



2012 Recommended Passover Product List For Sephardic Communities By the J.S.O.R.

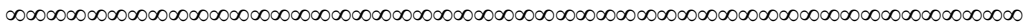


Dear Community Member,

The Jersey Shore Orthodox Rabbinat takes pride in once again presenting to our Sephardic Community a comprehensive guide to Passover products. In order to supply the community with our up to date information, this and all of our bulletins are available on the website: www.jsor.org.

This list is compiled after extensive research and correspondence with food industry experts and experts in the field of Kashrut. Since Sephardic Jews have different customs and traditional foods than our Ashkenaz brothers, this list is designed to serve those whose custom includes the consumption of **Kitniyot**, or legumes on the holiday. Since the majority of Jews in America are of Ashkenaz descent, the major Kashrut organizations only certify those items that are permissible for them. We have included those items, and as well have listed those foods that are permissible without special Kosher for Passover (KFP) symbols.

Three prohibitions exist: Consumption, Ownership, and Benefit of Hames.



The Ten Commandments for the Sephardic Passover Consumer



I. Thou shalt know what is Hames- Any foods or food products, which contain ingredients, derived from one of the following fermented cereal grains: wheat, barley, oats, spelt or rye are forbidden on Passover. Even foods that contain minute amounts of Hames, or foods which are processed on utensils which are used for other hames-containing foods, are not permissible for Passover use. Many Sepharadim have the custom of eating different legumes or kitniyot and foods that are derived from them. Even in the Syrian community, there are differences in customs as to which legumes are used.

II. Thou shalt read Product labels Carefully – Make sure a reliable Kosher for Passover

certification appears on the package. Take this guide with you to the store! Remember that ‘reading the labels’ is impossible on Pesach, too many chemicals may have hames ingredients. Alcohol, Ascorbic Acid, citric acid, Dextrose, Glucose, Malt dextrin, PolySorbates, Sodium Citrate, Sodium, Erythrobate, Xantham Gum & Sorbitol (outside U.S.) are among the list of common ingredients that can be derived from both grain and legume sources.

III. Thou shalt beware of Look Alikes – Often Kosher for Passover and non-Kosher for Passover products have identical packaging.

IV. Thou shalt not buy any product simply since it is in the “Passover Aisle”! Some stores do not remove the hames matzot and other “year round kosher” foods from the shelf before restocking for the holiday. (Like marshmallows!)

V. Thou shalt know thine personal Kashrut level- not all Kashrut certifications are created

equal. Check with the people who will partake of your meals and see what they prefer- ask your family custom pertaining to corn, rice, beans. Even within the community there are different family customs to take into account. This advance planning will save heartache and promote shalom.

VI. Thou shalt look before you cook! – even with the best intentions a non-Kosher for Passover item could be purchased inadvertently.

VII. Thou shalt not assume – Ask! If you have a doubt about koshering or about a product being Kosher for Passover, clarify the question with your Rabbi. Questions may be emailed to jsorkosher@gmail.com (quickest way to get an answer) OR text 732-995-4422 OR the JSOR hotline at 732-531-4872. Please be considerate with the times that you call! If you have a question and we are not available, or if the line is busy, we respectfully request that you leave a detailed message, with a phone number on that number. Calls will be returned, G-d willing, daily. If you do not get a call back, please call us back the following day, it has happened that the message or the phone number was unclear, and we couldn't call back.

Please note: the last phone calls we will answer will be on Wednesday April 4th @ 1:00 P.M .

We have made an addition to our yearly guide, a list of commonly used medications and toiletries that are considered hames-free! We hope that this new addition will be helpful.

VIII. Thou shalt not purchase a product just because it was good last year. – Discard old lists - they will confuse you, some things change.

IX Thou shalt sell your Hames – avoid problems of Hames that was in your possession on the holiday by making sure that it is sold to your Rabbi before Thursday evening, April 5th. (The Rabbis sell all the hames to a gentile the next morning). This is true even if you get rid of all “real” hames!

X. Thou shalt enjoy the spirit of the Holiday!
May the merit of our care in observing the commandments of the holiday bring us all closer to *Avinu She' be Shamayim*, our Loving Father in Heaven that we may merit His redemption!
Amen.



The Passover Food Guide

Whenever possible, buy those products that bear a reliable Passover label to be assured that the product has been prepared for the holiday.

All products whether or not they need special supervision should only be used if the package is new and unopened.

Aluminum Foil Products, All types are acceptable.

Baby Cereal: Due to information from the Rabbi at the O.U. in charge of Pesach production, Beech Nut Pure rice cereal should **not** be used. There is Materna brand from Israel that has supervision, but it is not widely available. Alternatively, may we suggest one of the following:

1) Cook rice thoroughly and then puree in the blender with formula.

2) Preparing the cereal from ground checked rice.

3) Soak Passover breakfast cereal or crumbled lady fingers in milk or formula and then mash or blend.

4) Try a variety of baby\ hot cereals that are made from finely ground matza meal or potato starch. (see cereals)

Baby Formula: Carnation Alsoy; Enfamil; Isomil; Pedialyte; Prosobee; & Similac- are all acceptable. Additionally the following store

brands are good: Kirkland Signature, Berkley & Jensen, CVS and Target brands.

Baby Foods: Must have Kosher for Passover supervision. Exceptions: Gerber vegetable: Peas, Green bean ,Carrots and sweet potatoes are acceptable by the OU. The following brands are marked: Glicks and Haddar are KAJp and Gefefen and Healthy Time are OUp, Tuv Ta'am with OK-P.

Beech Nut is no longer certified for Kosher for Passover. Ideally, it is best to (gasp!) prepare baby food at home using a blender or food processor. However, that is not going to be practical for everyone, the OU has informed us that plain varieties of fruits which do not have any additives or cereal are acceptable for use in those cases that food can not be prepared at home. (not the best option)

Baking Powder: Supervision required. Gefen, Glicks, Haddar, Lieber's, Mishpacha and V.I.P. Masters are KFP.

