



בס"ד  
הוועד לעניני הדת  
RELIGIOUS COUNCIL

United Mashadi Jewish Community of America

# List of Products for Pesach 5779/2019

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אדר-ניסן תשע"ט  
March-April 2019



בס"ד

# הוועד לעניני הדת

## RELIGIOUS COUNCIL

United Mashadi Jewish Community of America

אדר תשע"ט  
March 2019

Dear Community Member,

It is the Mashadi community's great merit that with regards to Pesach, we have always preserved the highest standards of observance in terms of cleaning the house for Chametz and consuming exclusively Kosher for Pesach products. We are proud to provide a Kosher for Pesach list according to the halachic guidance of our rabbis and our community's Minhagim.

Rabbi Eliyahu Ben Haim  
(Co-Chair)

Mr. Nissim Bassalian  
(Co-Chair)

Mr. Robert Livi  
(Secretary)

Rabbi Mordechay  
Kohanim  
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Rabbi Mosheh Aziz  
Mr. Oren Bezalely

Mr. Shmuel Livian  
Mr. Louis Ebrani  
Mr. Morris Aziz  
Mr. Parham Shaer  
Mr. Moshe Enayatian  
Mr. Tony Aziz

The following products do not contain Chametz and are authorized for Pesach 5779. The authorization of these products is only for Sepharadim and it is based on information obtained from Kosher for Pesach lists by Orthodox rabbis and experts in Kashrut, together with our research and the guidance of our own Rav Eliyahu Ben-Haim שליט"א. Many of the products mentioned in this list do not bear a special Kosher for Pesach certification. **THESE PRODUCTS MUST BE PURCHASED BEFORE PESACH AND SHOULD ONLY BE USED IF THE PACKAGE IS NEW AND UNUSED.**

### Note about Kitniyot:

There are two types of products which Jewish communities do not consume on Pesach:

1) Chametz – foods derived from, containing ingredients from, or having come into contact with, leavened wheat, barley, oats, rye, or spelt. These products are forbidden by the Torah, and all Jewish communities agree on the prohibition of these products.

2) Kitniyot - legumes such corn, chickpeas, certain types of beans and seeds, peas, lentils, mustard, etc. These products are not forbidden to consume on Pesach according the Torah or by Jewish law. However, many communities have the tradition to refrain from using these products. Most Sephardic communities traditionally do not refrain from kitniyot and will eat them on Pesach. In the Mashadi community, different families have different customs regarding which kitniyot they will consume on Pesach and which kitniyot they will not consume.

For this list, we have included products which are Chametz-free. For those items which have an issue of kitniyot, we noted the kitniyot issue. We advise that every family uses the list while being conscious of their traditions regarding kitniyot. For any questions or comments, please ask any Religious Council member.

It is our prayer that this list should be used to enhance and uplift the holiday of Pesach for all our families.

Sincerely,

The Religious Council

## List of products for Pesach 5779

**For Sepharadim only. New packages only. Must be purchased before Pesach.**

### **Almond Milk:**

Any non-flavored Original or Unsweetened with reliable year-round certification, including Silk, Almond Breeze, Califia Farms, 365 Everyday Value.

### **Aluminum Foil:**

Any. Does not require K for P.

### **Apple Cider Vinegar:**

Bragg, Kirkland raw and unfiltered with year-round Kosher certification.

### **Artificial Sweeteners:**

Sweet N' Low, Splenda, Equal with year-round Kosher certification.

### **Baby Foods:**

Rice Cereal - Any with year-round Kosher certification can be used.

Any 100% Pure Fruit or 100% Pure Vegetable baby food with reliable year-round Kosher certification can be used.

### **Baby Formula:**

Isomil, Similac, Enfamil, Emfalac, H-E-B, Hy-Vee, CVS Baby Formula, Baby's Choice.

### **Baby Wipes:**

Any. Does not require K for P.

### **Baking Soda:**

Any can be used.

### **Band-Aids:**

Any. Does not require K for P.

### **Butter:**

Any with good year-round Kosher certification can be used.

### **Candles:**

Any. Does not require K for P.

### **Cereal:**

Requires Pesach Certification.

### **Chapstick:**

Any. Does not require K for P.

### **Cheese:**

Requires Pesach certification.

### **Contact Lens Solution:**

Any. Does not require K for P.

### **Cocoa:**

Any 100% pure can be used.

### **Coffee:**

Any plain unflavored ground can be used. Flavored coffee requires K for P.

