



Pesach תשפ"ו // 2026 Guide

*The Essential Guide to
Preparing for Pesach*

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The cRc Pesach Guide is dedicated in the memory of

Mrs. Biranit Cohen, a"h

Biranit Tova bas Ephraim Mordechai HaKohen,

our dedicated Pesach Guide Project Coordinator. For many years, she invested tremendous effort and care into producing a beautiful and helpful guide for the community. Her dedication and commitment will be deeply missed.

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RECOMMENDATIONS ARE FOR ITEMS PRODUCED IN THE UNITED STATES



Acceptable without Pesach Certification

Food items in this section should preferably be purchased before Pesach



Must bear reliable Pesach Certification



Not acceptable for Pesach

Sephardim should contact their local Sephardic rabbi regarding issues of *kitniyos*

| PRODUCT | | NOTES |
|--------------------|---|---|
| Adhesive Bandages | ✓ | |
| Air Freshener | ✓ | |
| Alcohol | ◇ | For drinking |
| | ✓ | Denatured or Isopropyl alcohol |
| Alfalfa Sprouts | × | <i>Kitniyos</i> |
| Aluminum Products | ✓ | Includes aluminum foil and pans |
| Amaranth | ◇ | Amaranth is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in |
| Ammonia | ✓ | |
| Anise | × | Same status as <i>kitniyos</i> |
| Antacid (Chewable) | ◇ | |
| Apple Juice | ◇ | Concentrate also requires Pesach certification |
| Applesauce | ◇ | |
| Aspartame | ◇ | |
| Baby Carrots, raw | ✓ | Acceptable if they contain no additives |
| Baby Carrots | ◇ | Canned or cooked |
| Baby Food | ◇ | Includes jarred or canned |
| Baby Formula | | See page 22. When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitniyos</i> |
| Baby Oil | ✓ | |
| Baby Powder | | Acceptable if it only contains cornstarch or other innocuous ingredients |
| Baby Wipes | ✓ | |
| Bags | ✓ | Includes paper and plastic |
| Baking Powder | ◇ | |
| Baking Soda | ✓ | |
| Balloons | | If powdered, wash before Pesach |

| PRODUCT | | NOTES |
|-----------------------------|---|--|
| Band-Aids | ✓ | |
| Beans | × | <i>Kitniyos</i> |
| Bean Sprouts | × | <i>Kitniyos</i> |
| Benefiber | × | <i>Chametz</i> |
| Beverages | ◇ | |
| Bicarbonate Of Soda | ✓ | |
| Bird Food | | See page 23 |
| Bleach | ✓ | |
| Bleach Wipes | ✓ | |
| Blush | ✓ | |
| Body Wash | ✓ | |
| Braces | ✓ | Wax for braces is also acceptable; wash rubber bands before placing in mouth |
| Brewer's Yeast | × | <i>Chametz</i> |
| Brown Sugar | ◇ | |
| Buckwheat | × | <i>Kitniyos</i> |
| Buckwheat Pillow | ✓ | One may own and derive benefit from <i>kitniyos</i> |
| Butter | ◇ | |
| Candles | ✓ | Scented are also acceptable |
| Candy | ◇ | |
| Canned Fruits or Vegetables | ◇ | |
| Canola Oil | × | <i>Kitniyos</i> |
| Caraway | × | Same status as <i>kitniyos</i> |
| Carrots | | Raw (including baby carrots) are acceptable if additive-free |
| | ◇ | Canned, cooked, or frozen |
| Cat Food | | See page 23 |
| CBD Oil | ◇ | |
| Charcoal | ✓ | Includes plain, easy-light, apple, hickory, and mesquite |
| Cheese | ◇ | |

SHOPPING GUIDE

| PRODUCT | | NOTES |
|--|---|---|
| Cheese Spreads | ◇ | |
| Chewable Pills | | See pages 14-15 |
| Chewing Tobacco | ◇ | Contains flavors and other sensitive ingredients |
| Chickpeas | × | <i>Kitniyos</i> |
| Cloves | | Some have a custom not to use cloves for Pesach |
| Cocoa Powder | | Acceptable if 100% pure and not processed in Europe |
| Coconut (Shredded) | ◇ | Sweetened or flavored |
| | ✓ | Unsweetened & unflavored |
| Coffee | ◇ | Beans which are plain, unflavored, and not decaffeinated do not require Pesach certification, but the grinder must be clean. Instant, flavored or decaffeinated coffee requires certification. K-cups require certification |
| Coffee Filters | ✓ | |
| Coffee Whitener | ◇ | |
| Cologne | | See pages 14 and 16 |
| Colonoscopy Drink | | See bit.ly/3NsgS18  |
| Confectioners' Sugar | ◇ | |
| Contact Paper | ✓ | |
| Cooking Oil Spray | ◇ | |
| Cooking Wine | ◇ | |
| Coriander Seeds | × | Same status as <i>kitniyos</i> |
| Corn & Corn Products (e.g. Corn Oil, Corn Syrup) | × | <i>Kitniyos</i> |
| Corn Remover | ✓ | |
| Cosmetics | | See pages 14-19 |
| Creams (Cosmetics) | ✓ | |
| Crock-Pot Liner | ✓ | |
| Cumin | × | Same status as <i>kitniyos</i> |
| Cups | ✓ | Includes paper and plastic |
| Cutlery (Plastic) | ✓ | |
| Dates | ◇ | Glaze may be problematic |
| Dental Floss or Tape | | Acceptable (including waxed) if not flavored |
| Dentures | ✓ | Cleaned well after you eat <i>chametz</i> for the last time |
| Deodorant (Sticks and Gels) | ✓ | |

| PRODUCT | | NOTES |
|--------------------------------|---|--|
| Deodorant (Liquids and Sprays) | ✓ | When produced in the USA |
| Dessert Gels & Puddings | ◇ | |
| Detergent | ✓ | |
| | × | Seeds, same status as <i>kitniyos</i> |
| Dill | ✓ | Leaves |
| | ◇ | Dried |
| Dishwashing Soap | ✓ | |
| Dog Food | | See page 23 |
| Dried Fruit | ◇ | |
| Edamame | × | <i>Kitniyos</i> |
| | ◇ | Cooked or liquid |
| Eggs | ✓ | Whole and raw (including pasteurized); buy before Pesach |
| Ensure | | See page 22 |
| Eye Drops | | See page 16-17. See www.ASKcRc.org for updates |
| Eye Liner | ✓ | |
| Eye Shadow | ✓ | |
| Fabric Protector | ✓ | |
| Fabric Softener | ✓ | |
| | × | Seed, same status as <i>kitniyos</i> |
| Fennel | ✓ | Leaves |
| | ✓ | Fresh |
| Fish | ◇ | Canned, frozen, or processed |
| Fish Food | | See page 23 |
| Flaxseeds | | Flaxseeds are not <i>kitniyos</i> ; see Spices |
| Flour | × | <i>Chametz</i> |
| Floss (Dental) | | Acceptable (including waxed) if not flavored |
| Foil (Aluminum) | ✓ | |
| Food Coloring | ◇ | |
| Food Supplements | | See page 22 |
| Formula For Infants | | See page 22 |
| Frozen Dinners | ◇ | |
| | ◇ | Canned, cooked, dried, or sweetened |
| | ✓ | Fresh. See pages 20-21 |
| Fruit | | Frozen is acceptable if it is not sweetened or cooked and contains no sensitive additives. |

✓ = Acceptable without Pesach Certification

◇ = Must bear Pesach Certification

✗ = Not acceptable for Pesach

| PRODUCT | | NOTES |
|--------------------------------|---|---|
| Fruit Juice | ✓ | Pure frozen concentrated orange juice |
| | ◇ | Other concentrates or single-strength juices |
| Fruit Preserves | ◇ | |
| Furniture Polish | ✓ | |
| Garlic | ✓ | Fresh |
| | ◇ | Peeled (in jars or cans) |
| Gloves (Disposable) | ✓ | Powder free |
| | ◇ | Powderless or with powder |
| Glue | ✓ | |
| Grape Juice | ◇ | |
| Grapefruit Juice | ◇ | |
| Green Beans | ✗ | <i>Kitniyos</i> |
| Gum (Chewing) | ◇ | |
| Hair Gel | ✓ | |
| Hairspray | ✓ | When produced in the USA |
| Hand Sanitizers (e.g., Purell) | ✓ | |
| Herbal Tea | ◇ | |
| Honey | ◇ | |
| Horseradish | ✓ | Raw |
| | ◇ | Prepared |
| Hydrogen Peroxide | ✓ | |
| Ice (In Bag) | ✓ | |
| Ice Cream | ◇ | |
| Ices | ◇ | |
| Infant Formula | | See Baby Formula |
| Insecticide Sprays | ✓ | Some traps contain <i>chametz</i> |
| Instant Coffee or Tea | ◇ | |
| Invert Sugar | ◇ | |
| Isopropyl Alcohol | ✓ | |
| Jam | ◇ | |
| Jelly | ◇ | |
| Juice (Fruit) | | see Fruit Juice |
| K-Cups | ◇ | |
| Kasha | ✗ | <i>Kitniyos</i> |
| Ketchup | ◇ | |
| Lactaid | | Lactaid milk may be used if purchased before Pesach |
| | ✗ | Chewable pills |
| | ✓ | Non-chewable pills |

| PRODUCT | | NOTES |
|--------------------------|---|--|
| Latex Gloves | ✓ | Powder free |
| | ◇ | Powderless or with powder |
| Laundry Detergent | ✓ | |
| Laxatives | | See page 18 |
| Lemon Juice | ◇ | Concentrate also requires Pesach certification |
| Lentils | ✗ | <i>Kitniyos</i> |
| Lip Products | | See pages 18. See www.ASKcRc.org for updates |
| Liqueur | ◇ | |
| Liquid Dish Detergent | ✓ | |
| Liquid Medicines | | See page 14-19 |
| Liquor | ◇ | |
| Listerine Pocketpaks | ✗ | Requires Pesach certification, and this brand is not certified |
| Lotions | ✓ | |
| Makeup | | See page 14-19 |
| Margarine | ◇ | |
| Mascara | ✓ | |
| Matzah | ◇ | |
| Mayonnaise | ◇ | |
| Meat | ✓ | Fresh or frozen raw meat in original packaging is acceptable |
| | ◇ | Ground, cooked, or repacked requires Pesach certification |
| Medicine | | See page 14-19 |
| Milk | ◇ | If certified is unavailable, buy before Pesach |
| Millet | ✗ | <i>Kitniyos</i> |
| Mineral Oil | ✓ | |
| Mineral Water | | Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives |
| Monosodium Glutamate/MSG | ◇ | |
| Mousse (For Hair) | ✓ | When produced in the USA |
| Mouthwash | | See pages 14 and 19 |
| MSG | ◇ | |
| Mushrooms | ◇ | Canned |
| | ✓ | Raw or dried; see page 20-21 |
| Mustard | ✗ | <i>Kitniyos</i> |
| Nail Polish | ✓ | |