Baking Soda: (Bicarbonate of Soda) No Passover Supervision necessary. (New box)

Beverages: *See listing in: Coffee, Juices or Soda*

Candy and Chocolates: Passover Supervision is necessary for all chocolate candies; likewise hard sucking candies need supervision because they are often coated with flour. Acceptably supervised are Alprose, Barricini, Barton's (be aware- some are dairy!), Elite (with OU-P only), Gefen, Gedilla, Haddar, Krum's, Le Chocolate, Liebers, Manhattan, Manischewitz, Maya, Paskesz, Rokeach, Savion and Shufra. (Just to name a few!)

All must bear special supervision for Pesach.

Beware! Some candies coming out of Israel may contain 'gelatine', which may be derived from animal sources! Do not use any candy, even from Israel, without verifying the supervision.

Cereals and Breakfast Foods: All cereals made from the five grains are of course, *hames*. In addition, many cold cereals such as corn flakes

and rice krispies are *hames* since malt is added to them. We strongly suggest that even those cereals in which the listed ingredients are 100% kosher for Passover, should not be used as they are in constant contact with grains that are real *hames*.

Dayenu, Kojel, Manischewitz, VIP Masters and Savion produce a variety of hot and cold cereals with a reliable certification OU-P. (Most are made from finely ground Matza flour.) Also available Streit's, Oberlanders and PT Abraham.

Pancake mix: Gefen, Manischewitz and Savion OUP

Granola Mix by Savion, Dayenu -OUP.

Cider Vinegar: Requires supervision, the nutrient may be *Hames*.

Cocoa: Any pure powder that is made in the USA.

Coffee: Instant- In former years, most instant coffees were acceptable if they were unflavored, this is no longer the case. As a flavor enhancer, malto dextrin, which may be derived from barley is added. This year, only the Folgers and Tasters Choice brands of regular, unflavored instant coffee can be used without special Passover marking.

Ground, Regular unflavored only:

No chicory or Decaf: The following brands may be used for Pesach (new jar) even without special supervision: Chock Full O'Nuts, Duncan Donuts (bagged only), Foodtown, Folgers, Hills Bros., Melitta, Pathmark, Publix, Starbucks (bagged only), Winn Dixie & Wegmans.

Maxwell House Ground and Instant (with OKP only) Elite Turkish Coffee (O.U.-P.)

K-cups for Keurig Machines: are recommended when being the OU reg (not decaf) Green Mountain Co. Fair Trade, French Roast, House Blend, Sumatran, Dark Magic, Coffee Donut House, Extra Bold, Starbucks, Barista Prima Italian.

Decaffeinated: All Decaffeinated coffee must be marked for Passover. Sanka (with OK-P), Maxwell House Decaf varieties (with OK-P); Yuban (OK-P). Gevalia, Taster's Choice (special run) Chug Chasam Sofer

Flavored coffees are not acceptable for Passover use.

Postum & Roma contain grain and may not be used for Pesach. Any leftovers of these brands must be sold with the Hames.

Coffe Creamer: must be marked for Passover: Gefen, Kineret, Mishpacha

Cooking Spray: Must have supervision. Gefen, Glick's, Mothers, Seasons and Mishpacha, (OU-P)

Dairy Products:

Milk: It is preferable to purchase kosher milk with Passover supervision for Pesach, but one may buy regular milk for the holiday, if purchased before Pesach. In addition to the Chalav Yisrael brands, Tuscan and many supermarket brands will have marked, Kosher for Passover milk available throughout the holiday. Only marked milk should be purchased during the holiday, since the dairy adds vitamins to the milk and also may process chocolate milk that contains malt (hames) on the same equipment.

Please note! OU-P designation does not mean that the product is Chalav Yisrael.

Lactaid drops and caplets are not kosher for Pesach. Lactaid milk may be used only when purchased before the Holiday. Ask your Rabbi for additional information.

Chocolate Milk: Requires Passover supervision as the flavoring may contain Hames.

Powdered Milk: Must be supervised for Passover: Ko-Sure Star-K-P; Parmalat Kof KP. Haddar, Dairymen OUP

Hot Cocoa mix: Haddar, Kojel KP (must be marked)

Butter\Cheeses\Creams\Yogurts: All require special Passover supervision as the cultures, flavorings and coloring may contain Hames.

Butter: with the Kosher for Passover mark are Breakstone's, Pathmark, Penn Maid and Shoprite.

Chalav Yisrael: J&J, Kahal, Mehadrin and Morning Select.

Cream Cheese must be marked KFP. J&J, Temptee, Foodtown, Pathmark, Shoprite, just to name a few.

Yogurt must have supervision. Many varieties are readily available. No Dannon made this year for Pesach

Non Dairy Creamers: OU-P: Kineret, Mishpacha; Star -K P : Unger's & Eden Brand

Milk alternatives: many brands or varieties of Soymilk and Rice dream are not recommended for Passover use, as they have questionable ingredients. Many varieties are available this year. Visit www.crcweb.org for an extensive list.

Exceptions: (purchase before Passover): - These brands and only these varieties. All others may actually contain hames!

Soymilks: Vitasoy Brand Sansui Original Natural Soymilk, Fit & Active: Original Soymilk, Harvest Farms: Original, Hy-Vee Original and Original Enriched, Natures Promise: Original and Organic Original, Soy Dream Brand Original & Natural. Shoprite Soy Milk unflavored, Stop and Shop Original, Wild Harvest Original Enriched, Winn-Dixie Organic Original.

Ricemilks: Original plain variety only!

Clearly Organic, Full Circle, Hy-Vee, Nature's Place, Rice Sense, Winn Dixie. Rice Dream only the Unsweetened Rice Milk, (not standard rice milk)

Included at the end of this bulletin is a recipe for home made rice milk and almond milk.

Almond milk: Almond Sense Original, Nature's Place and Tree of Life Original and unsweetened, Trader Joe's, Shoprite. All of the above unflavored.

Detergents and Cleansers: All varieties of detergents both liquid and powdered do not require Kosher for Passover certification. For those who are interested: According to the OU directory, the following dish detergents may be used without the OU-P: Ajax, Dawn, Ivory, Joy, Octogon and Palmolive.

