

Chometz (or non-kosher ingredients). Many contain wheat on their ingredients list, for example: Benefiber.

Some acceptable laxatives:

Swiss Kriss: Flakes and Tablets may be used (Hisachdus)

Miralax: Powder can be used as well.

Fibercon: Caplets

Senokot: Tablets, S Tablets (cRc)

Q What are some kitchen basics like spices, sugar, salt, cocoa, Splenda, lemon juice that don't require a KFP?

A Cocoa Powder: Domestically produced 100% pure. All Hershey's except special dark.

Salt: All Non-iodized, that doesn't contain additives.

Sugar: pure **white** cane sugar without any additives

Lemon Juice: Requires KFP. ReaLemon brand lemon juice reconstituted, which is Certified under the OU, is KFP.

Spices: Anise, caraway, coriander, cumin**, dill seeds, fennel seeds, and mustard are *kitniyos* (cRc). All other spices are acceptable for Pesach when whole, but ground spices require Pesach certification.

Sugar Substitutes: Must have a KFP

*It is highly recommended to only use **unopened** containers of these items, as it is impossible to know that no Chometz got mixed in during the rest of the year.

** Although spices are not intrinsically *kitnios*, many *poskim* are of the opinion that certain spices should be treated with special caution like we treat *kitnios*, therefore we put it on the list of not recommended. (See *Taz* and *Magen Avraham* 453:3)

Q I mistakenly used a food product that wasn't on the recommended list. Do I have to throw it out?

A It would depend on a number of things. Before disposing your food it would be wise to speak to your Rav.

Q I've seen Welch's grape juice with an OU-P on it, is this fit for *Kiddush* and *Daled Kosos*?

A Although it is made from concentrate, it is permissible to use for *Kiddush*, *Daled Kosos*, and the *Beracha* is *Borei Pri Hagafen* as well. (Rabbi Belsky zt'l, *Sefer Shulchan Halevi*).

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MINNESOTA KOSHER

Pesach Questions of 2016

ANSWERED



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Q I have frozen meat and poultry in my house but they don't say Kosher L'Pesach. Can I assume there are no Chometz issues?

A There are many products in the meat industry that contain Chometz-sensitive ingredients and would require special certification. For example: **kishkeh, corned beef, pastrami, sausages, salami, and ground meat/poultry**. All other meats and poultry that are raw and aren't processed are recommended when they are in their **original** packaging even without special Pesach certification. They should be rinsed well prior to use. As far as repackaged meat, we cannot recommend it without a KFP (Kosher For Pesach) certification. All prepared meats would obviously require a KFP.

Q What about raw fish?

A Due to the occasional application of glazes to raw frozen fish it would be advisable to purchase with a KFP. If one cannot find fish with a Pesach *hashgacha*, you can purchase **fresh** fish which wouldn't have this issue, one should rinse well prior to use. All Kof-K certified frozen, unseasoned salmon from Chile is acceptable for Pesach. Kirkland unseasoned, frozen Atlantic salmon is also acceptable. All canned fish require a KFP.

Q I've been told that one should purchase milk, eggs and cut up vegetables before Pesach. Can you please elaborate?

A There is a *chumra* (stringency) discussed in the *poskim* concerning drinking milk from a cow that ate Chometz on Pesach. By purchasing milk before Pesach you avoid this issue. Additionally, in uncertified KFP milk there is the possibility that the vitamins added to the product contain Chometz. By purchasing prior to Pesach, the Chometz vitamins would be *battul* (nullified). One who purchases Chalav Yisroel KLP milk, avoids these concerns. All other dairy products require a KFP.

Similarly, when eggs are purchased *before* Pesach there is no issue with the chicken feed, and any potential Chometz that could have come about through packaging and handling would be *battul*. Pasteurized eggs presumably have no Chometz issues. Liquid eggs, however, must have a KFP.

One should only purchase cut up vegetables and salads with a reliable KFP.

Q Can I assume that all fruits and vegetables are okay because "What can possibly be problematic?"

