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Pesach Purchases: For Beginners & Beyond

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This document provides visual & comprehensive guidance for Pesach shopping, emphasizing the importance of vigilance and attention to detail to ensure adherence to personal and general Pesach kashrus standards. It is essential to double check every item bought to confirm it is actually Kosher for Pesach. (Even if you're purchasing two of the same items, check both – as one can be Kosher For Pesach, and the other not). Other aspects to look out for are, considerations regarding *Kitniyot*, and *Kitniyot Shenishtanu* that aren't declared. *Gebrochts*, conflicting hashgacha designations regarding Kosher for Pesach status, personal family minhagim, and many other nuances in product labeling are also more considerations to look out for.



Please note that any image of a Hashgacha used is solely for illustrative purposes, and it does **not** imply a recommendation.



Click [HERE](#) to listen to an audio class that goes with this document.

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GLOSSARY OF TERMS

What does it actually mean?



געבראָקס / שרויה Gebroktz (Yiddish) / Shruyah (Hebrew)

Gebroktz is a Yiddish word that literally means "broken". "Shruyah" literally means "soaked". Both of these words refer to matzah that has come in contact with water or other foods and liquids that may contain water. It has come to mean "wet matzah" because matzah is usually ground or broken up into crumbs before it is mixed with water. Chassidim in general (including Chabad) as well as other communities have the custom to refrain from eating such matzah as a stringency to prevent any possibility of leavening.



קטניות Kitnijos/ Kitniyot (Hebrew)

Roughly translates as "Legumes", but it also refers to a category of foods that include various beans, grains, peas, kernels, certain nuts and seeds. The custom of all Ashkenazi Jews (and some Sefardic Jews) is to not consume these throughout Pesach. A food item containing kitnijos will usually be clearly marked as such by the Hashgacha. At times it may be in very small print or just declared in Hebrew. One way in which it may appear in Hebrew is מכיל קטניות - contains Kitnijos.



קטניות שנשתנו Kitniyot Shenishtanu (Hebrew)

Roughly Translates as "Legumes that have been changed". This term refers to kitnijos that has been processed or transformed to such an extent that they no longer have the same status as regular kitniyot and many authorities will allow their consumption on Pesach. Others however, will also refrain from eating this transformed form of kitnijos. Hashgachos that accept kitnijos shenishtanu, will not declare when a item contains this form of kitnijos. For a list of national Hashgachos that take a stricter approach, see page 7.

Below are examples of ingredients commonly derived from Kitniyot that have undergone transformations to the extent that many Kashrut agencies will no longer consider them Kitniyot (applying the concept of Nishtanu). They therefore do not declare or label them as such. However, others maintain a stricter stance and still regard them as Kitniyot:

- | | | |
|---------------------|------------------------------|----------------------|
| - Ascorbic acid | - MSG (monosodium glutamate) | - Sodium erythorbate |
| - Aspartame | - NutraSweet | - Sorbitan |
| - Calcium ascorbate | - Polysorbates | - Sorbitol |
| - Citric acid | - Sodium citrate | - Vitamin C |
| - Malto dextrin | | - Xanthan gum |

Here are examples of some products that may contain the previous ingredients:

- Diet soda (aspartame)
- Sugar-free foods (aspartame, sorbitan, sorbitol, or NutraSweet)
- Cream cheese (xanthan gum)
- Hot dogs and deli meats (sodium erythorbate)
- Processed cheese (sodium citrate)
- Snacks, spice mixes, soup mixes (MSG)
- Lactic acid
- Olives (lactic acid)
- Gefilte fish

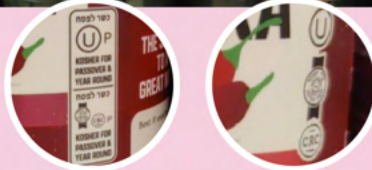
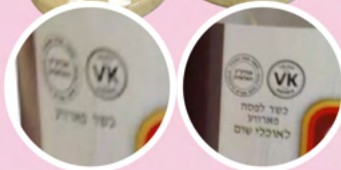


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Does it say Kosher for Pesach? Double check.



At times companies will make their year around products also kosher for Pesach. While they do indicate it on the package, the items may look very much the same. It's important to double check all your purchases to see if it clearly states Kosher for Pesach on it.



At times due to a *kitniyos* derived ingredient (sugar free sweetener) a sugar free alternative will not be certified for Pesach.

Although these chocolates are very similar looking, one is Kosher For Pesach, while the other is not.

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There seems to be a contradiction.



Sometimes a product will have two certifications. One says it's Kosher For Pesach, and the other says NOT including Pesach. There can be various possibilities for this as discussed in the audio class that goes with this document. (Access link on the cover page).



CRC does not certify KFP since this product contains coriander which many consider *Kitniyos* as well as quinoa flour which many refrain from using it due to *kitniyos* concerns.



One certification is designated for Sefardim and therefore certifies *Kitniyos*, while the other does not.



When one certification certifies a product for Pesach, and the other does not, make sure you recognize the one that is certifying it for Pesach as a Reliable Hashgachah.



