

# Guide to Kashrus – Does it Need a Hechsher (Certification)?

(Year-round, not Pesach/Passover)

Edited November 2019

## CONTENTS

BABY FOOD .....	1	FRUIT .....	6
BAKED/COOKED PRODUCTS .....	1	HEALTH AISLE .....	7
BAKING/COOKING ITEMS .....	1	JELLIES & SPREADS.....	8
BEANS.....	2	KITCHEN CLEANING SUPPLIES.....	8
BEVERAGES .....	2	MEAT & POULTRY .....	8
CONDIMENTS & DRESSINGS .....	3	ORAL HYGIENE & MEDICINAL PRODUCTS .....	8
DAIRY PRODUCTS.....	4	PET FOOD.....	9
DESSERTS.....	4	SPICES AND SEASONINGS.....	9
DIPS & SAUCES.....	4	SIDE DISH ITEMS.....	9
DISPOSABLE UTENSILS & FOOD WRAPS.....	5	SNACK FOODS .....	10
EGGS.....	5	SYRUPS.....	10
FISH PRODUCTS.....	5	VEGETABLES.....	10

## BABY FOOD

Cereal, formula and jars **require reliable certification.**



## BAKED/COOKED PRODUCTS

All baked and cooked products **require reliable certification.** This includes:

- Bagels
- Bread
- Breadcrumbs
- Cake
- Cereals
- Cookies



- Crackers
- Croutons
- Panko crumbs
- Pastries
- Pita Bread
- Pizza



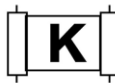
- Pretzels
- Rice Cakes
- Taco Shells
- Take-out Foods
- Tortilla Bread

## BAKING/COOKING ITEMS

- Baking Chocolate** – Requires reliable certification.
- Baking Powder** – Does not require certification.
- Baking Soda** – Does not require certification.
- Barley** – Does not require certification. Some packages of barley may contain larva, insects or even live worms! This is not isolated to any specific brand or store. It is strongly suggested that each package of barley, or other similar grains, be

inspected prior to use. A simple visual inspection followed by a rinse in cold water is adequate.

- Bread Mixes** – Require reliable certification.
- Brown Sugar** – Does not require certification.
- Cake Mixes** – Require reliable certification.
- Cane Juice** – Does not require certification.
- Carob Powder** – Requires reliable certification.
- Chocolate Chips** – Require reliable certification. (Many brands are certified Kosher Dairy.)



## Guide to Kashrus – Does it Need a Hechsher (Certification)?

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**Cocoa** – Does not require certification.

**Coconut Flakes** -When glycerin is not listed in the ingredients, no certification is required.

**Confectioner's (powdered) Sugar**– Does not require certification.

**Cooking Sprays** – Require reliable certification.

**Corn Flour** – Does not require certification.

**Corn Grits** – Does not require certification.

**Corn Meal** – Does not require certification.

**Corn Starch** – Does not require certification.

**Corn Syrup** – Does not require certification.

**Decorating Products (Edible)** – Require reliable certification.

**Dough, frozen** – Requires reliable certification.

**Extra Virgin Olive Oil** – Does not require certification. Extra Virgin Olive Oil cooking spray requires reliable certification.

**Extracts** – Require reliable certification.

**Filo Dough** – Requires reliable certification.

**Flour** – When enzymes are not listed in the ingredients, no certification is required.

**Food Coloring** – Requires reliable certification.

**Icing** – Requires reliable certification.



**Margarine** – Requires reliable certification. (Many brands are certified Kosher Dairy.)

**Oil** – All oils require reliable certification. Extra Virgin Olive Oil is the exception; it does not require certification. Extra Virgin Olive Oil cooking spray requires reliable certification.

