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Dear Friends:

I wanted to share the following collection of halachic materials which I hope will be helpful in your preparations for Pesach. Enclosed you will find:

- From the cRc Pesach Book 2026 - This is the CRC's shopping guide for which products do or don't require Pesach certification.
- From the cRc Pesach Book 2026 - 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 products 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 2026 - 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.
- The shul will not be sending out Hashomer this year. Therefore, I am also including a useful chart from the OU which provides guidance regarding the necessary amounts at the seder for wine, matzah, and maror. Regarding the wine, I would recommend 3.3 fluid ounces.
- Finally, there are so many opinions regarding kashering appliances for Pesach. I provide my personal guidance for some of the more common questions on the last page of the packet.

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 on which I will address Pesach shaalos.

Chag Kasher Vesameach.

Rabbi Dovid Rosenbaum



SHOPPING GUIDE



RECOMMENDATIONS ARE FOR ITEMS PRODUCED IN THE UNITED STATES



Acceptable without Pesach Certification

Food items in this section should preferably be purchased before Pesach



Must bear reliable Pesach Certification



Not acceptable for Pesach

Sephardim should contact their local Sephardic rabbi regarding issues of *kitniyos*

PRODUCT		NOTES
Adhesive Bandages	✓	
Air Freshener	✓	
Alcohol	◇	For drinking
	✓	Denatured or Isopropyl alcohol
Alfalfa Sprouts	×	<i>Kitniyos</i>
Aluminum Products	✓	Includes aluminum foil and pans
Amaranth	◇	Amaranth is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Ammonia	✓	
Anise	×	Same status as <i>kitniyos</i>
Antacid (Chewable)	◇	
Apple Juice	◇	Concentrate also requires Pesach certification
Applesauce	◇	
Aspartame	◇	
Baby Carrots, raw	✓	Acceptable if they contain no additives
Baby Carrots	◇	Canned or cooked
Baby Food	◇	Includes jarred or canned
Baby Formula		See page 22. When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitniyos</i>
Baby Oil	✓	
Baby Powder		Acceptable if it only contains cornstarch or other innocuous ingredients
Baby Wipes	✓	
Bags	✓	Includes paper and plastic
Baking Powder	◇	
Baking Soda	✓	
Balloons		If powdered, wash before Pesach

PRODUCT		NOTES
Band-Aids	✓	
Beans	×	<i>Kitniyos</i>
Bean Sprouts	×	<i>Kitniyos</i>
Benefiber	×	<i>Chametz</i>
Beverages	◇	
Bicarbonate Of Soda	✓	
Bird Food		See page 23
Bleach	✓	
Bleach Wipes	✓	
Blush	✓	
Body Wash	✓	
Braces	✓	Wax for braces is also acceptable; wash rubber bands before placing in mouth
Brewer's Yeast	×	<i>Chametz</i>
Brown Sugar	◇	
Buckwheat	×	<i>Kitniyos</i>
Buckwheat Pillow	✓	One may own and derive benefit from <i>kitniyos</i>
Butter	◇	
Candles	✓	Scented are also acceptable
Candy	◇	
Canned Fruits or Vegetables	◇	
Canola Oil	×	<i>Kitniyos</i>
Caraway	×	Same status as <i>kitniyos</i>
Carrots		Raw (including baby carrots) are acceptable if additive-free
	◇	Canned, cooked, or frozen
Cat Food		See page 23
CBD Oil	◇	
Charcoal	✓	Includes plain, easy-light, apple, hickory, and mesquite
Cheese	◇	

SHOPPING GUIDE

PRODUCT		NOTES
Cheese Spreads	◇	
Chewable Pills		See pages 14-15
Chewing Tobacco	◇	Contains flavors and other sensitive ingredients
Chickpeas	×	<i>Kitniyos</i>
Cloves		Some have a custom not to use cloves for Pesach
Cocoa Powder		Acceptable if 100% pure and not processed in Europe
Coconut (Shredded)	◇	Sweetened or flavored
	✓	Unsweetened & unflavored
Coffee	◇	Beans which are plain, unflavored, and not decaffeinated do not require Pesach certification, but the grinder must be clean. Instant, flavored or decaffeinated coffee requires certification. K-cups require certification
Coffee Filters	✓	
Coffee Whitener	◇	
Cologne		See pages 14 and 16
Colonoscopy Drink		See bit.ly/3NsgS18 
Confectioners' Sugar	◇	
Contact Paper	✓	
Cooking Oil Spray	◇	
Cooking Wine	◇	
Coriander Seeds	×	Same status as <i>kitniyos</i>
Corn & Corn Products (e.g. Corn Oil, Corn Syrup)	×	<i>Kitniyos</i>
Corn Remover	✓	
Cosmetics		See pages 14-19
Creams (Cosmetics)	✓	
Crock-Pot Liner	✓	
Cumin	×	Same status as <i>kitniyos</i>
Cups	✓	Includes paper and plastic
Cutlery (Plastic)	✓	
Dates	◇	Glaze may be problematic
Dental Floss or Tape		Acceptable (including waxed) if not flavored
Dentures	✓	Cleaned well after you eat <i>chametz</i> for the last time
Deodorant (Sticks and Gels)	✓	

