



YISE

YOUNG ISRAEL
SHOMRAI EMUNAH
of
Greater Washington

RABBI DOVID ROSENBAUM

RABBI YOSEF POSTELNEK
Assistant Rabbi

RABBI GEDALIAH ANEMER, ZT"l

JOSHUA SEIDEMANN
President

MEIR KRAMER
Vice President

BARBARA PRICE
Vice President

ISAAC MOSES
Vice President

RABBI YEHUDA SHINENSKY
Vice President

ORI CARMEL
Vice President

JONAH MAINZER
Secretary

NANCY JAMES
Treasurer

SIMI FRANCO
Office Manager

Dear Friends:

Although the Hashomer, which should be coming out soon, has various aspects of halachic guidance for Pesach, I wanted to share the following collection of more specific guidance which I hope will be helpful in your preparations for Pesach. To facilitate convenient use, I wanted to give you a sense of what is included in this series of documents, in the order in which it appears:

- From the cRc Pesach Book 2024 - This is the CRC's buying guide for which products do or don't require Pesach certification.
- From the cRc Pesach Book 2024 - This is the CRC's basic halachic guidelines for the types of medicines, cosmetics, and toiletries that do or don't need to be ascertained as Chametz free. This is a matter of much halachic discussion, and I encourage you to follow the position of the CRC.
- Star-K Quick-Pick Medicine List. This is a basic list the Star-K makes available online of medications that are not Chametz concerns. **I am of the opinion that not all the medications on this list need to be Chametz free, per the guidelines of the CRC** (please see the letter immediately preceding this document). Please also be aware that this is only a partial list, and if you have further questions you should feel free to contact me.
- Star-K Quick-Pick Personal Care List. This is a basic list the Star-K makes available online of personal care items that are not Chametz concerns. **I am of the opinion that not all the medications on this list need to be Chametz free, per the guidelines of the CRC** (please see the letter from the CRC included earlier). There are many other products that are chametz free and if you would like to find out if a specific item is acceptable please feel free to contact me.
- From the cRc Pesach Book 2024 - This is a list based on the research of the OU provided by the CRC that provides information about milk substitutes, nutritional supplements, and infant formulas. Please note that these items, unless marked otherwise, should only be used if they have an OU, though not bearing any P marking. Also, most of these items are Kitniyos, which means that Ashkenazim should only use them if they are for an ill person or it's very important for someone's nutritional needs (young or old). Additionally, unflavored versions of these products, if readily available, would be preferable to flavored versions. Utensils in which these products have been used should be washed at a sink other than that at which standard Pesach utensils are washed. Please feel free to contact me if you are unsure how these halachic principles apply to your circumstances.
- Star-K Pet Food List. This list is from the Star-K regarding acceptable pet foods for Pesach.

Pesach preparations are always challenging. Please don't hesitate to contact me at rdrosenbaum@yise.org or 301-593-4465, ext. 105 with any questions. Also, please consider joining the WhatsApp group at which Rabbi Postelnek and I will address Pesach shaalos.

Chag Kasher Vesameach.

Rabbi Dovid Rosenbaum



Shopping Guide

PESACH 2024

Recommendations are for items produced in the United States

The 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 Pesach certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	✘	<i>Kitnios</i>
Antacid (chewable)	▲	
Apple juice	▲	Concentrate also requires Pesach certification
Applesauce	▲	
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, cornstarch, 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 PESACH 2024

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. All Hershey's is acceptable, except Special Dark
Coconut (shredded)	▲	Sweetened or flavored
	✓	Unsweetened & unflavored
Coffee	▲	Beans which are plain, unflavored, and not decaffeinated do not require Pesach certification, but the grinder must be clean. Instant, flavored or decaffeinated coffee requires certification. K-cups require certification.
Coffee filters	✓	
Coffee whitener	▲	
Cologne		See Medicine and Cosmetic pages
Colonoscopy drink		See bit.ly/3NsgS18
Confectioners' sugar	▲	
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 require Pesach certification
Dental floss or tape		Acceptable (including waxed) if not flavored
Dentures	✓	
Deodorant	✓	
Dessert gels & puddings	▲	
Detergent	✓	
Dill	✘	Seeds
	✓	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 pages