Dishwasher Detergent: Palmolive, Sunlight Powder, Cascade

Eggs: Some have the custom to purchase before the holiday.

Egg substitute: Kinnert OUP; Healthy Morn OUP

Fruits: All fresh fruits are acceptable. Precut fruits: Delmonte, Star-KP: Cantaloupe, Fruit Bowl, Fruit Party Tray, Fruit Snack Tray, Honeydew, and Melon Medley.

Canned fruits: may use a hames enzyme to clarify the juice that is used to pack the fruit, therefore use only with Kosher for Passover marking.

Unsweetened frozen fruits: are acceptable with no additives or grape juice.

Dried Fruits: Most must be marked Kosher for Pesach. Readily available are: Mariani OU-P, and Setton Farms OK-P. Homa and Trader Joe's Star-K (including Bing cherries, fancy Nectarines and Pears (No P necessary)

Dates: The following varieties may be purchased even without a mark: (They are certified- just not marked): California Whole Medjul Dates.: Bard Valley, Royal Medjool, Sun Garden, and Western Medjool. Regular variety: Calavo*, Sunworld* and Sun Glow* brands Pitted and whole.

Available with supervision:; Setton Farms: OK-P; Yum Tee - OU-P; Carmel and Walmart brands KP

Dried, rolled dates present a special problem for Passover since they are rolled in oats!

Note: all dates must be split open and checked for insects, which can be quite common.

A date paste is being imported from Israel that is reliably certified kosher for Passover by the Chug Chatam Sofer –B'nei Brak. Or under Rabbi Didi: both are acceptable.

Raisins: Berkley & Jenson, Dole, Delmonte, Publix, Shoprite & Winn Dixied brands are acceptable with just a plain OU.Trader Joe plain Star K.

May we remind you, banana chips require kosher supervision for year round use as they are sometimes fried in the same oil as unkosher cheese. They are not recommended for Passover use.

Fish: Canned Tuna and Salmon: The hydrolyzed protein in tuna may contain Hames. Kosher for Passover tuna is readily available: Star-KP: California Delight, Eden, Tuna Delight and King of the Sea.

With the OU-P: Dagim, Gefen, Glick's, Mishpacha, Shoprite and Season

Frozen Fish Fillets: Benz,
Costco, Dagim, Kinnert, Schindler
Breaded: Dr. Praegers OUP Breaded Fish sticks

Grains: Quinoa, Flax Seed and Hemp Seed: May be used after checking for other grains. Due to reports of Chametz mixed in, use only Quinoa from Ancient Harvest 12 oz size, lot code 03-01-14K Or Sugat Quinoa from Israel.
Kitniyot grains: Alfalfa, Buckwheat, Millet- whole only, check before use.

Grape Leaves: This year again, the Orlando product was manufactured under the supervision of the Heart K – Rabbi Teichman. Use only jars marked for Passover. Other brands of grape leaves are preserved in brine, which may contain hames vinegar or may have citric acid from a hames origin. Please note! It is very important that all grape leaves be washed carefully. Inspect each leaf on both sides.

Honey: Due to late-breaking information from Kashrus Magazine, we are recommending that **even pure** honey be supervised year round and for Passover. Many varieties are available.

Juices: All juices need special Passover certification as the enzymes and clarifying agents may be hames.

Available with certification are: Ceres, Eden, Gefen, Glick's, Hadar, Kedem, Kirkland, Mishpacha, Mrs. Adlers, Nature's Own, Rashi, & Shoprite.

Note: Suncup, which is widely available in hospitals, is only acceptable with a "Star-KP".

Lemon juice: Realemon liquid lemon juice and lime juice are acceptable without a special marking. Other brands require Passover Supervision.

Orange and grapefruit: any brand frozen unsweetened, grade A concentrate is acceptable.

All refrigerated containers must have Passover supervision. Some pure juices may be actual Hames, as bran may be used to filter the juice. Tropicana Orange juice with OKP only.

Prune Juice- Gefen and Sunsweet KFP

Liquors: In the last few years they have presented a new problem- Alcohol derived from wine is being used in production of liquors and cordials. This is completely separate from the issue of whether the liquors contain non-kosher wine. There are several varieties available for Pesach. Bartenura, Ashkelon , Zachlawai, and Carmel Arak are Kosher for Pesach.

OUP: The following brands produce different types of Vermouth, Vodka and Cordials: Bartenura, Binyamina, Carmel, Kedem, Sabra and Slibovitz. Zachlawai (SY made) produced a premium Vodka that is OUP.

NOTE: Chopin Potato Vodka is not recommended.

Margarine: Many margarines use starch in their flavoring making Passover supervision necessary. Mother's (OU-P)

Marshmallows: The Pesach market is inundated with marshmallows that are labeled "Kosher for Passover". Many of these contain gelatin which is made from non-Kosher animal sources. It is vital that all labels are read before purchasing any products containing marshmallow. The OU, Kof K, Star K, and OK do not permit the use of gelatin from non kosher sources. OUP: Elyon, Gefen and Granny brands have made a special Passover production.

Massa (Matza): One must be alert that the matza for year round use is hames, and it is marked "not for Passover use". **Caution:** many places may return items from previous years to the shelf, it is imperative to check all matza products, cake mixes and spices for freshness. Old products have been found to contain insects and larvae!! Check carefully for a product code stating year of production. Lacking that information, the products must be inspected thoroughly!

Acceptable only when marked kosher for Passover are: Chicago Shmura; Haddar; Glick's; Aviv; Carmel; Gefen; Geula; Goodman, Holyland; Horowitz Margaretten, Manischewitz, Osem, Rishon Lezion, Savion, Streits, Yarden, Yehuda & Yonovsky.

For those with wheat allergies, Oat and Spelt matza is also available by special order.

It is recommended to use Matza Shemura for the Seder.

Mayonnaise, Ketchup, and Mustard:

According to knowledgeable people in the Kashrut world, one should avoid the use of any product containing vinegar even if the company assures that the vinegar used is not of grain origin. We therefore recommend that all mayonnaise, ketchup and mustard, etc., should have proper Passover supervision.

