

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

(Year-round, not Pesach/Passover)

Edited January 2021

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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



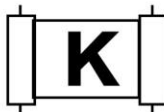
- Pretzels
- Rice Cakes
- Taco Shells
- Take-out Foods
- Tortillas

BAKING/COOKING ITEMS

Almond flour – Does not require certification.
Almond meal – Does not require certification.
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.

Barley Flour – Does not require certification.
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.)



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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.

Farina, unflavored – Does not require 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.

Lemon Peel – Does not require certification unless it originates from Israel.

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

Oatmeal,

- Unflavored – Does not require certification.
- Flavored - Requires reliable certification.

Oats (including one-minute and steel-cut oats, oat bran, oat groats and flour) – Do not require certification.

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.

Pectin (without gelatin) pure, no additives – Does not require certification.

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

Pie Filling – Requires reliable certification.

Poppy Seeds with no additives – Do not require certification.

Semolina – Does not require certification.

Sesame Seeds with no additives – Do not require certification.

Shortening – Requires reliable certification.

Soup Mixes – Require reliable certification.

Soy Flakes – Does not require certification.

Soy Flour – Does not require certification.

Stevia – Requires reliable certification.

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

Tamarind, dried or pulp – Does not require certification.

Tamarind Paste – Requires reliable certification.

Tapioca flour, pearls or starch – Do not require certification.

Tapioca Pudding – Requires reliable certification.

Vanilla Extract (natural and artificial) – Requires reliable certification.

Vanilla Sugar – Requires reliable certification.

Whipped Topping – Requires reliable certification.

Yeast (fresh or dry) – 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
- Chickpeas
- Chili Beans



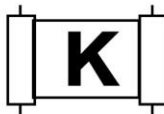
- Fava Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans



- Pinto Beans
- Salad Beans
- Soybeans
- Vegetarian Baked Beans

Dried

Dried beans do not require certification unless it contains a seasoning packet. **Refried beans are an exception and requires reliable certification.** 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.



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Frozen

Frozen **Edamame, Fava** and **Soybeans** do not require certification if there are no additives.

BEVERAGES

Alcoholic Beverages, see **LIQUOR**

Almond Beverages – Require reliable certification.

Apple Juice (including concentrates) – See **JUICES**.

Beer –

- When produced by Microbreweries or Craft Brewery, 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;
 - 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-
 - Shelf stable, requires reliable certification.
 - 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,

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

- Goat's milk, requires reliable certification. (Meyenberg[®] 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. Rich's[®] and many Coffee Mate[®] almond and coconut creamers are certified parve by the OU. Always check the symbol.)

Oat Milk – Requires reliable certification.

Orange Juice – See **JUICES**.

Pineapple Juice – See **JUICES**.

Prune Juice – Requires reliable certification. Sunsweet[®] Prune Juice is acceptable.

Punch – Requires reliable certification.

Rice Beverages – Require reliable certification.

Seltzer –

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

Slurpee – 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 (Black, Green, Oolong, Orange pekoe and White tea only; not herbal teas) –

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

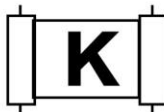
Tea, herbal – Requires reliable certification.

Tomato Juice – Requires reliable certification.

Water –

- Flavored, requires reliable certification;
- Unflavored (includes with minerals and fluoride), does not require certification.

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



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CONDIMENTS & DRESSINGS

Artichoke Hearts – Not recommended.

Artichoke Bottoms – without added ingredients do not require 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.

Cranberry Sauce – generally does not require certification. This includes jellied cranberry sauce. See **FRUIT** section below.

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 –

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

Ketchup – Requires reliable certification.

Marinades – Require reliable certification.

Mayonnaise – Requires reliable certification.

Mushrooms, fresh or dried (not freeze dried) –

- Button, Portobello and Shitake do not require certification. If they originate from China, they may be infested with insects.
- Oyster require checking for infestation.

- Other varieties may be infested. Check with our office for further information.

Mustard Seed, whole or ground – Does not require certification

Mustard (condiment) – Requires reliable certification.

Olives – Require reliable certification.

Pickled Plums – Require reliable certification.

Pickles – Require reliable certification.

Pimientos – Require reliable certification.