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 pages
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 or single-strength juices
Fruit preserves	▲	
Furniture polish	✓	
Garlic	✓	Fresh
	▲	Peeled (in jars or cans)
	✓	Powder free
Gloves (disposable)	▲	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	▲	

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ✘= Not acceptable for Pesach

SHOPPING GUIDE PESACH 2024

Product	Status	Notes
Ices	▲	
Infant formula		See Baby formula
Insecticide sprays	✓	Some traps contain <i>chametz</i>
Instant coffee or tea	▲	
Invert sugar	▲	
Isopropyl alcohol	✓	
Jam	▲	
Jelly	▲	
Juice (fruit)	✓	Pure frozen concentrated orange juice
	▲	Other concentrates or single-strength juices
K-Cups	▲	
Kasha	✘	<i>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 Medicine and Cosmetics pages. See www.ASKcRc.org for updates.
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 repacked required 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

Product	Status	Notes
Monosodium glutamate	▲	
Mousse (for hair)	✓	
Mouthwash		See Medicine and Cosmetic pages
MSG	▲	
Mushrooms	▲	Canned
	✓	Raw or dried
Mustard	✘	<i>Kitnios</i>
Nail polish	✓	
Nail polish remover	✓	
Napkins	✓	
Non-dairy creamer	▲	
Nutritional supplements		See Nutritional Supplement pages
	✘	Peanuts are <i>kitnios</i>
Nuts	▲	Pecan pieces
		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground
Ointments	✓	
Olive oil	✓	Extra virgin (unflavored)
	▲	Other types, including extra light
Oil (cooking)	▲	
Orange juice	▲	Pure frozen orange juice concentrate does not require Pesach certification
Orthodontics	✓	Wash rubber bands before placing in mouth
Oven cleaner	✓	
Pam	▲	
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>
Pecan pieces	▲	For whole pecans, see Nuts
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>

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ✘= Not acceptable for Pesach

SHOPPING GUIDE PESACH 2024

Product	Status	Notes
Polish (for furniture, shoes, or silver)	✓	
Pop	▲	
Popcorn	✘	<i>Kitnios</i>
Poppy seeds	✘	<i>Kitnios</i>
Potato chips	▲	
Poultry		Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification
Powdered dish detergent	✓	
Prunes	▲	
Pumpkin seeds		Not <i>kitnios</i> ; acceptable if raw and without additives
Quinoa	▲	Quinoa is not <i>kitnios</i> but requires Pesach 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 Pesach certification
Splenda	▲	
Stain remover	✓	

Product	Status	Notes
Star anise		Star anise is not <i>kitnios</i> ; see Spices
Stevia	▲	
Stick deodorant	✓	
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 Pesach certification
	▲	Herbal tea
Tissues	✓	
Tofu	✘	<i>Kitnios</i>
Tomato-based products	▲	
Toothpaste		See Medicine and Cosmetics pages. See www.ASKcRc.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 Salads (bagged) Canned, cooked or frozen ▲
		Fresh raw vegetables are acceptable if they are not <i>kitnios</i>
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	▲	

✓= Acceptable without Pesach Certification ▲= Must bear Pesach Certification ✘= Not acceptable for Pesach

Chicago Rabbinical Council

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

Rabbi Sholem Y. Fishbane
Kashruth Administrator



פסח תשפ"ד / Pesach 2024

MEDICINES, COSMETICS & TOILETRIES FOR PESACH

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

MEDICINES

- All pill or non-chewable tablet medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill.

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

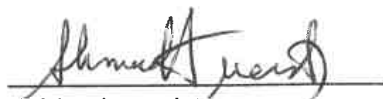
- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

COSMETICS & TOILETRIES

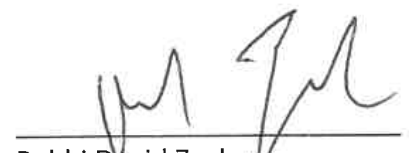
- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid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



Rabbi Yona Reiss
Av Beis Din, Chicago Rabbinical Council



Rabbi Shmuel Fuerst
Dayan, Agudath Israel of Illinois



Rabbi Dovid Zucker
Rosh Kollel, Chicago Community Kollel

2024 QUICK-PICK MEDICINE LIST

A SAMPLE OF CHOMETZ-FREE AND KOSHER MEDICINES LISTED BY CATEGORY. FOR USA ONLY UNDER THE BRAND NAMES INDICATED. PRODUCTS MAY CONTAIN KITNIYOS.