**Pancake and Waffle Mixes** – Require reliable certification.

**Pie Crust** – Requires reliable certification. Some varieties are dairy.

**Pie Filling** – Requires reliable certification.

**Semolina** – Does not require certification.

**Shortening** – Requires reliable certification.

**Soup Mixes** – Require reliable certification.

**Soy Flakes** – Require reliable certification.

**Stevia** – Requires reliable certification.

**Sugar, Granulated or Powdered (Confectioner's)** – Does not require certification.

**Tamarind Paste** – Requires reliable certification.

**Tapioca** – Requires reliable certification.

**Tapioca Pudding** – Requires reliable certification.

**Vanilla Sugar** – Requires reliable certification.

**Whipped Topping** – Requires reliable certification.

**Yeast** – Requires reliable certification.



## BEANS

### Canned

**Canned beans (and vegetables)** are often produced on equipment used for non-kosher products and, therefore, **require reliable certification**:

The following are some varieties of canned beans:

- Baked Beans
- Black Beans
- Black Eyed Peas
- Butter Beans
- Chick Peas
- Chili Beans
- Fava Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Pinto Beans
- Salad Beans
- Soy Beans
- Vegetarian Baked Beans

### Dried

**Dried beans** do not require certification unless it contains a seasoning packet. Some packages of beans may contain larva, insects or even live worms! This is not isolated to any specific brand or store. It is strongly suggested that each package of dried beans be inspected prior to use. A simple visual inspection followed by a rinse in cold water is adequate.

## BEVERAGES

**Alcoholic Beverages**, see Liquor

**Almond Beverages** – Require reliable certification.

**Apple Juice** – See Juices.

**Beer** –

- When produced by Microbreweries or Craft Brewery (a brewery that produces small amounts of beer), reliable certification is required;



- regular domestic beers (e.g., Budweiser, etc.), do not require certification.

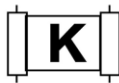
**Cider** – Apple requires reliable certification.

**Coconut Milk** – Canned, requires reliable certification.

**Coffee** –

- Grinds, instant and pods:
  - Flavored, requires reliable certification;





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- o unflavored, regular or decaffeinated, does not require certification.

- Liquid (ready-made) coffee requires certification.

**Cranberry Juice** – See Juices.

**Flavored Drinks** – Require reliable certification.

**Fruit Punch** – Requires reliable certification.

**Grape Juice** – Requires reliable certification.

**Grapefruit Juice** – See Juices.

**Hot Cocoa** – Requires reliable certification. They are usually certified dairy.



**Juices** –

- Apple, Cranberry, Grapefruit, Orange, and Pineapple-

- o Shelf stable, requires reliable certification.

- o Refrigerated, fresh or from concentrate, does not require certification provided that they contain only juice, ascorbic acid, citric acid, corn syrup, high fructose corn syrup, salt, sugar, water. If there are added ingredients, such as flavorings, colors, grape juice or glycerin, a reliable certification is necessary. However, we recommend that you purchase juices that do bear reliable certification, since changes in ingredients or production procedures can take place at any time. (Please note: these items are likely produced on dairy equipment.)

- Grape, Prune and Tomato require reliable certification.

**Lemon Juice** – Does not require certification.

**Lemonade** – Require reliable certification.

**Lime Juice** – Does not require certification.

**Liquor** – Please refer to the Alcoholic Beverage Directory [here](#)

**Milk** –

- Cow's milk,
  - o without added ingredients (other than vitamins), does not require certification;
  - o Aseptic (shelf-stable), requires reliable certification;



- Goat's milk, requires reliable certification. (Meyenberg<sup>®</sup> is Scroll K certified when bearing the Scroll K symbol.)

**Mixed Fruit Juices** – Require reliable certification.

**Nectar Drink** – Requires reliable certification.

**Nectar Juice** – Requires reliable certification.

**Non-Dairy Beverages** – Require reliable certification. (Most varieties of Non-Dairy contain sodium caseinate, a dairy derivative. Mocha Mix<sup>®</sup> is OK Parve and Rich's<sup>®</sup> is OU parve when bearing the OU symbol.)

**Oat Milk** – Requires reliable certification.

**Orange Juice** – See Juices.

**Pineapple Juice** – See Juices.

**Prune Juice** – Requires reliable certification. Sunsweet<sup>®</sup> Prune Juice is acceptable.

**Punch** – Requires reliable certification.

**Rice Beverages** – Require reliable certification.

**Seltzer** –

- Flavored, requires reliable certification;
- unflavored, does not require certification.

**Slurpee**<sup>®</sup> - see full list of kosher flavors [here](#). It is recommended to check the actual container dispensing the flavor (usually stored in another room) to ascertain that a generic brand is not substituted.