SHOPPING GUIDE

| PRODUCT | | NOTES |
|---------------------------|---|--|
| Nail Polish Remover | ✓ | |
| Napkins | ✓ | |
| Non-Dairy Creamer | ◇ | |
| Nutritional Supplements | | See page 22 |
| Nuts | × | Peanuts are <i>kitniyos</i> |
| | ◇ | Pecan pieces |
| | | Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted, or ground |
| Ointments | ✓ | |
| Olive Oil | ✓ | Extra virgin (unflavored) |
| | ◇ | Other types, including extra light |
| Oil (Cooking) | ◇ | |
| Orange Juice | ◇ | Pure frozen orange juice concentrate does not require Pesach certification |
| Orthodontics | ✓ | Wash rubber bands before placing in mouth |
| Oven Cleaner | ✓ | |
| Pam (Oil Spray) | ◇ | |
| Pans (Aluminum) | ✓ | |
| Paper Products | ✓ | Including bags, cups, napkins, plates, towels, and wax paper. May be used for hot or cold |
| Paraffin | ✓ | |
| Parchment Paper | ◇ | |
| Peanuts | × | <i>Kitniyos</i> |
| Peas | × | <i>Kitniyos</i> |
| Pecan Pieces | ◇ | For whole pecans, see Nuts |
| Perfume | ✓ | When produced in the USA |
| Pet Food | | See page 23 |
| Petroleum Jelly | ✓ | |
| Pickles | ◇ | |
| Pills | | See pages 14-19 |
| Pineapple (Canned) | ◇ | |
| Plastic (cutlery, plates) | ✓ | |
| Plastic Wrap | ✓ | |
| Plates | ✓ | Including paper, plastic, and Styrofoam. May be used for hot or cold |
| Play-Doh | × | May contain <i>chametz</i> |

| PRODUCT | | NOTES |
|--|---|---|
| Polish (For Furniture, Shoes, or Silver) | ✓ | |
| Popcorn | × | <i>Kitniyos</i> |
| Poppy Seeds | × | <i>Kitniyos</i> |
| Potato Chips | ◇ | |
| Poultry | ✓ | Fresh or frozen raw poultry in original packaging is acceptable |
| | ◇ | Ground, cooked, or repacked requires Pesach certification |
| Powdered Dish Detergent | ✓ | |
| Prunes | ◇ | |
| Pumpkin Seeds | | Not <i>kitniyos</i> ; acceptable if raw and without additives |
| Quinoa | ◇ | Quinoa is not <i>kitniyos</i> but requires Pesach certification to be sure no other grains are mixed in |
| Raisins | ◇ | |
| Rice, Including Wild Rice | × | <i>Kitniyos</i> Rice milk may contain <i>chametz</i> |
| Saffron | | Some have a custom not to use saffron for Pesach; see Spices |
| Salads (Bagged) | ◇ | If certified is unavailable and contains no <i>kitniyos</i> or sensitive additives; buy before Pesach |
| | ✓ | Fresh |
| Salmon | ◇ | Canned, frozen or processed |
| | | Acceptable without iodine or other additives |
| Salt | | Acceptable without iodine or other additives |
| Sanitizers (E.g. Purell) | ✓ | |
| Scouring Pads | ✓ | |
| Seltzer | ◇ | |
| Sesame Seeds | × | <i>Kitniyos</i> |
| Shampoo | ✓ | |
| Shaving Lotion | ✓ | |
| Sherbet | ◇ | |
| Shortening | ◇ | |
| Silver Polish | ✓ | |
| Snow Peas | × | <i>Kitniyos</i> |
| Soaps | ✓ | |
| Soda | ◇ | |
| Sorbet | ◇ | |
| Sorghum | × | <i>Kitniyos</i> |

✓ = Acceptable without Pesach Certification ◇ = Must bear Pesach Certification ✕ = Not acceptable for Pesach

| PRODUCT | | NOTES |
|-----------------------|---|---|
| Soup Mix | ◇ | |
| Soy Products | ✕ | <i>Kitniyos</i> Soy sauce and soy milk may contain <i>chametz</i> ; see page 22 |
| Spices | ✕ | Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are same status as <i>kitniyos</i> |
| | | Other spices are acceptable in whole form, but ground spices require Pesach certification |
| Splenda | ◇ | |
| Stain Remover | ✓ | |
| Star Anise | | Star anise is not <i>kitniyos</i> ; see Spices |
| Stevia | ◇ | |
| Stick Deodorant | ✓ | |
| String Beans | ✕ | <i>Kitniyos</i> |
| Styrofoam | ✓ | |
| Sugar | ◇ | Brown sugar and confectioners' sugar |
| | | Pure, white cane sugar without additives is acceptable |
| Sugar Substitute | ◇ | |
| Sunflower Seeds | ✕ | <i>Kitniyos</i> |
| Sunscreen | ✓ | |
| Suppositories | ✓ | |
| Syrups | ◇ | |
| Tea | | Pure black, green, or white tea leaves or tea bags are acceptable, unless they are flavored, instant, or decaffeinated, in which case they require Pesach certification |
| | ◇ | Herbal tea |
| Tissues | ✓ | |
| Tofu | ✕ | <i>Kitniyos</i> |
| Tomato-Based Products | ◇ | |
| Toothpaste | | See pages 14, 19, and 24. See www.ASKcRc.org for updates |
| Toothpicks | | Toothpicks are acceptable, unless flavored or colored |
| Tums | ✕ | Chewable antacids require Pesach certification, and this brand is not certified for Pesach |
| Tuna Fish (Canned) | ◇ | |

| PRODUCT | | NOTES |
|-----------------------|---|---|
| Turmeric | | Turmeric is not <i>kitniyos</i> ; see Spices |
| Vanilla | ◇ | |
| Vaseline | ✓ | |
| Vegetable Oil | ◇ | |
| Vegetables | ◇ | Bagged salads - see Salads (bagged) |
| | ◇ | Canned, cooked, or frozen, |
| | | Fresh raw vegetables are acceptable if they are not <i>kitniyos</i> . |
| Vegetable Wash | ◇ | |
| Vinegar | ◇ | |
| Vitamins | ◇ | |
| Water | | Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives, including citrates, e.g., magnesium citrate |
| | | |
| Wax For Braces | ✓ | |
| Wax Paper | ✓ | |
| Whitener (For Coffee) | ◇ | |
| Wild Rice | ✕ | <i>Kitniyos</i> |
| Wine | ◇ | |
| Wood Chips | ✓ | Whisky wood chips are not acceptable for Pesach |
| Wrap (Plastic) | ✓ | |
| Yogurt | ◇ | |

FAQ Anise – Same Status as *Kitniyos*

Q The cRc shopping guide lists a few varieties of anise (caraway, cumin, coriander, dill, and fennel) as *kitniyos*. Can you explain to me why that is the case?

A *Rema* 453:1 rules that anise and coriander are not *kitniyos*. Some of the later *poskim* (*Taz* 453:1 & 462:3, and *Chok Yaakov* 453:9) basically accept this *psak* but suggest that these spices be checked carefully to make sure none of the five grains are mixed into them. Other *poskim* (*Magen Avraham* 453:3) take a stricter approach and are of the opinion that one should avoid these spices since it is so difficult to check whether grains are mixed into them. Rav Schwartz *zt"l* accepted the ruling of the *Mishnah Berurah* 453:13 to follow the stricter approach. Accordingly, these spices are listed in our shopping guide as “same status as *kitniyos*.”



KASHERING THE KITCHEN

Counters, Sinks, and Tables

One may not *kasher* surfaces made of porcelain, ceramic, cement, or glass, but can *kasher* stainless steel, stone, marble, quartz, plastic/laminate, or wood if there are no cracks, nicks, or scratches where food might be stuck. Some additional materials are listed in the coming pages, and more details are available by scanning the QR code below.

To *kasher* these surfaces, clean them thoroughly, don't use them for 24 hours, boil a kettle of water, and carefully pour that water over all surfaces. Want to use a steamer? Scan the QR code. Some have a custom to cover these surfaces for Pesach even after *kashering* them, and "covering" is the only option if a sink, counter, or table is not suitable for *kashering*. [For sinks, aside from *kashering*, replace the strainer covering the drain and the aerator on the faucet, and if there is a coiled hose, do not pull it out of its base during Pesach.]

Cups

Most cups cannot be *kashered*, since they are made of glass, china, or ceramic. Metal or plastic cups that are not scratched can be *kashered* like flatware.

Flatware

Clean them well, don't use them for 24 hours, submerge one piece at a time in boiling water, and then rinse with cold water.

Microwave Oven

The glass plate cannot be *kashered* and must be removed. To *kasher* chamber, clean thoroughly, do not use for 24 hours, and then place a bowl of water in the chamber and boil it for 10-15 minutes. It is commendable to cover food on Pesach, even if the microwave was *kashered*.

Oven

Run a full self-clean cycle. [Low-temperature self-clean cycles (e.g., AquaLift) do not qualify as a *kashering*.] If self-clean is not an option, clean thoroughly, do not use for 24 hours, and then set oven to 550°F for one hour. Scan the QR code below for details.

Refrigerator and Freezer

Clean thoroughly and line with plastic or foil that is perforated to allow for air circulation.

Stovetop

Clean surfaces and grates well, do not use for 24 hours, and then turn on the flame or coil to its highest setting for 30 minutes. [15 minutes is enough for exposed electric coils.] This is also effective for glass-covered stovetops (it is advisable not to *kasher* more than two burners at a time). After *kashering*, cover the knobs, catch trays, all areas **between** the burners, and any areas **behind** the burners where pots might touch.

Induction stovetops cannot be *kashered*, and pots should be put onto "induction discs" during Pesach.

Tablecloths

Fabric tablecloths may be used for Pesach after being laundered. Vinyl/plastic tablecloths **cannot** be *kashered*.

Other

Dishwashers cannot be *kashered* for Pesach. For warming drawers, pots, and other items not listed here, scan the QR code below.

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CAN IT BE KASHERED?