Ketchup: OU-P: Blanchard & Blanchard, Gefen; Haddar; Manischewitz, Rokeach, Savion; Star K- P: Eden.

Mayonnaise: OU-P: Gefen, Glick's, Manischewitz; Mishpacha, Unger's Star K-P; Haddar.

Mustard: (artificial): Blanchard & Blanchard, Savion OUP

Milk: See Dairy

Noodles: Gefen, Flaum Appetizing, Frankels and Manischewitz OU-P

Nutritional Supplement: Boost, Ensure- Without Fiber only; Reg., Light Plus, Pudding (Vanilla & Chocolate). (The Ensure with Fiber contains Hames!) Ensure Glucerna OS

Meats and Poultry: All brands of raw poultry are kosher for Passover year round. After your butcher "koshers" for Pesach, all raw varieties of meat, cut chicken and veal are acceptable. This year several companies have expanded greatly the selection of deli and prepared products for the holiday. Empire raw turkey burgers are acceptable only with the OU-P.

Nuts: Raw nuts, without additives are all acceptable for Passover. However, one must refrain from any roasted nuts unless it is KFP certified. Do not use any nuts that state on the bag or container: "This product packed in a facility that produces wheat...."

Note: Midget Pecans and pecan pieces (even raw) require a reliable KF-P supervision. Due to insect infestation they are washed in grain alcohol.

Oils: Since all major Kashrut organizations in the USA are geared to Ashkenazic customs they supervise only non-legume based oils. Available are: OU-P: Gefen, Mishpacha,, Nutola, Pathmark, Rokeach,; Grapeseed Oil: Bartenura OUP
Kof-KP: Hain Oils

Sephardim whose custom it is to use soybeans and corn may use any certified kosher for year round use brand of pure corn, canola or soybean or vegetable oils such as: Mazola or Wesson.

Some manufacturers (such as Kirkland\Costco) have added 'citric acid' to their oil. Although this ingredient is usually extracted from corn, it can be made from a chametz source, therefore we do not recommend any oil containing this ingredient as we have no verification of the source of the citric acid. BUY EXTRA VIRGIN PURE OIL ONLY! Any may be used.

New container only for all oil.

Pasta & Pizza!: Special Kosher for Passover made either from Matza meal or Potato starch: Dayeinu, and Frankels, Macabee and Manischewitz.OUP

Pet Foods: Fish food often contains meat and milk ingredients and is forbidden for use the entire year. Most pet foods contain Hames. Since we are forbidden to derive any benefit from Hames, we may not feed any pets those varieties that contain hames ingredients. Krill fish food is permitted. Alfalfa, sunflower seeds, split corn or millet are recommended for feeding birds. Bird Jungle sells a mixture for Passover (no kidding!) There are brands of cat and dog food that are available that do not have hames or the prohibited mixture of meat and milk. A detailed list can be found at www.star-k.org. Or at www.crcweb.org

Pickles: Need Passover supervision. Batampte, Flaum, Gefen, Gilboa – Beit Hashita, Kvuzat Yavne, Manischewitz and Osem, Schorr's are all OU-P. Unger's Star K-P

Potato Chips: Passover certification necessary, with the OU-P: Bloom's, Herr's, Pathmark, Manischewitz and Utz Potato chips. Also KFP: Lieber's.

Rice: White Rice: Any unenriched or organic rice is acceptable. Lundenberg, Rice Select and—very easy to check Super Lucky Elephant brand from Costco,

or Golden Elephant Brand, sold on Ave. U, along with Sugat brand from Israel. Nishiki brand medium grain is not enriched.

Most supermarket brands of rice are enriched. The enrichment is diluted with starch in order to distribute it evenly on the rice. This can be a corn, rice or a wheat starch base. Care must be taken to buy only rice that has enrichment that is not mixed with hames. We have consulted with Major Sephardic Poskim who have instructed us that the enriched varieties that are mixed in a non-hames starch are permissible.

The following brands were checked and are acceptable: Ancient Harvest, Carolina, Goya, Mahatma, Publix, River, Riceland, Blue Diamond, WaterMaid, Success,

Carolina Gold (parboiled) and Uncle Ben's.

Brown rice: Any brand without additives. The brand at Costco looked very clean and easier than most to check.

Basmati: Deer Brand or any unenriched. (2 kinds at Costco)

Pure wild Rice: (looks like short black sticks is acceptable without a marking: it is from the grass family, not a legume at all.

It has been our custom throughout the generations to check all rice three times before Pesach. While in Arkansas, I was informed that the crops are rotated yearly, and that it is very common to find grain in rice fields. Although there is equipment to remove any non rice pieces, it is not 100 % effective. Please be advised that every year grains are found in the rice, check carefully.

Salt: Regular (Pure) and Coarse salt are permitted for Passover use without special supervision.

Check that dextrose and Polysorbates are **not** in the ingredients.

Salt substitute: Freeda Free Salt, No Salt or Spice of Life No Salt\No Sugar

Sodas: Sodas must have Kosher for Passover certification due to possible Hames in the flavoring base. Many varieties are readily available. 2 liter and cans

Coca Cola classic & Diet free Coke, Sprite: must have the OU-P on the cap (yellow).

America Dry; Ginger Ale OUP

Canada Dry : Ginger Ale & Dr Browns (Kof K P)

Pepsi products must bear a KP on the cap; they are under the supervision of Rabbi Charlop.

Soup Mixes: Beware containers bearing a “P”

Soy Foods: while actual soybeans are permissible for most Sephardim, products made of soy, such as soy sauce, TVP and tofu and are forbidden. These products are made through extraction methods that use grain alcohol in the processing of the soybeans. (See Milk alternatives under dairy)

Seltzers: Any unflavored seltzer with KP certification is acceptable.

Flavored Seltzers certified OU-P: America's Choice, Giant, Shoprite brands. Stop and Shop.

Spices: Important change! Due to recent changes in the spice industry, even pure ground spices require reliable kosher for Passover certification.

