



KOSHER PRODUCTS GUIDE FOR PASSOVER 2025

List of Approved Products for Pessah

As a rule, despite what is written here, it is always wise to check the ingredient list, even for products we approve, in case they contain any of the five grains.

This list applies only for the year 2025.

Arranged in alphabetical order.

ALCOHOL

Rubbing alcohol (Isopropyl) and all hand sanitizers like Purell are kosher for Passover.

ALCOHOLIC BEVERAGES

Beer and whiskey are chametz and therefore forbidden on Passover; most vodkas are also chametz. See the list of alcoholic beverages.

ALMOND FLOUR

Kirkland brand almond flour is acceptable.

ALMOND MILK

Must be certified kosher for Passover.

ALMONDS

Must be raw, unsalted, unroasted, and in their natural state. Almond flour must be certified kosher for Passover.

ALUMINUM

Molds, utensils, and aluminum foil are kosher for Passover.

APPLE CIDER VINEGAR

Must be certified kosher for Passover.

BABY CEREALS

All baby cereals are chametz. Rice-based cereals require kosher for Passover certification (for those who eat rice on Passover).

BABY FOOD

Only permitted with a Kosher for

Passover certification. Many options are available with certification.

BAKING SODA

All brands are permitted; it is preferable to open a new box for Passover.

BEER

Beer is chametz and therefore forbidden on Passover.

BIRD FOOD

Ensure that the ingredients do not contain any of the five chametz grains. Replace with sunflower seeds or entrust it to a non-Jew for Passover.

BOTTLED WATER

Must have year-round kosher certification to be permitted for Passover.

BUCKWHEAT

Permitted for those who consume kitniyot.

BUTTER

Must bear a kosher for Passover certification.

CANNED TOMATOES

Must have kosher for Passover certification.

CANNED/COOKED FRUIT

Must bear a year-round kosher certification as well as a Kosher for Passover certification, without exception.



CANDY

Must bear a kosher for Passover certification.

CARBONATED WATER

Club soda and seltzer that are **kosher year-round and unflavored** are permitted **without** the Kosher for Passover certification.

CASHEW AND ALMOND BUTTER

Must bear a kosher for Passover certification.

CAT & DOG FOOD

Ensure that the ingredients do not contain any of the five chametz grains

CHEESE

Must be certified kosher for Passover.

CHOCOLATE (e.g. Nutella)

Permitted, even though the adhesive used contains chametz.

CHOCOLATE MILK

Must be certified kosher for Passover.

CIGARETTES

Permitted, even though the adhesive used contains chametz.

COCONUT

Must have a Kosher for Passover certification.

COCONUT MILK

Virgin coconut oils are kosher for Passover if they have an OU certification.

COCOA

100% pure unsweetened cocoa powder is permitted. Hershey's is allowed.

COFFEE

Pure, non-flavored ground coffee is Kosher for Passover.

The following brands of instant coffee, when bearing a year-round kosher

certification, are Kosher for Passover:

Folgers Regular & Decaf, Maxwell House, and Nescafé Taster's Choice.

Decaffeinated coffee **requires a Kosher for Passover certification.**

Flavored coffee is **not** Kosher for Passover.

Nescafé Rich is not Kosher for Passover.

COFFEE CAPSULES

Non-flavored, non-decaffeinated capsules that bear the OU kosher certification are Kosher for Passover.

COSMETICS

All cosmetics, including lipstick, are permitted for Sephardim. They fall under "nifsal méakhilat hakélève."

However, makeup is not allowed on Shabbat or Yom Tov. Applying makeup before Shabbat or during Chol Hamoed is permitted.

DATES

Natural (fresh) dates are permitted.

Dried dates require the **Kosher for Passover** certification.

DEODORANT

All deodorants are permitted.

DENTAL FLOSS

All unwaxed dental floss is permitted.

DETERGENTS AND CLEANING PRODUCTS

All are allowed for Passover, as anything unfit for a dog's consumption is not considered chametz.

DRIED FRUITS

Must have both year-round kosher certification and kosher for Passover certification. Almonds, dates, peanuts in shells, walnuts, and pistachios must be



raw, unsalted, and unroasted, in their natural state.

DRIED CRANBERRIES

Require kosher for Passover

DRIED RAISINS

Only permitted with a Kosher for Passover certification.

EGG WHITES

Must bear a kosher for Passover seal..

E-CIGARETTES (VAPES)

Some may contain chametz-based flavors and alcohol.

FISH

Permitted for Passover in their natural state without requiring a special certification.

It should be noted that in their natural state, all fish are always Kosher for Passover.

This means that if you have raw fish in your freezer, you can consume it for Passover without any issue and do not need to purchase fish specifically for Passover.

For ground fish, it should only be purchased from a fish store with Kashrut certification.

Canned fish must have a Kosher for Passover certification.

Frozen salmon:

The following brands are acceptable for Passover:

Kirkland Atlantic Farm-Raised and **Kirkland Wild Frozen Salmon** with OU certification (for Sephardim only).

Olivia Atlantic Frozen Salmon with KF certification.