PRODUCT		NOTES
Deodorant (Liquids and Sprays)	✓	When produced in the USA
Dessert Gels & Puddings	◇	
Detergent	✓	
Dill	×	Seeds, same status as <i>kitniyos</i>
	✓	Leaves
	◇	Dried
Dishwashing Soap	✓	
Dog Food		See page 23
Dried Fruit	◇	
Edamame	×	<i>Kitniyos</i>
Eggs	◇	Cooked or liquid
	✓	Whole and raw (including pasteurized); buy before Pesach
Ensure		See page 22
Eye Drops		See page 16-17. See www.ASKcRc.org for updates
Eye Liner	✓	
Eye Shadow	✓	
Fabric Protector	✓	
Fabric Softener	✓	
Fennel	×	Seed, same status as <i>kitniyos</i>
	✓	Leaves
Fish	✓	Fresh
	◇	Canned, frozen, or processed
Fish Food		See page 23
Flaxseeds		Flaxseeds are not <i>kitniyos</i> ; see Spices
Flour	×	<i>Chametz</i>
Floss (Dental)		Acceptable (including waxed) if not flavored
Foil (Aluminum)	✓	
Food Coloring	◇	
Food Supplements		See page 22
Formula For Infants		See page 22
Frozen Dinners	◇	
Fruit	◇	Canned, cooked, dried, or sweetened
	✓	Fresh. See pages 20-21
		Frozen is acceptable if it is not sweetened or cooked and contains no sensitive additives.

✓ = Acceptable without Pesach Certification

◇ = Must bear Pesach Certification

✕ = Not acceptable for Pesach

PRODUCT		NOTES
Fruit Juice	✓	Pure frozen concentrated orange juice
	◇	Other concentrates or single-strength juices
Fruit Preserves	◇	
Furniture Polish	✓	
Garlic	✓	Fresh
	◇	Peeled (in jars or cans)
Gloves (Disposable)	✓	Powder free
	◇	Powderless or with powder
Glue	✓	
Grape Juice	◇	
Grapefruit Juice	◇	
Green Beans	✕	<i>Kitniyos</i>
Gum (Chewing)	◇	
Hair Gel	✓	
Hairspray	✓	When produced in the USA
Hand Sanitizers (e.g., Purell)	✓	
Herbal Tea	◇	
Honey	◇	
Horseradish	✓	Raw
	◇	Prepared
Hydrogen Peroxide	✓	
Ice (In Bag)	✓	
Ice Cream	◇	
Ices	◇	
Infant Formula		See Baby Formula
Insecticide Sprays	✓	Some traps contain <i>chametz</i>
Instant Coffee or Tea	◇	
Invert Sugar	◇	
Isopropyl Alcohol	✓	
Jam	◇	
Jelly	◇	
Juice (Fruit)		see Fruit Juice
K-Cups	◇	
Kasha	✕	<i>Kitniyos</i>
Ketchup	◇	
Lactaid		Lactaid milk may be used if purchased before Pesach
	✕	Chewable pills
	✓	Non-chewable pills

PRODUCT		NOTES
Latex Gloves	✓	Powder free
	◇	Powderless or with powder
Laundry Detergent	✓	
Laxatives		See page 18
Lemon Juice	◇	Concentrate also requires Pesach certification
Lentils	✕	<i>Kitniyos</i>
Lip Products		See pages 18. See www.ASKcRc.org for updates
Liqueur	◇	
Liquid Dish Detergent	✓	
Liquid Medicines		See page 14-19
Liquor	◇	
Listerine Pocketpaks	✕	Requires Pesach certification, and this brand is not certified
Lotions	✓	
Makeup		See page 14-19
Margarine	◇	
Mascara	✓	
Matzah	◇	
Mayonnaise	◇	
Meat	✓	Fresh or frozen raw meat in original packaging is acceptable
	◇	Ground, cooked, or repacked requires Pesach certification
Medicine		See page 14-19
Milk	◇	If certified is unavailable, buy before Pesach
Millet	✕	<i>Kitniyos</i>
Mineral Oil	✓	
Mineral Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives
Monosodium Glutamate/MSG	◇	
Mousse (For Hair)	✓	When produced in the USA
Mouthwash		See pages 14 and 19
MSG	◇	
	◇	Canned
Mushrooms	✓	Raw or dried; see page 20-21
Mustard	✕	<i>Kitniyos</i>
Nail Polish	✓	