Red Peppers,

- Crushed or flakes - does not require certification.
- 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[®] is Scroll K certified when bearing the Scroll K symbol.)

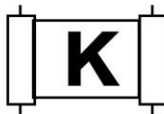
Non-Dairy Beverages – Require reliable certification.

(Most varieties of Non-Dairy contain sodium caseinate, a dairy derivative. Rich's[®] and many Coffee Mate[®] almond and coconut creamers are certified parve by the OU. Always check the symbol.)

Non-fat Dry Milk – Requires reliable certification.

Pizza – Requires reliable certification.

Sour Cream – Requires reliable certification.



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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.**

DISPOSABLE UTENSILS & FOOD WRAPS

Aluminum Foil – Does not require certification.

Aluminum Foil Pans – Do not require certification.

Cupcake Liners – Do not require certification as long as they do not state that they are oil treated.

Foam Containers & Plates – Do not require certification.

Freezer Paper – Does not require certification.

Paper Plates, Napkins and Towels – 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.

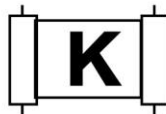
Caviar - Requires reliable certification.

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:



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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.

Salmon,

- Fresh – see **FRESH FISH**
- Frozen is acceptable with the same conditions as fresh salmon.

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.

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.

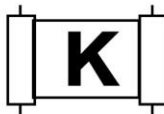
Canned, Bottled or plastic cups

Canned or bottled 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:

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

Berries –



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- 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.

Blueberries, 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.

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 (Wild and Cultivated) Blueberries should be rinsed in soapy water, then rinsed off with water. Organic and U-pick blueberries are not recommended.
- 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.

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.

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

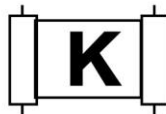
HEALTH AISLE

Agar Agar – Does not require certification.

Bean Flour – Does not require certification.

Bran – Does not require certification.

Brown Rice Chips – Require reliable certification.



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Brown Rice Soba – Requires reliable certification.

Buckwheat (Kasha), roasted – Does not require certification.

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

Cassava Flour – Does not require certification.

Chia Seeds – Do not require certification.

Chickpea Flour – Does not require certification.

Coconut Flakes – When glycerin is not listed in the ingredients, do not require certification.

Coconut Flour – Does not require certification.

Coconut Sugar – Does not require certification.

Corn Bran – 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.

Farro – Does not require certification.

Fennel Seeds – Do not require certification.

Fenugreek Seeds – Do not require certification.

Flax Meal – Does not require certification.

Flax Seed – Does not require certification.

Garbanzo Flour – Does not require certification.

Kamut, whole, flakes and flour – Do not require certification.

Lemon Grass – Does 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.

Oil, Essential – See **ESSENTIAL OILS**

Palm Sugar – Does not require certification.

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, (including sushi and wild rice), unseasoned; raw or par-boiled (not instant) – Does not require certification.

Rice Flakes – Does not require certification.

Rice Pasta – Requires reliable certification.

Rice Sticks – Require reliable certification.

Rice Treats – Require reliable certification.

Rye Flakes – Does not require certification.

Rye Flour – Does not require certification.

Sago Flour – 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.

Sodium Alginate – Does not require certification.

Sorghum Flour – Does not require certification.

Soy Beverage – Requires reliable certification.

Soy Creamer – Requires reliable certification.

Soy Flakes – Does not require certification.

Soy Flour – Does not require certification.

Soy Ice Cream – Requires reliable certification.

Soy Yogurt – Requires reliable certification.

Soybean Paste – Requires reliable certification.

Soybeans – Roasted in oil, require reliable certification.

Spelt Flour – Does not require 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 (Note: not all items at [koshervitamins.com](http://www.koshervitamins.com) have recommended certifications. Check each item to verify that the certification is recommended. For more information, see [this list](#).)

JELLIES & SPREADS

Fruit Butters – Require reliable certification.

Honey –

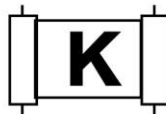
- Flavored, requires reliable certification;
- unflavored, liquid, does not require certification.



• Non-filtered is not recommended without certification.

• Honey Powder – Requires reliable certification.

Jam/Jelly – Requires reliable certification.



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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 (liquid, powder or pods)
- Soap
- Gloves
- Sponges, Scrubbers
- Paper Towels, Napkins
- Steel Wool/Soap Pads
- Silver Polish



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.