**Soda** – Requires reliable certification.

**Soy Beverages** – Require reliable certification.

**Tea** –

- Bags or pods,
  - o Flavored, requires reliable certification. Some varieties are dairy;
  - o unflavored, does not require certification.
- Liquid (ready-made) or instant, requires certification.

**Tomato Juice** – Requires reliable certification.

**Water** –

- Flavored, requires reliable certification;
- unflavored, does not require certification.

**Wine** – Requires reliable certification. Note: At Vaad certified events, all wine must be *Mevushal*.

## **CONDIMENTS & DRESSINGS**

**Artichoke Hearts** – Not recommended.

**Artichoke Bottoms** – Require reliable certification.

**Babaganoush** – Requires reliable certification.

**Barbeque Sauce** – Requires reliable certification.

**Capers** – Require reliable certification.

**Cherry Peppers** – Require reliable certification.

**Cocktail Onions** – Require reliable certification.

**Cocktail Sauce** – Requires reliable certification.

**Eggplant Dip** – Requires reliable certification.



**Ginger Sauce** – Requires reliable certification.

**Grape Leaves** – Require reliable certification.

**Horseradish** – Requires reliable certification.

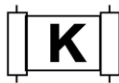
**Hot Peppers** –

- Processed, require reliable certification;
- fresh, non-processed, do not require certification.

**Hot Sauce** – Requires reliable certification.

**Hummus** – Requires reliable certification.

**Jalapeno Peppers** –



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- Processed, require reliable certification;
- fresh, non-processed, do not require certification.

**Ketchup** – Requires reliable certification.

**Marinades** – Require reliable certification.

**Mayonnaise** – Requires reliable certification.

**Mushrooms** –

- Button and Shitake do not require certification. If they originate from China, they may be infested with insects.
- Portobello and Oyster require checking for infestation.
- Other varieties may be infested. Check with our office for further information.

**Mustard** – Requires reliable certification.

**Mustard seed** – Does not require certification

**Olives** – Require reliable certification.

**Pickled Plums** – Require reliable certification.

**Pickles** – Require reliable certification.

**Pimientos** – Require reliable certification.

**Red Peppers, canned** – Require reliable certification.

**Relish** – Requires reliable certification.

**Roasted Peppers** – Require reliable certification.

**Salad Dressing** – Requires reliable certification. Some contain fish and should, therefore, not be served with meat or chicken.

**Salsa** – Requires reliable certification.

**Soy Sauce** – Requires reliable certification.

**Sun-dried Tomatoes** –

- Dried, does not require certification;
- marinated, require reliable certification.

**Tahini** – Requires reliable certification.

**Tartar Sauce** – Requires reliable certification.

**Vinegar** – Requires reliable certification.

**Wasabi Sauce** – Requires reliable certification.

**Worcestershire Sauce** – Requires reliable certification. Some have a significant amount of fish and are certified as such (e.g. □ FISH). If it contains only a minute amount of fish, it would be nullified and may be certified parve.



## DAIRY PRODUCTS

*Dairy products that are kosher certified are not cholov yisroel unless specified. (A full line of cholov yisroel products is available at the East Side Kosher Deli.*

**Butter** – Requires reliable certification.

**Chocolate Milk** – Requires reliable certification.

**Cheese** – All varieties, requires reliable certification.

**Condensed Milk** - Requires reliable certification.

**Evaporated Milk** – Requires reliable certification.

**Half- &-Half** – Requires reliable certification, if it contains only milk and cream it is acceptable without certification.

**Heavy Cream** – Requires reliable certification.

**Ice Cream** – Requires reliable certification.

**Milk** –

- Cow's milk, without added ingredients (other than vitamins), does not require certification;
- Aseptic (shelf-stable), requires reliable certification;

- Goat's milk, requires reliable certification. (Meyenberg<sup>®</sup> is Scroll K certified when bearing the Scroll K symbol.)

**Non-Dairy Creamers** – Require reliable certification. (Most varieties of Non-Dairy contain sodium caseinate, a dairy derivative. Mocha Mix<sup>®</sup> is OK Parve and Rich's<sup>®</sup> is OU parve when bearing the OU symbol.)