SHOPPING GUIDE

PRODUCT		NOTES	PRODUCT		NOTES
Nail Polish Remover	✓		Polish (For Furniture, Shoes, or Silver)	✓	
Napkins	✓		Popcorn	✗	<i>Kitniyos</i>
Non-Dairy Creamer	◇		Poppy Seeds	✗	<i>Kitniyos</i>
Nutritional Supplements		See page 22	Potato Chips	◇	
Nuts	✗	Peanuts are <i>kitniyos</i>	Poultry	✓	Fresh or frozen raw poultry in original packaging is acceptable
	◇	Pecan pieces		◇	Ground, cooked, or repacked requires Pesach certification
		Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted, or ground	Powdered Dish Detergent	✓	
Ointments	✓		Prunes	◇	
Olive Oil	✓	Extra virgin (unflavored)	Pumpkin Seeds		Not <i>kitniyos</i> ; acceptable if raw and without additives
	◇	Other types, including extra light	Quinoa	◇	Quinoa is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in
Oil (Cooking)	◇		Raisins	◇	
Orange Juice	◇	Pure frozen orange juice concentrate does not require Pesach certification	Rice, Including Wild Rice	✗	<i>Kitniyos</i> Rice milk may contain <i>chametz</i>
Orthodontics	✓	Wash rubber bands before placing in mouth	Saffron		Some have a custom not to use saffron for Pesach; see Spices
Oven Cleaner	✓		Salads (Bagged)	◇	If certified is unavailable and contains no <i>kitniyos</i> or sensitive additives; buy before Pesach
Pam (Oil Spray)	◇			✓	Fresh
Pans (Aluminum)	✓		Salmon	◇	Canned, frozen or processed
Paper Products	✓	Including bags, cups, napkins, plates, towels, and wax paper. May be used for hot or cold	Salt		Acceptable without iodine or other additives
Paraffin	✓		Sanitizers (E.g. Purell)	✓	
Parchment Paper	◇		Scouring Pads	✓	
Peanuts	✗	<i>Kitniyos</i>	Seltzer	◇	
Peas	✗	<i>Kitniyos</i>	Sesame Seeds	✗	<i>Kitniyos</i>
Pecan Pieces	◇	For whole pecans, see Nuts	Shampoo	✓	
Perfume	✓	When produced in the USA	Shaving Lotion	✓	
Pet Food		See page 23	Sherbet	◇	
Petroleum Jelly	✓		Shortening	◇	
Pickles	◇		Silver Polish	✓	
Pills		See pages 14-19	Snow Peas	✗	<i>Kitniyos</i>
Pineapple (Canned)	◇		Soaps	✓	
Plastic (cutlery, plates)	✓		Soda	◇	
Plastic Wrap	✓		Sorbet	◇	
Plates	✓	Including paper, plastic, and Styrofoam. May be used for hot or cold	Sorghum	✗	<i>Kitniyos</i>
Play-Doh	✗	May contain <i>chametz</i>			

✓ = Acceptable without Pesach Certification

◇ = Must bear Pesach Certification

✗ = Not acceptable for Pesach

PRODUCT		NOTES
Soup Mix	◇	
Soy Products	✗	<i>Kitniyos</i> Soy sauce and soy milk may contain <i>chametz</i> ; see page 22
Spices	✗	Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are same status as <i>kitniyos</i>
		Other spices are acceptable in whole form, but ground spices require Pesach certification
Splenda	◇	
Stain Remover	✓	
Star Anise		Star anise is not <i>kitniyos</i> ; see Spices
Stevia	◇	
Stick Deodorant	✓	
String Beans	✗	<i>Kitniyos</i>
Styrofoam	✓	
Sugar	◇	Brown sugar and confectioners' sugar
		Pure, white cane sugar without additives is acceptable
Sugar Substitute	◇	
Sunflower Seeds	✗	<i>Kitniyos</i>
Sunscreen	✓	
Suppositories	✓	
Syrups	◇	
Tea		Pure black, green, or white tea leaves or tea bags are acceptable, unless they are flavored, instant, or decaffeinated, in which case they require Pesach certification
	◇	Herbal tea
Tissues	✓	
Tofu	✗	<i>Kitniyos</i>
Tomato-Based Products	◇	
Toothpaste		See pages 14, 19, and 24. 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)	◇	