Peeled Garlic: Spice World Brand: Star-K (no P Necessary)

Sugar: Any pure white granulated cane sugar may be purchased for Passover as long as dextrose or glucose are not listed in the ingredients. These may be derived from barley or wheat! Domino brand - OKP

Confectioner's Sugar does contain 3% corn starch but according to some Sephardic customs, may be permissible for Pesach. Only sugar and cornstarch allowed! According to one Passover publication, they found that C&H brand contains wheat starch. It is therefore our advise that you should only use a marked brand, since it is impossible to make sure that there is no mixing of Chames. (chas v' shalom) Canadian Confectioner Sugar is also not permissible as it contains wheat starch instead of corn starch.

There are several varieties of Confectioners sugar without corn starch: OUP: Mishpacha and KAJ-P: Haddar brand.

Vanilla Sugar: may contain grain alcohol and therefore, Passover supervision is required.

Brown sugar: Needs Passover Marking: Domino and Brownulated are OK-P. C&H Golden Brown and C&H Dark Brown are acceptable with out a mark as is Dixie Crystal Lite Brown.

Sweeteners: OU-P: Gefen, Kogel and VIP Masters. Paskez Sweetie (Badatz) and Liebers (KFP)

are often identical to the year-round variety!

Equal & Splenda: are not recommended for Sephardim by the OU . California Delight made a Sucralose equivalent called Sucralis. It is Star Kp.

Stevia must be marked KP

Agave Nectar: (a natural sweetener) Health Garden Brand OKP, Wholesome Sweeteners: Blue Agave OKp and Cucamonga OKp

Xylitol: Healthy Garden, Natrazyle OUP

Teas: Any unflavored, non-herbal regular tea bags are acceptable without special KFP:

Due to a hames ingredient used in the decaf process, decaf varieties should be used only with supervision: (Salada Caffeine free is Hames)

Exception: Lipton Decaf may be used without an OU-P

Instant Tea: Nestea Instant unflavored only. Regular & Decaf. No KP needed.

Herbal Teas: Need to be marked: OU-P: Bigelow, Sweet-Touch-Nee: Herbal and Wissotzky- many varieties.

Melaluca may be used without a Passover marking. G'Day: Star-K P

Tomato Paste and Sauce: Passover supervision required.

Due to flavored varieties of paste and sauce now being produced, the OK laboratories inform us that tomato products must have proper Pesach supervision. Mishpacha, Gefen, Glick's , Haddar, Lieber's and Unger's - all with KFP certification.

Note: Throughout the year, Tomato products should only be used with a known reliable supervision, it has been discovered that certain packers of tomato products were producing tomato with (non-kosher) romano cheese sauce and then producing the crushed tomatoes, with no cleaning in between! Understandably this is not acceptable.

Vegetables, Frozen: Several years ago, a new lighter cuisine heralded the introduction of frozen pasta and vegetable mixtures. Vegetable companies blanch veggies and pasta blends together, and then use the same equipment for plain vegetables. Further inquiries into the field have further led us to seriously question the use of frozen vegetables on Pesach. In addition, companies may purchase processed vegetables from another source and put their own label on the package. Codes provided by

the company proved inaccurate, and the information was confusing.

We highly recommend the use of fresh vegetables, despite the convenience of the frozen.

The most important of all, peas and beans will again be available for the Sephardic Community.

Information regarding the questionable sources of "private label" vegetables for Pesach has led us to produce JSOR certified legumes. The peas, peas & carrots, and a variety of green beans will be available in 2 1/2 pound packages in the kosher stores for the Holiday with our label. We will also have Artichoke bottoms and Spinach (supervised by Rabbi Ungar, no need for additional insect inspection)

Several companies made other frozen vegetables, including broccoli, cauliflower and spinach, which are properly checked for insects and for Pesach. *Within the Sephardic Community, there are varied customs as to the use of dried beans, chick peas, techina and corn. Consult your Rabbi for further information. If you are certain that it is your custom, these should be checked to insure that no grains are mixed in.*

Dried Eggplant: These are imported from Turkey, where they are collected from different villages. The importer informed us that the local women scoop them out, hang them to dry, and then tie them in string. In the event that there is a rush to get them dried out, flour is put inside to draw out the moisture! Understandably, we can not recommend these for Passover. Japanese eggplant are a fine alternative, they are very long and slender, and can be easily cut in half and scooped out.

Pre-washed salad: Some brands use citric acid in the rinse water to balance the pH (to prevent wilting), and are not recommended. Several Brands from Israel provides insect free lettuce and herbs, rinse before using.

Bodek, Pos'tiv and Fresh Express must be used with Passover certification. All fresh Packaged salad from Dole bearing a Star-K are Kosher for Passover without the additional Passover symbol.

Note: we received information about a bad batches of California and Mexican grown produce that was infested! Buyer beware! Buy only top quality looking produce and even if it is marked – All Romaine must be washed and checked for insects! Small flies are attracted to lettuce, even if it is grown hydroponically. (The ones from Israel state clearly that the produce does not need inspection, but it must be rinsed.)

If you are using the unsupervised lettuce, please contact your Rabbi for direction how to properly check for insects. Alternatively, our article: **The fruit & vegetable inspection guide** can be found at www.jsor.org. Other websites also contain clips of how to inspect different produce and what the different insects look like.

Canned Vegetables: Need supervision: the following companies produce reliably supervised products: California Delight, Glick's, Gefen, Haddar, Mishpacha, Season and Shoprite, Unger's: KP only for all!

Whipped Topping: Kinnert certified OU-P. Ungar brand Star-KP.

Whiskeys and Beers and many liqueurs are Hames and may not be consumed on Passover. They must be sold to a non-Jew through the Rabbi before Pesach. See the 2012 alert section for some important information regarding bourbons and Whiskies that are manufactured at Jewish own factories who do not sell their hames!

Wine: Please note some varieties of Manischewitz wine are not kosher for Passover. Check all wines- be certain that all are certified Kosher for Passover. Two other issues with wine are:

Non Mevushal Wines

Although preferable to use for the four cups, care must be taken that opened bottles are not touched by non-Jews. In a place that this is difficult, it may be preferable to use *Yayin Mevushal*, literally cooked wine. Consult your Rabbi.