This is a quick guide to which items can and cannot realistically be *kasher*d for Pesach. For details on how to *kasher* them, scan the QR code or search www.ASKcRc.org for the specific item. For a listing of countertops which can be *kasher*ed, see page 10.



| ✓ May be <i>kasher</i> ed | | ✗ Cannot be <i>kasher</i> ed | | | |
|---------------------------|--------|------------------------------|--------|--------------------|--------|
| ITEM | STATUS | ITEM | STATUS | ITEM | STATUS |
| Air Fryer | ✗ | Frying Pan | ✗ | Porcelain Enamel | ✗ |
| Aluminum | ✓ | Glass | ✗ | Pots, enamel | ✗ |
| Baking Pan | ✗ | Glass Stovetop | ✓ | Pots, metal | ✓ |
| Betty Crocker Pizza Maker | ✗ | Gold | ✓ | Pottery | ✗ |
| Becher | A | Granite | ✓ | Pyrex | ✗ |
| Blech | ✗ | Grater | ✗ | Quartz Resin | ✓ |
| Blender | C | Griddle | ✗ | Quartzite | ✓ |
| Bone China | ✗ | High Chair | B | Roasting Pan | ✗ |
| Cast Iron Pan | ✗ | Hot Plate | D | Rotisserie | ✗ |
| Cement | ✗ | Ice Maker | ✓ | Rubber | B |
| Ceramic | ✗ | Induction Cooktop | ✗ | Sieve | ✗ |
| China | ✗ | Instant Pot | ✗ | Silver | ✓ |
| Colander | ✗ | Kiddush Cup | A | Silverware | ✓ |
| Convection Oven | D | Knife | B | Sink | A |
| Cookie Sheet | ✗ | Kos | A | Slate | ✓ |
| Corelle | ✗ | Limestone | ✓ | Soapstone | ✓ |
| Corian | ✓ | Marble | ✓ | Stainless Steel | ✓ |
| Countertop | D | Meat Hammer | ✓ | Stone | ✓ |
| Crock-Pot | A | Metal | ✓ | Stovetop | ✓ |
| Crystal | ✗ | Microwave Oven | D | Tablecloth, fabric | ✓ |
| Cup | A | Mixer (electric) | C | Tablecloth, nylon | ✗ |
| Dishwasher | ✗ | Mug | ✗ | Toaster | ✗ |
| Duralex | ✗ | Neoroc | ✓ | Toaster Oven | ✗ |
| Earthenware | ✗ | Onyx | ✓ | Urn | D |
| Enameled Pots | ✗ | Oven | ✓ | Warming Drawer | ✓ |
| Fabric | ✓ | Pan | ✗ | Wood | B |
| Faucet | ✓ | Pizza Stone | ✗ | | |
| Flatware | ✓ | Plastic | ✓ | | |
| Food Processor | C | Plate | A | | |
| Formica | B | Porcelain | ✗ | | |



- A. Can be *kasher*ed if made of metal, plastic, or rubber, but not if made of ceramic, china, glass, or porcelain.
- B. Can only be *kasher*ed if surfaces are not scratched.
- C. Can only be *kasher*ed if motor area is sealed so no food can get in
- D. Scan QR code or check www.ASKcRc.org for details.



COUNTERTOPS

Countertops may be *kashered* for Pesach and year-round using *irui kli rishon*. This involves cleaning the counter thoroughly, not using it for 24 hours, boiling a kettle of water, and methodically pouring that water over all surfaces. [Some have a custom to cover counters even after they are *kashered*.] Two types of countertops cannot be *kashered*:

Those made of certain materials. These are shaded orange and marked as not *kasherable* in the chart.

Those which have scratches, stains, or seams where food might be trapped. Materials which are more prone to that concern are shaded yellow and marked with a star ("*") in the chart.

| ITEM | STATUS |
|-----------------|--------|
| Acrylic * | ✓ |
| Avonite * | ✓ |
| Buddy Rhodes | × |
| Butcher Block * | ✓ |
| Caesar Stone | ✓ |
| Cambria | ✓ |
| Cement | × |
| Ceramic tile | × |
| Cheng Design | × |
| Concrete | × |
| Copper | ✓ |
| Corian * | ✓ |
| Cosmos Quartz | ✓ |
| Craftart * | ✓ |
| Curava | × |
| Dekton | × |
| Epoxy * | ✓ |
| FireClay Tiles | × |
| Formica * | ✓ |
| Gibraltar * | ✓ |

| ITEM | STATUS |
|--------------------------|--------|
| Glass tile | × |
| Granite | ✓ |
| HanStone | ✓ |
| Hi-Macs | ✓ |
| Infinity Porcelain Slabs | × |
| John Boos * | ✓ |
| Laminam | × |
| Laminate * | ✓ |
| Lapitec | × |
| Limestone | ✓ |
| Marble | ✓ |
| Marmoglass | × |
| Meganite | ✓ |
| Moenstone * | ✓ |
| Nanoglass | × |
| Neolith | × |
| Neoroc | ✓ |
| Nevamar * | ✓ |
| Onyx | ✓ |
| Pionite * | ✓ |

| ITEM | STATUS |
|--------------------|--------|
| Plastic Laminate * | ✓ |
| Porcelain | × |
| Pyrolave | × |
| Qstone | ✓ |
| Quartz Resin | ✓ |
| Quartzite | ✓ |
| Silestone | ✓ |
| Silgranit | ✓ |
| Slate | ✓ |
| Soapstone | ✓ |
| Spekva * | ✓ |
| Stainless Steel | ✓ |
| Staron * | ✓ |
| Surrell * | ✓ |
| Swanstone * | ✓ |
| Travertine | ✓ |
| Wood * | ✓ |
| Zinc | ✓ |
| Zodiaq | ✓ |

Is your countertop not listed here? Send information about it to info@cRcKosher.org so we can investigate it for you.

NEW FOR 2026!

CHECK OUT THE
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OF SHORT PESACH
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BEIS DIN ZEDEK of the Chicago Rabbinical Council



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HaRav Daniel J. Raccah, *Shlit" a*
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Serving individuals and communities with *halachic* guidance, from complex *ribbis* questions, *halachic* wills, end of life situations, to *erubin* and *mikvaos*, and overseeing cRc Kosher *halachic* policies.



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Preparing personal status documentation, *Shtarei Iska*, *Shtarei Shabbos* and more.



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Recognized conversions, as the Midwest Regional GPS *Beis Din*.



CHEVRA KADISHA

Ensuring *Kavod HaMeis* across the region.

Rabbi Avrohom Mordechai Abramson, Menahel

Mrs. Miriam Gersten, *Geirus Liaison*

Mrs. Renee Levin, *Administrator*

Mrs. Elana Lipman Esq., *Director of Divorce Mediation*



TEVILLAS KEILIM

Tevillas keilim is required for metal or glass utensils which have been acquired from non-Jews and comes into contact with food as it is being prepared/cooked or eaten. The items listed as requiring *tevillah* are based on an assumption that they are made from metal or glass and used in the standard manner.

| ✓ Needs <i>tevillah</i> with a <i>brachah</i> | | ✗ <i>Tevillah</i> not required | |
|---|--------|---|--------|
| ITEM | STATUS | ITEM | STATUS |
| Acrylic | ✗ | Cup (metal, glass) | ✓ |
| Apple corer | ✓ | Cup (plastic, ceramic) | ✗ |
| Baking sheet | ✓ | Double boiler (food pot) | ✓ |
| Barbecue grill cover | ✗ | Double boiler (water pot) | B |
| Barbecue grill food handling tools | ✓ | Dough hook | ✗ |
| Barbecue grill grate | ✓ | Egg slicer | ✓ |
| Blech | B | Electric knife | ✓ |
| Bottle warmer | ✗ | Electrical appliances | ✗ |
| Bread box | C | Flour sifter | ✗ |
| Cake tray | B | Foil pans (disposable) | ✗ |
| Cake tray cover | ✗ | Food processor | A |
| Can opener | ✗ | Food scale | ✗ |
| Candy dish | B | French fry cutter | A |
| Chafing dish cover | ✓ | Fruit juicer | ✓ |
| Chafing dish food pan | ✓ | Grater | A |
| Chafing dish water pan | ✗ | Grill, <i>see listings for barbecue grill</i> | |
| China | C | Grinder | A |
| Coffee mill | ✗ | Hot plate | B |
| Coffee mug (ceramic) | ✗ | Ice cream scooper | ✓ |
| Coffee mug (glass) | ✓ | Immersion heater | ✗ |
| Colander (metal) | ✓ | Juicer, for fruit | ✓ |
| Colander (plastic) | ✗ | Kiddush cup (ceramic) | ✗ |
| Cookie cutter | C | Kiddush cup (metal, glass) | ✓ |
| Cookie sheet | ✓ | Knife sharpener | ✗ |
| Corelle plate or bowl | ✓ | Knife, electric | ✓ |
| Cork | ✗ | Knife, standard | ✓ |
| Corkscrew | ✗ | Lucite | ✗ |
| Corn holders | ✓ | Measuring cup (metal or glass) | A |
| Crock-Pot, "pot" made of ceramic | ✗ | Measuring cup (plastic) | ✗ |
| Crock-Pot, "pot" made of metal | ✓ | Meat slicer | ✓ |
| Crock-Pot base | ✗ | Meat tenderizer hammer | ✗ |
| Crock-Pot cover (metal, glass) | ✓ | Meat thermometer | ✗ |
| Cup (china) | C | Melon baller | ✓ |
| | | Microwave chamber | ✗ |
| | | Microwave plate | B |
| | | Mug (ceramic) | ✗ |
| | | Napkin ring | ✗ |
| | | Onion chopper | A |
| | | Oven rack | ✗ |
| | | Pasta extruder | ✗ |
| | | Peel (pancake flipper) | ✓ |
| | | Peeler, standard | ✓ |
| | | Peeler, used only for potatoes | C |
| | | Pet food dish | ✗ |
| | | Piping bag with metal tip | ✓ |
| | | Pizza cutter | ✓ |
| | | Pot (metal, glass, porcelain enamel) | ✓ |
| | | Pot cover (metal, glass, porcelain enamel) | ✓ |
| | | Poultry shears | A |
| | | Rolling pin | ✗ |
| | | Sandwich maker | ✗ |
| | | Saucer | B |
| | | Scissors, for food | A |
| | | Serving tray | B |
| | | Shredder | A |
| | | Skewer (metal) | ✓ |
| | | Skewer (wood or bamboo) | ✗ |
| | | Spit | ✓ |
| | | Spoon rest | ✗ |
| | | Storage container | C |
| | | Stovetop grate | ✗ |
| | | Strainer (metal) | ✓ |
| | | Strainer (plastic) | ✗ |
| | | Sugar canister | C |
| | | Toaster | ✗ |
| | | Toaster oven chamber | ✗ |
| | | Toaster oven rack and tray | ✓ |
| | | Urn (electric) | ✗ |
| | | Whisk | A |

A. This item requires *tevillah*. If it will ever be used for meal-ready food, a *bracha* should be recited before *tevillah*. If it will only be used for raw food that requires further cooking, do not recite a *bracha* before *tevillah*.

B. If the utensil ever has direct food contact, *tevillah* is required with a *bracha*. If it never has food contact, no *tevillah* is required.

C. Perform *tevillah* but do not recite a *bracha*.

LIQUOR LIST



The following products have been verified to be kosher for Pesach 2026 when bearing the appropriate kosher symbol.