PRODUCT		NOTES
Turmeric		Turmeric is not <i>kitniyos</i> ; see Spices
Vanilla	◇	
Vaseline	✓	
Vegetable Oil	◇	
Vegetables	◇	Bagged salads - see Salads (bagged)
	◇	Canned, cooked, or frozen,
		Fresh raw vegetables are acceptable if they are not <i>kitniyos</i> .
Vegetable Wash	◇	
Vinegar	◇	
Vitamins	◇	
Water		Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives, including citrates, e.g., magnesium citrate
Wax For Braces	✓	
Wax Paper	✓	
Whitener (For Coffee)	◇	
Wild Rice	✗	<i>Kitniyos</i>
Wine	◇	
Wood Chips	✓	Whisky wood chips are not acceptable for Pesach
Wrap (Plastic)	✓	
Yogurt	◇	

FAQ Anise – Same Status as *Kitniyos*

Q The cRc shopping guide lists a few varieties of anise (caraway, cumin, coriander, dill, and fennel) as *kitniyos*. Can you explain to me why that is the case?

A *Rema* 453:1 rules that anise and coriander are not *kitniyos*. Some of the later *poskim* (*Taz* 453:1 & 462:3, and *Chok Yaakov* 453:9) basically accept this *psak* but suggest that these spices be checked carefully to make sure none of the five grains are mixed into them. Other *poskim* (*Magen Avraham* 453:3) take a stricter approach and are of the opinion that one should avoid these spices since it is so difficult to check whether grains are mixed into them. Rav Schwartz *zt"l* accepted the ruling of the *Mishnah Berurah* 453:13 to follow the stricter approach. Accordingly, these spices are listed in our shopping guide as “same status as *kitniyos*.”



MEDICINE & COSMETICS

Chicago Rabbinical Council

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Rabbi Sholem Y. Fishbane
Kashruth Administrator



פסח תשפ"ו / Pesach 2026

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.
- Gelcaps, both hard and soft, do not pose a *chametz* concern, but the gelatin they are made from is not kosher. Accordingly, during *Pesach* and all year-round, they should only be consumed by someone who is ill and does not have an alternative medicine which is free of *kashrus* concerns.
- 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

2026 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 (unless otherwise indicated).

For a full list of chometz-free medicines, see list starting on page 86. 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 Ultratab Tablets, Children's Allergy + Congestion Liquid (Grape), Children's Allergy Liquid (Bubblegum Dye-Free, Cherry)
Claritin - 24 Hr. Swallowable Tablets (Dairy)
Claritin-D - 12 Hr. Swallowable Tablets (Dairy), 24 Hr. Swallowable Tablets
Zyrtec - 10 mg 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 Tablets - Original (Dairy), Less Drowsy (Dairy), Nausea Long-Lasting (Dairy), Chewable For Kids (Grape)
Imodium A-D - Regular Caplets (Dairy), Oral Solution (Reg. Mint, Mint for Kids)
Kaopectate - Liquid (All Flavors)
Konsyl Daily Psyllium Fiber Powder (Regular, Organic) - (no kitniyos)
Metamucil 4-in-1 - Original Coarse Powder - unflavored with real sugar (no kitniyos), Orange Smooth Powder (Regular, Sugar-Free), Premium Blend (Sugar-Free, Orange, Berry)
Miralax (Powder)
Pepto Bismol - Original Liquid (Regular), Ultra Liquid
Phillips' Milk of Magnesia - Original Liquid (no kitniyos)
Reese's - Pinworm Medicine (Liquid)
Senokot - Extra Strength Tablets (Dairy), Regular Tablets

PAIN RELIEVERS & FEVER REDUCERS

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

2026 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 personal care products can be found in the Personal Care & Cosmetics List on page 154.

ANTI-PERSPIRANTS/DEODORANTS

Arrid - Antiperspirant (Aerosol, Gel, Solid), Spray Deodorant
Old Spice - High Endurance Deodorant Stick
Right Guard - Antiperspirant/Deodorant (Spray Aerosol, Stick)
Secret - Deodorant Aluminum-Free Stick

CREAMS & OINTMENTS

A & D Prevent & Heal Ointment - Original
Burt's Bees - Beeswax Lip Balm w/Vit. E & Peppermint
Chapstick - Classic Original
Desitin - Multi-Purpose Ointment
Neosporin - Original Ointment
Neutrogena - Hand Cream Norwegian Formula
Tinactin - Cream
Vaseline Petroleum Jelly - Original

MOUTHWASHES

Listerine - Cool Mint (Antiseptic, Zero Alcohol), Fresh Burst, Sensitivity (Alcohol-Free), Fluoride Defense Anti-Cavity, Total Care Zero, Ultraclean Antiseptic Mouthwash