Please check back at star-k.org/passover or the STAR-K App for updates.

COLD, ALLERGY & DECONGESTANTS

Allegra - 12 Hr Tablets, Children's Allergy 12 Hr Dissolve Tablets (Dairy), Children's Allergy 12 Hr Liquid
Allegra-D - 12 Hr. Tablets
Benadryl - Allergy Plus Congestion Ultratab Tablets, Allergy Ultratab Tablets, Children's Allergy Chewables (Grape), Children's Allergy + Congestion Liquid (Grape), Children's Allergy Liquid (Bubblegum Dye-Free, Cherry)
Claritin - 24 Hr. Tablets (Dairy)
Claritin-D - 12 Hr. Tablets (Dairy), 24 Hr. Tablets
Zyrtec - 24 Hour Allergy Swallowable Tablets (Dairy), Children's Allergy Syrup (Grape, Bubble Gum)

GASTROINTESTINAL REMEDIES

Adwe - Stool Softener
Alka-Seltzer - Original Effervescent Tablets, Extra Str Effervescent Tablets
Dramamine - Less Drowsy (Dairy), Nausea Long Lasting (Dairy), Original, For Kids (Chewable)
Konsyl Daily Psyllium Fiber Powder - (no *kitniyos*)
Metamucil 4-in-1 - Original Coarse Powder - unflavored with real sugar (no *kitniyos*), Orange Smooth Powder (Sugar-Free), Premium Blend
Miralax Powder
Pepto Bismol - Original Ultra Liquid
Phillips' Milk of Magnesia - Liquid Original (no *kitniyos*)
Senokot - Extra Strength Tablets (Dairy), Regular Tablets

PAIN RELIEVERS & FEVER REDUCERS

Advil Tablets - Coated Caplets, Coated Tablets
Adwe - FeverX Pain Reliever Acetaminophen (Tablets, Liquids)
Aleve - Caplets, Tablets
Bayer Aspirin - Low-Dose Chwbl. 81mg (Cherry, Orange), Genuine Tablets, Extra Str. Caplets
Motrin - IB Coated Caplets, Children's Liquid (All Flavors), Infants Liquid (All Flavors)
Tylenol - Regular Strength Tablets, Extra Strength Caplets, Children's Suspension (All Flavors), Infants Oral Suspension (All Flavors)

2024 QUICK-PICK PERSONAL CARE LIST

A SAMPLE OF CHOMETZ-FREE PERSONAL CARE PRODUCTS LISTED BY CATEGORY.

FOR USA ONLY UNDER THE BRAND NAMES INDICATED. PRODUCTS MAY CONTAIN KITNIYOS.

Additional products under the brands listed below may be found in the Personal Care & Cosmetics List in the STAR-K Pesach Guide.

ANTI-PERSPIRANTS/DEODORANTS

Arrid - Antiperspirant (Spray), Spray Deodorant, Solid
Old Spice - High Endurance Deodorant Fresh
Right Guard - Antiperspirant/Deodorant (Spray Aerosol, Stick)
Secret - Deodorant (Powder Fresh, Spring Breeze)

CREAMS & OINTMENTS

A & D Ointment - Original
Burt's Bees - Beeswax Lip Balm
CeraVe - Moisturizing Cream
Chapstick - Classic Original, Classic Strawberry
Desitin - Multi-Purpose Ointment
Neosporin - Original Ointment
Neutrogena - Hand Cream Fragrance Free
Tinactin - Cream
Vaseline Petroleum Jelly - Original

MOUTHWASHES

Listerine - Cool Mint (Antiseptic, Zero Alcohol), Fresh Burst, Total Care Zero, Ultra Clean
Scope (All) (Vegan)