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.

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.

Corn Husks, dried – Do not require certification.

Couscous, toasted – requires reliable certification.

Pasta –

- Raw, without eggs or oil, does not require certification.
- 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.

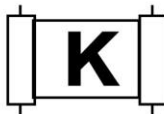
Rice (including wild rice)–

- 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.



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Water Chestnuts – Require reliable certification.

SPICES AND SEASONINGS

All seasoning originating from Israel requires reliable certification.

Anise – Does not require certification.

Artificial Sweetener – Requires reliable certification.

Barbecue Seasoning – Requires reliable certification.

Bay Leaves – Does not require certification.

Butter Flavored Salt – Requires reliable certification.

Caraway – Does not require certification.

Cardamom – Does not require certification.

Celery Salt – Requires reliable certification.

Chicken Seasoning – Requires reliable certification.

Cinnamon Sticks – Do not require certification.

Cinnamon Sugar – Does not require certification.

Citric Acid – Requires reliable certification.

Cloves – Do not require certification.

Cream of Tartar – Does not require certification.

Daikon Radish Seed – Does not require certification.

Fajita Seasoning – Requires reliable certification.

Garlic –

- Garlic Powder or Dried Garlic without additives does not require certification;
- Canned or roasted, Requires reliable certification.
- Crushed or minced, even without additional ingredients, requires reliable certification when packed in can or jar.
- Garlic Juice does not require certification.
- Garlic Salt does not require certification if it contains only garlic and salt.

Ginger – 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.

Maca Root Powder, raw – Does not require certification.

Mace – Does not require certification.

Marjoram, dried – Does not require certification.

Meat Tenderizer – Requires reliable certification.

Mexican Seasoning – Requires reliable certification.

Mustard –

- Whole or ground Mustard Seed does not require certification;
- Mustard (condiment), requires reliable certification.

MSG – Requires reliable certification.

Onions, fresh or dried - does not require certification.

Onion Granules – Without additives does not require certification

Onion Powder – Without additives does not require certification

Pepper, black or white - do not require certification

Peppercorns (any color) - do not require certification

Pickling Lime – Requires reliable certification.

Salt (including Pink Himalayan) – 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. (If it originates from Israel, it does require reliable certification.)

Sugar – Does not require certification.

Sugar Substitutes – Require reliable certification.

Sumac, pure – Does not require certification.

Tarragon – Does not require certification.

Turmeric – Does not require certification.

Vanilla Beans – Do not require certification.

Vegetable Flakes – Require reliable certification.

Vinegar – Requires reliable certification.

SNACK FOODS

Candy – Requires reliable certification. Unflavored Rock Candy is an exception and does not require certification.

Cereal Bars – Require reliable certification.

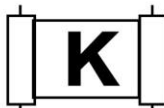
Chewing Gum- Requires reliable certification.

Chocolate – Requires reliable certification. Many contain dairy.

Corn Chips – Require reliable certification.

Granola Bars – Require reliable certification.

Gum – Requires reliable certification.



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Halvah Bars – Require reliable certification.

Marshmallows – Require reliable certification.

Nuts –

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

Peanuts, raw or dry roasted (when oil is not listed as an ingredient), without flavors or additives – 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.

Pumpkin Seeds, raw or roasted (without added ingredients) do not require certification unless they originate from Israel.

Pretzels – Require reliable certification.

Rice Cakes – Require reliable certification.

Rock Candy, unflavored – does not require 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® 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:

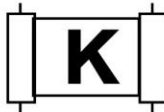
- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Baby Corn • Bamboo Shoots • Beets • Carrots • Corn, plain or Cream Style • Green Beans • Hearts Of Palm | <ul style="list-style-type: none"> • Hominy • Mixed Vegetables • Mushrooms • Peas • Peas & Carrots • Pumpkin • Sweet Potato | <ul style="list-style-type: none"> • 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.



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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:

- Bib
- Boston
- Green-leaf
- Iceberg
- Red-leaf
- Romaine

Onions

Radicchio

Scallions/Green Onions

Spinach

The following fresh vegetables do not require inspection:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Alfalfa Sprouts • Artichoke bottoms • Asparagus, white • Avocado • Bean Sprouts • Beets • Carrots • Corn • Cucumbers • Eggplant • Green Beans | <ul style="list-style-type: none"> • 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) | <ul style="list-style-type: none"> • Potatoes • Radishes • 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.