SHAMPOOS, CONDITIONERS & HAIRSPRAYS

Head & Shoulders - Classic Clean (Shampoo, Conditioner, 2-in-1)
Johnson's - Baby Shampoo (w/aloe & Vit. B; Calming)
Pantene - Lightweight Finish Alcohol-Free Hairspray, Flexible Hold Alcohol-Free Hairspray
Pantene Pro-V - Classic Clean (Shampoo, Conditioner)
Prell - Classic Clean Shampoo
Suave - Almond & Shea Butter Moisturizing Shampoo, Deep Moisture Hydrating Shampoo, Essentials Tropical Coconut (Shampoo, Conditioner)
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 (All), Softsoap (All)

TOOTHPASTES

Aim - (All)
Colgate - (All) (All Vegetable Glycerin)
Close Up - (All)
Crest - Cavity Protection Gel & Paste, Kid's Crest (All), Crest 3D White (Refreshing Mint)
Pepsodent - (All)



MILK SUBSTITUTES, NUTRITIONAL SUPPLEMENTS, AND INFANT FORMULAS

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

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

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 • 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 • Kate Farms – see list below • Ketonex • Kosher-Med's Children's Ibuprofen-Original Berry Flavor • Nepro (all shakes, all powders, all flavors) • Novasource Renal (Product line) • Nutren (unflavored) • Osmolite – All • Pedialyte • Peptamen • Perative • Phenex • Portagen • Promote (except Promote with fiber) • Propimex • Provimin • Pulmocare (all flavors) • RCF • Resource 2.0 Mocha • Resource 2.0 Vanilla • Resource Diabetic Vanilla • Resource Fruit Flavored Beverage Orange • Resource Fruit Flavored Beverage Peach • Resource Fruit Flavored Beverage Wildberry • Resource Kid Essentials 1.5 Fiber Vanilla • Resource Plus Chocolate • Resource Plus Strawberry • Resource Plus Vanilla • Suplena with Carbsteady • Thick-It • Twocal HN • Tyrex • Vital Peptide • Vivonex Pediatric • Vivonex Plus • Vivonex Ten

KATE FARMS PRODUCTS • 1056 Kids Nutrition Vanilla • 1057 Kids Nutrition Chocolate • 1058 Kids Nutrition Strawberry • 1059 Pediatric Peptide 1.0 Strawberry • BV-03CHTA-01 Standard Formula 1.0 Chocolate • BV-03VATA-01 Standard Formula 1.0 Vanilla • BV-04PLTA-01 Peptide Formula 1.5 Plain • BV-03PLTA-01 Standard Formula 1.0 Plain • BV-06PLTA-J02 Pediatric Peptide 1.5 Plain • BV-09PLTA-J01 Peptide 1.0 Plain • BV-09VATA-J01 Peptide 1.0 Vanilla • BV-04VATA-J01 Peptide 1.5 Vanilla • BV-10VATA-J01 Glucose Support 1.2 Vanilla • BV-11VATA-J01 Renal Support 1.8 Vanilla • Glucose Support 1.2 Plain • Kate Farms Standard 1.4 Strawberry • Pediatric Peptide 1.0 Vanilla • Pediatric Peptide Plus 1.5 Vanilla • Pediatric Standard 1.2 Chocolate • Pediatric Standard Formula 1.2 Vanilla • Renal Support 1.8 Plain • Standard 1.4 Chocolate • Standard 1.4 Plain • Standard 1.4 Vanilla • Standard Sole-Source Nutrition Formula-Plain • Standard Sole-Source Nutrition Formula-Vanilla • Standard Sole-Source Nutrition Formula Vanilla 1.4

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 • Basic Care • Bright Beginnings • CareOne • Comforts for Baby • Cottontails • CVS Pharmacy • Enfamil Enfalyte Oral Electrolyte Solution • Equate • Goodness • Good Sense • H-E-B • Home 360 Baby • Meijer • Mom to Mom • Naturalyte • O'Organics • Parent's Choice • Pedialyte (all flavors) • Rite Aid • Top Care • Walgreen's • Welby • Western Family