A All **fresh fruit** and vegetables are fine (not addressing infestation issues) just rinse well before eating. Frozen fruit is acceptable if it is not sweetened or cooked, and contains no additives. **Frozen vegetables** are problematic on Pesach. They are occasionally packaged on equipment used for Chometz and possibly treated with anti-foam agents that contain Chometz. There is also the potential issue of blanching which might have been done on Chometz equipment.

All canned fruits and vegetables should only be purchased with reliable KFP.

dorants, Liquid Air Freshener, Cosmetics, Shaving Liquid, Perfumes, and Colognes. Additionally, Perfumes can actually contain alcohol that wasn't denatured due to the Non-Beverage Drawback law.

There are Pesach Guides that list the recommended cosmetics that are free of Chometz.

Here are a few recommended products, see a reliable Pesach List for more:

Deodorant: Arrid: Extra Dry XX and Extra Extra Dry XX.

Hairspray: Dove: Dry Spray, Men Care Dry Spray, Mousse.

Q Which brand of Baby wipes are recommended?

A All are acceptable if they don't contain ethyl alcohol. All Huggies and Pampers are acceptable.

Q Do Medicines need to be kosher for Pesach use?

A Disclaimer: Do not discontinue the use of any medicine without consulting with your Doctor and Rabbi.

All **Pill Medication**, with or without Chometz, that one swallows, can be taken on Pesach.

Supplements and Vitamins don't necessarily fall under this category speak to your Rav prior to use.

Liquid and Chewable medications that may contain Chometz should only be used under discretion of a Rav and Doctor.

Q What are some suggestions for liquid medicine?

A **Cough, Cold & Flu:** Adwe Cough Syrup Tussin (Liquid),

Fever Reducer/Pain Relief: Adwe Fever-Ex (Liquid),

CVS Extra Strength Pain Relief Adult Liquid Acetaminophen Rapid Burst (Cherry)

Tylenol- Children's Suspension (Cherry Blast), Infant Drops (Cherry, Grape) (star-k list)

Up & Up Children's Acetaminophen Melty Tabs (Tablet)

Walgreens Extra Strength Pain Reliever Acetaminophen (Cherry Flavor, Liquid)

Walgreens Junior Strength Ibuprofen 100 Chewable Tablets (Orange or Grape flavor)

Q Do Laxatives need a KFP?

A Any laxative which comes as a pill that one swallows (as opposed to chewing) is acceptable, as it is considered inedible. However, most laxatives are sold as powders which one mixes with water or another beverage. These are therefore considered edible, such that one must have information as to whether the powder contains

Bobby Brown: Sheer Lip Color, Creamy Matte Lip Color, Lip Color,

L'oreal: Colour Riche Le Gloss, Infallible 8 Hr Le Gloss,

One should check a reliable Pesach Guide prior to purchasing a specific Lipstick.

Flossers: Unflavored ones are all recommended.

Refer to a reliable Pesach Guide for more acceptable brands

Q Which inedible products don't pose any Pesach concerns?

A Aluminum Foil (except non-stick, should have a *hechsher*), Baking Pans, Baby Ointments, Bleach and Bleach Wipes, Blush, Body Wash, Cleaners, Candles, Charcoal, Coffee Filters, Conditioners, Contact lens solution, Creams, Crock Pot Liners, Cupcake Holders, Cups (Paper, Plastic or Styrofoam), Detergents, Dishwashing (some are stringent to get one with a *hechsher*), Eye Drops, Eye Liner, Eye Shadow, Fabric Protector and Softener, Furniture Polish, Hair Gel, Hydrogen Peroxide, Icepack, Insecticide Spray, Isopropyl Alcohol, Lotions, Mascara, Mineral oil, Nail Polish and Remover, Oven Cleaner, Paper Products (*Rabbi Greenberg- many are stringent to only use paper products for cold food/beverages), Petroleum Jelly, Plastic Cutlery and Plates, Plastic Wrap, Polish (shoes and silver), Shampoo, Soaps, Stain Remover, Stick Deodorant, Tissues, Vaseline, Wax Paper.

Q What are the exceptions?

A Parchment paper, Latex and disposable gloves that aren't powder free, (powderless does in fact contain powder), and items that contain denatured alcohol (see below).

Q Is it better to use dish detergent that is KFP?

