

Which one of us is responsible? With our hectic schedules, we sometimes overlook some of the basics. Below, are listed some of the basics that every kosher consumer in the community needs to know. Please take a few moments to read them carefully.

- First and foremost, we do not certify packaged goods in any establishment unless otherwise noted. It is the consumers' responsibility to verify that the product meets their individual standards.
- In a meat establishment, assume everything prepared in the kitchen is meat, necessitating the required waiting period after meat. Likewise in a dairy establishment, assume everything is dairy. Some of the seemingly parve dishes are not parve at all i.e. those falafel balls were fried in a deep fryer used for chicken (falafel balls are meaty). The eggs for that tuna salad were cooked in a meat pot (salad cannot be eaten together with dairy). The pastries were baked in a meat oven and should not be eaten together with dairy.
- The following foods generally require a tamperproof seal: 1) fish 2) poultry 3) meat 4) wine 5) cheese 6) baked goods. When ordering product to be delivered, request that the item be properly sealed¹. A meat platter delivered for an office party should remain sealed until you take delivery of it. When purchasing meat or poultry at a chain supermarket, check carefully that the original seal is intact. If not, do not buy.
- All dairy products served in our eateries are cholov yisroel. Pas Yisroel - Our establishments serve both pas yisroel & pas palter baked goods. Inquire within to verify status.
- At a catered event, all the food is provided by the caterer. Please do not bring in any food (bought or private). If the host is providing the liquor, please make sure that it is delivered to the caterer a day or two in advance. This allows time to properly address any outstanding issues.
- Look for the vaad symbol in the store window or at a catered event, the same as you would look for a kashrus symbol on a product that you buy in the supermarket.

1. An exception to this rule would be if the food is delivered by a *Shomer Torah U'Mitzvos*. However, from a practical point, food that is delivered and left with the receptionist at the front desk would require a seal until it reaches you. For further discussion of these *halachos* שו"ע יורה דעה סי' קי"ח

קטניות - KNOW YOUR BEANS

There are many customs that permeate the Yom Tov of Pesach. One that seems to affect the plate and palate is the custom of not eating legumes or **קטניות**.

Origins of Custom - The custom dates back to the Gaonim era with the following reasons: Chometz grains and kitniyos were processed in close proximity. There was the possibility of chometz grain being mixed inadvertently into the kitniyos grain. Another reason suggested is, if corn flour or rice flour were permitted some people might confuse it for wheat flour and permit that also. Although the custom was only accepted in Ashkenazic communities, there are important ramifications that apply to those of Sephardic origin as well. Rice may be fortified with vitamins that contain chometz. Corn syrup may contain enzymes that were grown on chometz.

What is Forbidden - Kitniyos and their direct derivatives are forbidden for oral consumption by a healthy person. However, it is permitted to benefit from kitniyos on Pesach i.e. using the oil as a fuel for light or heat. Also, it is permitted for oral consumption by the ill and infirm, provided that separate utensils are used.

Kitniyos Shenishtanu - Literally means kitniyos that have undergone a significant transformation from their original form. Through the use of enzymes and fermentation, kitniyos products are transformed into a seemingly new ingredient. Some examples are aspartame, ascorbic acid, sodium erythorbate, MSG, citric acid. There is a difference of opinion among the poskim whether these items retain their kitniyos status or not. Furthermore there are ways of producing these ingredients without kitniyos altogether.

The following items are either kitniyos, kitniyos shenish-tanu or spices that are customarily not used:

Alfalfa	Corn	Millet	Sugar Snap-
Anise	Cumin	Mustard Seed	Peas
Ascorbic Acid	Dextrose	Navy Beans	Sunflower Seeds
Bean Sprouts	Dill Seeds	Peanuts	Tofu
BHT, BHA in corn oil	Fennel Seed	Peas	
Buckwheat	Fenugreek	Pinto Beans	
Canola Oil	Glucose	Poppy Seeds	
Caraway Seeds	Green Bean	Rapeseed Oil	
Chickpeas	Lecithin	Rice	
Citric Acid	Lentils	Sesame Seeds	
Coriander	Malto Dextrin	Snow peas	
		Soybeans	



Pesach 2015

KASHRUS ALERTS - PESACH

Matzoh A'shira - The following products are produced with fruit juice and are considered *Matzoh A'shira* - *Manischewitz* Tam Tam Crackers & Egg Matzoh. They should only be eaten by those individuals who are permitted to eat egg matzoh. The following products are produced with regular matzoh and are not considered *Matzoh A'shira* - *Manischewitz* Matzoh Crackers, Mediterranean Matzoh.

