

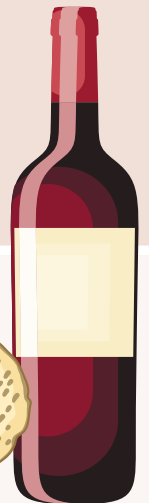
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Pesach Purchases: For Beginners & Beyond

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5786/2026



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. *Gebrokts*, conflicting hashgacha designations regarding Kosher for Pesach status, personal family minhagim, and many other nuances in product labeling are some 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.

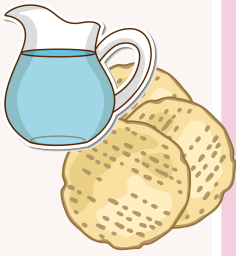


Click [here](#) to listen to an audio class that goes with this document.

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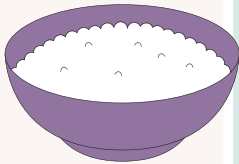
GLOSSARY OF TERMS

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 Kitniyos/ 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 kitniyos 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 Kitniyos.



קטניות שנשתנו Kitniyot Shenishtanu (Hebrew)

Roughly Translates as "Legumes that have been changed".

This term refers to kitniyos 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 kitniyos. Hashgachos that accept kitniyos shenishtanu, will **not** declare when a item contains this form of kitniyos. For a list of national Hashgachos that take a stricter approach, see page 9.

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



ARE THERE DIFFERENT STANDARDS?

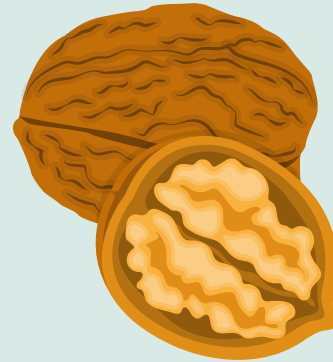
Keeping it Simple.



Pesach Nut Knowledge:

Nuts for Pesach use: There are a few categories.

- 1) Those that cannot be used on Pesach unless they have reliable Kosher L'Pesach (KLP) certification.**
- 2) Those that are halachically acceptable without KLP certification, but there is room to be mehader and not use.**
- 3) Those that are acceptable on a more mehudar level.**



1) Cannot be used on pesach unless it has a reliable KLP certification:

- A) All blanched or roasted nuts (all varieties).
- B) Nut flour- all finely ground nuts, such as almond flour or the like.
Ground/powdered nuts may have been processed on equipment used for breadcrumbs or other Chametz.
- C) Nuts that contain BHT or BHA (These preservatives are sprayed on the nuts using a corn derivatives- Kitniyos issue).
- D) Shelled pecans- all varieties, even if they are whole and raw. (This is because there are facilities in that soak whole pecans in the shell in ethyl alcohol in order to help the cracking process).
- E) When the label states that the nuts are processed in a plant that processes chometz.
- F) Peanuts (which are kitniyos).
- G) Flavored nuts- Flavorings contain Pesach-sensitive ingredients, and therefore flavored nuts are not recommended unless they have a Reliable Hashgacha KLP.

2) Halachically acceptable without KLP certification, but there is room to be mehader and not use:

Raw nuts- whether whole, slivered, or chopped, are acceptable without Pesach Certification, whether they are with or without the shell. Nuts are fine even if they are "steam pasteurized". This is true with exception to what's listed in category #1 above.

However many times, even if not declared on the label, the nuts could have been packaged on equipment that also packages chometz, and even after cleaning there can be traces of chametz (although batel before pesach and halachically fine). Therefore there is room to be mehader and only use next category #3.

3) Acceptable on a more mehudar level:

Nuts that have a reliable KLP certification. Alternatively one of the next 3 options are acceptable, if viable.

- A) Buy the nuts by the case in the original box from the grower.
- B) Buy the nuts directly from a nut grower even in retail size packages, because coming from the grower, it can be assumed that equipment only handles nuts (unless you happen to know otherwise).
- C) If the nuts have a hashgacha without P designation, verify with the certifying hashgacha if there is a possibility that these nuts are packed on shared lines with chametz or not.
- D) Raw nuts in their shells are also an option. If there is a concern they could have come in contact with chametz while being packaged (although batul), they can easily be washed, if one wants to be mehader.

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ARE THERE DIFFERENT STANDARDS?

Keeping it Simple.



Oil for Pesach:

A few categories: 1 being most mehudar, and further to a lesser degree.

1) Extra Virgin/ Cold Pressed Olive Oil produced Kosher L'Pesach (KLP) with Hashgacha Temidis:

Extra Virgin Olive Oil (EVOO) with a reliable KLP hashgacha that has a mashgiach from pressing to bottling. Examples: Gefen, Bartenura amongst other brands. This oil is minimally processed and has very thorough Hashgacha oversight.



2) Extra Virgin/ Cold Pressed (Unrefined) : Olive Oil, Avocado Oil, or Coconut Oil certified KLP: The above oils with a reliable KLP hashgacha are minimally processed and actively certified for Pesach.

3) Cold pressed Extra Virgin Olive Oil coming from a very trustworthy brand, but NOT certified KLP: Acceptable without KLP certification since it is known for its purity. Only applies to extra virgin olive oils specifically from companies that are certified by the NAOOA listed here: click [here](#) for more information.

4) Extra virgin cold pressed olive oil in general from any generally reliable brand (even if not KLP). Minimally processed. Essentially kosher for Pesach. Possible concern of adulteration with problematic oils.