FISH FOOD

Ensure that the ingredients do not contain any of the five chametz grains, or entrust it to a non-Jew for Passover.

FLAXSEED

Permitted for those who consume Kitniyot.

FROZEN VEGETABLES AND LEGUMES

All brands that are certified kosher year-round (OU, CRC, etc.) are permitted without a special Passover label for Sephardim and should be purchased before Passover, unless the ingredients indicate the addition of flour.

Salt and sodium chloride are not considered chametz for Sephardim. It is essential to ensure that the ingredients do not mention any of the five chametz grains.

Frozen foods and packaged legumes without a Kosher for Passover label are permitted, including peas, carrots, artichokes, potatoes, chickpeas, green beans, corn, lentils, white beans, and all other legumes. When purchasing them in sealed packages in their dry state, it is necessary to carefully inspect them—three times rather than once—to ensure that none of the five chametz grains have accidentally been mixed in, as discussed in the section on Kitniyot in this pamphlet.

GARLIC

Permitted by Halacha.

GUM

Must be certified **Kosher for Passover**.

HONEY

Permitted in a new container with year-round kosher certification.

ICE CREAM

Only permitted if it bears the **Kosher for Passover** certification.

INFANT FORMULA

Must be OU certified year-round.



Enfacare, Enfagrow, Enfamil, Enfaport, Isomil, Prosobee, Similac.

JAM

Only permitted if it bears the **Kosher for Passover** certification.

JUICES

All juices must be kosher for Passover.

KETCHUP

Must be certified kosher for Passover.

LACTIC ACID

If it appears in a product that is kosher year-round, it is of plant origin and does not pose a problem.

LACTAID

Permitted if purchased before Passover.

LAXATIVE

Metamucil Original Coarse, Life Laxatif de fibres à texture originale, Life Clearly Fibre, and RestoraLAX are permitted for Passover.

LETTUCE

Must be carefully checked for insects. Preferably purchase Bodek or Ale Naki brands.

LICORICE

Caution: Licorice candy is chametz.

MAPLE SYRUP

All natural and Kosher with OU certification is permitted for Passover.

MARGARINE

Must be certified kosher for Passover.

MATSA

Must be certified kosher for Passover.

MAYONNAISE

Must be certified kosher for Passover.

MEDICATIONS

The general rule is that any pill that has

no taste and is swallowed is permitted for Sephardim without needing a Kosher for Passover certification.

Anything that dissolves in the mouth and has a taste—such as syrups, tablets, and vitamins—as well as anything that is chewed or drunk, requires Kosher for Passover certification.

It is advisable to ask a doctor to prescribe Kosher for Passover medications, as most common medications are now readily available in this form.

Eye drops, ear drops, nasal drops, suppositories, ointments, and creams (only for external use outside the mouth area) are permitted.

For vitamin supplements, one should consult a competent rabbinic authority before using them.

MEAT, FISH, POULTRY, RAW EGGS

Permitted for Passover in their natural state, without the need for certification. Processed meats must be certified Kosher for Passover, as they contain many ingredients.

Note that in their natural state, all meats, fish, poultry, and eggs that have not been in contact with chametz are always Kosher for Passover, just like fresh vegetables and fruits. There is, of course, no special slaughtering or koshering process for Passover that differs from other days of the year.

This means that if you have raw meats, poultry, or fish in the freezer, you can safely consume them for Passover without needing to buy new supplies specifically for Passover.

MILK

Preferably with kosher for Passover certification. If unavailable, buy before Passover.



MODELING CLAY

Caution: Modeling clay is **chametz**.

MOUTHWASH

Listerine and Scope are permitted.

MUSHROOMS

Fresh and sliced mushrooms are permitted. Canned mushrooms require kosher for Passover certification

MUSTARD

Kitniyot, only permitted with a Kosher for Passover certification.

NUTS

Nuts are permitted without certification in their natural state.

Peanuts are considered Kitniyot.

NUTELLA

Only permitted with a Kosher for Passover certification.

NUTRITIONAL SUPPLEMENTS

Should be purchased **before** Passover for those who need them.

Permitted Products:

Boost – High Protein, Glucose Control, Nutritional Pudding, Plus.

Ensure – All flavors, shakes, liquids, and powders with OU certification (year-round), except for nutrition bars.

Fibersource HN, Glucerna – All flavors, shakes, liquids, and powders with OU certification (year-round), except for nutrition bars.

Nepro Vanilla

Vital

Jevity – In powder or liquid form.

Pedialyte – All flavors.

Pediasure – All flavors, shakes, liquids, and powders with OU certification (year-round), except for nutrition bars.

OILS

All oils must bear a **year-round kosher**

certification.

For **Sephardim who consume kitniyot**, these oils are permitted, except for **canola oil, which is not allowed on Passover.**

For **Ashkenazim, kitniyot-based oils are not permitted**

OLIVE OIL

Extra-virgin olive oil is permitted for everyone without a Kosher for Passover label.

PAPER TOWELS & NAPKINS

Table napkins, tissues, and paper towels are Kosher for Passover.