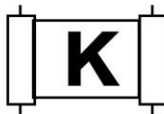
Quick Guide to Items That Don't Require a Hechsher (Kosher Certification)

Any food item originating from Eretz Yisroel (Israel) requires proper certification. For more details on specific items, see the list above

Agar Agar
 Agave

Almond flour
 Almond meal

Aluminum Foil
 Aluminum Foil Pans



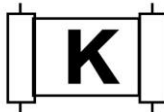
Guide to Kashrus – Does it Need a Hechsher (Certification)?

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Anise, dried
Apple Berry Sauce, without added flavors or grape juice
Apple Juice (including concentrate) – See **JUICES**.
Applesauce, unflavored
Baking Powder
Baking Soda
Barley
Barley Flour
Basmati Rice, unseasoned; raw or parboiled
Bay Leaves
Bean Flour
Beans, dried (not refried beans and not including seasoning packets)
Beans, frozen; without additives
Beer regular domestic beers (e.g., Budweiser, not from microbreweries)
Bran
Brown Sugar
Buckwheat (Kasha), roasted
Buckwheat Pasta, raw; without eggs or oil
Cane Juice
Caraway
Cardamom
Cassava Flour
Cherries, pitted or fresh; when no questionable ingredients are listed (see **FRUIT**).
Chervil, dried
Chia Seeds
Chickpea Flour
Cinnamon Sticks
Cinnamon Sugar
Cloves
Cocoa
Coconut Flakes, when glycerin is not listed in the ingredients
Coconut flour
Coconut sugar
Coffee, grinds, instant or pods; unflavored; regular or decaffeinated
Confectioner's (powdered) Sugar
Coriander
Corn Bran
Corn Flour
Corn Grits
Corn Meal
Corn Starch
Corn Syrup
Cornhusks, dried
Cracked Wheat
Cranberry Juice – See **JUICES**.

Cranberry Sauce – generally does not require certification. This includes jellied cranberry sauce. See **FRUIT**.
Cream of Tartar, pure, no additives
Cupcake Liners if they do not state that they are oil treated.
Daikon radish seed
Dental Floss, including flavored and/or coated
Dish Detergents and Soaps
Dishwashing Soaps, liquid, powder or pods
Dried Fruit: The following dried fruit do not require kosher certification if they do not contain additives:
Apricots, Carob (requires inspection for insects), **Dates** (domestic pitted), **Figs** (requires inspection for insects), **Nectarines, Peaches, Pears, Pineapples, Prunes and Raisins** (Domestic, non-oil treated).
Eggs, non-processed (They should be checked to ensure that they do not contain blood spots.)
Essential Oils, if they do not originate from Israel.
Extra Virgin Olive Oil (Cooking spray requires reliable certification.)
Farina, unflavored (including instant)
Farro
Fennel seeds
Fenugreek seeds
Fish, fresh, With skin on and with visible scales; not breaded, see [our fish guide](#).
Flax meal
Flax Seed
Flour, when enzymes are not listed in the ingredients
Foam Containers & Plates
Freezer Paper
Fruit, Canned, Bottled or plastic cups: When not originating from China and Israel, 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. This includes: **Applesauce** pure, **Cherries** pitted or fresh, **Cranberry Sauce**, **Fruit Cocktail** (The cherries must be removed.), **Guava, Mandarin Oranges** (not originating from China) **Mango, Peaches, Pears, Pineapples, and Plums**.
Fruit, fresh (not grown in Israel) Some varieties require an inspection for