Matzoh Meal, Matzoh Cake Meal - Storing these products from year to year presents an insect infestation problem. Heat and humidity cause microscopic eggs to hatch and grow. Unless stored properly, it is preferable to use product from the 2015 production season.

Seltzer & Bottled Water, Unflavored - acceptable from any source.

Orange Juice Concentrate - Any Grade A brand is acceptable provided it does not contain any sweeteners or enrichments. Additionally, Minute Maid, Tropicana & Simply Orange orange juice in the plastic bottle, are now available certified for Pesach when bearing the kosher l'pesach label. Please check the label.

Fish - Costco (Kirkland-Signature) Frozen Farm Raised Salmon with OU, no 'P' required. C Worthy Frozen Atlantic Salmon (unseasoned), product of Chile, with Kof-K, no 'P' required. Fishin Frozen Whiting Fillets (unseasoned) product of Chile, with Kof-K, no 'P'.

Tea Bags - Any regular caffeinated tea made from pure black, green or white tea leaf is acceptable.

Lipton Decaffeinated Tea Bags - Unflavored, are acceptable without special *Pesach* certification

Nestea - Instant Unflavored Caffeinated Tea Powder is acceptable without special *Pesach* certification. Decaffeinated version *not* recommended this year.

Orthodontic Rubber Bands - are coated with corn starch. They should be rinsed well with cold water, before using on *Pesach*.

Extra Virgin Olive Oil, cold pressed - Any OU brand is acceptable without special *Pesach* certification. This refers to unrefined oil only. Read the label carefully to

make sure it is extra virgin, cold pressed!

Coffee - The following instant coffees are acceptable without special *Pesach* certification: Folgers (Regular & Decaf), Taster's Choice (Regular only). All other brands require certification for *Pesach*.

Cocoa - Hershey's Cocoa Powder is acceptable. No OU-P required. (Regular, *not* Special Dark cocoa)

Raisins - Great Value, Champion, Market Pantry, Trader Joe's, Dole with OU are acceptable. No OU-P required. (Non-Oil treated only)

Nuts - Raw, whole or chopped nuts are generally acceptable if they are without preservatives or additives e.g. BHT, BHA. Note: If the allergen statement lists kitniyos or chometz being processed in the same facility, it would require *Pesach* certification. Also, Pecan pieces and midget pecans require *Pesach* certification.

Sugar - Any pure cane sugar without dextrose is acceptable for *Pesach* use. Brown, Confectioners, Vanilla sugar require certification for *Pesach*.

Salt - Any non-iodized salt that does not contain dextrose or polysorbate, is acceptable for *Pesach*.

Vegetables Salads, Pre-washed - Any Star-K certified brand i.e. Dole and Fresh Express is acceptable when bearing the Star-K-P

Water - Any unflavored water is acceptable

Lemon Juice, Lime Juice - Real Lemon brand with OU is acceptable. No OU-P required.

Grape Juice & Wine - There are differences of opinion as to what temperature is considered *mevushal*. If the bottle states *mevushal*, it satisfies the requirement of *mevushal* according to the certification listed on the bottle. Kedem Grape Juice produces a 1.5 liter glass bottle which states *non-mevushal*. This size bottle is not *mevushal* according to all opinions.

Rubbing Alcohol - Any isopropyl alcohol is acceptable.

Baking Soda - Any pure bicarbonate is acceptable (not to be confused with baking powder)

Contact Lens Solution - all are acceptable

Coffee Filters - acceptable from any source

Dental Floss - Any unflavored (waxed or unwaxed) is acceptable

Disposable Gloves - Those containing corn starch powdered coating should not be used to prepare food.

Aluminum Foil Products - Acceptable from any source

Styrofoam Products - There aren't any *Pesach* issues with styrofoam.