OU holds it is Kosher for Pesach and not *kitniyos* (*nishtanu*). CRC holds it's *kitniyos* and doesn't certify it for Pesach.



OU holds Cumin is Kosher For Pesach, and not *kitniyos*. CRC holds it's *kitniyos* and doesn't certify it for Pesach.



לא כולל פסח
Means not including Pesach.
(But good for year- round use).



ללא חשש ...
Means no concern...
(This item does not contain...)



לימות השנה בלבד
Means for year-round use only
(excluding Pesach).

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There seems to be a contradiction.



Sometimes a product will have two certifications. One says it's Kosher For Pesach, and the other says NOT including Pesach. There can be various possibilities for this as discussed in the audio class that goes with this document. (Access link on the cover page).



One certifies *kitniyos* & declares it. The other doesn't certify *kitniyos*.



לא כולל פסח
Means not including Pesach.
(But good for year- round use).



...לא חשש
Means no concern...
(This item does not contain...)



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Clearly indicates Kitniyos in english.



The following are a few products that are clearly marked *Kitniyos* in English.



A Times the *kitniyos* declaration may not be next to the Hashgacha and may be somewhere else on the packaging.

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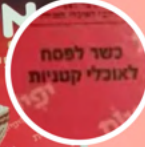
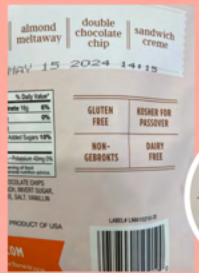
NAVIGATING THE SUPERMARKET

Look out for indications on labels.



What it says on a product's label will often guide you. Know what it means and what to look out for.

Things clearly marked non gebrochts. Not Sheruya.



Kitniyos is declared, but only written in small font in Hebrew.



... ללא חשש
Means No Concern...
(This item does not contain...)

מכיל קטניות
Means Contains *Kitniyos*.

לאוכלי קטניות
Means for those that eat *Kitniyos*.

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NAVIGATING THE SUPERMARKET

Look out for indications on labels.



What it says on a product's label will often guide you. Know what it means and what to look out for.

Some Hashgachos take the extra step and declare things that some communities or individuals have a custom avoiding on Pesach, although it isn't mainstream practice.

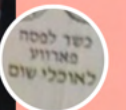


Declares when something contains cottonseed oil.



Declares that garlic is used.

לאוכלי שום
For those that eat garlic.



The following national Hashgachos do not certify Kitniyos Shenishtanu or will declare it, if present in a product:

- OK
- Star-K
- MK- Montreal Kosher
- COR

Regular Coke with no artificial sweeteners and no corn syrup is certified KLP by Rabbi Landa

Sugar free sodas not certified KLP by Rabbi Landa due to the artificial sweeteners being derived from kitniyos.



Diet Coke with Kitniyos Shenishtanu. COR certifies it as kitniyos and MK states it has kitniyos derivatives.

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What does that stamp say?



At times a product will only indicate Kosher For Pesach or other information with an inkjet stamp. It may be located on the top, sides, or bottom of the product, and not be so clear. Look carefully.



Unclear stamp indicates as **KFP NO HFCS** Which stands for Kosher For Pesach No High Fructose Corn Syrup.



A mere unclear stamp on the bottom of the can declares it's Kosher For Pesach and states in Hebrew 'Only for those that eat *Kitniyot*'.



כשלי"פ = כשר לפסח
A mere unclear stamp on the bottom of the can, declares in an abbreviation that it's Kosher For Pesach.

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Matzah Mindfulness.



Even if one hasn't yet committed to eating only handmade shmurah matzah, there are still many details to consider in order to maintain a proper level of Kashrus when it comes to Matzah.



Besides for this being Gebroktz, this is also made of basic machine matzah.



Egg Matzah Disclaimer.



Many times it is not clearly declared. ACCORDING TO ASHKENAZIC PRACTICE, ALL EGG MATZAH MAY BE EATEN ONLY BY THE YOUNG, INFIRM OR elderly.



Machine Shmura Matzah, a step up from the basic machine matzah.



It is very common to find **ACTUAL CHAMETZ**, non-kosher for Pesach matzah or matzah meal.



May look similar, but notice how one is Shmura Matzah, and the other is not.

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Caution! It's always good to double check.



Kosher for Pesach designation on wine, Mevushal grape juice, Cholov Yisroel, and possible mislabeled items, are a few examples of what to double check for when purchasing your Pesach items.



Although the biggest majority of kosher wines are also Kosher for Pesach, There are some exceptions and one should always double check.



Grape juice has the same Halochos in regards to it needing to be mevushal in order to be handled by a non-Jew. It is common to find non-mevushal Grape juice.



At times, an item might be mistakenly labeled for Pesach and only a mere stamp is placed to retract the Pesach certification.



At times, the same, Hashgacha will have opposite designations. It will write Kosher for Pesach and also write it's not. That obviously is a printing error and one needs to find out which one is accurate. In this specific case the English was the correct one, and the Hebrew saying it's KLP was incorrect.



Even when something states, kosher for Pesach in Hebrew lettering, that does not mean it is Cholov Yisroel.

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