

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

(Year-round, not Pesach/Passover)

Edited January 2024

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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

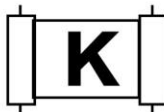


- Pretzels
- Rice Cakes
- Taco Shells
- Take-out Foods
- Tortillas

### BAKING/COOKING ITEMS

**Almond flour** – Does not require certification.  
**Almond meal** – Does not require certification.  
**Baking Chocolate** – Reliable certification required.  
**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.)  
**Cocoa** – Does not require certification.  
**Coconut Flakes** -When glycerin is not listed in the ingredients, no certification is required.



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**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, certification is not 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 – Does not require certification.
- Dry - Requires reliable certification.





## BEANS

### Canned

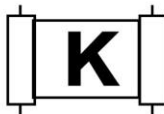
**Canned beans** (and vegetables) are often produced on equipment used for non-kosher products and, therefore, **require reliable certification**:

*The following are some varieties of canned beans:*

- |   |   |   |  |  |
|---|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Baked Beans</li> <li>• Black Beans</li> <li>• Black Eyed Peas</li> <li>• Butter Beans</li> <li>• Chickpeas</li> <li>• Chili Beans</li> </ul> |  | <ul style="list-style-type: none"> <li>• Fava Beans</li> <li>• Garbanzo Beans</li> <li>• Great Northern Beans</li> <li>• Kidney Beans</li> <li>• Lentils</li> <li>• Lima Beans</li> </ul> |  | <ul style="list-style-type: none"> <li>• Pinto Beans</li> <li>• Salad Beans</li> <li>• Soybeans</li> <li>• Vegetarian Baked Beans</li> </ul> |
|---|---|---|--|--|

### 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** –

- Unflavored, does not require certification.
- Flavored, requires reliable 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,
  - Unflavored (regular or decaffeinated), certification is not required;
  - Flavored, requires reliable certification. Some varieties are dairy.
- Liquid (ready-made) or instant, requires certification.

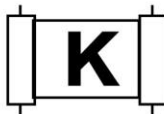
**Tea, herbal** – Requires reliable certification.

**Tomato Juice** – Requires reliable certification.

**Water** –

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

**Marinara Sauce** – Requires 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.
- Morel, Oyster and Porcini mushrooms are not recommended due to infestation concerns.

- 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.

**Tomato Sauces, Dices, Purees** – Require reliable certification.

**Vinegar** – Requires reliable certification.

**Wasabi Powder or 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 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.

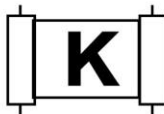
**Ice Cream** – Requires reliable certification.

**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





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certified parve by the OU. Always check the symbol.)

**Sour Cream** – Requires reliable certification.

**Yogurt** – Requires reliable certification.

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

**Pizza** – 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.

### 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.

**Wax 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/ Salmon Roe** - Requires reliable certification.

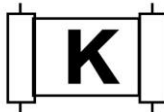
**Cooked Fish** – Requires reliable certification.

**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.)*



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

### Some Varieties of Non-Kosher Fish

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

## FRUIT

All fruit originating from Israel requires reliable certification. Due to the sanctity of Eretz Yisroel there are special obligations that apply to its produce and certification assures us that these requirements were met.

### 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.

Varieties of fruit include:

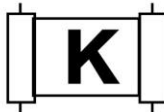
- |   |  |
|---|--|
| • <b>Applesauce</b> , pure                              | • <b>Peaches</b>                                       |
| • <b>Cranberry Sauce</b>                                | • <b>Pears</b>   |
| • <b>Fruit Cocktail</b> (The cherries must be removed.) | • <b>Pineapples</b>     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

**Berries** –

- Due to infestation concerns, raspberries, blackberries and goji berries 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.



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### 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** – Without additives, no certification required.
- 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, raspberries and goji berries are not recommended, due to infestation;
- Blueberries (Wild and Cultivated) should be soaked in soapy water for 5 minutes, agitated in the 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. Organic Strawberries should be avoided.
- **Pureeing**: One may not blend berries in order to avoid checking and/or cleaning. However, one who wishes to make a smoothie or juice with strawberries or blueberries may blend them without checking and/or cleaning. This is not recommended for organic produce, blackberries or red raspberries.