Baby/Infant Formulas

365 Everyday Value • Ahold • Berkley & Jensen • Bobbie • Bright Beginnings • ByHeart Whole Nutrition • CareOne • Comfort • Cottontails • CVS • Daily Source • Earth's Best • Else • EnfaCare (all liquids, all powders) • Enfagrow (all liquids, all powders) • Enfamil (all liquids, all powders) • Enfaport (all liquids, all powders) • Food Lion • Full Circle • Gerber Good Start • Giant • Giant Eagle Baby • Hannaford • Happy Baby • H-E-B • Heinz Nuture • Home 360 Baby • Isomil (all liquids, all powders) • Ketonex • Kirkland Signature • Laura Lynn • Lidl • Little Journey • Meijer Baby • Member's Mark • Mom to Mom • Mother's Choice • Nature's Place • Nestle Good Start • Next Step • 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 • Stop & Shop • Sunrise • Supervalu • Target • Tippy Toes by TopCare • Top Care • Topco • True Goodness • Tyrex • Up & Up • Vermont Organics • Walgreens • Wegmans • Well Beginnings • Wellsley Farms • Western Family

Milk Alternatives

The following products contain *kitniyos* and are acceptable for the infirm who need milk alternatives.

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

2026 PET FOOD LIST

THE FOLLOWING IS A LIST OF PET FOODS APPROVED FOR PASSOVER 2026 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 Gravy, 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
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
Wellness Core Grain-Free Paté (canned)	Chicken & Turkey & Chicken Liver, Kitten Chicken & Salmon, Kitten Turkey & Chicken, 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 days (Cat.# PBV3), 7 days (Cat.# PBV7), 14 days (Cat.# PBV14N)	Acceptable only if the listed cat.# is displayed on the back near barcode
Zoo Med Laboratories	Plankton Banquet Block Feeder (regular, mini, giant)	Acceptable

NOTE: Other Pro Balance or Zoo Med feeders may contain chometz.

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

DOGS

BRAND	PRODUCT
Blue Freedom Grain-Free (canned)	Beef Recipe Adult, Chicken Recipe (Adult, Small Breed, Puppies, Senior), Lamb Recipe Adult
Blue Wilderness Grain-Free (dry)	Chicken, Salmon
Evangers	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
Purina Pro Plan Grain-Free (canned)	Adult Beef & Salmon Entrée, Adult Chicken & Carrot Entrée
Wellness Core Grain-Free (dry)	Age Advantage, Lamb, Large Breed Original, Large Breed Puppy, Ocean, Original Adult, Puppy, 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

FEEDING CHICKENS ON PESACH

The following information was provided to STAR-K by a veterinarian.

BRAND	PRODUCT	NOTES
Prairie's Choice	Non-GMO Backyard Chicken Starter/Grower Feed, Non-GMO Backyard Chicken Layer Feed Order at https://www.prairieschoice.com/	IMPORTANT: Chicken feed needs to be switched over slowly about 10 days before Pesach to prevent illness, as follows: add 10% the first day, 20% the second day and so on, until 100% switchover is achieved. (If less time is available, check with your veterinarian.)
Reedy Fork Organic Farm	Organic Layer Feed Order at https://reedyforkfarm.com/organic-soy-free-gluten-free-layer-feed	If this item can be shipped faster than above Starter Feed, chicks can survive on layer feed for the 10-day period, it's just not an optimal diet for them. Owners should spend about 7-10 days prior to Pesach doing the switch as indicated above. Maintain chicks on the layer feed and gradually switch back to their regular feed after Pesach.

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

FERRETS

- Higgins inTune - Ferret Kibble

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.

SIZING UP THE SEDER

	MATZAH*	MAROR	WINE CUP
TALMUDIC MEASURE OF VOLUME	 K'ZAYIT	 K'ZAYIT	 RIVI'IT**
RAV CHAIM NOEH	29 CUBIC CM (1 FL. OZ.)	19.3 CC (.7 FL. OZ.)	3 FLUID OUNCES
RAV MOSHE FEINSTEIN	43.2 CC (1.5 FL. OZ.)	32 CC (1.1 FL. OZ.)	3.3 FLUID OUNCES
CHAZON ISH	50 CC (1.7 FL. OZ.)	33.3 CC (1.1 FL. OZ.)	5.07 FLUID OUNCES

