



בס"ד  
הוועד לעניני הדת  
RELIGIOUS COUNCIL

United Mashadi Jewish Community of America

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# List of Products for Pesach 5780/2020



אדר-ניסן תש"פ  
March-April 2020



בס"ד

# הוועד לעניני הדת

## RELIGIOUS COUNCIL

United Mashadi Jewish Community of America

אדר תש"פ  
March 2020

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 Minhagim.

The following products do not contain Chametz and are authorized for Pesach 5780. 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 own 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 to 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

*Rabbi Eliyahu Ben-Haim  
(Co-Chair)*

*Mr. Nissim Bassalian  
(Co-Chair)*

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Mr. Jonathan Hazghiyani  
Mr. Moshe Enayatian*

## List of products for Pesach 5780

**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.

### **Almond Flour:**

Kirkland Blanched Almond Flour

### **Aluminum Foil:**

Any. Does not require K for P.

### **Apple Cider Vinegar:**

Bragg, Kirkland raw and unfiltered.

### **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, Enfalac, 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.

### **Chia Seeds:**

Whole chia seeds are ok and should be checked like rice.

Ground seeds require K for P.

### **Contact Lens Solution:**

Any. Does not require K for P.

### **Cocoa:**

Any domestic 100% pure cocoa powder 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.

### **Coffee Creamer:**

Nestle's Coffee Mate.

**Note 1:** Natural Bliss is **not** acceptable

**Note 2:** As with all items without a Kosher for Pesach Certification, must be purchased new before Pesach.

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

## List of products for Pesach 5780

**For Sepharadim only. New packages only. Must be purchased 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 even without OU 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.

### **Flax Seeds:**

Whole flax seeds are ok. Ground seeds require K for P.

### **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 powder coating, no coloring, flavor, or any additives can be used.

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 (OU-P).

Patron Silver Tequila is ok.

**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.

### **Mayonnaise:**

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

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

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## List of products for Pesach 5780

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

### **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 with year-round kosher certification, including olive oil, vegetable oil, canola oil, etc. can be used.

**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.

### **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.

### **Probiotics:**

Any non-flavored pills with year-round kosher certification.

### **Quinoa:**

Raw with No Seasoning.

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

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## List of products for Pesach 5780

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### **Rice:**

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

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

### **Rice Milk:**

Rice Dream Classic Original

### **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.

### **Soy Milk:**

Any non-flavored Original or Unsweetened with reliable year-round certification. Silk, Soy Dream Original Enriched, 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.

### **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 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 before Pesach.

### **Toothpaste:**

Any. Does not require K for P.

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## List of products for Pesach 5780

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### **Tuna Fish:**

Starkist Tuna in vegetable oil or olive oil.

### **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.

### **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.

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

Adwe Tussin, Allegra-D 12 hr. Tablets, Benadryl Allergy Ultratab Tablets, Benadryl Children's Allergy Dye Free Liquid (Bubble Gum), Liquid (Cherry), Plus Congestion (Grape). Claritin-D 12 hr. Tablets (Dairy), 24 hr. Tablets.

### **Gastrointestinal Remedies**

Adwe Stool Softener, Alka-Seltzer Original Tablets. Dramamine Original Formula (Dairy), Less-Drowsy Tablets (Dairy), Chewable Tablets (Orange). Konsyl Powder Original Formula Unflavored. Metamucil Original Coarse Powder, Metamucil Orange Smooth Powder (Regular & Sugar-Free), Miralax Powder, Pepto Bismol Liquid Original, Chewables Original, Caplets Original. Phillips' Milk of Magnesia Liquid Original, Mint. Senokot Tablets, Senokot-S Tablets, 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**

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

### **Yogurt:**

Any plain whole-fat yogurt with year-round Kosher certification.

Low fat or non-fat yogurt needs K for P.

### **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.

## **List of products for Pesach 5780**

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

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 Jr. Strength Swallowable (NOT Chewable), Adwe Paid Relief Children Liquid Acetaminophen, Pain Relief Infant Liquid Acetaminophen, Aleve Caplets (Blue Pill), Bayer Aspirin Genuine Tabs, Low-Dose Chwbl. 81mg (Cherry, Orange), Motrin IB Coated Caplets, Motrin Infant Drops (Dye-Free Berry), Children's Suspension (Berry, Dye-Free Berry, Bubble Gum), Tylenol- Regular Strength Tablets, Extra Strength Caplets, Tylenol- Children's Suspension (Cherry). Infants Oral Suspension (Grape)

### **Sleeping Aid**

Unisom PM Pain Sleep Caplets, SleepTabs.

### **Medical Nutritional Supplements**

Abound, Arginaid, Arginaid Extra, Benecalorie, Beneprotein, Boost Glucose Control, Boost High Protein, Boost Nutritional Pudding, Boost Plus, Diabetishield, Diabetisource AC, Enlive, Ensure Compact, 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 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 HP, Nepro LP, Nepro Vanilla, Nepro with Carb Steady Flavored, Novasource Renal Nutren (Product line), Osmolite 1.0, 1.2, 1.5, Osmolite HN (unflavored), Perative, Portagen, Promote (except Promote with fiber), Pulmocare, Resource Diabetic (Nestle Nutrition), Resource Thicken Up (Nestle Nutrition), Resource Thickened Water and Juice products (Nestle Nutrition), Thick & Easy Food and Beverage Thickener (Hormel), Thick & Easy Thickened Water and Juice Products (Hormel), Thick-It Original Food and Beverage Thickener, Thick-It Clear Advantage Food & Beverage Thickener, Vital, 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 Compleasure, Pediasure RPB, Pediasure Peptide, Pediasure Vanilla Powder, Pediasure Shakes.

### **Pediatric Electrolytes**

Bright Beginnings, Comforts for Baby, Cottontails, CVS Pharmacy, Enfamil Enfalyte Oral Electrolyte Solution, Goodness, H-E-B Baby, Home 360 Baby, Meijer, Mom to Mom, Naturalyte, ShopRite, Parent's Choice, Pedalyte (all flavors), Top Care, Walgreen's, Western Family, Vivonex Ten.

### **Prenatal Vitamins**

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Maxi Health Small Prenatal Caps (with Chametz free sticker), Prenate Elite DHA, Freeda.



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