**Non-fat Dry Milk** – Requires reliable certification.

**Pizza** – Requires reliable certification.

**Sour Cream** – Requires reliable certification.

**Yogurt** – Requires reliable certification.

## DESSERTS

**Apple Berry Sauce** – Without added flavors or grape juice, does not require certification.

**Applesauce, unflavored** – Does not require certification.

**Gelatin desserts** (Jello) - Requires reliable certification.

**Ice Cream** – Requires reliable certification.

**Ices** – Require reliable certification.

**Pie Filling** – Requires reliable certification.

**Pie Crust** – Requires reliable certification.

**Popsicles** – Requires reliable certification.

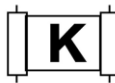
**Pudding** – Requires reliable certification.

**Sorbet** – Requires reliable certification.



## DIPS & SAUCES

All dips and sauces **require reliable certification.**



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### DISPOSABLE UTENSILS & FOOD WRAPS

**Aluminum Foil** – Does not require certification.

**Aluminum Foil Pans** – Do not require certification.

**Foam Containers & Plates** – Do not require certification.

**Freezer Paper** – Does not require certification.

**Paper Plates** – Do not require certification.

**Parchment Paper** –

- Quilon treated, requires reliable certification;

- silicon treated, does not require certification.

**Plastic Containers** – Do not require certification.

**Plastic Flatware & Plates** – Does not require certification.

**Plastic Wrap & Bags** – Does not require certification.

**Waxed Paper** – Does not require certification.

### EGGS



**Eggbeaters** – Require reliable certification.

**Eggs,**

- non-processed, do not require certification. They should be checked to ensure that they do not contain blood spots.
- processed – Require reliable certification.

### FISH PRODUCTS

**Canned Fish** – Requires reliable certification.

**Caviar** - Requires reliable certification.

**Cooked Fish** – Requires reliable certification.

**Fillet** –

- Breaded or skinless, requires reliable certification.
- With skin, not breaded, see Fresh Fish.

**Fresh Fish** – Whole fish and fish steaks should, preferably, be purchased from a store which has reliable rabbinical supervision. This is because non-kosher stores that sell fish commonly use one knife to cut different species, kosher and non-kosher alike. Therefore, residue from the slicing of non-kosher fish may remain on the blade of the knife and, subsequently, be rubbed onto the cutting site of the kosher fish. However, When this option is unavailable, one may buy whole fish or fish steaks, even gutted, from any store, provided the following conditions are met:

1. One did not actually see the kosher fish soaking amidst non-kosher fish.
2. Some removable scales are still on the fish.
3. Prior to cooking the fish, one should take a straight edged knife and, using only minimal pressure, scrape off the area where the store knife would have cut. This would remove any residue from the blade that cut the non-kosher fish. (*No solid fish pieces are cut or removed during this process.*)
4. Subsequently, wash the fish thoroughly.

**Gefilte Fish** – Requires reliable certification.

**Ground Fish** – Requires reliable certification.

**Imitation Crabmeat** – Requires reliable certification. (Available at East Side Kosher Deli.)

**Lox** – Requires reliable certification.

**Smoked Fish** – Requires reliable certification.



The following is a partial list of kosher and non-kosher species of fish: Note: To verify that a fish is kosher, one MUST see that it has removable scales, it is insufficient to rely on the name listed on the label or sign.



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### Some Varieties Of Kosher Fish

- |                |               |             |
|----------------|---------------|-------------|
| • Albacore     | • Herring     | • Sardines  |
| • Bass         | • Mackerel    | • Snapper   |
| • Buffalo Fish | • Mahi Mahi   | • Sole      |
| • Carp         | • Blue Marlin | • Suckers   |
| • Char Cod     | • Orange      | • Trout     |
| • Flounder     | • Roughee     | • Tuna      |
| • Goldfish     | • Perch       | • Walleye   |
| • Grouper      | • Pike        | • Whitefish |
| • Haddock      | • Pollock     | • Whiting   |
| • Halibut      | • Salmon      |             |

### Some Varieties Of Non-Kosher Fish

- |            |                  |             |
|------------|------------------|-------------|
| • Catfish  | • Shark          | • Sturgeon  |
| • Eel      | • Snake Mackerel | • Swordfish |
| • Grayfish | • Puffer         |             |



## **FRUIT**



All fruit originating from Israel requires reliable certification.