Brandy

Benjamin Premium Brandy • OU-P
Boukha Bokobsa Fig Alcohol • OU-P
Carmel Brandy Carmel 100 Brandy • OU-P
Carmel Brandy Carmel 777 Brandy • OU-P
Herzog French Boukha Fig Brandy • OU-P
Jonathan Tishbi Special Reserve Brandy • OU-P
Kvint Divin Kosher Brandy (Mevushal) • OU-P
Kvint Kosher Brandy (Mevushal) • OU-P
Sabra Liqueurs Grand Sabra Orange Brandy • OU-P
Shekar Kosher Brandy (Mevushal) • OU-P
Spirit of Solomon Brandy • OU-P
Spirit of Solomon Plum Brandy • OU-P
The Cave The Cave Brandy VSOP • OU-P

Cognac

Dupuy Cognac • OU-P
Dupuy Cognac VSOP • OU-P
Dupuy Extra Cognac • OU-P
Five Stones Cognac • OU-P
Five Stones Vineyard Cognac Imperial • OU-P
Herzog French Cognac Louis Royer VS • OU-P
Herzog French Cognac Louis Royer VSOP • OU-P
Herzog French Cognac Louis Royer XO • OU-P
Lisker Cognac • OU-P
Lisker X.O Cognac • OU-P
Luxus Tentation Cognac • OU-P

Gin

Dalton Winery Gin • OU-P
Dead Drop Gin • OU-P
Matar Winery Gin Pink Lady • OK-P
Spirits Gin • OU-P

Liqueur

Binyamina Liqueur assorted varieties • OU-P
Boukha Bokobsa Fig Alcohol – assorted varieties • OU-P
Gold Shot Brandwien • OU-P
Gold Shot Slivovitz Plum Brandy • OU-P
Gush Etzion Winery Sour Cherry Liqueur (2006) • OU-P
Jelinek Silver Slivovitz • OU-P
Jelinek Williams Pear Brandy • OU-P
Matar Winery Arak • OK-P
Matar Winery Brandy Apple • OK-P
Morad Wines Liqueur – assorted varieties • OK-P
Morad Wines Lychee Wine • OK-P
Morad Wines Wild Berries Wine • OK-P
Psagot Cherry Liqueur (Mevushal) • OU-P
Righteous Road The Fifth Cup • OU-P
Righteous Road The Fifth Cup Barrel Reserve • OU-P

Sabra Liqueurs Sabra Coffee • OU-P
Sabra Liqueurs Sabra Orange Chocolate • OU-P
Spirit of Solomon Assorted Varieties • OU-P
Vinprom-Troyan Apple Brandy • Star-K-P
Vinprom-Troyan Apricot Brandy • Star-K-P
Vinprom-Troyan Plum Brandy (Slivovitz) • Star-K-P
Yekev Hagalil Alouf Arak • OU-P
Yekev Hagalil Elite Arak • OU-P
Yikvei Zion New Arak 40% • OU-P
Yikvei Zion Slivovitz • OU-P
Zachlawi Arak – assorted varieties • OU-P

Rum

Dead Drop Dark Rum • OU-P
Dead Drop Rum • OU-P
Single Cask Nation American Rum • OU-P

Tequila

Mi Amor Tequila Anejo • OU-P
Mi Amor Tequila Blanco • OU-P
Mi Amor Tequila Reposado • OU-P
Patron Gran Patron Platinum 100% Agave Silver Tequila • KA Alef Alef-P
Patron Gran Patron Smoky Silver Tequila • KA Alef Alef-P
Patron Silver 100% Agave Tequila • KA Alef Alef-P
Patron Roca Patron Silver Tequila • KA Alef Alef-P
Zarza Tequila Anejo Passover • OU-P
Zarza Tequila Blanco Passover • OU-P
Zarza Tequila Extra Anejo Passover • OU-P
Zarza Tequila Repasado Passover • OU-P

Vodka

Boyar Vodka • OU-P
Dead Drop Vodka • OU-P
Kedem Vodka • OU-P
Lvov Vodka • OU-P
Metropolitan Martini Co. Vodka Martini • OU-P
Peacock Vodka • OU-P
Sauvage Upstate Vodka • OK-P
Shikor Hot Shot – Vodka with Chili Pepper • OU-P
Shikor Vodka infused with Saffron • OU-P
Stoli Gluten Free • OU-P
Vincenzi Vodka • OU-P
Yikvei Zion Lemon Vodka 40% • OU-P
Yikvei Zion Vodka 40% • OU-P
Zachlawi Blue Caracao Vodka • OU-P
Zachlawi Cinnamon Vodka • OU-P
Zachlawi Coffee Vodka • OU-P
Zachlawi Cold Brew Coffee Vodka Passover • OU-P
Zachlawi Premium Vodka • OU-P



The cRc liquor list is updated regularly and can be found on our website at: www.crc kosher.org/consumer, www.ASKCrc.org, or on our apps.



MEDICINE & COSMETICS

Chicago Rabbinical Council

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Chicago, IL 60645
(773) 465-3900
www.crcweb.org

Rabbi Sholem Y. Fishbane
Kashruth Administrator



פסח תשפ"ו / Pesach 2026

MEDICINES, COSMETICS & TOILETRIES FOR PESACH

NOTE: THIS LETTER REFERS TO PESACH-SPECIFIC CONCERNS.
PLEASE CONSULT YOUR RABBI REGARDING THE USE OF MEDICINES, COSMETICS,
AND TOILETRIES ON *SHABBOS* AND *YOM TOV*.

MEDICINES

- All pill or non-chewable tablet medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Gelcaps, both hard and soft, do not pose a *chametz* concern, but the gelatin they are made from is not kosher. Accordingly, during *Pesach* and all year-round, they should only be consumed by someone who is ill and does not have an alternative medicine which is free of *kashrus* concerns.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill.

Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

COSMETICS & TOILETRIES

- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, sunscreen, and wipes contain denatured alcohol, and therefore should only be used on *Pesach* if they do not contain alcohol or the alcohol is known to be free of *chametz*. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.
- Lipstick, mouthwash, and toothpaste which contain *chametz* should not be used.

Rabbi Yona Reiss
Av Beis Din, Chicago Rabbinical Council

Rabbi Shmuel Fuerst
Dayan, Agudath Israel of Illinois

Rabbi Dovid Zucker
Rosh Kollel, Chicago Community Kollel

Medicine Guidelines

The cRc's general guidelines on medicines, cosmetics, and toiletries can be found on the previous page. The following is a summary of the medicine portion of those guidelines:

All **pill medication**, in solid tablet or solid caplet form – with or without *chametz* – that one swallows is permitted. (Candy-coated pills are an exception to this rule, but they are quite uncommon.)

Vitamins generally do not qualify as medications and are instead treated as food supplements which require *hashgachah* for Pesach. If a doctor prescribes a specific vitamin which does not have Pesach supervision, please review your specific situation with your doctor and rabbi.

Gelcaps, both hard and soft, do not pose a *chametz* concern, but the gelatin they are made from is not kosher. Accordingly, during Pesach and all year round, they should only be consumed by someone who is ill and does not have an alternate medicine which is free of kashrus concerns.

Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable, or any other medicine without consulting with your doctor and rabbi.**

Liquid and chewable medications that contain *kitniyos* may be consumed by someone who is ill.

For laws of taking medicine on Shabbos and Yom Tov, please consult your Rabbi.

Medicine and Toiletry Details

Items marked “Possible *chametz*” contain edible ingredients whose *chametz*-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their rabbi.

For an expanded and updated list of products, search www.ASKcRc.org or our smartphone apps.

Allergy

Allegra Children's Dissolve Tabs 12 Hour Indoor/Outdoor (Orange Cream Flavor) Possible *Chametz* (dairy)

Benadryl Children's Allergy (Grape Flavor) (Chewable Tablets) Recommended

Claritin Children's Chewable (Grape Flavor, Bubble Gum Flavor) Possible *Chametz*

Claritin Children's Non-Drowsy Oral Solution (Grape Flavor) Liquid Possible *Chametz*

Equate Children's Non-Drowsy Loratadine Chewable Dye-Free Indoor and Outdoor Allergies (Grape Flavor) Possible *Chametz*

Nasacort Nose Spray Allergy 24 Hour Possible *Chametz*

Up & Up Children's Allergy Relief (Grape Flavor) (Chewable Tablets) Recommended

Walgreens 24-Hour Children's Allergy Relief Dye-Free (Grape Flavor) (Liquid) Recommended

Walgreens Children's Wal-Zyr Dye-Free (Grape Flavor) (Liquid) Possible *Chametz*

Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid) Possible *Chametz*

Zyrtec Children's Dissolve Tabs Possible *Chametz*

Antacid / Digestion / Gas

Align Capsules Possible *Chametz*

Alka Seltzer Lemon Lime Effervescent Tabs Possible *Chametz*

Alka Seltzer Original Effervescent Tabs Possible *Chametz*

Alka Seltzer Xtra Strength (Effervescent Tablet) Possible *Chametz*

Beano Extra-Strength (Tablet) Recommended

Culturelle Digestive Daily Probiotics with Prebiotics (Capsule) Possible *Chametz*

Culturelle Kids Purely Probiotics (Packets) Possible *Chametz*

Culturelle Kids Purely Probiotics Chewables (Berry or Bursting Berry Flavor) Possible *Chametz*

Culturelle Women's 4 in 1 Protection (Capsules) Recommended

Gas-X Extra Strength (Cherry Crème Flavor) (Chewable Tablet) Possible *Chametz*

Gaviscon Extra Strength Original (Chewable Tablet) Possible *Chametz*

Imodium AD (Liquid) Not Recommended (except in cases of severe diarrhea)

Imodium AD Multisymptom Relief (Caplets) Recommended

Kaopectate Max (Peppermint Flavor) (Liquid) Possible *Chametz*

Little Remedies Gas Relief Drops (Liquid) Possible *Chametz*

Mylicon Infant's Dye-Free Drops (Liquid) Possible *Chametz*

Pepcid Complete (Berry Flavor) (Chewable Tablet) Possible *Chametz* (dairy)

Pepto Bismol 5 Symptom Relief (Caplets) Recommended

Pepto Bismol 5 Symptom Relief (Chewable Tablet) Possible *Chametz*

Pepto Bismol Kids Pepto (Bubble Gum Flavor) Chewable Tablet Possible *Chametz*

Pepto Bismol Ultra (Liquid) Possible *Chametz*

Up & Up 5-Symptom Digestion Relief (Chewable tablets) Possible *Chametz*

Up & Up Extra Strength Gas Relief Chewable Tablet
Possible *Chametz*

Antibiotics

Generally speaking, the cRc recommends all medicinal items in pill form, which includes most of the antibiotics that adults take. The same does not apply when dealing with liquid or chewable medicines, which are considered “edible.” Since there is a chance that they contain *chametz*, they should only be used if they are known to be free of any concerns.

However, antibiotics are an exception to that rule. Generally, antibiotics are given to treat ailments which, if left untreated, can lead to a situation of *sakanah* (danger to life). Therefore, one may consume antibiotics regardless of the ingredients used in creating them.

