

## GUIDE TO PESAH\_ PURCHASING – FOOD AND NON-FOOD PRODUCTS

### FOOD PRODUCTS

In general, small quantities (in most cases, less than 1/61 of the whole) of a forbidden substance, while they may not be added deliberately to something intended to be eaten, may be ignored if they are already present in the composite whole. This principle is called *bittul*. The principle of *bittul* does not apply to *hametz* on Pesah\_. However, if the mixture takes place before Pesah\_, then *bittul* does apply. That consideration leads to a three-fold classification of foods for Pesah\_.

**A - May be bought before or during Pesah\_ without special supervision:**

**B - May be bought before Pesah\_ without special supervision; require special supervision if bought during Pesah\_**

**C - Require special supervision whether bought before or during Pesah\_**

Item	A	B	C
Alcoholic beverages			X
Baking powder			X
Candy			X
Cocoa powder, pure <sup>1</sup>	X		
Coffee, regular, unflavored <sup>2</sup>	X		
Coffee, decaffeinated			X
Coffee, flavored			X
Coffee, instant			X
Coffee whitener			X
Cooking spray			X
Dairy products <sup>3</sup>			X
Eggs	X		
Fish, canned			X
Fish, cooked			X
Fish, fresh, raw	X		
Food coloring			X
Fruit, canned			X
Fruit, dried <sup>4</sup>			X

<sup>1</sup> If not processed in Europe. Hershey's cocoa powder is acceptable.

<sup>2</sup> Coffee to be ground for Pesah\_ should be ground before Pesah\_, or the grinder should be cleaned.

<sup>3</sup> Except plain milk (see below)

<sup>4</sup> Some kinds of dried fruit may be purchased without special Pesah\_ supervision. The year-round supervising agency should be consulted.

	A	B	C
Fruit, fresh	X		
Fruit, frozen <sup>5</sup>		X	
Honey			X
Juice, bottled or canned <sup>6</sup>			X
Juice, frozen <sup>6</sup>			X
Ketchup			X
Margarine			X
Matzah and matzah products <sup>7</sup>			X
Mayonnaise			X
Meat, cooked			X
Meat, fresh, raw	X		
Milk, flavored			X
Milk, plain		X	
Mushrooms, fresh or dried	X		
Nuts, raw <sup>8</sup>	X		
Oil, extra virgin olive	X		
Oil (other than extra virgin olive)			X
Quinoa <sup>9</sup>		X	
Salads, bagged			X
Salt, uniodized	X		
Soft drinks			X
Spices, ground			X
Spices, whole	X		
Sugar, white, granulated	X		
Sugar, brown			X
Sweetener, artificial			X
Tea, flavored			X
Tea, herbal			X
Tea, instant			X
Tea, plain (loose or bags)	X		
Vegetables, canned <sup>10</sup>			X
Vegetables, fresh <sup>10</sup>	X		
Vegetables, frozen <sup>10</sup>			X

<sup>5</sup> Plain uncooked fruit with no sauces, added juice, or flavoring

<sup>6</sup> 100% pure, unsweetened, orange juice may be used without special certification if purchased before Pesah.

<sup>7</sup> One should be careful not to confuse Pesah\_ matzah products with those marked for year-round, but not Pesah\_ use.

<sup>8</sup> Not processed with BHA or BHT. Pecan pieces require special Pesah\_ certification; whole or half raw pecans do not.

<sup>9</sup> Packaged quinoa should be purchased in preference to bulk.

<sup>10</sup> Certain vegetables, such as corn and peas, but including many others, are considered *kitniyot*, and Ashkenazic tradition is not to eat *kitniyot* on Pesah\_ .

Vinegar			X
Wine			X
Yogurt			X

### **Baby formula**

Most baby formula contains *kitniyot*. Enfamil, Isomil, and Similac are otherwise acceptable for Pesah\_ and may be used. The formula should be purchased before Pesah\_. Some people may be more comfortable using separate utensils for preparing and cleaning the baby bottles.

### **NON-FOOD PRODUCTS**

On Pesah\_, we are forbidden to derive benefit from *h\_ ametz* in any way, not just through eating. Therefore, it is possible that some non-food items which contain *h\_ ametz* may be forbidden to be used on Pesah\_. However, there are certain leniencies which may be applied to inedible items, so that the some of them do not need special Pesah\_ certification.

### **Cosmetics**

Cosmetics do not require special Pesah\_ supervision.<sup>11</sup>

### **Medicines**

Any medicine which is part of life-preserving therapy, or which is used to manage a condition which might potentially become life-threatening, should be taken on Pesah\_. Children should take any medicine prescribed for them on Pesah\_, even if their condition does not appear to be serious. With regard to other medicines taken by adults, food supplements, etc., non-chewable tablets or capsules may be taken under any circumstances. Chewable tablets and liquids which may contain *h\_ ametz* should be avoided on Pesah\_.<sup>12</sup>

### **Pet foods**

Must not contain *hametz*<sup>13</sup>

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<sup>11</sup> Responsum of Rabbi David Golinkin (2007)

<sup>12</sup> Based on decisions of the Union of Orthodox Jewish Congregations of America, the Chicago Rabbinical Council, and the Rabbinical Assembly Committee on Jewish Law and Standards

<sup>13</sup> Pet food should also not contain mixtures of meat and milk, since we are forbidden, not only to eat such mixtures, but also to benefit from them.

## Other non-food products

The following non-food products do not require special Pesah\_ certification.<sup>14</sup>

Alcohol, Isopropyl or Rubbing	Aluminum foil
Aluminum foil baking pans	Ammonia
Baby ointments	Bags (plastic)
Baking soda	Bleach
Body wash	Bowl and tub cleaner
Candles	Cardboard
Carpet cleaner	Charcoal
Coffee filters	Conditioner
Contact lens solution	Copper and metal cleaners
Cork	Cupcake holders
Cups [paper (in the USA only), plastic or styrofoam]	Deodorant, stick
Detergents*	Dishwashing detergent <sup>16</sup>
Drain opener	Eye drops
Fabric protector	Fabric softener
Foot powder	Furniture polish
Glue	Hand sanitizer
Hydrogen peroxide	Ice (bagged)
Insecticides	Mineral oil
Napkins, paper	Oven cleaner
Petroleum jelly	Plastic wrap
Plates or cups, plastic or paper <sup>15</sup>	Scouring pads <sup>16</sup>
Shaving lotion	Shoe polish
Silver polish <sup>16</sup>	Skin cream
Soaps	Suntan lotion
Talcum powder (100% talc)	Toilet bowl cleaner
Towels (paper)	Water filters
Wax paper <sup>16</sup>	

<sup>14</sup> Based on decisions of the Chicago Rabbinical Council and Union of Orthodox Jewish Congregations of America (2010)

<sup>15</sup> Paper plates to be used with hot foods for Pesah\_ should be specially certified.

<sup>16</sup> These products which come into contact with food or dishes and which might contain problematic ingredients should have year-round *kashrut* certification.