### Canned or plastic cups

Canned fruits not originating from China and Israel do not require kosher certification if they do not contain ingredients other than fruit, ascorbic acid, citric acid, corn syrup, high fructose corn syrup, salt, sugar, sulfur dioxide and water. If it contains added ingredients, such as flavorings, colors, grape juice or glycerin, a reliable certification is necessary. If it contains other ingredients, it may require kosher certification. Check with our office for further information.

This includes:

- |   |                     |
|---|---------------------|
| • <b>Applesauce</b> , pure                              | • <b>Peaches</b>    |
| • <b>Fruit Cocktail</b> (The cherries must be removed.) | • <b>Pears</b>      |
| • <b>Guava</b>  | • <b>Pineapples</b> |
| • <b>Mango</b>  | • <b>Plums</b>      |
| • <b>Mandarin Oranges</b> (not originating from China)  |                     |

#### **Berries –**

- Raspberries and blackberries are not recommended;
- other berries do not require certification when no questionable ingredients are listed (see above).

#### **Cherries –**

- Pitted or fresh, do not require certification when no questionable ingredients are listed (see above);
- maraschino cherries, require reliable certification.

### Dried Fruit

**Apples**, dried – Require reliable certification.

**Apricots**, dried – without additives, do not require certification, Sulfur dioxide is not a concern.

**Bananas**, dried – Require reliable certification.

#### **Carob –**

- Does not require certification, however, it requires inspection for insects;
- powdered, requires reliable certification.

**Cherries** – Require reliable certification.

**Cranberries** (Craisins) – Require reliable certification.

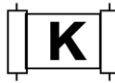
**Currants** – Require reliable certification.

**Dates** – Without additives, do not require certification.

- Imported or whole require inspection;
- domestic pitted, do not require inspection.

**Figs** – Without additives, do not require certification. However they require inspection by turning the fig inside out and looking for noticeable webbing. If you check a few in a package and there is no webbing, the rest may be used without inspection.

**Mandarin Oranges**, Canned – Do not require certification, unless they originate from China.



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- Mangoes** – Require reliable certification.
- Nectarines** – Without additives, do not require certification; sulfur dioxide is not a concern.
- Papaya** – Requires reliable certification.
- Peaches** – Without additives, do not require certification; sulfur dioxide is not a concern.
- Pears** – Without additives, do not require certification; sulfur dioxide is not a concern.

- Pineapples** – Without additives, do not require certification; sulfur dioxide is not a concern.
- Prunes** – Without additives, do not require certification; sulfur dioxide is not a concern.
- Raisins** – Domestic raisins do not require certification, unless they are oil treated.

### Fresh

Fresh fruit (not grown in Israel) do not require certification. However, some varieties require a thorough inspection to ensure that they are free of insects. All varieties should be inspected to ensure that they do not have a worm hole, which may indicate the presence of a worm inside. For more information, see [our produce guide](#).

#### **Berries** –

- Blackberries and red raspberries are not recommended, due to infestation, unless they are pureed;
- blueberries may be used after being soaked in soapy water for a few minutes and rinsed;
- strawberries may be used after cutting the top off, soaking the strawberries in soapy water for 5 minutes and agitating the strawberries in the soapy water, then rinsing each fruit **individually and thoroughly** under running water.
- In warmer seasons, the strawberries should be subsequently rewashed with soap.



#### **Nuts** –

- Oil roasted, require reliable certification;
- raw and dry roasted do not require certification.



### Frozen

Generally, any fruit which is acceptable when fresh (see above), is acceptable when frozen, as well. This is only true if there are no additives.

**Strawberries** and **Blueberries** are the exceptions. They are acceptable without certification when frozen, although they require cleaning (or certification) when fresh.

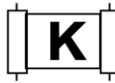


## HEALTH AISLE



- Agar Agar** – Does not require certification.
- Bran** – Does not require certification.
- Brown Rice Chips** – Require reliable certification.
- Brown Rice Soba** – Requires reliable certification.
- Buckwheat (Kasha)** – Does not require certification.
- Buckwheat Pasta** – Raw, without eggs or oil, does not require certification.
- Cracked Wheat** – Does not require certification.
- Crunch Bars** – Require reliable certification.
- Energy Bars** – Require reliable certification.
- Energy Drinks** – Require reliable certification.
- Energy Supplements** – Require reliable certification.
- Essential Oils** - Do not require certification if they do not originate from Israel.
- Flax Seed** – Does not require certification.
- Kamut, whole and flakes** – Do not require certification.
- Lotus Root Soba** – Does not require certification.
- Meatless Meat** – Requires reliable certification.
- Millet** – Does not require certification.