5) Refined Coconut Oil and Refined Avocado Oil which has KLP hechsher. (This is more processed than #2).

6) 100% Olive oil (refined, not extra virgin) which has a KLP Hechsher. This includes light & extra light olive oil with reliable KLP certification. Walnut oil or cottonseed oil with reliable KLP certification. This is more heavily processed.

(Grapeseed Oil in general is very difficult to make mehudar and therefore it's recommended that it only be used in a strong case of need or with verification that it was made mehudar).

NOT ACCEPTABLE:

Any olive oil (excluding extra virgin) even if it says 100% pure. It needs a reliable hashgachah in general and must be certified with a reliable Hashgacha for Pesach.

For more information on the kashrus of oil for Pesach, click [here](#).

KLP Water Additives:

The following ingredients are problematic:

Caffeine, calcium citrate, any form of citrate, carbonation, flavors, vitamins, or other sensitive ingredients.

The following ingredients are not a concern by bottled water:

Calcium Chloride, Magnesium Chloride, Magnesium Oxide, Magnesium Sulfate, Potassium Bicarbonate, Potassium Carbonate, Potassium Chloride, Potassium Hydroxide, Sodium Bicarbonate, & Sodium Chloride.

KLP Salt additives:

The following salts ARE problematic:

Iodized Salt

The following ingredients are not a concern by non-iodized salt:

Yellow Prussiate of soda (anti caking agent)
Calcium Silicate (anti caking agent)
Sodium Bicarbonate,
Sodium Thiosulphate.



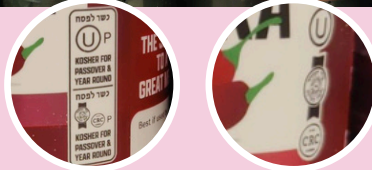


NAVIGATING THE SUPERMARKET

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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NAVIGATING THE SUPERMARKET

There seems to be a contradiction.



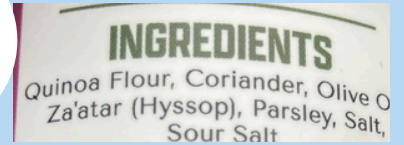
Sometimes a product will have two certifications. One says it's Kosher For Pesach, and the other says NOT including Pesach. There can be various possibilities for this as discussed in the audio class that goes with this document. (Access information on the cover page). At times it can be due to Kitniyos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



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.



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.



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



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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NAVIGATING THE SUPERMARKET

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 information on the cover page).



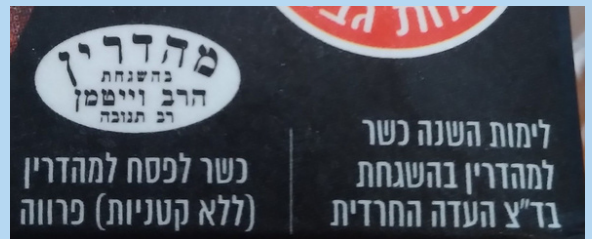
לא כולל פסח
Means not including Pesach.
(But good for year- round use).



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



לימות השנה בלבד
Means for year-round use only
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NAVIGATING THE SUPERMARKET

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.



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

מכיל קטניות
Means Contains *Kitniyos*.

לאוכלי קטניות
Means for those that eat *Kitniyos*.



At times, one who isn't fluid in reading Hebrew, may not realize the Kitniyos designation when it's only indicated in Hebrew. It's also important to know that at times it may be written in small lettering as seen in the examples below.



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



Says "Contains Canola" - "מכיל לפתית" - "Contains Canola".

Although canola is a derivative of *Kitniyos*, there is no mention of *kitniyos* on the label.





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.

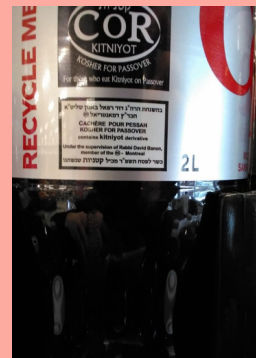
לאוכלי שום
For those that eat garlic.



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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NAVIGATING THE SUPERMARKET

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.



Labeled OK P for OK - Pesach



An item might be mistakenly labeled for Pesach and only a mere stamp is placed to retract the Pesach certification.

Kosher for Passover listed on the side of packaging.



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



The bottom of can has ink jetted EUK P - an additional Hashgacha and P meaning KLP certification.



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



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*'.

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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 Shmurah 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 Shmurah Matzah, and the other is not.

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NAVIGATING THE SUPERMARKET

Caution! It's always good to double check.



Kosher for Pesach designation on wine, Non Mevushal grape juice/ wine, Cholov Yisroel, possible mislabeled items, and important hologram stickers 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.



Important Note:

Various companies and sizes of Grape Juice/ Grape Must may not be Mevushal. In general, if a wine or grape juice is not labeled 'Mevushal', it is not. Sometimes it will state it clearly 'Not Mevushal', other times it is simply unmarked. One example of this is Traditional Merlot Grape Juice. Click [here](#) for more information on the halachos of Non Mevushal wines/juices.



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.



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



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



It's important to make sure there is a hologram sticker on the packaging if the Hashgacha states that there must be one.

"Kashrus valid if hologram sticker found on the INNER package".

Important to read the fine print. At times it will say that Hologram will be found on the **inner** package, then obviously no Hologram will be found on the outer package.



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