**Instant Coffee:** Nescafe Taster's Choice Regular, including House Blend & French Roast. Folger's Regular and Decaf. Starbucks Via Ready Brew blends without flavoring (100% Arabica, etc.) can be used.

**Note:** All Via blends with flavoring (such as vanilla etc.) and Via Latte are **not** recommended for Pesach.

**Note2: Starbucks beverages should not be purchased in stores during Passover.**

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## List of products for Pesach 5779

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### **Coffee Creamer:**

Coffee Mate-Natural Bliss (any flavor).

**Note:** As with all items without a Kosher for Pesach Certification, must be purchased new before Pesach.

### **Dental Floss:**

Any. Does not require K for P.

### **Deodorant:**

Any. Does not require K for P.

### **Detergent:**

Any. Does not require K for P.

### **Eggs:**

Any kosher whole, raw eggs can be used.

### **Fish:**

Any **unseasoned** raw kosher fish, fresh or frozen. Kirkland Salmon is ok.

**Note:** Gefilte fish and fish sticks require Kosher for Pesach supervision.

**Note2:** As with all items, fish without Kosher for Pesach Certification, must be purchased before Pesach.

### **Flour:**

Regular flour in the U.S. is most likely chametz and should be discarded.

### **Fruit:**

Any 100% pure, fresh or frozen.

Dried fruit **with no additives**. Sunmaid California Organic Raisins, Dole California Seedless Raisins can be used.

**Note: Many dried fruits have additives. Double check to make sure there are no additives**

### **Gum:**

Requires K for P certification.

### **Honey:**

Any 100% pure can be used.

### **Ketchup:**

Heinz with no additives is ok to use.

### **Lemon Juice:**

Any 100% Pure. Realemon, Realime are ok to use.

### **Lipstick:**

Any. Does not require K for P.

### **Listerine Strips:**

PocketPaks and PocketMist are ok. Preferably use a new one before Pesach.

### **Liquor:**

Requires Kosher for Pesach Certification. A recommended Kosher for Passover Liquor List is in the Chicago Rabbinical Council's Passover Guide on Page 75.

<http://www.crcweb.org/listsandlinks.php>

**Note: Passover liquor must be purchased before Pesach. Even Kosher for Pesach liquors may not be ordered at a bar on Pesach.**

**Note2: Be careful to double check the bottle for Kosher for Pesach certification.**

### **Lotion:**

Any. Does not require K for P.

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## List of products for Pesach 5779

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### **Mayonnaise:**

Any regular full-fat with year-round kosher certification.

**Note:** Lite Mayo and Mayo with Olive Oil need Kosher for Pesach certification.

### **Meat or Poultry (Chicken, Turkey):**

Any **unseasoned** raw meat or poultry with reliable year-round kosher certification, except ground meat.

**Note:** Ground meat, chicken, or turkey should only be purchased with Kosher for Pesach certification.

**Note2:** Seasoned meat, sausages, hamburgers, deli products, cold cuts, and any other processed meats require Kosher for Pesach certification.

### **Milk:**

Any regular unflavored is ok to use. Unflavored Lactaid milk is ok to use (not other Lactaid products).

**Note:** As with all items, milk without Kosher for Pesach Certification must be purchased before Pesach. If purchasing on Pesach, only buy with reliable Kosher for Pesach Certification.

**Note2:** Some families have the custom not to use any dairy on Pesach.

### **Mouthwash:**

Any. Does not require K for P.

### **Mustard:**

Gulden's Spicy Brown and Bold Yellow. Heinz Organic Yellow Mustard and Spicy Brown.

**Note:** Many families do not use mustard due to Kitniyot.

### **Nail Polish:**

Any. Does not require K for P.

### **Nuts:**

Raw nuts such as almonds and walnuts (with no additives) may be used even without a Kosher for Pesach certification. However, one must check the allergy information on the back of the package. If the package specifies that the nuts were on shared equipment with wheat, the nuts should be washed before using them for Pesach.

**Pecan Pieces** or **Midget Pecans** require Kosher for Pesach certification and should not be used unless they are certified for Pesach. **Whole Pecans** or **Pecan Halves** can be used even without Kosher for Pesach Certification.

**Note:** Roasted nuts should not be used unless they have a special Kosher for Pesach certification.

### **Oil:**

Any 100% pure oil, including olive oil, vegetable oil, canola oil, etc. can be used even without Kosher for Pesach certification.