- Miso paste** – Requires reliable certification.
- Mugwort Soba** – Does not require certification.
- Oat Groats** – Do not require certification.
- Oats** – Do not require certification.
- Oil, Essential** – See **Essential Oils**
- Pasta** –
  - Raw, without eggs or oil, does not require certification.
  - Oven-ready and Gluten-free require reliable certification.
  - Couscous, toasted, requires reliable certification.
  - Egg noodles require reliable certification.
- Quinoa, raw** – Does not require certification.
- Rice, raw or par-boiled** – Does not require certification.
- Rice Flakes** – Does not require certification.
- Rice Pasta** – Raw, containing only rice and water, does not require certification.
- Rice Sticks** – Require reliable certification.
- Rice Treats** – Require reliable certification.



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**Rye Flakes** – Does not require certification.

**Sea Vegetables** – Arame, hiziki, nori and wakame, require reliable certification.

**Soba** (Japanese Buckwheat Pasta) –

- Raw, without eggs or oil, does not require certification.
- Wild Yam Soba – Requires reliable certification.

**Soy Bean Paste** – Requires reliable certification.

**Soy Beans** – Roasted in oil, require reliable certification.

**Soy Beverage** – Requires reliable certification.

**Soy Creamer** – Requires reliable certification.

**Soy Ice Cream** – Requires reliable certification.

**Soy Yogurt** – Requires reliable certification.

**Spelt Pasta** – Raw, without eggs or oil, does not require certification.

**Sushi** – Requires reliable certification.

**Sushi Nori** – Requires reliable certification.

**Tempeh** – Requires reliable certification.

**Textured Vegetable Protein** – Requires reliable certification.

**Tofu** – Requires reliable certification.

**Wasabi Powder** – Requires reliable certification.

**Wheat Berries** – Do not require certification.

**Wheat Bran** – Does not require certification.

**Wheat Germ** – Does not require certification.

**Wheat Gluten** – Does not require certification.

**Whole Rye** – Does not require certification.

**Wild Yam Soba** – Requires reliable certification.

**Vitamins** –

- Chewable, require reliable certification;
- Tablets should preferably be kosher certified. When unavailable, contact your Rabbi. Kosher certified vitamins are available at East Side Kosher Deli and [www.koshervitamins.com](http://www.koshervitamins.com). For more information, see [this list](#).

## **JELLIES & SPREADS**

**Fruit Butters** – Require reliable certification.

**Honey** –

- Flavored, requires reliable certification;
- unflavored, liquid, does not require certification.
- Non-filtered is not recommended without certification.
- Honey Powder – Requires reliable certification.



**Jam/Jelly** – Requires reliable certification.

**Margarine** – Requires reliable certification. Many are dairy.

**Marmalade** – Requires reliable certification.

**Nut Butters** – Require reliable certification.

**Peanut Butter** – Requires reliable certification.

**Preserves** – Require reliable certification.



## **KITCHEN CLEANING SUPPLIES**

The following cleaning items do not require certification:

- Dish Detergents, Soaps
- Paper Towels, Napkins
- Rubber Gloves
- Silver Polish
- Soap
- Sponges, Scrubbers
- Steel Wool/Soap Pads



## **MEAT & POULTRY**

*All meat & poultry require reliable certification.*



## **ORAL HYGIENE & MEDICINAL PRODUCTS**



**Dental Floss** – Flavored and/or coated, does not require certification.

**Mouthwash, Mouthwash strips** – Do not require certification.

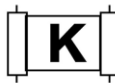


**Over-The-Counter-Medicine** - See: [this list](#)

**Throat Drops** – Require reliable certification.

**Toothpaste** – Does not require certification.





## Guide to Kashrus – Does it Need a Hechsher (Certification)?

(Year-round, not Pesach/Passover)

### PET FOOD

*Animal foods that contain both meat and dairy should not be used. Separate utensils and facilities should be used for those foods that are acceptable.*



### SPICES AND SEASONINGS

All seasoning originating from Israel requires reliable certification.

