

# Halacha Hotline - Pesach Shopping Companion 5786-2026

Most of this list is based upon information provided by the Star-K. More information is available in their Passover Guide (which includes a comprehensive list of medications by Rabbi Gershon Bess, available in bookstores) or on their web site (star-k.org), and from the OU (ou.org). According to halacha, most medications may be taken even if they contain chametz. Similarly, soaps, detergents, ointments, & lotions are halachically permissible even if they contain chametz. However, if possible, it is preferable to use products that contain no chametz. We generally included here only more popular brands; one should not assume that a brand not mentioned here is not acceptable. **All products listed may be used without special Pesach certification (denoted here as KFP or as P) unless noted otherwise.**

**Alcohol:** Any isopropyl alcohol for external use.

**Allergy:** Allegra (& D) (12/24 hr. tabs), Allegra Children (12 hr. tabs & Liquid/Children Suspension); Claritan (& D - tabs – might be dairy; not chewable or redi-tabs); Zyrtec (10 mg & children allergy syrup bubblegum & grape - might be dairy; not chewable).

**Aluminum:** All disposable foil, pans etc.

**Ammonia:** All.

**Antihistamine:** Benadryl (allergy ultratab; xtra strength allergy, children allergy+congestion -grape; children allergy chewable-grape; children allergy liquid-cherry, liquid bubblegum).

**Baby Formula:** [All are *kitniyos*; use separate utensils] Enfamil, Isomil, Similac (all liquids and powders).

**Baby Powder:** Any w/o oat flour as an ingredient.

**Baby Wipes:** Any w/o alcohol (not Shabbos/Yom Tov).

**Baking Powder:** Requires KFP supervision.

**Baking Soda:** All.

**Balloons:** Any w/o powder.

**Bleach:** All.

**Blush, Rouge:** All powdered.

**Chapstick:** Classic Orig., Classic Strawberry

**Charcoal Briquettes:** Any unflavored.

**Children's Medicine:** See pain reliever & allergy.

**Clay (modeling):** Might contain wheat & should be sold.

**Cocoa Powder:** Hershey's with an OU.

**Coffee, Ground & Whole Bean** (Unflavored, not decaf): Chock f-o Nuts, Dunkin' Donuts, 8-O'clock, Folgers, Kirkland Signature, Maxwell House, Trader Joe's.

**K-cups** (Unflavored, not decaf): Chock f-o Nuts, Dunkin Donuts, 8-O'clock, Folgers, Nescafe Taster's Choice, Signature Select, Starbucks.

**Coffee, Instant:** Folgers (Classic roast, Regular), Nescafe-Taster's Choice (Regular).

**Coffee, Instant Decaf** (Unflavored): Folgers, Sanka (with KFP).

**Contact Lens Solution:** All.

**Crayons:** All Crayola except Dough, Glitter Dots, and Easy Peel Pencils.

**Creams & Ointments:** A&D (orig); Desitin; Eucerin (cream & lotion, daily hydration & lotion, daily protection - not eczema, relief, or skin calming); Neosporin (original; not eczema); Neutrogena Hand (Norwegian formula); Vaseline Petroleum Jelly (original) & Intensive Care Lotion - not eczema or essential healing.

**Dental Floss, Flossers, Picks:** Any unflavored (even waxed).

**Deodorant/ Antiperspirant:** All powdered and solid-stick are acceptable - not gel or spray. Also: Arm&Hammer (Essential); Arrid Deodorant/ Antiperspirant (gel, spray, solid); Dove (0% Aluminum spray & Sensitive Whole Body); Dry Idea (Advanced Dry Cotton & Powder Fresh & Strong Natured - roll-on, Fragrance-free aerosol); Right Guard (gel); Secret (Aluminum free deodorant).

**Detergents - Cleansers:** Ajax, Clorox, Fantastik, Lysol, Mr. Clean, Murphy's, Soft Scrub, Windex.

**Detergents - Dishwashing:** Ajax, Cascade, Dawn, Ivory, Palmolive.

**Detergents - Laundry:** Powdered – no *chametz* concern. Liquid/Pods – Arm & Hammer, Proctor&Gamble - all.

**Eggs:** Should be purchased before Pesach unless one is sure that the eggs were laid before Erev Pesach.

**Eyedrops:** All.

**Face Powder:** All.

**Fruit, Frozen:** According to Star-K, all frozen unsweetened additive free (no syrup, citric, ascorbic acid, or vitamin C) whole, sliced, or formed fruit (e.g., sliced peaches, melon balls, cranberries). Strawberries need reliable kashrus certification for infestation.

**Gastrointestinal Remedies:** Alka-Seltzer (orig. effervescent tabs, extra strength effervescent tabs); Metamucil 4 in 1 (real sugar unflavored coarse - no kitniyos, Orange - w sugar - kitniyos, Orange - sugar-free - kitniyos); Miralax powder; Pepto Bismol (Caplets, Ultra Caplets, Original Liquid, Ultra).

**Gloves:** Rubber/latex: All without inner powder coating; hospital disposable gloves might contain oatmeal (*chametz*) - check label.

**Glue:** Elmer's & Crazy Glue (not Finger Paints).

**Hand Sanitizers:** Any without alcohol or ethanol. Isopropyl alcohol ok.

**Hydrogen Peroxide:** All.

**Ice:** Plain water bagged ice may be used.

**Insect/Rodent Traps:** All sprays ok. Traps might contain *chametz*.

**Juices, Fresh:** All fresh juices, even premium, need Pesach certification. **Bottled:** ReaLemon (Lemon Juice) & ReaLime (Lime Juice) - with OU - even w/o P).