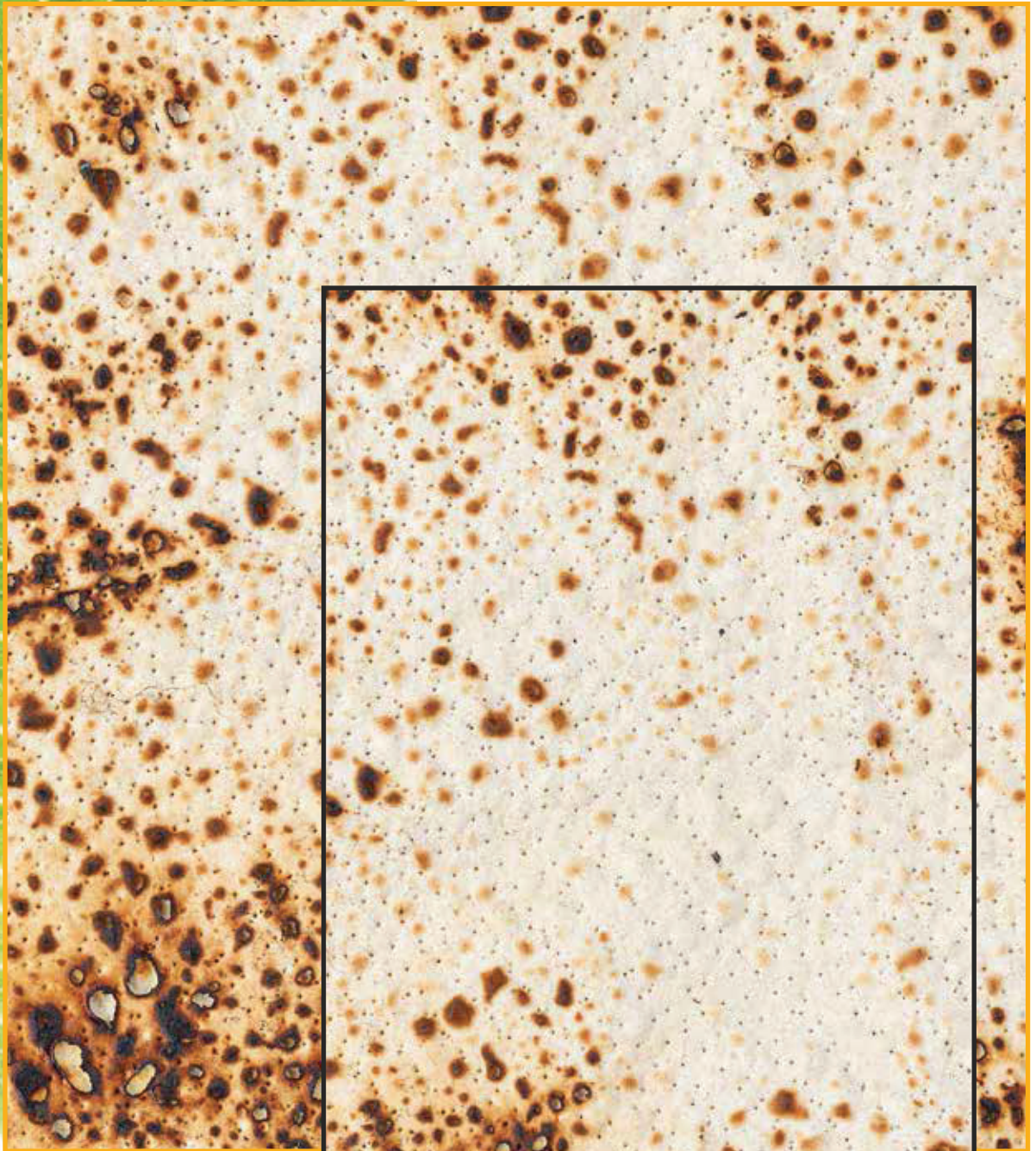
* These measurements are approximate amounts since *matzot* vary in thickness. Handmade *matzot* can be considerably thicker than machine-made *matzot*, or vice versa

** For the first three cups, one must drink more than half the *rivi'it*. One should drink the entire fourth cup so as to be able to recite a *bracha achrona*.

MATZAH & AFIKOMEN 6.25" X 7"

(1 oz. by weight)

FOLLOWING THE OPINION OF RAV MOSHE FEINSTEIN



MAROR 8" X 10"

(Leaves: 1 oz. by weight)