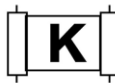
- Artificial Sweetener** – Requires reliable certification.
- Barbecue Seasoning** – Requires reliable certification.
- Butter Flavored Salt** – Requires reliable certification.
- Celery Salt** – Requires reliable certification.
- Chicken Seasoning** – Requires reliable certification.
- Cinnamon Sugar** – Does not require certification.
- Citric Acid** – Requires reliable certification.
- Fajita Seasoning** – Requires reliable certification.
- Garlic** –
  - Powder, without additives does not require certification;
  - Canned, Requires reliable certification.
  - Crushed or minced, even without additional ingredients, requires reliable certification when packed in can or jar.
  - juice, does not require certification.
- Herb blends** – Require reliable certification.
- Herbs,**
  - dried – Leaves, seeds and spices, without added ingredients, do not require certification, (If it is from Israel, it does require reliable certification.)
  - freeze dried – Require reliable kosher certification.
  - fresh – generally infested. See section on Fresh Vegetables for more information, as well as a method of using fresh herbs without checking and/or cleaning.

- Italian Seasoning** – Requires reliable certification.
- Ketchup** – Requires reliable certification.
- Lemon and Herb Seasoning** – Requires reliable certification.
- Lemon and Pepper Seasoning Salt** – Requires reliable certification.
- Meat Tenderizer** – Requires reliable certification.
- Mexican Seasoning** – Requires reliable certification.
- Mustard** –
  - Ground, does not require certification;
  - prepared, requires reliable certification.
- MSG** – Requires reliable certification.
- Onion Powder** – Without additives does not require certification
- Pickling Lime** – Requires reliable certification.
- Salt** – Without Calcium Stearate, does not require certification.
- Salt ‘n Spice** – Requires reliable certification.
- Salt Substitutes** – Require reliable certification.
- Spices** –
  - Blends require reliable certification;
  - Pure, does not require certification.
- Sugar** – Does not require certification.
- Sugar Substitutes** – Require reliable certification.
- Vegetable Flakes** – Require reliable certification.
- Vinegar** – Requires reliable certification.



### SIDE DISH ITEMS

- Basmati Rice**, raw or parboiled – Unseasoned, does not require certification.
- Bamboo Shoots** – Require reliable certification.
- Chinese Noodles** – Require reliable certification.
- Chow Mein Noodles** – Require reliable certification.
- Couscous**, toasted – requires reliable certification.
- Pasta** –
  - Raw, without eggs or oil, does not require certification.



## Guide to Kashrus – Does it Need a Hechsher (Certification)?

(Year-round, not Pesach/Passover)

- Couscous, toasted, requires reliable certification.
- Egg noodles require reliable certification.

**Pilaf** – Requires reliable certification.

**Polenta** –

- Non-processed, unseasoned, does not require certification;
- processed, requires reliable certification.

**Potatoes** –

- canned, frozen or powdered, require reliable certification.

- Raw (including peeled, without additives), do not require certification.

**Rice** (including wild rice)–

- Seasoned, requires reliable certification;
- unseasoned raw, does not require certification.

**Rice Noodles** – Requires reliable certification.

**Rice Paper** – containing only rice flour, water and/or salt does not require certification.

**Tabouli** (Tabbouleh) – Requires reliable certification.

**Water Chestnuts** – Require reliable certification.



## SNACK FOODS



**Candy** – Requires reliable certification.

**Cereal Bars** – Require reliable certification.

**Chewing Gum**- Requires reliable certification.

**Chocolate** – Requires reliable certification. Many contain dairy.

**Corn Chips** – Require reliable certification.

**Granola Bars** – Require reliable certification.

**Gum** – Requires reliable certification.

**Halvah Bars** – Require reliable certification.

**Marshmallows** – Require reliable certification.

**Nuts** –

- Oil roasted, require reliable certification;

- raw and dry roasted do not require certification.

**Popcorn** – Requires reliable certification. Many contain dairy.

**Popcorn Seeds** – Without seasoning, do not require certification.

**Potato Chips** – Require reliable certification. Many contain dairy.

**Pretzels** – Require reliable certification.

**Rice Cakes** – Require reliable certification.

**Sesame Crunch Bars** – Require reliable certification.

**Snack Bars** – Require reliable certification.

**Tortilla Chips** – Require reliable certification.

## SYRUPS

**Agave** – Does not require certification.

**Honey**-

- Flavored, requires reliable certification;
- unflavored, liquid, does not require certification.
- Non-filtered is not recommended.