**Juices, Frozen:** According to Star-K, any 100% pure frozen orange or white grapefruit, without sweeteners, additives, preservatives, or enrichments (e.g., calcium), is acceptable.

**Lactaid Brand Milk:** Purchase before Pesach. (Not cholov Yisrael)

**Lactaid Caplets:** Might contain *chametz*.

**Milk:** Milk that is KFP may be purchased on Chol Hamoed. Non-KFP milk (when KFP is not available) should be purchased before Pesach unless one is sure that the milk was bottled before Pesach.

**Mineral Oil:** All.

**Mouthwash:** Adwe (all); Listerine (cool mint - antiseptic & zero alcohol; freshburst, total care zero).

**Nail Polish & Remover:** All.

**Nuts:** Raw (whole, chopped, slivered - not roasted, toasted, blanched, or ground) – e.g., almonds, pine nuts, walnuts, and pecans (but only whole or half pecans, not pieces or midgets) – w/o preservatives or additives (e.g. BHT or BHA in corn oil). May not be used if label states processed in a plant that produces grain or legumes.

**Ointment:** See Creams

**Orthodontic Rubber Bands:** Rinse well with cold water before Pesach.

**Oven Cleaners:** Easy-Off.

**Pain Reliever:** Advil (allergy - tablets, caplets, children's suspension (all), Infants' Drops - grape; multi-symptom cold & flu, PM caplets - not Junior strength Chewable); Bayer (aspirin - children's & genuine, chewable low dose, xtra strength, low dose; not rapid relief); Motrin: (IB & PM caplets, tablets, Children's Liquid (all), infant liquid (berry, dye-free berry, grape); not children's chewable grape); Sudafed (PE Children's – cold+cough decongestant - grape, nasal decongestant - berry); Tylenol (reg. tablets, ex. strength caplets, regular 8 hr. Tylenol for children: Children's Chewables (all), Children's Cold+Cough+Runny Nose - grape, Children's Cold+Cough+Sore Throat - bubblegum, Children's Cold+Flu - grape, Children's Cold+Flu Oral Suspension (all), Children's Suspension (all), Infant's Oral Suspension (all)).

**Paper Disposables:** Plates require KFP; Bags & cups – for cold use only; Coated Paper Plates & Cups – for cold use only; Foil cupcake holders (all); napkins (all); paper coffee filters (all).

**Paper Towels:** All brand name. (First three sheets and the last sheet attached to the cardboard should not come into direct contact with food. For half-size sheets - the first 4 and

last 2 sheets.)

**Parchment Paper:** With KFP only. Also Kirkland Signature with Star-K - (even w/o KFP).

**Plastic Disposables:** All plastic bags (separate garbage bags before Shabbos/Yom Tov), cups (w/o starch), cutlery, plates, and wrap; all crockpot liners.

**Play-Doh:** Contains *chametz* and should be sold.

**Polish: Furniture/Shoe – All.**

**Salt:** All non-iodized - without dextrose or polysorbates; Kirkland Signature & Morton (non-iodized salt - with OU even w/o P).

**Scouring Pads/Sponges/Steel Wool:** Any w/o soap.

**Seltzer:** Any unflavored that do not contain citrates. Flavored needs KFP.

**Shampoo/Conditioner:** Head & Shoulders (Active Sport, Classic Clean, & Deep Clean: shampoo, conditioner, 2-in-1); Johnson's (Baby Shampoo, no more tangles conditioner); Prell (Classic Clean Shampoo); Suave (Essentials Tropical Coconut – Shampoo, Conditioner), Suave kids (3-in-1) watermelon.

**Silver Polish:** Goddards, Hagerty.

**Spices & Seasonings:** All require KFP certification.

**Soap, Bar:** Dove Bar (all), Dial (all); Irish Spring (all), Ivory (regular).

**Soap, Liquid:** Dial (antibacterial foam, body wash - all except oatmeal, hand soap); Dove (Body Wash - Moisture, Sensitive Skin); Irish Spring (body wash – all); Ivory (body wash); Purell (Hand Sanitizer - foam, gel, wipes); Softsoap (all).

**Styrofoam Plates & Cups:** No *chametz* concern.

**Sugar:** Granulated Pure Cane and Pure Beet (no dextrose added) even w/o KFP. Granulated, Brown, Brownulated, Confectioner's, Vanilla – only with KFP. White granulated – Kirkland Signature, Trader Joe's (with OU even w/o P); Domino (with OK-P); Brown Granulated – Bowl & Basket, Good & Gather (with OU even w/o P).

**Tablecloths:** All clear plastic (non-powdered). Separate before Shabbos/Yom Tov.

**Teabags:** Lipton, Stop & Shop - only unflavored, non-decaffeinated, non-herbal (with OU even w/o P)

**Toothpaste:** Aim (all), Close up (all), Colgate (all), Crest (3D White, Cavity Protection - gel & paste, Clinical Sensitivity - all), Crest for Kids (all); Crest Whitestrips; Oragel (Sensitivity Relief, Toddler Training, toothpaste); Pepsodent (all); Sensodyne (Clinical White-Enamel Strengthening & White Intensive Clean - not Sensitivity & Gum); Ultrabrite (all).

**Water:** Any unflavored fresh, bottled, spring, or distilled (even with fluoride & minerals) if does not list citrate or zinc lactate; (5 gallon containers should be avoided since they are all reused).

**Wax Paper:** Cut-rite, Reynolds, Shoprite.