIL

Comunidade Ortodoxa Israelita
Kehillas Hachareidim Departamento de Kashrus
Rabbi A.M. Iliovits
(5511) 3082-1562
Rua Haddock Lobo 1091,
S. Paulo SP



CHINA

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



ENGLAND

Kedassia The Joint Kashrus Committee of England

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



Machzikei Hadas Manchester

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



Gateshead Kashrus Authority

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



FRANCE

Rabbi Mordechai Rottenberg
(Chief Orthodox Rav of Paris)
(3314) 887-4903
10 Rue Pavée, Paris 75004

Kosher Symbols



Passover
GUIDE
5781-2021



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

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

ISRAEL



Badatz Mehadrin
Rabbi Avraham Rubin
(9728) 939-0816
10 Rechov Miriam Mizrahi
6th floor, Room 18
Rechovot, Israel 76106



Rabanut Hareishit Rechovot
2 Goldberg St.
Rechovot, 76106



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



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



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



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



Rabbi Moshe Landau
(9723) 618-2647
Bnei Brak

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



PHILIPPINES

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

SOUTH AFRICA

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

SWITZERLAND

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

VENEZUELA

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

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