



# PASSOVER

## QUICK SHOPPING GUIDE

**FOR MORE PRODUCTS  
AND THE MOST  
UP TO DATE  
INFORMATION**

Scan this code to access our online  
AKC Pesach Guide or visit:  
[kosheratlanta.org/pesach-guide/](https://kosheratlanta.org/pesach-guide/)



### \*FOR PASSOVER 2026 ONLY\*

The following common items do not require a Kosher for Passover (KFP) symbol unless specified in parenthesis alongside the product. Products may require regular kosher certification.

#### **BABY FOOD & FORMULA**

##### **BABY FOOD**

First Choice (OU-P)

##### **FORMULA**

\*Some of these baby foods and formulas are not certified KFP, but are halachically acceptable for infants or those who are ill:

All liquids, all powders: Isomil, Similac, Enfamil.

Store brands: CVS, Publix, Lidl, Member's Mark, Target, Walgreens.

For a full list, including medical & nutritional supplements, see our online 2026 AKC Passover Guide or the OU Passover Guide.

##### **BAKING SODA**

All.

##### **COCOA**

All 100% cocoa produced in the US without additives. Hershey's (OU).

##### **COFFEE**

##### **GROUND & WHOLE BEAN**

All caffeinated unflavored.

##### **INSTANT UNFLAVORED**

Folgers [Regular], Via [Regular], Maxwell House [Regular and Decaf] (OK-P), Nescafe Taster's Choice Regular.

##### **DAIRY ITEMS**

Require KFP except Milk (see Milk).

##### **EGGS**

Preferably should be purchased before Passover.

##### **FISH**

##### **RAW, FRESH**

All.

##### **FROZEN**

Requires KFP unless specified on OU list; if not KFP, should be rinsed thoroughly.

##### **SMOKED FISH**

Requires KFP.

##### **FRUIT**

##### **FRESH: SLICED**

Pre-cut fruit at supermarkets often contain non-KFP preservatives.

##### **FROZEN: SLICED OR WHOLE**

Unsweetened and additive-free. Some fruits require insect checking.

##### **HERBS**

All fresh.

##### **ICE**

All.

##### **JUICE**

Kroger Orange Juice without Calcium (AKC-PASS on ink-jet of the container), Lidl (OU-P), Simply (OU-P), Tropicana (OK-P).

##### **FROZEN**

100% pure frozen orange from concentrate with no additives.

##### **LEMON & LIME JUICE**

ReaLemon & ReaLime.

##### **MEAT AND POULTRY**

##### **RAW, UNPROCESSED, AND UNSEASONED**

All.

##### **GROUND, PICKLED, SEASONED, OR DELI MEATS**

Require KFP unless specified.

##### **GROUND BEEF**

Kosher Gourmet, Griller's Pride (AKC-P), Toco Hills Kroger, Teva, Empire.

##### **MILK**

Kroger (Half & Half with hechsher, Skim, Whole, 2%, 1%) with AKC-PASS on ink-jet.

KFP preferred, but all may be used if purchased before Passover.

##### **MOUTHWASH**

Listerine: Cool Mint (Antiseptic or Zero Alcohol), Fresh Burst, Sensitivity (Alcohol Free), Fluoride Defense Anti-Cavity, Total Care Zero, Ultraclean Antiseptic Mouthwash

##### **NUTS**

##### **RAW** (excluding peanuts)

Whole, halved, slivered, or chopped.

\*If the label has a wheat warning, the product is not recommended unless on a Passover list.

\*Pecan pieces and midget pecans require KFP.

##### **BLANCHED, DRY ROASTED, GROUND, AND TOASTED**

Require KFP.

##### **PEANUTS**

Many consider peanuts to be Kitniyos.

##### **ALMOND FLOUR**

Kirkland Signature.

##### **OILS**

##### **AVOCADO OIL**

Requires KFP. Chosen Foods (OU) & Pompeian (Star K) spray acceptable without P designation.

##### **EXTRA VIRGIN OLIVE OIL**

Hechsher preferred.

##### **GRAPESEED OIL**

Requires KFP. Pompeian (Star K).