**Note:** Some families have custom not to use oils which are derived from Kitniyot, such as corn oil or soybean oil.

**Note2:** Cooking Oil Spray requires Kosher for Pesach certification.

### **Paper Plates:**

Any. Does not require K for P.

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## List of products for Pesach 5779

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### **Peanut Butter:**

Any brand with year-round Kosher certification can be used.

**Note:** Some families have the custom not to use peanuts due to Kitniyot.

### **Plastic Plates/Utensils:**

Any. Does not require K for P.

### **Quinoa:**

Raw with No Seasoning.

**Note:** Quinoa should be checked 3 times before Pesach, just like rice.

### **Rice:**

Preferably, only unenriched rice should be used. Recommended brands: Colbeh, Deer, Devaaya, Dunar, Empire, Khazana, Kohinoor, Lal Qilla, Royal, Saffron, Shahzadeh, Zebra.

**Note:** Our custom is to check rice 3 times before using on Pesach.

### **Rose Water:**

Any 100% pure rose water. Cortas and Sadaf Rose Water are ok.

### **Salt:**

Any non-iodized salt can be used even without Kosher for Passover certification.

### **Sauces & Dips:**

Require Kosher for Pesach certification.

### **Seltzer:**

Any unflavored seltzer can be used even without Kosher for Pesach certification. Flavored Seltzer requires Kosher for Pesach certification.

### **Soap:**

Any. Does not require K for P.

### **Soy Milk:**

Any non-flavored Original or Unsweetened with reliable year-round certification. Silk, 365 Everyday Value.

**Note:** Many families do not use soy due to Kitniyot.

### **Spices:**

Any 100% Pure Spices can be used even without Kosher for Pesach certification. 100% Pure Saffron may be used.

**Note:** As with all items, must be purchased new before Pesach.

### **Styrofoam Plates/Cups:**

Any. Does not require K for P.

### **Sugar:**

Any brand of granulated white or brown sugar can be used.

**Note:** Powdered/Confectioner's sugar needs Kosher for Pesach certification.

### **Tea:**

Any unflavored, non-herbal, regular tea bags or tea leaves. Decaf requires Kosher for Pesach certification.

Lipton caffeinated or decaf are ok.

**Sadaf Teas** with year-round Kosher certification are **not** recommended.

### **Tehina:**

Any 100% pure.

**Note:** Many families do not use sesame due to Kitniyot.

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## List of products for Pesach 5779

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### **Tissues:**

Any. Does not require K for P.

### **Tomato Canned, Whole Diced or Crushed:**

Preferably, one should only use with Kosher for Passover certification. If there is no K for P available, one can use Hunt's or Heinz.

**Note:** One should only use Hunt's or Heinz if purchased new from before Pesach.

### **Tomato Sauce and Paste:**

Preferably, one should only use with Kosher for Passover certification. If there is no K for P available, one can use Hunt's or Heinz.

**Note:** One should only use Hunt's or Heinz if purchased new from before Pesach.

### **Toothpaste:**

Any. Does not require K for P.

### **Medicines**

For those who are ill or are medically required to take it by a doctor, any pill or capsule which is swallowed (not chewable) and does not have any pleasant flavor can be taken on Pesach as needed. Those who are otherwise healthy and can safely go through Pesach without taking a pill should not take a pill unless it is certified for Pesach.

The following list is based on information from Orthodox Union, Chicago Rabbinical Council, Star-K, and Orthodox kashrut experts; these medications may be taken on Pesach by those who are medically required to take them.

### **Tuna Fish:**

Starkist Tuna **in vegetable oil or olive oil.**  
Tuna Fish in water requires K for P.

### **Vinegar:**

Heinz Distilled White Vinegar.

**Note:** Heinz Vinegar is made from corn. Some families would not use due to Kitniyot.

### **Water:**

Any brand unflavored can be used, even without Kosher for Pesach certification.

### **Whipped Cream:**

Rich's, even without Kosher for Pesach certification

### **Pet Food**

A detailed list for feeding pets on Pesach can be found at <https://www.star-k.org/passover>. Flake fish food or Micropellets are ok for Sephardim for feeding fish, as long they do not contain a mixture of meat and milk.