A Although any dish detergent is acceptable, there are individuals who want to be extra careful and will only use those with a *hechsher*. (This is recommended by Rav Belsky zt'l and Rabbi Heinemann shlita). Practically speaking, many of the common dish detergents do have a *hechsher* and are approved for Pesach. To list a few... Ajax, Cascade, Dawn, Essential Everyday, Joy, Palmolive, Proctor & Gamble, Shoprite, Trader Joe's, Up & Up.

Q What could be wrong with Denatured Alcohol?

A Denatured alcohol, is ethyl alcohol (possible chometz) which was treated with substances rendering it unfit for consumption. (This process saves the manufacturer from paying tax on the alcohol) There are many authorities including Rav Moshe Feinstein who felt that even though in its present state it is inedible, since there lies a remote possibility that one can extract the alcohol, we wouldn't consider this item unfit for consumption.

Therefore it still considered Chometz.

Q Which products contain Denatured Alcohol?

A Some of the products that potentially have this issue are: Hair Spray, Spray Deo-

Dried fruit often has a *kitnios* coating, and should only be purchased KFP.

Q Can I get my usual 'Cup of Joe' from Starbucks?

A Since even the smallest amount of Chometz on Pesach is forbidden, one cannot purchase coffee from any shop, gas station etc. without special certification.

Q What are my coffee options without a special *Hashgacha*?

A Ground coffee that's unflavored and not decaffeinated is acceptable. Keurig cup coffee needs to be approved (the OU has many unflavored and not decaffeinated options listed on their website including Caribou, Starbucks, Green Mountain). Instant coffee needs special certification. The OU says that this year, (2016) the Folgers regular and decaf, Starbucks Via (unsweetened, unflavored) when bearing the OU, as well as Nescafe Tasters Choice (regular only not decaffeinated) are all acceptable for Pesach. Obviously any flavored coffee needs a KFP.

Q What are my Tea Options?

A Pure black, green, and white tea leaves or bags are acceptable unless they are flavored, instant, or decaffeinated in which case they require a KFP. Lipton Tea Bags Regular and Decaffeinated (not flavored), Nestea Instant Powder regular unflavored (not Decaf) are acceptable as well. All Herbal Tea would only be acceptable with KFP

Q How about Beverages?

A Soda (pop), wine and any alcoholic beverage need a special KFP. Unflavored water and seltzer are okay. (The cRc recommends only drinking KFP seltzer). The only recommended juice without KFP is the pure frozen concentrated orange juice that comes in a can.

Q I am Lactose intolerant, which products may I use on Pesach?

A Lactaid tablet production likely involves Chometz, rendering chewable Lactaid problematic. Lactaid milk is permissible if purchased before Pesach. As far as milk substitutes are concerned, they must bear a KFP symbol. This would include soy, almond, and rice milk. In a situation where it might be needed for the young or infirm (ask your Rav), then one would have to ascertain at the very least, that his milk-substitute is only a *kitnios* issue and not a Chometz concern. The OU has a list of many milk substitutes that are *kitnios* based: The list includes Almond Breeze (original) and Unsweetened, Rice Dream Enriched Unsweetened Original, Soy Dream. One must consult with his Rav.

Q I suffer from heartburn, especially after drinking four cups of wine. What are my options?

A Unfortunately, good old fashioned Tums may contain Chometz, and are not recommended, (this is with the acknowledgement that other Pesach lists recommend certain Tums and Rolaid products. See Star-k and Hisachdus). The best option would be the Adwe products that are KLP. Another recommended product (cRc) Pepto-

Bismol 5 symptom relief Caplets. Or one can simply use baking soda (with a hechsher).

Q When it comes to selling Chometz, I get rid of all my Chometz, and only sell those items that are not “real” Chometz. Can you identify which products are considered “Real” Chometz?

A Based on the teachings of the Vilna Gaon and Rav Aharon Kotler, there are many individuals who have the custom of not selling any real Chometz. They will only sell items that do not contain actual Chometz. For example one could sell his Barley (pearled, not malted barley), ice cream (without cookies), baker’s yeast, baking powder, chocolate(without flour), cosmetics, duck sauce, ketchup, mayonnaise, medications, perfumes, mustard, pasta sauces, soda(pop).