SHAMPOOS, CONDITIONERS & HAIRSPRAYS

Head & Shoulders - Classic Clean (Shamp, Cond, 2-in-1)
Johnson's - Baby Shampoo
Pantene - Lightweight Finish Alcohol-Free Hairspray, Flexible Hold Alcohol-Free Hairspray
Pantene Pro-V - Classic Clean (Shamp, Cond)
Prell - Classic Clean Shampoo
Suave - Almond & Shea Butter Moisturizing Shampoo, Deep Moisture Hydrating Shampoo, Essentials Tropical Coconut (Shamp, Cond), Naturals Daily Clarifying Shampoo
Suave Kids - 3-in-1 Watermelon Wonder (Shampoo-Conditioner-Body Wash)

SOAP/WASHES

Bar Soaps - **Dove** (All), **Dial** (All), **Ivory** (All), **Palmolive** (All), **Irish Spring** (All)
Body Wash - **Dial** (All, except Oatmeal), **Dove** (Deep Moisture) **Irish Spring** (All)
Liquid Hand Soap - **Dial** (Regular, Foaming, Gold)

TOOTHPASTES

Aim - (All)
Colgate - (All) (All Veg Glycerin)
Close Up - (All)
Crest - Cavity Protection Gel & Paste (All), Kid's Crest (All), Crest + Scope (All), Crest 3D White (Radiant Mint)
Pepsodent - (All)
Sensodyne - Sensitivity & Gum Clean & Fresh

Pesach 2024 List of Milk Substitutes, Nutritional Supplements

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

Most of these products contain kitnios, and for some that is the primary ingredient. Products that contain flavors should only be provided when no unflavored alternative exists. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one. Products should be purchased before Passover and be maintained segregated from Kosher for Passover foods.

Milk Substitutes

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

Medical Nutritional Supplements

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

Supplements, and Infant Formulas

Pediatric Supplements

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

Electrolytes and Oral Rehydration

- Always My Baby
- Baby Basics
- Basic Care
- Being Well
- Bright Beginnings
- CareOne
- Comforts for Baby
- Cottontails
- Cozy Care
- CVS
- D-G Health
- Enfamil Enfalyte Oral Electrolyte Solution
- Equate
- Goodness
- Good Sense
- H-E-B Baby
- Home 360 Baby
- Life Brand
- Meijer
- Mom to Mom
- Naturalyte
- O Organics
- Parent's Choice
- Pedialyte (all flavors)
- Rite Aid
- ShopRite
- Sound Body
- Top Care
- Walgreen's
- Welby
- Western Family

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. **Most of these products contain kitnios, and for some that is the primary ingredient.**



Infant Formulas

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

Baby Food

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

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. **Most of these products contain kitnios, and for some that is the primary ingredient.**

2024 PET FOOD LIST

THE FOLLOWING IS A LIST OF PET FOODS APPROVED FOR PASSOVER 2024 WHEN PRODUCED IN THE U.S.

Products with identical names from foreign countries may have different formulations, thus compromising their Passover status.

Since formulas are subject to change, make sure to check all labels. There should be no chometz listed.

A product listing both meat and dairy ingredients may not be used at any time during the year.

See "Feeding Your Pet: Barking Up the Right Tree"
at star-k.org/passover for more information.

CATS

BRAND	PRODUCT
Blue Freedom Grain-Free Indoor (canned)	Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty <i>Gravy</i> , Chicken for Mature Cats
Evanger's	When bearing cRc Passover approval
Friskies (canned)	Paté Chicken and Tuna Dinner, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner, Paté Poultry Platter, Paté Mixed Grill, Paté Liver and Chicken Dinner
Kirkland (Costco) (dry)	Maintenance Chicken & Rice, Natures Domain Salmon & Sweet Potato
Kirkland (Costco) (canned)	Paté Grain-Free 3-Flavor Variety (Chicken, Salmon, Turkey)
Merrick Grain-Free Limited Ingredient Diet (canned)	Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna
Merrick Purrfect Bistro Grain-Free (dry)	Adult (Hairball Control, Weight Control, Real Chicken and Sweet Potato, Real Salmon and Sweet Potato, Sensitive Stomach), Healthy Kitten
Prescription Diet	a/d, d/d venison & green pea, i/d (canned with chicken), r/d, s/d, t/d, z/d
Wellness Core Grain-Free (dry)	Adult, Indoor (Salmon & Herring), Kitten, Original
Wellness Core Grain-Free Classic Paté (canned)	Indoor, Kitten, Turkey & Duck, Whitefish & Salmon & Herring

FISH

Fish food and vacation blocks often contain chometz. Refer to the list below.