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## **List of products for Pesach 5779**

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### **Cold, Allergy & Decongestants**

Allegra 24 hr. Tablets (Regular Only), 12 hr. Tablets, Allegra-D 12 hr. Tablets Allegra Children's 12 hr. Oral Suspension, Benadryl Children's Allergy Chewable, Ultratab Tablets, and Dye Free Liquid. Claritin 24 hr. Allergy Tablets (Dairy), Claritin Children's Allergy Syrup, Chewable Grape Tablets (NOT Redi-Tabs and NOT Bubble Gum), Claritin-D 12 hr. Tablets (Dairy), 24 hr. Tablets.

### **Gastrointestinal Remedies**

Alka-Seltzer Original Tablets and Extra Strength. Dramamine Original Formula (Dairy), Less-Drowsy Tablets (Dairy), For Kids Chewable (Grape), Chewable Tablets (Orange). Kaopectate Liquid - Cherry, Vanilla, Max Peppermint. Konsyl Powder Original Formula Unflavored. Metamucil Original Coarse Powder, Metamucil Orange Smooth Powder (Regular & Sugar-Free), Miralax Powder, Pepto Bismol Liquid Original. Phillips' Milk of Magnesia Liquid Original, Mint. Senokot Tablets, Senokot-S Tablets, Senokot Extra Strength (Dairy). Tums Regular Tabs (Assorted Fruit, Peppermint), Extra Str 750 Assorted Tabs (Berries, Fruit, Tropical Fruit) & Ultra Assorted Tabs (Berries, Fruit, Tropical Fruit, Peppermint).

### **Pain Relievers & Fever Reducers**

Advil Tablets, Coated (not Film-Coated) when last inactive ingredient listed is white wax, Advil Caplets, Coated (not Film-Coated) with last inactive ingredient listed is white wax, Advil Children's Suspension [All Flavors], Infants' Drops (White Grape-Dye Free), Advil Jr. Strength Swallowable (NOT Chewable), Aleve Tablets & Caplets, Bayer Aspirin Genuine Tabs, Low-Dose Chwbl. 81mg (Cherry, Orange), Motrin IB Coated Caplets, Motrin Infant Drops (Dye-Free Berry), Tylenol- Regular Strength Tablets, Extra Strength Caplets, Tylenol- Children's Suspension (Cherry). Infants Oral Suspension (Grape)

### **Sleeping Aid**

NatureMade – Melatonin. Unisom PM Pain Sleep Caplets, SleepTabs.

### **Medical Nutritional Supplements**

Arginaid, Arginaid Extra, Benecalorie, Beneprotein, Boost Glucose Control, Boost High Protein, Boost Nutritional Pudding, Boost Plus, Diabetishield, Diabetisource AC, Enlive, Ensure Complete Nutrition Shake, Ensure Healthy Mom Shake, Ensure High Calcium Shake, Ensure High Protein Shake, Ensure HN, Ensure Homemade Shake, Ensure Plus, Ensure Plus HN, Ensure Plus Next Generation, Ensure Shake, Ensure TwoCal, Fibersource

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## **List of products for Pesach 5779**

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HN, Glucerna 1.0, Glucerna 1.2, Glucerna 1.5, Isosource, Isosource HN with Fiber, Jevity 1.0, Jevity 1.2, Jevity 1.5, Nepro, Nepro Vanilla, Nepro with Carb Steady Flavored, Novasource Renal Nutren (Product line), Osmolite 1.0, 1.2, 1.5, Osmolite HN (unflavored), Perative, Promote (except Promote with fiber), Pulmocare, Resource 2.0, Resource Dairy Thick, Resource Diabetic, Resource Milk Shake Mix, Resource Thicken Up, Resource Thickened Juice, Resource Shake Plus Simply Thick, Thick & Easy — All, Thick-It, Vivonex Pediatric, Vivonex Plus, Vivonex Ten.

### **Pediatric Supplements**

Boost Kid Essentials, 1.0, 1.5, Boost Kid Essentials with Fiber, D-Vi-Sol, Enfamil 5% Glucose Water, Fer-In-Sol Drops, Poly-Vi-Sol Drops, Tri-Vi-Sol Drops, Resource Just for Kids with Fiber, Pediasure Peptide, Pediasure Vanilla Powder, Pediasure Shakes.

### **Pediatric Electrolytes**

Bright Beginnings, Comforts for Baby, Cottontails, CVS Pharmacy, Goodness, H-E-B Baby, Home 360 Baby, Meijer, Mom to Mom, Naturalyte, ShopRite, Parent's Choice, Pedialyte (all flavors), Top Care, Walgreen's, Western Family.

### **Prenatal Vitamins**

Prenate Elite DHA, Freeda Prenatal 1 A Day.



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