Fruit Wines: Wine varieties that are made from other fruits, such as peaches, may have a question if the Beracha is *Hagefen*, making them unacceptable for the Seder. Usually, the proper blessing will be stated on the back of the bottle.

Have a Joyous and Kosher Pesach Holiday!

Rabbi Isaac Farhi, Kashrut Coordinator

2012 Consumer Alerts

- From the cRc: Some bourbon companies are owned by Jews who do not sell their chametz; See <http://bit.ly/r1ImVc> for details.
- Flavored Cigars may be problematic as the Alcohol in the Flavoring may be hames
- There had been a concern regarding the dried beans for Passover, perhaps based on the comment that we made last year. We have verified that the dried beans such as Goya, Vittaroz or Clics that are packed in 1 lb bags are pure and do not come in contact with questionable ingredients. There are some varieties, such as red lentils in the supermarket that are polished with vegetable oil, making them a year round kashrut question. They say vegetable oil in the ingredients, and should not be used. Some families do not have the custom of eating dried beans, yet eat the same varieties in fresh or frozen. For those using the dry, check three times before Pesach.



Getting ready for Pesach

*A brief guide for the preparation of the kitchen for Pesach, based on excerpts from **Gateway to Halacha** by Rabbi Eliezer Toledano and Rabbi Shmuel Choueka. Please consult your rabbi for further guidance and instruction.*

Just as it is forbidden to eat hames on Pesach, it is forbidden to cook with utensils which have been used for cooking hames, since the cooking process transfers the hames status to the utensils. Of course, the simplest thing to do is to have a set of *Pesah* utensils which were never used with hames. However, where this is not possible, certain types of utensils may be rendered usable for *Pesah* within the following guidelines.

Koshering the kitchen

Ovens should be cleaned thoroughly so that no tangible hames remains on its floors, walls or the oven door. Preferably wait 24 hours and set the oven for its highest temperature and burn for one hour. If you have self clean, run full cycle.

Stove top – clean very well, giving special attention to burner wells and edges. Wait 24 hours without using prior to koshering. Burners, grates and the area between may be koshered in two ways. #1 by *hagalah*, pour boiling water over them: or #2 by means of *Libun*, whereby the stove top area are covered by a *blech* (metal covering) or a sheet of heavy aluminum foil (covering the entire area) and then the burners are turned on for 15 minutes. The

second method may discolor the stove top, or break it if it is glass.

Microwave – clean thoroughly, and then place a vessel of water in the oven. The microwave is operated until the oven is filled with steam.

Sink- thoroughly clean especially around the drain and faucet. Do not use for hot hames for 24 hours. Boil water on the stove and pour over all the parts of the sink. Some recommend using a rack.

Counters and table tops- clean thoroughly, taking extra care in cracks and crevices. These areas may then be koshered by *Hagalah*, pouring boiling water over all areas of the counter top or table. Or alternatively, they may simply be covered.

Dishwasher- clean away any tangible hames and run through one cycle empty. Some recommend replacing the racks for *Pesah*.

High chairs should be cleaned very carefully and then either covered or pour boiling water to kosher

Coffee makers and urns should be koshered by filling with water and turning on so that the water

boils over. (Care should be taken to clean well the exterior before hand.)

Mixers, food processors and kitchen aids which were used to mix dough, should be cleaned well and put away with the rest of the hames utensils.

Refrigerators should be cleaned thoroughly, taking extra care to remove crumbs in the cracks and crevices.

Types of Utensils

1. **Earthenware utensils** which were used with hames at high temperatures cannot be koshered at all. These include **porcelain, enamel, stoneware, corning ware and china**. These should all be washed from any visible hames and should be put into a sealed closet until after *Pesah*.

2. **Glass** utensils need only be washed both inside and outside, and then they may be used for *Pesah*.

3. Utensils made of **wood, stone, metal, natural rubber or plastic**, which are used in or with water may be made usable for *Pesah* by *hagalah* (immersion in boiling water) in a manner described below. Metal utensils which were used directly on the fire, without water in them, require *Libun* (koshering by fire) as will be described later, to render them usable on *Pesah*.

All utensils must be cleaned thoroughly as koshering removes the taste of hames, not pieces of food. Items that are cracked, rusted or difficult to clean should be put away for the holiday. Handles should be removed and extra care should be taken to scrub the edges where food may accumulate.

Koshering Utensils

Utensils are koshered in the manner in which they are used. Thus, the same level of heat must then be used to accomplish the koshering. There are 4 levels:

1. Al Ha'aish or libun-Direct flame or heat. For utensils that come in direct contact with hames over an open flame. Utensils are either put in the self-

clean cycle of the oven or are 'torched' by a blowtorch (not for everyone to attempt).

2. Kli Rishon- Hagalah -A pot of hot liquids on the fire- Primary vessel: For pots used for cooking hames with water. After proper cleaning (see above) + 24 hours waiting, utensils may be immersed in a large, clean pot which was not used for 24 hours that water has been brought to a full, rolling boil. Either completely cover the utensil for several seconds, or if not possible, do it in stages, so that the entire utensil passes through the boiling water. Rinse with cold water. When multiple utensils are to be koshered, allow the water to return to full bubbling boil between items.

If the pot will not fit inside another pot, the pot itself should be filled to the top and allowed to boil. Meanwhile heat a stone or large piece of metal until it is heated item in the boiling pot, causing the water to overflow, thus koshering the rim. Empty and rinse with cold water.

3. Iyrui Kli Rishon- A flow of hot liquids from the primary vessel. Utensils which have boiling hot liquid poured into them may be koshered by a flow of boiling water. (i.e. serving trays that the food is poured into them)

4. Kli Sheni- a vessel containing hot liquids poured from a primary vessel. Spoons and forks which are used in a secondary vessel, such as for serving may be koshered this way.

Note: a utensil which requires a lower level of heat to be koshered may surely be koshered at a more intense heat level.

In summary, we must all review the laws of koshering our kitchens in order to make sure that we do things properly. The best thing is to attend a class given by your Rabbi to obtain a full explanation. This short review is by no means a full detailed guide. Many items may not be included. When in doubt, ask.