BRAND	PRODUCT	NOTES
Pro Balance	Vacation Feeder (3, 7, 14 days)	Acceptable
Zoo Med Laboratories	Plankton Banquet Block Feeder (regular, mini, giant)	Acceptable

GOLDFISH and TROPICAL FISH can be given the following items, provided they do not contain fillers:

Freeze-dried or frozen brine shrimp (e.g., **San Francisco Bay Brand** – Freeze-Dried Brine Shrimp), Freeze-dried worms, Tubular worms

NOTE: Tetra Tropical Slow Release Feeders CONTAIN CHOMETZ. While these were acceptable in the past, they have started including oatmeal in new formulations and are no longer acceptable.

DOGS

BRAND	PRODUCT
Blue Freedom Grain-Free (canned)	Beef Recipe Adult, Chicken Recipe (Adult, Small Breed, Puppies, Senior), Grillers (Hearty Beef, Hearty Chicken, Hearty Turkey), Lamb Recipe Adult
Evangens	When bearing cRc Passover approval
Kirkland (Costco) Natures' Domain (canned)	Turkey & Pea Stew
Kirkland (Costco) Natures' Domain (dry)	Puppy Chicken & Pea, Salmon and Sweet Potato
Prescription Diet	a/d, d/d, h/d (canned only), i/d (canned, original flavor), s/d, u/d, r/d
Purina Pro Plan Grain-Free (canned)	Adult Beef & Salmon Entrée, Adult Chicken & Carrot Entrée, Adult Turkey & Sweet Potato Entrée
Wellness Core Grain-Free (dry)	Lamb, Large Breed Original, Large Breed Puppy, Ocean, Original, Puppy, Reduced Fat, Senior, Small Breed Healthy Weight, Small Breed Original, Small Breed Puppy, Wild Game
Wellness Core Grain-Free (canned)	Beef & Venison & Lamb, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring
Wellness Core Grain-Free Ninety Five Percent (canned)	Beef, Chicken, Turkey

STAR-K thanks Julie Rabinowitz, DVM, for helping to develop the nutritional guidelines for the following animals:

AQUATIC TURTLES

- **Fluker's** – Crafted Cuisine Turtle Diet for Aquatic Turtles
- Dark, leafy green vegetables (such as collard, mustard and dandelion greens, kale, bok choy, deep green lettuces, parsley)
- Finely chopped vegetables (such as bell peppers, carrots, squash, green beans)
- Goldfish
- Guppies

BEARDED DRAGONS

They can follow the same diet as Geckos, listed below, in addition to the following:

- Fruit (including kiwi, banana, mango, papaya, apple),
 - Mixed vegetables (such as deep leafy greens, squash, carrots, greens)
 - Calcium and Vitamin D supplementation (e.g., **Zoo Med** – Repti Calcium with D3)
- NOTE:** As bearded dragons age, they can move to a more vegetable-heavy diet for life.