PERFUME

All perfumes are permitted for Sephardim.

PLASTIC

Does not require kosher certification for Sephardim.

POTATOE CHIPS

Only permitted if it bears the **Kosher for Passover** certification.

QUINOA

Some consider quinoa **kitniyot**, while others do not. Those who permit it should carefully inspect it before consumption, as it may be mixed with chametz grains. It should be checked **three times**, similar to rice.

RICE

For those who consume rice, it is important to conduct a thorough inspection three times to ensure that none of the five forbidden chametz grains, as mentioned in the Kitniyot section of this pamphlet, have accidentally mixed in.

Some have the custom of consuming only rice that is certified Kosher for



Passover, while others rely on dry rice that has been carefully checked and washed before cooking.

As with all Passover customs, one should follow their family tradition and the guidance of their Rav.

RICE MILK

May contain chametz

SALT

Iodized salt requires Kosher for Passover certification.

Non-iodized salt is permitted.

Sea salt is permitted.

Himalayan pink salt (without additives) is permitted..

SAFFRON

Natural saffron is permitted for Passover.

SARDINES

Only permitted with a Kosher for Passover certification.

SPRAY OIL (e.g., PAM)

Must be certified kosher for Passover.

SHAMPOO

All shampoos are permitted for Sephardim.

SHERBERT/SORBET

Must have a Kosher for Passover certification.

SHOE POLISH

Permitted as it falls under "nifsal méakhilat hakélève" (unfit for consumption by a dog).

SOAP

All soaps are permitted for Sephardim, as they fall under the category of nifsal me'achilat kelev (unfit for consumption by a dog).

SODA STREAM

Unflavored is permitted for Passover.

SOFT DRINKS

Must bear the "Kosher for Passover" certification.

We allow certain soft drinks containing Kitniyot for Sephardim, provided they have the "Kosher for Passover" seal.

SOUP CONSOMMÉ

Only permitted if it bears the **Kosher for Passover** certification.

SPICES

All spices that are **natural** (pure and without any additives) are **Kosher for Passover**.

The following spices, when **pure and without any additives**, are **Kosher for Passover**:

Paprika, pepper, nutmeg, cinnamon, ground mace, saffron, garlic powder, onion powder.

However, **cumin and black pepper** require a **Kosher for Passover certification**.

For **kitniyot spices** that are **certified Kosher for Passover**, spice containers from Israel that are used year-round and bear a **Kosher for Passover** label are permitted for Sephardim.

Previously Opened Spices, Salt, Oil, or Wine

A **shaker-style** spice or salt container **opened before Passover** but **never used with a chametz utensil** can continue to be used for Passover. There is **no need to open a new one**, as the spice inside has never been contaminated.

The same rule applies to a **salt shaker, bottle of oil, or bottle of Kosher for Passover wine** that was opened before Passover.



As long as these items were **only poured from and never touched by a chametz utensil**, they remain **Kosher for Passover**.

SOYBEANS

Kitniyot

SOY MILK

May contain chametz and is considered Kitniyot.

SUGAR

White Sugar – Lantic and Redpath are permitted for Passover if purchased in new packaging.

Granulated white sugar that is kosher year-round is also permitted for Passover if in new packaging.

Brown Sugar – Must have a Kosher for Passover certification.

Lantic and Redpath are permitted for Passover if purchased in new packaging. The following brands are permitted for Passover:

Redpath: Cubes, Dark and Light Brown Sugar, Golden and Light Yellow Sugar, Packets

Lantic: Dark and Light Brown Sugar

Powdered Sugar – Must have a Kosher for Passover certification.

SUGAR SUBSTITUTES

Must have a Kosher for Passover certification (Ex: sorbitol).

TEA

Pure green or black tea without additives is permitted. Tea bags and herbal teas require kosher for Passover certification.

Dry herbal infusions in their natural state like linden, verbena, chamomile, and mint are permitted

TEHINA (TAHINI)

Natural tehina is permitted for those who have the Minhag to eat chickpeas.

TEQUILA

Some brands are certified kosher for Passover (**see attached list**).

TOOTHPASTE

All toothpastes are permitted. Avoid flavored toothpaste for children. For Ashkenazim, only Colgate and Sensodyne are permitted.

TUMS

Tums – Regular, Extra Strength, and Ultra Strength are kitniyot and permitted for Sephardim. However, it is preferable to avoid them.

TUNA (CANNED)

Must have kosher for Passover certification.

VANILLA EXTRACT & SUGAR

Must have kosher for Passover certification.

VASELINE

Permitted for Passover

VINEGAR

Must be certified kosher for Passover.

VITAMINS

It is preferable that they be kosher year-round and for Passover. Consult a rabbinic authority.

VODKA

Most vodkas are distilled from wheat grains and are therefore not permitted. Please refer to the alcoholic beverage list for approved options.

WAX PAPER

Does not require Kosher for Passover certification.



WINE

All kosher wines are automatically kosher for Passover and should be used for the four cups at the Seder.

WHISKEY

Chametz and therefore forbidden.

YOGURT

Must be certified Kosher for Passover.