Blush

All are recommended

Body Soap

All are recommended

Cologne

Only recommended if free of (denatured) alcohol or if manufactured in the United States

Contact Lens Solution

See Eye Care

Cough, Cold & Flu

Alka Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula) Possible *Chametz*

Alka Seltzer Plus Cough and Chest Congestion (Cool Blueberry Pomegranate flavor) Effervescent Tablet Possible *Chametz*

Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablet) Possible *Chametz*

Alka Seltzer Plus Severe Cold Powerfast Fizz Night (Effervescent Tablet) Possible *Chametz*

CVS Health Extra Strength Acetaminophen (Adult) (Liquid) Recommended

Delsym 12 Hour Cough (Orange Flavor) (Liquid)
Possible *Chametz*

Delsym 12 Hour Cough Relief (Grape Flavor - Children’s) (Liquid) Possible *Chametz*

Delsym Children’s 12 Hour Cough Liquid (Grape Flavor) Possible *Chametz*

Delsym Children’s 12 Hour Cough Liquid (Orange Flavor) Possible *Chametz*

Equate Children’s Acetaminophen (assorted flavors) (Chewable Tablet) Recommended

Equate Nighttime Cold & Flu (Cherry Flavor) Liquid Possible *Chametz*

Mucinex Children’s Cough and Chest Congestion

(Orange Crème Flavor) (Dissolving Granules)
Possible *Chametz*

Mucinex Cough Mini-Melts for Kids (Orange Creme Flavor) (Dissolving Granules)
Possible *Chametz*

Mucinex Instasoothe Sore Throat + Cough Relief (Alpine Herbs and Fresh Mint Flavor) (Lozenge)
Possible *Chametz*

Mucinex InstaSoothe Sore Throat and Pain Relief Spray Possible *Chametz*

Theraflu Flu Relief Max Strength Nighttime (Honey Lemon Flavor) Packets Possible *Chametz*

Theraflu Max Strength Daytime (Honey Lemon Flavor) (Packets) Possible *Chametz*

Theraflu Multi-Symptom Severe Cold (Packets)
Possible *Chametz*

Theraflu Multi-Symptom Severe Cold Nighttime Tea Infusions with Green Tea and Citrus (Packets)
Possible *Chametz*

Theraflu Severe Cold Relief Combo Pack (Honey Lemon Flavor) (Packets) Possible *Chametz*

Zarbees All-In-One Children’s Nighttime Cough Syrup + Mucus, Throat & Nasal (Liquid)
Possible *Chametz*

Zarbees Baby Cough Syrup + Immune with Agave (Natural Grape Flavor) (Liquid) Possible *Chametz*

Zarbees Children’s Cough Syrup + Mucus (Mixed Berry Flavor) (Liquid) Possible *Chametz*

Zarbees Children’s Daytime Cough Syrup Honey, Elderberry & Ivy Leaf (Liquid) Possible *Chametz*

Zarbees Children’s Nighttime Cough Syrup + Mucus (Natural Mixed Berry Flavor) (Liquid)
Possible *Chametz*

Zicam Cold Remedy Rapidmelts (Citrus Flavor)
Possible *Chametz*

Zicam No Drip Nasal Spray (Liquid) Recommended

Creams

All are recommended

Deodorant

Gel All are recommended

Liquid Recommended if free of (denatured) alcohol or if manufactured in the United States

Spray Recommended if free of (denatured) alcohol or if manufactured in the United States

Eye Care

Alcon GenTeal Tears Moderate Possible *Chametz*

Alcon Opti-Free Puremoist 5-in-1 Possible *Chametz*

Alcon Opti-Free Replenish Enhanced Comfort
Recommended

Alcon Pataday Once Daily Relief Eye Allergy Itch Relief Recommended

Alcon Pataday Twice Daily Relief Eye Allergy Itch & Redness Relief Recommended

Alcon Systane Gel Drops Soothing Dry Eye Relief
Possible *Chametz*

Alcon Systane Ultra High Performing Dry Eye Relief Possible *Chametz*

Alcon Systane Zaditor Antihistamine Eye Drops Eye Itch Relief Recommended

Bausch + Lomb Alaway Eye Itch Relief
Recommended

Bausch + Lomb Bio true Hydration Boost for Dry Eyes Recommended

Bausch + Lomb Bio true Hydration Plus
Recommended

Bausch + Lomb Bio true Multi-Purpose Solution
Recommended

Bausch + Lomb Blink Geltears Dry Eye Lubricating Eye Drops Moderate-Severe Recommended

Bausch + Lomb Blink Tears Dry Eye Lubricating Eye Drops Mild-Moderate Recommended

Bausch + Lomb Blink Triple Care Dry Eye Lubricating Eye Drops Moderate-Severe 3-in-1 Extended Relief Recommended

Bausch + Lomb Boston Advance Conditioning Solution Advanced Comfort Formula Recommended

Bausch + Lomb Boston Simplus Multi-Action Soution Cleans and Conditions Recommended

Bausch + Lomb Lumify Preservative Free Redness Reliever Eye Drops Recommended

Bausch + Lomb Lumify Redness Reliever Eye Drops Recommended

Bausch + Lomb Opcon-A Eye Allergy Relief
Recommended

Bausch + Lomb re-nu Multi-Purpose Solution Adanced Formula Recommended

Bausch + Lomb SootheXP Xtra Protection Advanced Dry Eye Therapy Possible *Chametz*

Clear Care Plus with Hydraglyde Recommended

Rohto Cooling Eye Drops Max Strength Maximum Redness Relief Recommended

Rohto Cooling Eye Drops Optic Glow
Possible *Chametz*

Signature Select Multi-Purpose Solution for Soft Contact Lenses Recommended

Thera Tears Dry Eye Therapy Recommended

Thera Tears Extra Dry Eye Therapy Extra Moisturizing Recommended

Transform Your Day Clear Eyes Maximum Redness Relief Recommended

Transform Your Day Clear Eyes Redness Relief
Recommended

Up & Up Advanced Moisture Balance Multi-Purpose Solution for Silicone Hydrogel and Soft Contact Lenses Recommended

Up & Up Clear Comfort Multi-Purpose Solution for Soft Contact Lenses Recommended

Up & Up Eye Allergy Itch & Redness Relief
Recommended

Up & Up Eye Allergy Relief Recommended

Up & Up Eye Allergy Relief Drops Recommended

Up & Up Eye Itch Relief Recommended

Up & Up Lubricating and Rewetting Eye Drops for Soft (Hydrophilic) Contact Lenses Recommended

Up & Up Saline Solution for Sensitive Eyes
Recommended

Visine Dry Eye Relief Recommended

Visine Red Eye Comfort Fast Acting Redness Relief Recommended

Fiber Supplements

See Laxatives

Fever Reducer / Pain Relief

Fever for a Child

Each year, the cRc researches different fever-reducers and pain relievers to see which are suitable for use on Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and some others can only be found in the cRc app, or at www.ASKcRc.org.



CVS Children's Ibuprofen (Assorted Flavors) Chewable Tablets Recommended

CVS Health Children's Pain Relief Acetaminophen (Grape Flavor) (Chewable Tablets) Recommended

Genexa Kids Pain and Fever Liquid Possible *Chametz*

Midol Complete (Caplets) Recommended

Motrin Children's (Grape Flavor) (Chewable Tablets) Recommended

Signature Care Children's Ibuprofen (Grape Flavor) Chewable Tablet Recommended

Tylenol Children's Chewables (assorted flavors)
Recommended

Up & Up Children's Ibuprofen Chewable Tablets (Orange Flavor) Recommended

Gas

See Antacid/Digestion/Gas

Hairspray and Mousse

Recommended if free of (denatured) alcohol or if manufactured in the United States

Indigestion

See Antacid/Digestion/Gas

Laxatives / Fiber Supplements

Benefiber Powder *Chametz* (not recommended)

Benefiber Stick Packs (unflavored) (Powder)
Chametz (not recommended)

Citrucel (Caplet) Recommended

Dulcolax Overnight Relief (Tablets) Recommended

Ex-Lax (Tablets) Recommended

Generic Epsom Salt (pure) (Powder)
Recommended

Generic Mineral Oil (pure) (Liquid) Recommended

Metamucil 4 in 1 Fiber Made with Real Sugar (Powder) Possible *Chametz*

Metamucil 4-in-1 Fiber No Added Sweeteners (Unflavored) (Powder) Possible *Chametz*

Metamucil 4-in-1 Fiber Sugar-Free (Orange Flavor) (Powder) Possible *Chametz*

Miralax Powder Recommended

Pedia-Lax Chewable Possible *Chametz*

Polyethylene Glycol (pure) Generic or Branded Versions (Powder) Recommended

Psyllium Husk (pure) Recommended

Senokot Tablets Recommended

Senokot-S Tablets Recommended

Walgreens Mineral Oil (Liquid) Recommended

Lipstick



If your lipstick is not listed here, you can use our search feature at www.cRckosher.org/lipstick.

BOBBI BROWN

Crushed Lipstick Recommended

Luxe Cashmere Matte Lipstick Recommended

Luxe Lipstick Recommended

CLINIQUE

Chubby Stick Moisturizing Lip Color Balm
Recommended

Clinique Pop Longwear Lipstick Not Recommended

Dramatically Different Lipstick Shaping Lip Colour
Recommended

E.L.F.

Glossy Lip Stain Recommended

Hydrating Core Lip Shine Recommended

Lip Plumping Gloss Recommended

O Face Satin Lipstick Recommended

ESTÉE LAUDER

Pure Color Creme Lipstick Recommended

Pure Color Hi-Lustre Lipstick Recommended

Pure Color Matte Lipstick Recommended

JANE IREDALE

Beyond Matte Lip Stain Recommended

ColorLuxe Hydrating Cream Lipstick Recommended

L'OREAL

Colour Riche Intense Volume Matte Lipstick
Recommended

Colour Riche Satin Lipstick Recommended

LANCÔME

Juicy Tubes Lip Gloss Possible *Chametz*

L'Absolu Rouge Cream Lipstick Possible *Chametz*

L'Absolu Rouge Drama Matte Lipstick
Recommended

MAC

Lipglass Recommended

Lusterglass Sheer-Shine Lipstick Not Recommended

M·A·C Locked Kiss 24hr Lipstick Recommended

M·A·Cximal Silky Matte Lipstick Recommended

M·A·Cximal Sleek Satin Lipstick Recommended

Retro Matte Liquid Lipcolour Recommended

MAYBELLINE

Color Sensational The Creams, Cream Finish Lipstick Makeup Recommended

Color Sensational The Mattes, Matte Finish Lipstick Makeup Recommended

Color Sensational Ultimate Slim Lipstick Makeup
Recommended

Super Stay 24 2-Step Liquid Lipstick Makeup
Recommended

Super stay Ink Crayon Lipstick, Matte Longwear Lipstick Makeup Recommended

Super Stay Matte Ink Liquid Lipstick
Recommended

REVLON

ColorStay Matte Lite Crayon Lipstick
Recommended

ColorStay Overtime Lipcolor Recommended

ColorStay Ultimate Liquid Lipstick Recommended

Super Lustrous The Lip Gloss Recommended

Super Lustrous Lipstick Recommended

Super Lustrous The Luscious Mattes Lipstick
Recommended

Lotions

All are recommended

Mascara

All are recommended

Miscellaneous

Anbesol Maximum Strength (Liquid) Possible *Chametz*

Antibiotics (all forms, including liquid)
Recommended

Asthma Inhalers, all types (Liquid Vapor)
Recommended

Campho Phenique Maximum Strength Cold Sore Treatment Gel with Aloe Gel Recommended

Castor Oil (pure) (Liquid) Recommended

Chapstick Classic Original Recommended

Chapstick Moisturizer Recommended

Dramamine Chewable for Kids (Grape Flavor, including Dye-Free) Possible *Chametz*

Dramamine Chewables Possible *Chametz*

Dramamine Original Tablet (non-chewable)
Recommended

Ensure Assorted nutritional supplements
See Nutritional Supplement Listings

Fixodent Original (Cream) Recommended

Kanka Mouth-Pain (Liquid) Possible *Chametz*

NoDoz Alertness Aid (Caplet) Recommended

Orajel 4X Toothache and Gum (Cream)
Possible *Chametz*

Orajel Mouth Sores Triple Medicated (Gel)
Recommended

Oxygen Concentrator (various brands)
Recommended

Polident 3 Minute (Tablet) Possible *Chametz*

Polident Overnight Whitening (Tablet)
Possible *Chametz*

Polygrip Free (Cream) Recommended

Polygrip Original (Cream) Recommended

Sambucol Black Elderberry Dietary Supplement (Liquid) Possible *Chametz*

Suppositories (general) Recommended

Unisom SleepTab Tablet Recommended

Vivarin (Tablet) Recommended

Zarbees Children's Sleep with Melatonin (Grape Flavor) Chewable Tablets Possible *Chametz*

Mousse

See Hairspray and Mousse

Mouthwash

Only recommended if known to be *Chametz*-free

Nail Polish

All are recommended

Ointments

All are recommended

Perfume

Recommended if free of (denatured) alcohol or if manufactured in the United States

Shampoo

All are recommended

Shaving cream

Cream All are recommended

Gels All are recommended

Liquid Recommended if free of (denatured) alcohol or if manufactured in the United States

Lotion All are recommended

Toothpaste

Only recommended if known to be *Chametz*-free

Vitamins

See Guidelines above

Wipes

Recommended if free of (denatured) alcohol or if manufactured in the United States

FAQ Coated Pills

Q It says on your website that one can take any pill medication that is swallowed. Does that include coated pills such as Advil?