**Maple Syrup** –

- Blends, require reliable certification;

- pure, does not require certification. This should not be confused with maple-flavored (or pancake) syrup, which requires reliable certification

**Molasses** – Do not require certification.

**Syrup** – Flavored, (such as chocolate or strawberry), requires reliable certification. (Hershey's<sup>®</sup> regular chocolate syrups are certified dairy. They do not contain dairy ingredients, but are made on dairy equipment.)

## VEGETABLES

All vegetables originating from Israel requires reliable certification.

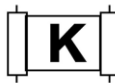


### Canned

**Canned vegetables** (and beans) are often produced on equipment used for non-kosher products and, therefore, **require reliable certification:**

*The following are some varieties of canned vegetables:*

- |                 |                              |                    |
|-----------------|------------------------------|--------------------|
| • Baby Corn     | • Carrots                    | • Hearts Of Palm   |
| • Bamboo Shoots | • Corn, plain or Cream Style | • Hominy           |
| • Beets         | • Green Beans                | • Mixed Vegetables |



## Guide to Kashrus – Does it Need a Hechsher (Certification)?

(Year-round, not Pesach/Passover)

- Mushrooms
- Peas
- Peas & Carrots
- Pumpkin
- Sweet Potato
- Tomato Products
- Water Chestnuts
- Wax Beans
- Yams
- Zucchini

### Fresh

Fresh vegetables (which were not grown in Israel) do not require certification. However, some varieties require a thorough inspection and/or cleaning to ensure that they are free of insects.

Note: Even those vegetables or herbs that commonly have insects, if they are cooked in a filter bag (also called a Bodek bag) – a bag of very fine mesh – and the entire bag is removed together after cooking, do not require any inspection. These bags are available at the East Side Kosher Deli.

Vegetables that commonly do not have insects should still be examined to assure that they are free of decay which may indicate insect infestation.

**The following fresh herbs and vegetables have been found to have problematic infestation.** The levels of infestation, and the methods of removal, vary with each species, but all require at least some amount of checking and/or cleaning. A comprehensive treatment of the topic can be found [on our website](#).

**Artichoke**, leaves and heart

**Arugula**

**Asparagus** - White asparagus is not prone to insects and can be used without inspection.

**Basil**

**Broccoli** - Broccoli slaw does not need to be checked for insects.

**Brussels sprouts**

**Cabbage**

**Cauliflower** - Commercially sold riced cauliflower that is raw, plain and was pre-washed after being riced, is permitted to be used without certification. The cRc (Chicago) has determined that plain riced cauliflower from Trader Joes, Birdseye and Green Giant meet this criteria and are acceptable at this time.

**Celery**

**Herbs, fresh:**

- Basil
- Coriander



- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

**Kale**

**Leek**

**Lettuce:**

- Bibb
- Boston
- Green-leaf
- Iceberg
- Red-leaf
- Romaine



**Onions**

**Radicchio**

**Scallions/Green Onions**

**Spinach**

**The following fresh vegetables do not require inspection:**

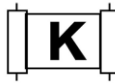
- Alfalfa Sprouts
- Artichoke bottoms
- Asparagus, white
- Avocado
- Bean Sprouts
- Beets
- Carrots
- Corn

- Cucumbers
- Eggplant
- Green Beans
- Jicama
- Kohlrabi bulb
- Mushrooms – except from China. Morel and



Oyster mushrooms should be avoided.

- Okra
- Parsnip
- Pea Pods (all varieties)
- Peppers, Bell (Green, Red, and Yellow)
- Potatoes



## **Guide to Kashrus – Does it Need a Hechsher (Certification)?**

(Year-round, not Pesach/Passover)

- Radishes
- Rice
- Rutabagas
- Squash
- String Beans
- Sweet Potatoes
- Tomatoes
- Turnip
- Waxed Beans
- Yams
- Zucchini

### **Frozen**

- Frozen insect-free varieties, without additives, do not require certification.
- Freeze dried vegetables require a reliable kosher certification.
- Frozen Potatoes require a reliable kosher certification.