Those that have a more lenient custom to sell Chometz mixtures but no Chometz that’s noticeable (based on Rav Yoshe Ber Soloveitchik), can sell items such as: bourbon, scotch, gefilte fish, Splenda, licorice and certain cereals.

Many have the custom of only selling scotch and they will dispose of everything else.

One should follow his custom.

Q Which items could contain Chometz that I would never have thought of?

A Play-dough, Rodent Traps, balloons (powder), *vegetable wash, pet food, E-cigarette Juice, Chewing Tobacco.

All pet food needs to be Chometz free as one cannot benefit from any Chometz on Pesach.

**FIT Vegetable Wash is listed in the OU Pesach Guide as suitable for use on Pesach.*

When washing vegetables you could use a small amount of liquid dish soap(any are acceptable) which will do the same job, if not better.

Q Baby formula?

A Most infant formulas contain kitnios and many even have Chometz.

The following are certified by the OU as Chometz free. They all contain *kitnios* which would be permitted for infants who take formula. Enfamil, CVS, Kirkland Signature, Similac, Target, and Walgreens brands are acceptable. There are many more listed on the OU and cRc websites. It is suggested to use a separate sink (i.e. bathroom) for washing out all *kitnios* utensils.

Q Do I have to buy new baby bottles for Pesach?

A Due to the fact that baby bottles are often washed in the sink with Chometz utensils, some *poskim* recommend purchasing new ones for Pesach (Rabbi B. Forst, Kosher Kitchen). However this is merely a stringency, as there are many reasons in Halacha that one would be able to use the baby bottles from all year round. It should definitely be cleaned thoroughly.

Q Do dentures need to be Kashered? What about Braces? Bite-plates?

A One should remove dentures from their mouth and clean well. Braces should be brushed thoroughly. Some are stringent to not eat **hot** Chometz 24 hours prior to cleaning them (R’ Fuerst). Rav S.Z Aurbach suggested to rinse mouth out with hot water (as hot as you normally drink) thereby *kashering* one’s dentures. It is recommended to rinse off the rubber bands that are used with braces prior to Pesach as they may have powder on the surface. Most people don’t eat with their bite-plate so a good cleaning will suffice.

It is recommended to speak to an orthodontist prior to attempting any *Kashering*.

Q How can I Kasher my Warming Drawer?

A There are *Poskim* who say that one cannot *kasher* a warming drawer due to the fact that a warming drawer only gets to about (160-200°F) and heating to that temperature is not considered *kashering* at all. Additionally, they are usually coated with porcelain-enamel which demands at least *libun kal* (around 500°F) to *kasher*. Using a blowtorch or other methods of *koshering* is only recommended for one with experience. (Rabbi Greenberg: According to some *poskim*, if one has a metal warming drawer one can turn it to the highest setting and let it run for at least an hour. Additionally, one should place a pan of hot water inside the drawer so you can use the steam for *kashering*.)

Q Do I have to Kasher my rings if I wear them while cooking all year round?

A There are those who are stringent and say one should place them in a cup and pour hot water over them (Rabbi B. Forst, Kosher Kitchen). However most *poskim* feel that it would suffice to clean them thoroughly.

During the week before Pesach when one is cooking for Yom Tov, one should keep in mind that if he/she ate Chometz to not only wash their hands, but to adequately clean their rings (or simply remove them while cooking for Pesach).

Q Can I use my regular mouthwash, toothpaste, lipstick, flossers?

A There are those who are stringent all year round and will not use oral hygiene and lip treatment products without a *hechsher*. Others maintain that one only need to be stringent on Pesach. These are products that do have certification, and are acceptable for Pesach.

Tom’s of Maine toothpaste: Whole Care peppermint/spearmint. OU certified.

Adwe with KFP symbol (Debreceen Hechsher)

Just to list some products that are acceptable even without certification:

Toothpaste: Colgate (all), Ultrabrite (all), (Star-k list)

Mouthwash: Scope (all),

Lipstick: Bare Minerals Marvelous Moxie: Lipgloss, Lipstick-Break Away, Raise the Bar, Lipstick in take Charge.