A Most pills which are meant to be swallowed are coated with a glaze, wax, or shellac, which makes the pills easier to swallow, and some of these coatings have some form of simple sugar (e.g., sucrose). None of these ingredients are problematic for Pesach.

In rare cases, though, a pill has a flavor or is coated with sweeteners which are Pesach-sensitive (e.g., sorbitol or mannitol). These are listed as inactive ingredients, and we don't recommend them for Pesach. One example of this is some Advil brand products. The inactive ingredient panel occasionally lists that the coating contains mannitol or a flavor, and those items are not recommended.



FRUIT & VEGETABLE BUG CHECKING GUIDE

A Sampling

Below you will find the current cRc position on a few popular items. Infestation levels change due to numerous factors, including seasons, growing environments, and global imports; therefore, the cRc constantly reviews its policies and cleaning methodologies. The instructions noted below represent the most updated information as of the printing of this guide. For current information, please search at www.ASKcRc.org. For instructions on the thrip-cloth method, see next page.

Asparagus

FRESH GREEN ASPARAGUS must have the tips cut off and discarded. One should either peel the entire sides of the asparagus or remove all the triangular side leaves and wash well. **CANNED** are permissible only with a reliable kosher certification. **FROZEN** are only permissible with reliable kosher certification or if one follows the steps above. **FRESH WHITE ASPARAGUS** can be used after simply rinsing it well.

Bell Peppers

All **BELL PEPPERS** must have the crown/stem area removed and the rest of the outside of the pepper rinsed and rubbed (especially in the grooves) under running water. This is true for **MINI PEPPERS** as well. They may not be roasted whole. The crown/stem area must be chopped off, and then washed and rubbed very well.

Blueberries, fresh

Agitate the **BLUEBERRIES** in soapy water for a minute, and then agitate one more time in plain water. This does not apply to **ORGANIC** and **U-PICK BLUEBERRIES** which require the thrip-cloth method.

Celery Stalks

NON-ORGANIC – cut away and discard the leaves, then wash each stalk under a stream of water.

ORGANIC – cut away and discard the leaves, place the stalks in a bowl of soapy water, and then wash each stalk under a stream of water.

Endives, Belgian, fresh

Separate the leaves and wash each one individually under a stream of water.

Endives, fresh

Use cRc thrip-cloth method.

Fennel, fresh

FENNEL STALKS — Wash each stalk under a stream of water.

FENNEL BULB — Either check carefully between each layer or wash each layer off individually.

Garlic, fresh

Peel and rinse. Cloves need to be separated.

Grapes

Separate the large bunch of grapes into 3 or 4 smaller bunches and rinse under cold water.

Leeks

Cut along full length of the leek so every leaf is separated. Place into soapy water. Wash each leaf thoroughly under running water.

Lettuce, Romaine, fresh

Use cRc thrip-cloth method.

For **ROMAINE NON-ORGANIC HEARTS**, the following alternative method may be utilized:

1. Separate the leaves from the hearts, place them in a bowl of soapy water, and agitate for approximately one minute.
2. Remove lettuce from the soapy water and gently rub all areas of both sides of the leaves with a sponge (this includes flattening the curled up edges so that they can be scrubbed).
3. Rinse each leaf under running water, front and back, while running your fingers across the entire leaf to undo the folds.
4. Start again by putting the lettuce back into a fresh bowl of soapy water and agitate the leaves for about a minute.
5. Rinse each leaf under running water, front and back.

If this alternative method is not convenient, use cRc thrip-cloth method.

FAQ Vegetable Wash

Q Does vegetable wash require *hashgachah* for Pesach?

A Yes, it does. Although there are a few kosher vegetable washes on the market, to the best of our knowledge, none of them are certified for Pesach. You can substitute a small amount of dish liquid (any is acceptable) which will do the same job, if not better.

The cRc is proud to maintain a full database of common fruits and vegetables purchased in the United States and their respective proper checking methods. The full range of fruits and vegetables can be found by searching consumer.crckosher.org/consumer/fruitsvegetables.



Mushrooms, fresh

STANDARD (BUTTON) FRESH MUSHROOMS can be used after they are washed well. For **PORTOBELLO MUSHROOMS**, make sure the washing includes the fan area. For **SHITAKE MUSHROOMS**, wash each one individually under a strong stream of water. **OYSTER, PORCINI,** and **MOREL MUSHROOMS** are not recommended.

Parsley and Other Herbs, fresh

Use cRc thrip-cloth method.

Scallions (green onions), raw

Check for leaf miners on the tubes/stems. If a leaf miner trail is found, then remove the entire trail.

Dice the entire scallion into small pieces. Place into a bowl of water with a little bit of soap, and agitate for approximately 30 seconds. Pour into a strainer and rinse.

Alternatively, slice the entire scallion across its length, and check carefully for insects.

Strawberries, fresh

1. Cut or pluck off green tops.
2. Place strawberries into a bowl of soapy water and strongly swish them around for about a minute. Water should be approximately the ratio of 8 cups of water to 1 tablespoon of (a non-fragranced) soap.
3. Remove soapy strawberries and place them into a bowl of plain water. Swish around for about 30 seconds to a minute.
4. Remove strawberries and place them into a new bowl of soapy water (see above for amount of soap) and swish them around again for about 30 seconds to a minute.
5. Rinse and enjoy.

Please note that this does not apply to organic strawberries that are very difficult to get cleaned and therefore should be avoided at this time. Of course, if one wants to avoid the above steps, one can eat the strawberries (even organic) by simply cutting off the tops and peeling off the entire outside of the strawberries, followed by a rinse.

THRIP-CLOTH METHOD

Supplies

You will need a thrip cloth, light box, large bowl, dish soap, and 2 strainers.

Thrip cloths are fine silk cloths which filter insects from water; they are available for purchase from the cRc. Seventh Generation Free and Clear dish soap is a good choice for this procedure. cRc does not recommend the use of salt water or vinegar to properly remove insects from fruits and vegetables.



Procedure

1. Separate the leaves and place them into a bowl of water.
2. Put enough dish soap or kosher vegetable wash into the bowl until the water and leaves feel somewhat slippery.
3. Soak and agitate the leaves in the soapy water for 1-2 minutes.
4. Remove the leaves from the bowl and discard the water.
5. Repeat steps 2-4. Alternatively, put the leaves in a bowl of water to soak, and wash both sides of each leaf under running water.
6. Place leaves into a bowl of fresh soapy water and agitate for 1-2 minutes.
7. Remove leaves and pour the soapy water through a thrip cloth which is sandwiched between 2 strainers.
8. Check the cloth carefully on top of a light box. If no insects are found, rinse and enjoy. If an insect is found, repeat steps 6-8. If insects are found after performing these procedures 3 times, the produce is overly infested and should be discarded.



Watch Rabbi Yisroel Langer demonstrating the thrip-cloth method.



MILK SUBSTITUTES, NUTRITIONAL SUPPLEMENTS, AND INFANT FORMULAS

The OU has researched the following milk substitutes, nutritional supplements, and infant formulas, and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo.

Most of these products contain *kitniyos*, and for some that is the primary ingredient. Accordingly, consumers should consult with their rabbi before deciding to use these items which are not fully kosher for Pesach. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one. Products should be purchased before Pesach and be maintained segregated from kosher for Pesach foods.

Medical Nutritional Supplements

Abound • Arginaid • Arginaid Extra • Benecalorie • Beneprotein • Boost Glucose Control • Boost High Protein • Boost Nutritional Pudding • Boost Plus • Calcio XD • Cyclinex • Diabetishield • Diabetisource AC • Enlive • Ensure (all shakes, all liquids, all powders, all flavors, excluding bars) • Fibersource HN • Glucerna (all shakes, all powders, all flavors, excluding bars) • Hi-Cal • Hominex • Isosource • Isosource HN with Fiber • I-Valex • Jevity (all liquids, all powders) • Juven • Kate Farms – see list below • Ketonex • Kasher-Med's Children's Ibuprofen-Original Berry Flavor • Nepro (all shakes, all powders, all flavors) • Novasource Renal (Product line) • Nutren (unflavored) • Osmolite – All • Pedialyte • Peptamen • Perative • Phenex • Portagen • Promote (except Promote with fiber) • Propimex • Provimin • Pulmocare (all flavors) • RCF • Resource 2.0 Mocha • Resource 2.0 Vanilla • Resource Diabetic Vanilla • Resource Fruit Flavored Beverage Orange • Resource Fruit Flavored Beverage Peach • Resource Fruit Flavored Beverage Wildberry • Resource Kid Essentials 1.5 Fiber Vanilla • Resource Plus Chocolate • Resource Plus Strawberry • Resource Plus Vanilla • Suplena with Carbsteady • Thick-It • Twocal HN • Tyrex • Vital Peptide • Vivonex Pediatric • Vivonex Plus • Vivonex Ten

KATE FARMS PRODUCTS • 1056 Kids Nutrition Vanilla • 1057 Kids Nutrition Chocolate • 1058 Kids Nutrition Strawberry • 1059 Pediatric Peptide 1.0 Strawberry • BV-03CHTA-01 Standard Formula 1.0 Chocolate • BV-03VATA-01 Standard Formula 1.0 Vanilla • BV-04PLTA-01 Peptide Formula 1.5 Plain • BV-03PLTA-01 Standard Formula 1.0 Plain • BV-06PLTA-J02 Pediatric Peptide 1.5 Plain • BV-09PLTA-J01 Peptide 1.0 Plain • BV-09VATA-J01 Peptide 1.0 Vanilla • BV-04VATA-J01 Peptide 1.5 Vanilla • BV-10VATA-J01 Glucose Support 1.2 Vanilla • BV-11VATA-J01 Renal Support 1.8 Vanilla • Glucose Support 1.2 Plain • Kate Farms Standard 1.4 Strawberry • Pediatric Peptide 1.0 Vanilla • Pediatric Peptide Plus 1.5 Vanilla • Pediatric Standard 1.2 Chocolate • Pediatric Standard Formula 1.2 Vanilla • Renal Support 1.8 Plain • Standard 1.4 Chocolate • Standard 1.4 Plain • Standard 1.4 Vanilla • Standard Sole-Source Nutrition Formula-Plain • Standard Sole-Source Nutrition Formula-Vanilla • Standard Sole-Source Nutrition Formula Vanilla 1.4