BIRDS

BIRD TYPE/ SPECIES	RECOMMENDED FOODS	NOTES
All Birds	Fruits, vegetables, fresh herbs, cooked chicken, canned tuna, pure alfalfa pellets (crushed for small birds)	
Large Birds	Millet, sorghum, sunflower seeds	Millet is easy to acquire in bulk on Amazon.com, as well as at local pet stores, and can be fed in large quantities. Note, however, that it doesn't provide a nutritionally complete diet.
Small Birds	Millet (sorghum and sunflower seeds are too large)	
Doves, Finches, Pigeons, Sparrows	Can have dog food (see above list)	

FOR ALL BIRDS, AVOID THE FOLLOWING: apple and pear seeds; all dairy – small amount of cottage cheese is okay; all fruit pits; avocado; mushrooms; peanuts

GECKOS

Most varieties are insectivores and prefer a diet of the following offered every two to four days:

- Crickets and grasshoppers
- Earthworms, mealworms, silk worms, super worms, or waxworms
- Fruit flies
- Moths
- Roaches
- Calcium and Vitamin D supplementation (e.g., **Zoo Med** – Repti Calcium with D3)

GERBILS & HAMSTERS

- Fruits and vegetables
- Matzah
- Millet
- Puffed rice
- Pure alfalfa pellets or hay
- Pure timothy or other pure grass hay
- Raw sunflower and pumpkin seeds
- Treats

GUINEA PIGS

- **Higgins Vita Garden Grain Free** – Guinea Pig Pellets
- Need Vitamin C supplementation (e.g., **Oasis** – Vita-Drops Pure Vitamin C for Guinea pigs).
- Vegetables high in Vitamin C (e.g., broccoli, brussels sprouts, cabbage, cauliflower, green and red peppers, spinach, sweet potatoes, turnip greens and other leafy greens)
- Unlimited amounts of pure timothy hay (or other pure grass hay, such as orchard grass, oat or meadow hay), leafy greens, herbs, carrot tops and chopped vegetables
- NEVER feed white potatoes to guinea pigs

RABBITS

- **Higgins Vita Garden Grain Free** – Rabbit Pellets (Junior or Adult)
- Unlimited amounts of pure timothy hay (or other pure grass hay, such as orchard grass, oat or meadow hay), leafy greens, herbs, carrot tops and chopped vegetables

ADVICE REGARDING WEANING PETS BEFORE PESACH

Mixes sold in stores often contain chometz. It is advisable for pet owners to slowly wean their pets off their regular chometz pet food diet.

This is accomplished by mixing regular and Pesach food starting between one and two weeks prior to Pesach, before switching completely to Pesach food. The ratio of regular and Pesach food should be changed gradually to get the animal used to the new diet. Check with your veterinarian before changing your pet's diet.

PET STORES IN BALTIMORE METROPOLITAN AREA WHERE CHOMETZ PET FOOD MAY BE PURCHASED AFTER PESACH

- Petco
- Petsmart

FAQS REGARDING PETS ON PESACH

Rabbi Zvi Goldberg, STAR-K Kashrus Administrator

Q. Are “grain-free” pet foods acceptable?

A. There are many “grain-free” dog and cat foods on the market. While we still recommend checking the ingredient panel on those foods, they are a good place to start your search for an appropriate food.

Q. Is it necessary to buy a new food bowl for your pet for Pesach?

A. No. However, the bowl used year-round should be thoroughly cleaned before Pesach.

Q. If I am going away for Pesach, what should I do with my fish?

A. Vacation blocks often contain chometz. One can purchase a block without chometz or use an automatic fish feeder and fill it with non-chometz food.

Q. During a Pesach visit to the zoo, may one purchase the animal feed?

A. No. This feed is often chometz and should not be purchased or fed to the animals during Pesach.

Q. Must pet food with chometz be put away and sold before Pesach?

A. Yes.

Q. Can *kitniyos*, such as rice and beans, be fed to animals on Pesach?

A. Yes.

Q. What are some common chometz ingredients in pet food?

A. Wheat (cracked, flour, germ, gluten, ground, groats, middlings, starch), barley (cracked, flour), oats (flour, groats, hulled), pasta, rye, and brewer’s dried yeast. Any questionable ingredient should be reviewed by a competent rabbinic authority.

Q. What are some common ingredients which may be *kitniyos* but are permitted in pet food?

A. Beans, buckwheat, brewer’s rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, sesame, soybeans, soy flour, and sunflower.

Q. Is pet food “with gravy” permitted?

A. Most often, gravy contains chometz. Read the ingredient panel carefully.

Q. Are the vitamins or minerals in pet food chometz?

A. They may be chometz, but are *batel* (nullified) due to the small amount added.