##### **VIRGIN COCONUT OIL**

All.

##### **PARCHMENT PAPER**

Essential Everyday, Great Value, Kirkland, Members Mark, Publix, Reynolds, Up&Up.

##### **QUINOA**

Requires KFP. Check for infestation.

–cont'd from front

### **RAISINS [WITHOUT OIL]**

Kroger, Publix, Sun-Maid (OK-P)  
Trader Joe's.

### **SALT**

All non-iodized, without dextrose or polysorbates. Magnesium carbonate and sodium silicate are KFP.

### **SELTZER**

All unflavored.

### **SPICES**

**GROUND** Require KFP.

**WHOLE** All, except if on Kitniyos list.

### **SUGAR**

Sugar cubes or pure granulated cane without dextrose.

### **CONFECTIONERS & VANILLA SUGARS**

Require KFP.

### **BROWN SUGAR**

Domino (OK-P), Good&Gather (OU).

### **TEA BAGS AND LEAVES**

#### **BLACK, GREEN, & WHITE**

All pure, unflavored, non-decaf. Flavored, instant, and decaf tea require KFP.

### **HERBAL TEA**

Bigelow has some KFP.

### **TOOTHPASTE**

Aim [All], Close Up [All], Colgate [All], Pepsodent [All]

### **WATER**

All unflavored, spring or distilled, without Calcium Citrate. Electrolytes, fluoride, and minerals are KFP.

## **KITNIYOS**

**There are many products called kitniyos (legumes & similar foods) that are not eaten on Passover by Jews of Eastern European descent (Ashkenazim).**

### **THE FOLLOWING ARE CONSIDERED KITNIYOS:**

Beans, Buckwheat, Caraway, Cardamom, Chickpeas, Corn, Edamame, Fennel, Fenugreek, Flaxseed (Linseed), Green Beans, Haricot Verts, Hemp Seeds, Lentils, Millet, Mustard, Peas, Poppy Seeds, Rapeseed (Canola Oil), Rice, Sesame Seeds, Soybeans (Tofu), Sunflower Seeds, Sorghum, and Teff.

### **THE FOLLOWING ARE NOT CONSIDERED KITNIYOS BUT MAY REQUIRE SPECIAL CHECKING:**

Anise, Carob, Chia Seeds, Coriander, Cottonseed, Cumin, Guar Gum, Locust Bean Gum, Safflower, and Saffron.

### **THE FOLLOWING MAY BE KITNIYOS AND ARE THEREFORE NOT USED:**

Amaranth and Peanuts.

## **NON-FOOD ITEMS**

### **THE FOLLOWING ITEMS MAY BE USED ON PASSOVER WITHOUT CERTIFICATION:**

Aluminum foil  
Aluminum foil baking pans  
Baby ointments  
Bags (paper or plastic)  
Body wash  
Bowl and tub cleaner  
Candles  
Cardboard  
Carpet cleaner  
Charcoal, unflavored  
Cheese cloths  
Coffee filters  
Conditioner  
Copper and metal cleaners  
Cork  
Cosmetics (lipstick ingredients should be checked)  
Crockpot liners  
Cupcake holders

Cups (paper, plastic, or Styrofoam)  
Dental floss (any unflavored, incl. waxed)  
Deodorants  
Detergents  
Dishwashing detergent  
Drain opener  
Fabric protector  
Furniture polish  
Glass cleaner  
Hair gels, sprays, and mousse  
Hair removers and treatments  
Hand sanitizer  
Insecticides  
Isopropyl alcohol  
Jewelry polish  
Laundry detergents  
Lotions  
Napkins (paper)

Oven cleaner  
Paper cups, plates, and towels  
Perfumes  
Plastic containers  
Plates (paper, plastic, or Styrofoam)  
Scouring pads and powder  
Shampoos  
Shaving cream and gel  
Shaving lotion  
Silver polish  
Skin cream  
Soaps  
Suntan lotion  
Talcum powder (100% talc)  
Toilet bowl cleaner  
Water filters  
Wax paper

**Wishing you a happy and kosher Passover!**