Pediatric Supplements

Boost Kid Essentials, 1.0, 1.5 • Boost Kid Essentials with Fiber • Di-Vi-Sol • Fer-In-Sol Drops • Poly-Vi-Sol Drops • Tri-Vi-Sol Drops • Resource Just for Kids with Fiber • PediaSure (all shakes, all liquids, all powders, all flavors, excluding bars) • Pro-Phree

Electrolytes and Oral Rehydration

Always My Baby • Basic Care • Bright Beginnings • CareOne • Comforts for Baby • Cottontails • CVS Pharmacy • Enfamil Enfalyte Oral Electrolyte Solution • Equate • Goodness • Good Sense • H-E-B • Home 360 Baby • Meijer • Mom to Mom • Naturalyte • O'Organics • Parent's Choice • Pedialyte (all flavors) • Rite Aid • Top Care • Walgreen's • Welby • Western Family

Baby/Infant Formulas

365 Everyday Value • Ahold • Berkley & Jensen • Bobbie • Bright Beginnings • ByHeart Whole Nutrition • CareOne • Comfort • Cottontails • CVS • Daily Source • Earth's Best • Else • EnfaCare (all liquids, all powders) • Enfagrow (all liquids, all powders) • Enfamil (all liquids, all powders) • EnfaPort (all liquids, all powders) • Food Lion • Full Circle • Gerber Good Start • Giant • Giant Eagle Baby • Hannaford • Happy Baby • H-E-B • Heinz Nurture • Home 360 Baby • Isomil (all liquids, all powders) • Ketonex • Kirkland Signature • Laura Lynn • Lidl • Little Journey • Meijer Baby • Member's Mark • Mom to Mom • Mother's Choice • Nature's Place • Nestle Good Start • Next Step • Parent's Choice • Premier Value • President's Choice • Price Chopper • ProSobee (all liquids, all powders) • PurAmino • Publix • RCF • Rite Aid • Shopko • Signature Care • Similac (all liquids, all powders) • Simply Right • Stop & Shop • Sunrise • Supervalu • Target • Tippy Toes by TopCare • Top Care • Topco • True Goodness • Tyrex • Up & Up • Vermont Organics • Walgreens • Wegmans • Well Beginnings • Wellsley Farms • Western Family

Milk Alternatives

The following products contain *kitniyos* and are acceptable for the infirm who need milk alternatives.

Blue Diamond Almond Breeze Original Unsweetened Almond Milk (shelf stable) • Westsoy West Life Plain Soy Milk • Califia Farms Go Coconuts Coconut Milk

PESACH PET FOOD



On Pesach, a Jew may not eat, own, or derive benefit from *chametz*, but he may own and have benefit from *kitniyos*. Accordingly, in addition to year-round concerns about meat and milk ingredients in the same product, pet food must be free of *chametz* if one will own or use it on Pesach. The following are pointers to help you read the pet food's ingredient panel to determine if there is any *chametz* present.

1. In addition to checking for the five *chametz* grains – wheat, barley, rye, oats, and spelt – also look for brewer's yeast, malt, pasta, xanthan gum, and other generic terms which may refer to a *chametz* ingredient (e.g., flour, gluten, middlings, starch, et al.). If any of these are present, you should not own or use this pet food on Pesach.
2. Many varieties of pet food contain a multitude of vitamins and minerals. Although there is a chance some might be *chametz*, they typically comprise such a small percentage of the food that they are *batel*, and do not pose a concern.
3. Some common ingredients which do **not** pose a Pesach concern are:
 - A. **Animal, poultry, and fish** products.
 - B. **Vegetables**, such as alfalfa, asparagus, beets, and carrots.
 - C. **Assorted *kitniyos* foods**, such as buckwheat, corn products, lentils, millet, peas, rice, peanuts, sunflower seeds, and soy products.
 - D. **Other items**, such as barley grass, BHA, BHT, carrageenan, cellulose, colors, eggs, gums (other than xanthan gum), kelp, lactose, linseed, milk products, molasses, oils, psyllium, and whey.

If you're unsure about any ingredients in a pet food, you're welcome to send your question to info@cRcKosher.org for guidance.

The following are recommendations for specific pets

To determine which of these are appropriate for your specific type of pet, please see additional guidance on our website, or check with your vet.

- | | |
|----------------------|--|
| Cats and Dogs | cRc Kosher approves many varieties of Evanger's brand as being free of <i>chametz</i> (and <i>basar b'chalav</i>). See the cRc website for details. |
| Fish | tubular worms, frozen brine shrimp, and freeze-dried worms (if they do not contain fillers) |
| Birds | millet, canary grass seed, rapeseed, alfalfa pellets (pure), safflower seeds, and sunflower seeds. Supplement with sliced grapes, berries, and canned baby fruit. For minerals, use oyster shells or mineral blocks. |
| Small Mammals | millet, sunflower seeds, safflower seeds, Timothy Hay, potatoes, and small amounts of greens and vegetables. Supplement with grapes, apples, melons, and oranges. |



Be aware that **mealworms**, which, as living creatures are not *chametz*, are commonly sold in a bed of wheat flakes or oatmeal, which is *chametz*.

Whole insects (live or dead) with no additives or other ingredients are permissible.



PESACH FAQs

MEDICINE & COSMETICS

Alcohol

Q I know that alcohol can be made from wheat. What about things like isopropyl alcohol?

A Benzyl alcohol, methyl alcohol (a.k.a., methanol), isopropyl alcohol and stearyl alcohol are not made from *chametz*. Ethyl alcohol, a.k.a. ethanol, can be made from *chametz*, and isoamyl alcohol is often a byproduct of whiskey. [These might be listed as part of a compound, like ethyl acetate or isoamyl butyrate.] So, they're not recommended unless they are known to be *chametz*-free.

There are different opinions about whether denatured alcohol (SD alcohol) is forbidden on Pesach. The cRc position is that it's permitted in a product manufactured in the United States.

Toothpaste

Q Is it okay to use my regular toothpaste on Pesach?

A Some *poskim* hold that toothpaste is considered inedible, since any food that tastes like toothpaste would never be served as a meal item. This is the justification for why many rabbis allow the use of any toothpaste (year-round) despite the possibility that the glycerin contained in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is halachically considered edible, since we put toothpaste into our mouths every day (and young children like to eat it). Some follow that position all year round and will only use a toothpaste that is certified as kosher (or free of glycerin).

The cRc accepts the lenient approach as relates to year-round use but recommends that one be *machmir* for Pesach – that you should only use a toothpaste that's known to be *chametz*-free.

What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste has sorbitol, which is created by "hydrogenating" glucose, which can be derived from *chametz*, *kitniyos*, or completely innocuous ingredients, and though most glucose and sorbitol in the U.S. is not made from *chametz*, we can't recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.

Contact Lens Solution

Q Do I need special contact lens solution for Pesach?

A We reviewed the ingredients used in several popular brands of contact lens solution and didn't see anything which was sensitive for Pesach. Some brands are listed in the Medicine Guide and others can be found in the eye product checker on our website. But since we haven't checked every brand, you're welcome to send a picture of the ingredient panel to info@crckosher.org, and one of our rabbis will check on it for you.

Hand Sanitizer

Q Do alcohol-based sanitizers require Pesach certification?

A Alcohol-based hand sanitizers, like Purell, usually have at least 62% ethyl alcohol, which may possibly be *chametz*. However, Rav Gedalia Dov Schwartz *zt"l* checked a sample of hand sanitizers and said that it's as inedible as other liquid soaps and may, therefore, be used on Pesach, regardless of the source of alcohol. [An additional factor to consider is that the alcohol used in the hand sanitizers is denatured.]

Steamers

Q Can I kasher my countertops with a steamer?

A The general rule (as per *Iggeros Moshe YD 1:60*) is that *kashering* must be done with water in liquid form, and can't be done with steam. So, a steamer can only be used for *kashering* if two conditions are met. First, the steam must condense to the point that the whole area being *kashered* is covered with water, and second, that water must be at approximately the boiling point (212°F). Most steamers sold for cleaning purposes do not meet these criteria and can't be used for *kashering*, but the Wagner Power Steamer 715 can be used, if one is diligent to use it slowly and with patience.

Consumers who hire outside companies to kasher should verify the qualification of both the service providers and the equipment.

SHOPPING GUIDE

Bottled Water

Q Is bottled water acceptable for Pesach without special certification?

A Yes, and this is true even if the water also has these minerals: calcium chloride, magnesium chloride, magnesium oxide, magnesium sulfate, potassium bicarbonate, potassium chloride, sodium bicarbonate, or sodium chloride. But if it has any vitamins and/or citrates (e.g., calcium citrate), then it should only be used with kosher for Pesach certification.

Buy Before Pesach

Q I see that you recommend certain items for Pesach but say they should be bought before Yom Tov. If they do not contain any *chametz*, why can't I also buy them on Chol HaMoed?

A There are a handful of items – milk, eggs (in the shell), bagged salads, baby carrots – where (a) additives are used which might be *chametz* (although they probably aren't), (b) the additives are *batel b'shishim*, but (c) they're in stores very soon after they're processed. So, the milk, eggs, etc., which you buy on Chol HaMoed might have been produced on Pesach with a *chametz* additive which can't be *batel* (since it was added on Pesach). This is why we recommend that if these items aren't available with Pesach certification, you should buy them before Yom Tov.

Contradictory Certifications

Q I saw a package that had two kosher certifications on it. Next to one it said, "Kosher for Passover," and near the other one it said, "Kosher for Year-round Use and Not for Passover." Which one is it?

A Most of the time, this is because the two *hashgachos* disagree about a point of halachah or policy. For example, some rabbis allow the use of quinoa on Pesach, while others consider it *kitniyos*. The agency which marks the product as "Kosher for Passover" took the lenient position, and the other agency disagreed and took the stricter decision. Your rabbi should be able to figure out what the point of difference is and then direct you as to which of these opinions you should follow.

Seltzer

Q Why does the cRc require a Pesach *hechsher* on unflavored seltzer?

A There are several ways to collect the carbon dioxide used to make seltzer. One source is a byproduct of beer or whiskey production. And of course, beer and (just about all) whiskey are *chametz*. There's a difference of rabbinic opinion about whether the *chametz* status transfers to the carbon dioxide gas. Some say that since carbon dioxide is a gas, and it is "scrubbed" of all *chametz* taste, it's permitted on Pesach, despite the *chametz* source. The cRc follows the stricter opinion that treats the gas as *chametz*, since it's a direct result of the beer or whiskey production.

KASHERING

Induction Cooktop

Q How can I *kasher* my induction cooktop for Pesach?