Dishwashing Liquids - Any OU certified cleanser is acceptable.

Parchment Paper - The following brands certified by the Star-K are acceptable (no 'P' required): Bake-O-Matic, Georgia Pacific/Dixie, McNairin, Papercon, Wilton

Paper Cupcake Holders - Reynolds OU (no 'P' required).

Foil Cupcake Holders - Any brand

Paper Towel Rolls - Any brand may be used. The first three sheets and the last sheet should not come in contact with food, as these sheets may be glued with a corn starch based glue.

Baby Powder - Some baby powders may contain oat flour. Baby powders are acceptable if they contain only talc, talcum powder, corn starch, or other similar ingredients.

Quinoa - This has changed from previous years. It has been found that farmers grow barley in the vicinity of Quinoa, and sometimes cover the quinoa with barley to keep the birds from eating the quinoa. For those people who use Quinoa grain on *Pesach*, the OU and Star-K have produced product under certification this year. Brand names are Pereg OUP, Goldbaum OUP, Ancient Harvest White Quinoa Grains Traditional Star-K (no 'P' required)

Dietary Supplements - Certain dietary supplements that are used by the sick and infirm contain *kitniyos* while others contain *chometz*. If there is a need to use these products on *Pesach*, please call the vaad office for specific information.

Kitniyos - Those of Ashkenazic descent have the custom not to eat products on *Pesach* that contain קטניות (legumes). The OU and Star-K have started to certify *kitniyos* products for *Pesach* on an expanded basis. These will clearly state 'OU - Kitniyot' or 'Star-S P'

Soy/Almond/Rice Milk - For those permitted to consume *kitniyos*, the following brands are acceptable. It is recommended that they be purchased before Yom Tov. - 365 *Everyday* Soy Milk Original, Light or Unsweetened, 365 *Everyday* Almond Milk, Rice Dream Enriched Unsweetened Original

Gerber Baby Food - The following bearing the OU do not contain any *chometz*: Carrots, Squash (produced on shared equipment with *Kitniyos*). The following are *kitniyos*: Green Beans, Peas.

Baby Formula - Enfamil, Isomil, Similac, Prosobee, Kirkland Signature, Up&Up [All contain *kitniyos*]

Mouthwash - These do not have any *chometz* issues -

Scope - [All], Listerine - Cool Mint, Fresh Burst, Soft Mint, Total Care, Antiseptic (Gold), Advanced Citrus

Toothpaste - These do not have any *chometz* issues - Aim [All], Aquafresh [All], Colgate [All], Ultrabrite [All], Arm & Hammer Gel or Paste Toothpaste.

The following stores are acceptable for purchasing *chometz* immediately after *Pesach*:

Aldi	Heinen's *	Walgreens
BJ's	K'Mart	Walmart
Costco	Marc's *	Whole Foods
CVS	Sam's Club	Zagara's *
Dave's Market **	Save A Lot	
GFS	Trader Joe's	

*The kosher aisle in these stores is stocked through a Jewish owned distributor who participates in a *Mechiras Chometz* of the business. Please consult your Rabbi for further information.

** This store, which is Jewish owned participates in a *Mechiras Chometz* of the business. Please consult your Rabbi for further information.

All local certified shomer shabbos establishments are acceptable for the purchase of *chometz* immediately after *Pesach*.

Additionally, the following items may be purchased from any store immediately after *Pesach*: Ketchup, mayonnaise, mustard, pickles, vinegar (if grain source, unknown), baking yeast, flour.

YEAR-ROUND ALERTS

Hanger 1 Vodka - Contains grape and is not kosher.

Brogan's Irish Cream Liqueur - no longer certified.

All City Candy - Richmond Heights OH. If you recently purchased candy at this store, please contact the vaad office for further information.

The following children's medication is acceptable:

Advil Infant's Suspension White Grape Dye-Free
Advil Children's Suspension [All flavors incl. Dye-Free]
Tylenol Infant drops - Cherry or Grape [NOT Dye-Free]
Tylenol Children's Suspension - Cherry Blast or Grape [NOT Dye-Free]

Motrin Infants' Drops - Berry and Dye-Free Berry

Motrin Children's - Berry and Dye-Free Berry



הג כשר ושמח