May we all merit to observe the laws of *Pesah* properly!

In loving gratitude to a special wife and mother

Fannie Bouganin

Love

Eli and Joey, Michael, Eric, Celia



JSOR Guide to Common Medications and Toiletries

Each person should ask his or her Rabbi for guidance in which products should or should not be utilized on Passover. No one, especially those who suffer from diabetes, high blood pressure, heart disease or any chronic condition should refrain from taking needed medicine.

Medications can contain hames either in the starch as binders or in the pill coating. Hames can also be found in the flavoring and in the alcohol of liquid\syru\chewable forms. There are Halachic considerations regarding the type of medicine and the health status of the person needing the medication that may impact which medicines are permitted. Liquid and chewable medications are more problematic and should be taken according to the list. Often there are good substitutes. The Passover Guide to Medicines by Rabbi G. Bess lists medications that have been

checked for hames. Please consult the guide or call your Rabbi to verify.

Consult your doctor and Rabbi before discontinuing any medication.

We are including a selection of the most commonly used OTC medications, ones that come up yearly. These are acceptable for anyone who feels the need to take something. This is not a complete list. All meds listed are checked into, some may contain kitniyot. Try to find what you need here, if you need other medications, consult your Rabbi.

Please note: medications listed are for specific brand names and types (i.e. tablets, syrup, or caplets). Do not substitute generic or similar types as they may not have been checked out. (i.e. Aspirin is not Aspirin)

Allergy, Cold and Pain Relief:

Afrin (nasal spray);

Aspirin ; Bayer (adult & childrens chewables)

Bufferin

Claritin- Syrup & Tablets;

Clarinex tablets & Syrup; (Not Redi-Tab)

Comptrex, Contact D, cold & flu

Coricidin Cold & flu: Cough & Cold;

Drixoral all;

Excedrin: Reg, Migrane and Sinus (tabs and caplets)

Motrin tablets, caplets, Children's Cold Oral Suspension Dye Free(berry only), Children's Cold Oral

Suspension, Children's & Jr. Strength Chewable Tablets; Infant Drops

Nasonex Nasal Spray,

Singulair Oral Granules & Chewables

Sinex, Vapor Inhaler, Vaposteam

Triaminic: Cold and Fever reducer

Tylenol reg., extra strength-tablets, caplets, Allergy Complete, Adult Liquid Cherry Pain Reliever, With Codeine Elixar, PM Liquid, Plus /Cold & Runny Nose, Sore Throat Liquid AM& PM, Children's Suspension (Strawberry, Bubble Gum, Grape.) Children's Tablets & Liquid, Children's Cold & Cough Chewables and

Suspension, Children's Plus Cold & Cough Suspension, Children's Cold Chew Tabs, Infant concentrated Drops, Junior Strawberry soft chews,

Max Strength Flu Nighttime Liquid, Meltaways Children's, and Jr;
Vick's Dayquil, Nyquil, Vicks 44: D, E, or M.

Antacids:

Bromo Selzer;
Di-Gel tablets;
Gelusil tablets
Mylanta tablets & liq.
Prevacid Delayed Release Caps & Oral Suspension.
Pepto-Bismol (all forms except 5 symptom);
Roloids
Tums: Regular, E-X, Ultra (Smoothies Cocoa & creme contain hames)
Pepcid : Tablets, AC, Complete, Chews

Zantac tablets only (liq not good)
Other digestion related medications:
Imodium (Chewable, Tablets and Liquid);
Benefiber
Colace: liquid, syrup and capsules;
Metamucil : capsules & powder (wafers are NOT approved)
Dramamine tablets
Milk of Magnesia;
Senokot – tablets only (Syrup & granules contain hames!)

Vitamins: are normally not considered pill medication, but rather a food supplement. As such, most Rabbanim feel that vitamins should have Hashgacha for Passover. Many Rabbis hold that pre- natal vitamins that are taken *as directed by a doctor*, should be used without hesitation. Any other cases when your doctor prescribes a specific vitamin that must be taken on Passover should be taken only after consulting your doctor and your Rabbi. Freeda brand vitamins do not contain hames and may be used.

For a complete listing of this year's Kosher for Pesach vitamins (as well as year-round vitamins) go online to www.koshervitamins.com, or www.koshervitaminsforless.com.

The following do not contain hames:

Prenate Elite, DHA
Pediasure
Pedialite;
Fer-Iron Drops
Boost
Thickened
PregVit
PregVit folic5

THESE MAY CONTAIN HAMES! (a few examples)

Calcium chews
Clarinex or Claritin Redi Tab
Ensure with fiber
Glucerna
Tums Smoothies Cocoa and Creme
Rugby Probiotic
Orabase B Gel

Oral Health Products:

Mouth wash:

Adwe
Crest Whitening Rinse,
Flurocare Dual Rinse;
Tom's of Maine

Toothpaste:

Auqafresh Advanced, Cavity Protection, Dr.Seuss, Extreme clean Original, Kids, White and Shine, Whiteneing Mint
Closeup
Colgate (all)-kosher; **except;** Except (2 in 1 Liquid), MultiCare.
Crest Cavity Protection-cool Mint Gel and Regular, Extra whitening. Crest for Kids

Listirine (all flavors);

Oral B rinse

Scope;

Exception:(Crest 3D and Clinical Sensitivity are not KP!)

Flurocare foam;

Gleem;

Mentadent

Prevident, 5000 plus, Brush-on Gel, Mint;

Sensodyne baking soda, Tatar Control, Full Protection, Original Formula.; Fresh Mint

Tom's of Maine (all) kosher;

UltraBright: All

Dental floss: All are acceptable

Chap Stick: *see Lipstick:* No supervision necessary. Unflavored only, new tube.

Cosmetics:

Regarding any cosmetics, hair spray, soaps, shampoos, deodorant, powders (medicated, perfumed, baby, face, foot, etc...), the opinion of the

Rabbis that permits these items even without special Passover supervision, may be followed.