A Induction cooktops don't have a heating coil or other heat source, so there's no realistic way to *kasher* them. The only way to use the induction cooktop on Pesach is to put a physical barrier between the cooking surface and the pots. This can be done either with "induction discs" (widely available to help people cook on an induction surface with pots that are not ferromagnetic) or a "mat" that's designed for an induction cooktop. Although the cooktop won't have been *kashered*, the barrier prevents any absorbed *chametz* from spreading to the pots and food.

On a related note, using an induction cooktop raises significant *halachic* issues on Shabbos and Yom Tov

[some of which might be eliminated by the use of the induction discs noted above], and consumers should consult with their rabbi for guidance.

Iron for Kashering

Q My son suggested we *kasher* our countertops by running a hot iron over them. Would this work?

A A counter can't be *kashered* with a clothing iron without any water present. Theoretically, hot water could be poured on the counter, and then the iron could be used to bring that water to a boil, but because it would be too difficult to know whether every single part of the countertop came into contact with boiling water, we wouldn't recommend it.



SEDER DIETARY NEEDS

A Brief Guide

At the Pesach Seder, a person is required to eat a considerable amount of food and beverages, some in a relatively short amount of time. This poses a challenge for many people who have dietary restrictions. This article will give brief guidelines on options or minimums for the *daled kosos*, matzah, and *marror*. Further details, including suggestions for other challenging elements of the Seder, are available in the full-length article available at crckosher.org/pesach.

As with all matters of halachah and medicine, each person should consult with their rabbi and doctor or RDN before making a final decision.

Daled Kosos

At four points in the Seder, a person must drink from a cup of wine or grape juice.

1. The cup must hold 2.9 ounces, and the person must drink at least half of that amount.
2. For those who should not even drink that much wine or grape juice, they can dilute the beverage with up to 50% water, thereby minimizing the amount of alcohol or sugar they will consume.
3. Those who can only swallow thickened beverages should use one that is nectar-thick or honey-thick, but not one which is pudding-thick. (Thickener and thickened juice require special Pesach certification.)

Matzah

There are three times at the Seder when we are obligated to eat matzah – *Motzi Matzah*, *Korech*, and *Afikomen*. The standard amount required at each of these points (using hand *shemurah* matzah) is shown in the following chart. If it is medically advised that a person not consume that much matzah, then a rabbi should be consulted who may advise that it is acceptable to eat less than these amounts.

| | MOTZI MATZAH | KORECH | AFIKOMEN |
|----------------|----------------|----------------|------------------|
| Thin Matzah | 8 x 7 inches | 3.5 x 7 inches | 7 x 7 inches |
| Average Matzah | 7.5 x 6 inches | 3.5 x 6 inches | 6.5 x 6.5 inches |
| Thick Matzah | 8 x 5 inches | 3.5 x 5 inches | 7 x 5 inches |

Rema records a custom to only use wheat-based matzah at the Seder. However, if a person is allergic to wheat or prefers spelt or rye matzah, it is permitted to use a different type of matzah. Similarly, those who are celiac have no choice but to use gluten-free oat matzah at the Seder. (Egg matzah may not be used at the Seder.)

Those who cannot chew or swallow standard matzah should either use ground matzah or soak matzah briefly in ambient temperature water before eating it. If neither of these suffices, one should consult with a rabbi for other possible options.

Marror

The amount which must be consumed for *Marror* is the amount which will fill up a 1-ounce shot glass when pressed tightly into the glass leaving no empty air spaces. If this poses a health challenge, a rabbi should be consulted for guidance. (Cooked vegetables may not be used as *marror*.)



SEFIRAS HAOMER CALENDAR 2026



Sefira is the counting of seven complete weeks from the second evening of Pesach until Shavuot. The count, which takes place after nightfall for the following day, is preceded by the following *bracha*, only if done in the evening and no days have been missed in the count.

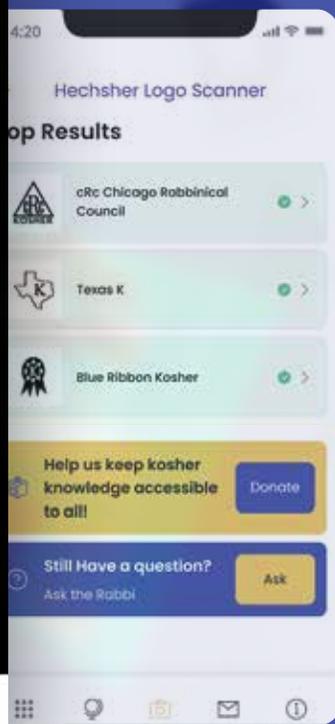
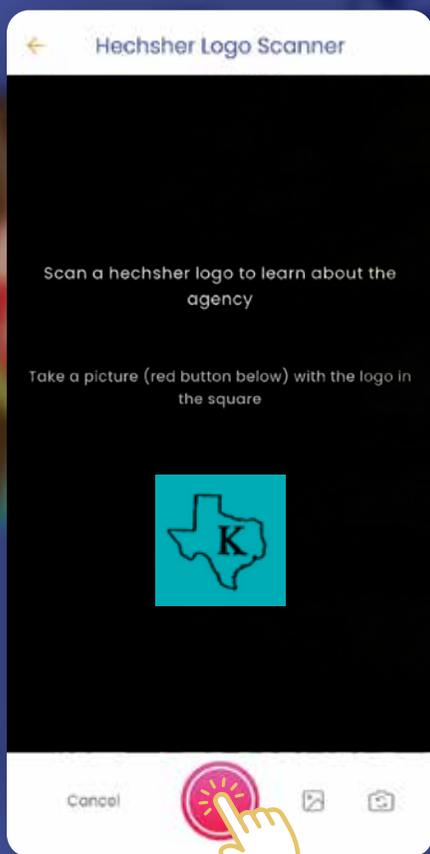
ברוך אתה ד' אלקנו מלך העולם אשר קדשנו במצותיו וצונו על ספירת העומר.

| | | |
|--|--------------------------|-----------------------------|
| היום יום אחד לעומר | <input type="checkbox"/> | Thursday evening, April 2 |
| היום שני ימים לעומר | <input type="checkbox"/> | Friday evening, April 3 |
| היום שלשה ימים לעומר | <input type="checkbox"/> | Saturday evening, April 4 |
| היום ארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, April 5 |
| היום חמשה ימים לעומר | <input type="checkbox"/> | Monday evening, April 6 |
| היום ששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, April 7 |
| היום שבעה ימים שהם שבוע אחד לעומר | <input type="checkbox"/> | Wednesday evening, April 8 |
| היום שמונה ימים שהם שבוע אחד ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, April 9 |
| היום תשעה ימים שהם שבוע אחד ושני ימים לעומר | <input type="checkbox"/> | Friday evening, April 10 |
| היום עשרה ימים שהם שבוע אחד ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, April 11 |
| היום אחד עשר יום שהם שבוע אחד וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, April 12 |
| היום שנים עשר יום שהם שבוע אחד וחמשה ימים לעומר | <input type="checkbox"/> | Monday evening, April 13 |
| היום שלשה עשר יום שהם שני שבועות אחד וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, April 14 |
| היום ארבעה עשר יום שהם שני שבועות לעומר | <input type="checkbox"/> | Wednesday evening, April 15 |
| היום חמשה עשר יום שהם שני שבועות ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, April 16 |
| היום ששה עשר יום שהם שני שבועות ושני ימים לעומר | <input type="checkbox"/> | Friday evening, April 17 |
| היום שבעה עשר יום שהם שני שבועות ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, April 18 |
| היום שמונה עשר יום שהם שני שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, April 19 |
| היום תשעה עשר יום שהם שני שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Monday evening, April 20 |
| היום עשרים יום שהם שני שבועות וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, April 21 |
| היום אחד ועשרים יום שהם שלשה שבועות לעומר | <input type="checkbox"/> | Wednesday evening, April 22 |
| היום שנים ועשרים יום שהם שלשה שבועות ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, April 23 |
| היום שלשה ועשרים יום שהם שלשה שבועות ושני ימים לעומר | <input type="checkbox"/> | Friday evening, April 24 |
| היום ארבעה ועשרים יום שהם שלשה שבועות ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, April 25 |
| היום חמשה ועשרים יום שהם שלשה שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, April 26 |
| היום ששה ועשרים יום שהם שלשה שבועות וחמשה ימים לעומר | <input type="checkbox"/> | Monday evening, April 27 |
| היום שבעה ועשרים יום שהם שלשה שבועות וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, April 28 |
| היום שמונה ועשרים יום שהם ארבעה שבועות לעומר | <input type="checkbox"/> | Wednesday evening, April 29 |
| היום תשעה ועשרים יום שהם ארבעה שבועות ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, April 30 |
| היום שלשים יום שהם ארבעה שבועות ושני ימים לעומר | <input type="checkbox"/> | Friday evening, May 1 |
| היום אחד ושלושים יום שהם ארבעה שבועות ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, May 2 |
| היום שנים ושלושים יום שהם ארבעה שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, May 3 |
| היום שלשה ושלושים יום שהם ארבעה שבועות וחמשה ימים לעומר | <input type="checkbox"/> | Monday evening, May 4 |
| היום ארבעה ושלושים יום שהם ארבעה שבועות וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, May 5 |
| היום חמשה ושלושים יום שהם חמשה שבועות לעומר | <input type="checkbox"/> | Wednesday evening, May 6 |
| היום ששה ושלושים יום שהם חמשה שבועות ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, May 7 |
| היום שבעה ושלושים יום שהם חמשה שבועות ושני ימים לעומר | <input type="checkbox"/> | Friday evening, May 8 |
| היום שמונה ושלושים יום שהם חמשה שבועות ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, May 9 |
| היום תשעה ושלושים יום שהם חמשה שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, May 10 |
| היום ארבעים יום שהם חמשה שבועות וחמשה ימים לעומר | <input type="checkbox"/> | Monday evening, May 11 |
| היום אחד וארבעים יום שהם חמשה שבועות וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, May 12 |
| היום שנים וארבעים יום שהם ששה שבועות לעומר | <input type="checkbox"/> | Wednesday evening, May 13 |
| היום שלשה וארבעים יום שהם ששה שבועות ויום אחד לעומר | <input type="checkbox"/> | Thursday evening, May 14 |
| היום ארבעה וארבעים יום שהם ששה שבועות ושני ימים לעומר | <input type="checkbox"/> | Friday evening, May 15 |
| היום חמשה וארבעים יום שהם ששה שבועות ושלושה ימים לעומר | <input type="checkbox"/> | Saturday evening, May 16 |
| היום ששה וארבעים יום שהם ששה שבועות וארבעה ימים לעומר | <input type="checkbox"/> | Sunday evening, May 17 |
| היום שבעה וארבעים יום שהם ששה שבועות וחמשה ימים לעומר | <input type="checkbox"/> | Monday evening, May 18 |
| היום שמונה וארבעים יום שהם ששה שבועות וששה ימים לעומר | <input type="checkbox"/> | Tuesday evening, May 19 |
| היום תשעה וארבעים יום שהם שבעה שבועות לעומר | <input type="checkbox"/> | Wednesday evening, May 20 |

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