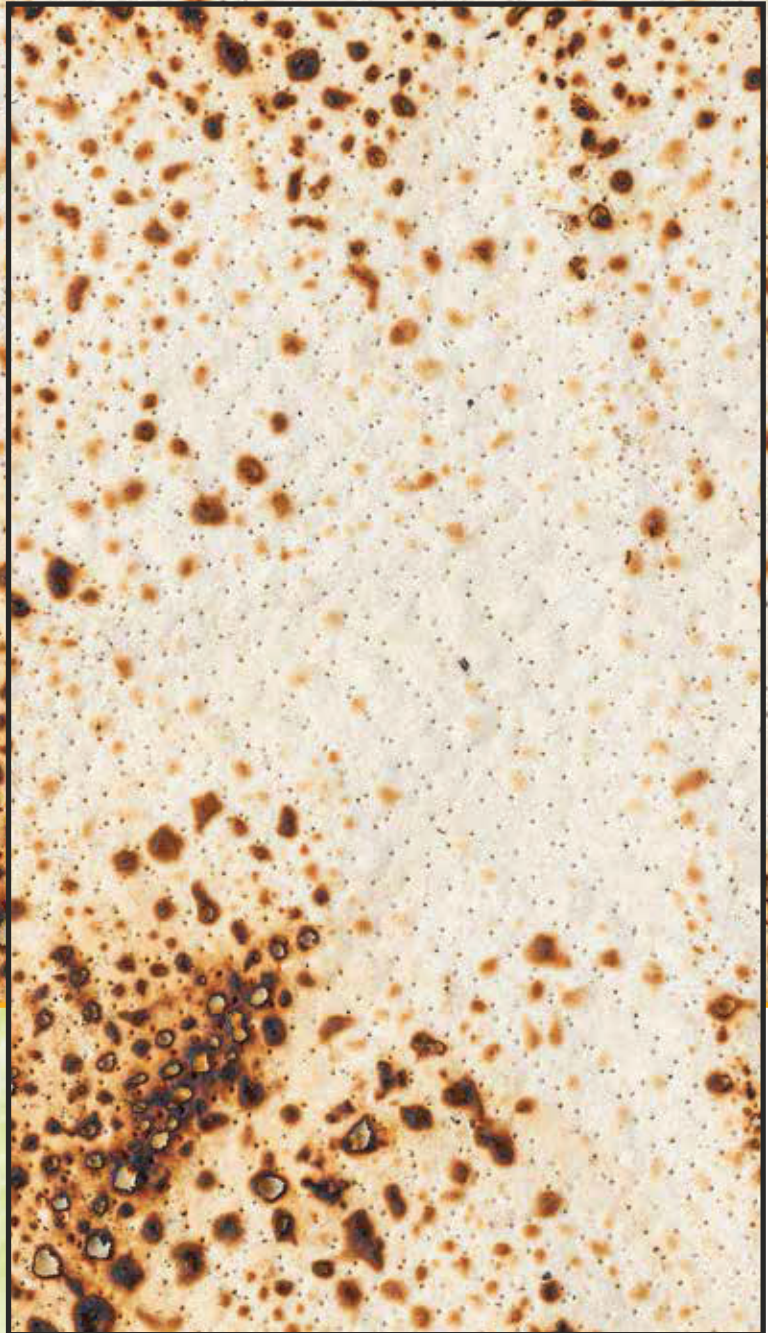
IF GROUND HORSERADISH:

volume of 1.1 oz./32 grams. If this is difficult one can use .7 oz./19 grams.

IF ROMAINE STALKS

(.75 oz. by weight)

Enough to fill 3" x 5" area



KORECH 4" X 7" (.64 oz. by weight)

Kashering in the Kitchen

Rabbi Dovid Rosenbaum

OVEN

For ovens in which the self-clean feature works well I would recommend running the oven on self-clean and considering it koshered (it would make sense to check the oven after the self-clean to make sure it indeed has been cleaned well). **Low-temperature self-clean cycles (e.g., AquaLift, Steam Clean) do not qualify as kashering.**

Otherwise, the oven and racks should be cleaned well and then, at least 24 hours after the last time the oven was used, should be put on the highest setting for an hour. A broiler pan that comes in direct contact with food should not be used.

STOVETOP

All parts of the stovetop should be thoroughly cleaned, including scraping residual food from the surface and catch-tray, and not used for 24 hours. Then the burner should be turned to its maximum temperature for at least 30 minutes. This should be the practice for gas burners and electric burners with glass covers. Electric burners with exposed coils (i.e., not covered with glass) need only be left on for 15 minutes. Afterwards, if dealing with a metal surface, cover the following areas with foil: (a) the knobs, catch trays, and all areas between the burners, and (b) areas behind the burners where pots might touch.

Stovetops that have glass covers may be kashered but one must make sure that hot pots do not rest directly on the glass between the burners. One may use trivets for the areas between the burners.

SINK

Stainless steel or Corian sinks can be kashered using the following method. Clean thoroughly, do not use the hot water or pour in hot items for 24 hours, boil a kettle of water, and carefully pour that water over all surfaces of the sink and faucet.

MICROWAVE OVEN

The microwave should not be used for at least 24 hours prior to kashering. Thoroughly clean all surfaces in the oven. The insert glass tray should be changed or covered. Place a clean utensil that has not been used for the previous 24 hours filled with water inside and turn on at high power, bringing the water to a boil. Keep the water boiling for at least 20 minutes. There are authorities that do not allow a microwave to be kashered if the interior is plastic.

CHAG KASHER
V'SAMEACH

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