insects. For more information, see [our produce guide](#).
Fruit, frozen, including **Blueberries** if there are no additives (as detailed in **Fruit, Canned**.)
Garbanzo flour
Garlic, dried
Garlic, granulated
Garlic, peeled, dried or granulated; without additives
Garlic Juice
Garlic Powder, without additives
Garlic Salt when containing garlic and salt only.
Ginger
Gloves
Grapefruit Juice – See **JUICES**.
Half- &-Half, if it contains only milk and cream
Herbs, dried; Leaves, seeds and spices; without added ingredients (If it is from Israel or freeze dried, it requires reliable certification.)
Hominy, pure, no additives; not canned
Honey, unflavored; liquid (Non-filtered is not recommended without certification.)
Hot Peppers, fresh, non-processed
Jalapeno Peppers, fresh, non-processed
Juices – Apple, Cranberry, Grapefruit, Orange, and Pineapple: Refrigerated, fresh or from concentrate, provided that they contain only juice, ascorbic acid, citric acid, corn syrup, high fructose corn syrup, salt, sugar, water. Note: these items are likely produced on dairy equipment. We recommend that you purchase juices that do bear reliable certification since changes in ingredients or production procedures can take place at any time. **Grape, Prune and Tomato require reliable certification**.
Kamut, whole, flour and flakes
Lemon Grass
Lemon Juice
Lemon peel, dried
Lentils, dried
Lime Juice
Lotus Root Soba .
Maca root powder, raw
Mace
Maple Syrup, pure (not maple-flavored or pancake syrup)
Marjoram, dried



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Milk: liquid cow's milk (not shelf-stable), without added ingredients (other than vitamins)

Millet

Molasses

Mouthwash, Mouthwash strips

Mugwort Soba

Mushrooms, fresh or dried (not freeze dried); Button, Portobello and Shitake (except when originating from China)

Mustard seed

Mustard, ground

Nuts, raw and dry roasted

Oats including one-minute and steel-cut oats, oat bran, oat groats, flour and unflavored oatmeal

Oil, Essential – See **ESSENTIAL OILS**

Onion Granules, without additives

Onion Powder, without additives

Onion, fresh or dried

Orange Juice – See **JUICES.**

Palm sugar

Paper Plates Towels and Napkins

Parchment Paper, silicon treated only

Pasta, raw, without eggs or oil (not oven-ready, Gluten-free, couscous or egg noodles)

Peanuts, raw or dry roasted, without flavor or additives

Pectin (without gelatin) pure, no additives

Pepper, black or white

Peppercorns (any color)

Pineapple Juice – See **JUICES.**

Plastic Containers

Plastic Flatware and Plates

Plastic Wrap and Bags

Polenta, unprocessed and unseasoned

Popcorn Seeds, without seasoning

Poppy Seeds, pure, no additives

Potatoes, raw (including peeled, without additives)

Prune Juice –Sunsweet® Prune Juice is acceptable.

Prunes, pure, no additives

Pumpkin Seeds, raw, pure, no additives

Quinoa, raw

Raisins, domestic, unless they are oil treated.

Red pepper crushed or flakes

Rice Flakes

Rice Flour, white or brown

Rice Paper – containing only rice flour, water and/or salt

Rice, (including sushi and wild rice), unseasoned; raw or par-boiled (not instant)

Rock candy, unflavored

Rye Flakes

Rye Flour

Sago Flour

Salmon, frozen with skin on and with visible scales

Salt (including Pink Himalayan) without Calcium Stearate

Seltzer – unflavored

Semolina

Sesame Seeds, pure, no additives

Silver Polish

Soap

Soba (Japanese buckwheat noodles), raw, without eggs or oil

Sodium Alginate

Sorghum Flour

Soy Flakes or Flour

Spelt Flour

Spelt Pasta, raw, without eggs or oil

Spices, pure (blends and Israeli products require reliable certification.)

Sponges, Scrubbers

Steel Wool/Soap Pads

Sugar, granulated or powdered (Confectioner's)

Sumac, pure

Tamarind, dried or pulp

Tapioca flour, pearls or starch unflavored

Tarragon

Tea bags or pods; unflavored; regular or decaffeinated (Black, Green, Oolong, Orange pekoe and White tea only; not herbal teas)

Tomatoes, sun-dried

Toothpaste

Turmeric

Vanilla Beans

Vegetables, fresh (not grown in Israel). Some varieties require a thorough inspection to ensure that they are free of insects. For more information, see [our produce guide.](#)

Vegetables, frozen: Varieties which are acceptable when fresh (see

Vegetables, fresh), are acceptable when frozen, if there are no additives and they are not freeze dried. Frozen Potatoes require a reliable kosher certification.

Water, unflavored (includes with minerals and fluoride)

Waxed Paper

Wheat Bran, Berries, Germ and Gluten Whole Rye