Lipstick: All unflavored which do not contain wheat or oat flour may be used on Pesach. No organic lipsticks. Chapstick, Blistex and Chapstick cold sore therapy are acceptable without a mark.

Recipes



The following recipes are helpful to those who have family members that are allergic to dairy. Over the years we have shared these recipes with the many Jews across the country that have turned to the JSOR as the Orthodox Sephardic Rabbis that have reliable Kosher for Passover information about kitniyot for their allergic children.

Home made Rice Milk

This may be made from any of the following:
Prechecked Brown rice (best nutritionally) *or*
Prechecked White rice
Prechecked and ground rice

Bring one part rice to boil in 6 parts water. Watch carefully. This mixture foams up and can over flow quickly.
Reduce to a simmer, stirring from the bottom so that the rice does not stick or scorch.
Continue on a low flame until rice is cooked and mixture is reduced to desired thickness.

At this point the mixture can be either strained

(saving the rice to be pureed for baby cereal). The rice can also be blended in. This is best accomplished by using a stick blender directly in the pot. The mixture can also be transferred into a blender to achieve a smooth product.

Add kosher for Passover vanilla sugar to taste.

This can be made and kept in the refrigerator for 2-3 days. Dilute if necessary.

Home made Almond Milk

This may be made from any raw almonds. The easiest almonds to use are peeled almonds, slivered or cut work best. (Ground almonds can also work, but are harder to strain afterwards)

If you have a blender or food processor, coarsely chop the almonds.

Put 4 cups water for every cup of almonds in a large pot.

Bring to a boil over a low flame. Simmer until water is cloudy-opaque. Strain using a fine mesh strainer or through several layers of cheesecloth.

Add kosher for Passover vanilla sugar to taste.

May be stored covered in the refrigerator for several days.

List of Kitniyot:

The following are considered Kitniyot or treated as Kitniyot according to many opinions:

Anise, Ascorbic Acid (May be Chometz), Aspartame (Nutrasweet), Beans, Black Eyed Peas, Buckwheat, Calcium Ascorbate, Canola Oil, Caraway, Citric Acid (May be Chometz), Chickpeas, Confectioners' sugar with corn starch, Coriander, Corn, Corn Syrup, Cumin, Dextrose, Fennel, Fenugreek, Flax Seeds, Hemp, Hydrolyzed Vegetable Oil, Kasha, Kimmel, Lecithin, Lentils, Licorice, Lucerne, Lupine, Malto Dextrins (Chometz or Kitnios derived), Millet, MSG, Mustard, Peanuts, Polysorbates (May be Chometz), Popcorn, Poppy Seeds, Rice (Vitamins added may be Chometz), Sesame Seeds, Snow Peas, Sodium Citrate (May be Chometz), Sodium Erythorbate (May be Chometz), Sorbitol (Could be Chometz if outside the U.S.), Soy Oil,

Corn Oil, Soy, String Beans, Sunflower Seeds, Tofu (from soy), Vitamin C (may be Chometz), Wild Rice, Xanthan gum (May be Chometz). NOTE: Flax seed and Hemp seed are not Kitniyot and can be used after checking for other grains.

Problematical Toiletries (Chametz) – ingredients to look out for:

Rabbi Bess lists the following possible issues:

Amino Peptide Complex, Amp-Isostearoyl Hydrolyzed Wheat Protein, Avena Sativa Flour, Avena Sativa Kernel Protein, Barley Extract, Beta Glucan, Disodium Wheatgermido Peg-2 Sulfosuccinate, Hordeum Vulgare Extract, Hydrolyzed Wheat Gluten, Hydrolyzed Wheat Protein, Hydrolyzed Wheat Protein PgPropyl Silanetriol, Hydrolyzed Wheat Starch, Hydroxypropyltrimonium Hydrolized Wheat Protein, Oat Beta Glucan, Oat Extract, Oat Flour, Phytosphingosine Extract, Prolamine, Sodium Lauroyl Oat Amino Acids, Stearyl dimoniumhydroxypropyl Hydrolyzed Wheat Protein, Triticum Vulgare, Triticum Vulgare Flour Lipids, Triticum Vulgare Germ Extract, Triticum Vulgare Germ Oil, Wheat Amino Acids, Wheat Bran Extract, Wheat Germ Extract, Wheat Germ Glycerides, Wheat Germanidopro pyldimonium Hydroxypropyl Hydrolyzed Wheat Protein, Wheat Germ Oil, Wheat Protein, Wheat Sphingolipids



Buying Hames after Pesach

We are prohibited from buying from a store that is owned (even partially) by a Jew that did not sell his Hames before the holiday. The following list of supermarkets and establishments that either properly sold their Hames or are owned by non Jews and that will be acceptable for purchase of hames after the holiday:

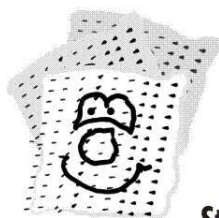
- | | |
|-------------------------|--|
| Adler's Pharmacy | K-Mart |
| Aldi's | Nature's Corner (Spring Lake Heights) |
| All JSOR Establishments | Rite Aid |
| BJ's | Shop Rite (West Long Branch and Neptune) |
| Costco | Steven's Drugs |
| Court Liquors | Stop and Shop |
| CVS | Target |
| Deal Food | Train Station (Mordy Newman) |
| Dean's | Walmart |
| Foodtown (all local) | Wegman's |

NOTE: Non-hames items may be purchased anywhere. Additional locations may be acceptable, consult your Rabbi.

We would like to thank the following Establishments for sponsoring the

2012/5772

**Sephardic Kosher
for Pesach Bulletin**



New Jersey

**Stop & Shop - West End
M&A Butcher Shop
Kings Highway Glatt
Sarah's Tent
Shalom Food
Shoprite of Neptune**

New York

**Makolet Jerusalem
Kosher Corner
Jerusalem Glatt
Associated Ave P
Holon Middle East Grocery
Chalouh Market
Eilat Market
Akiva Grocery
Pomegranate Supermarket**



**Our Sponsors would like to wish their customers and
the entire community a- *Hag Kasher V'Sameach* A
Happy, Healthy & Kosher Passover to all!**