#### **Nuts** –

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

### Frozen

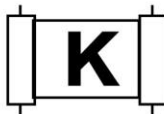
Generally, any fruit which is acceptable when fresh (see above), is acceptable when frozen, as well. This is only true if there are no additives.

**Frozen blueberries and strawberries** (conventional) without certification for infestation may be blended into smoothie (see above).

## 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.
- Brown Rice Soba** – Requires reliable certification.



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**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.

**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** – see **Pantry Items** section.

**Quinoa**, raw – Does not require certification but infestation concerns must be addressed. See [our produce guide](#).

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

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

**Rice Noodles** – Requires reliable certification.

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

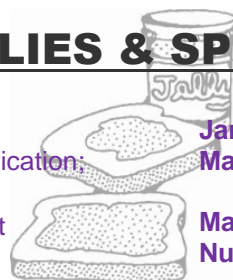
- Chewable, require reliable certification;
- Tablets should preferably be kosher certified. When unavailable, contact your Rabbi. Kosher certified vitamins are available at East Side Kosher Deli and [www.koshervitamins.com](http://www.koshervitamins.com) (Note: not all items at koshervitamins.com have 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** –

- unflavored, liquid, does not require certification;
- Flavored, requires reliable certification;
- Non-filtered is not recommended without certification;



- Honey Powder – Requires reliable certification.

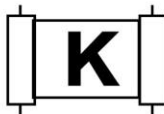
**Jam/Jelly** – Requires reliable certification.

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

**Marmalade** – Requires reliable certification.

**Nut Butters** – Require reliable certification.





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

(Year-round, not Pesach/Passover)

**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.

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

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

**Throat Drops** – Require reliable certification.

**Toothpaste** – Does not require certification.

### PANTRY 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** – are not recommended due to infestation concerns.

**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** –

• Raw (including peeled, without additives), do not require certification;

• Canned, frozen or powdered, require reliable certification.

**Rice** (including sushi and wild rice) - unseasoned; raw or par-boiled (not instant) – no certification required.

**Rice Noodles** – Requires reliable certification.

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

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

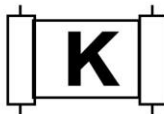
**Water Chestnuts** – Require reliable certification.

### 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.



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

(Year-round, not Pesach/Passover)

**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, Dried Garlic or Minced Garlic without additives do 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.)
- Chipotle requires 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.

**Halvah Bars** – Require reliable certification.

**Marshmallows** – Require reliable certification.

**Nuts** –

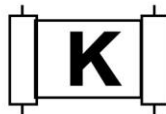
- Oil roasted, require reliable certification;
- raw and dry roasted do not require certification.

**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.



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

(Year-round, not Pesach/Passover)

**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-**

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

**Maple Syrup** – 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

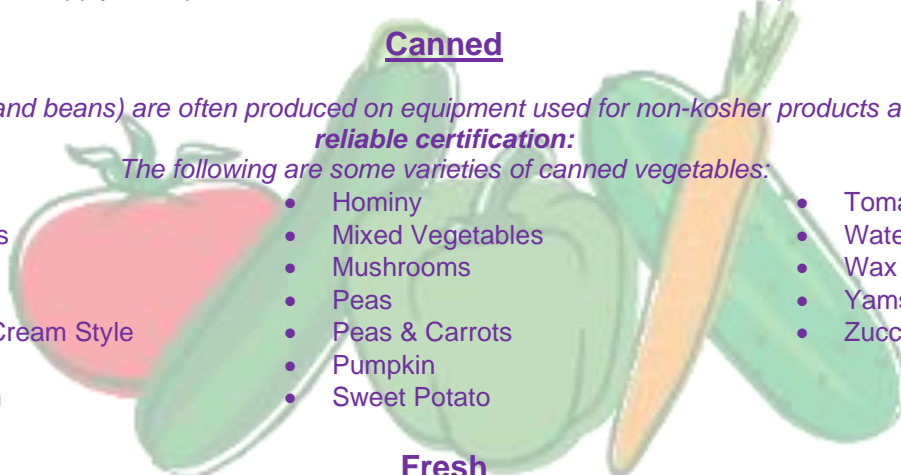
All vegetables originating from Israel requires reliable certification. Due to the sanctity of Eretz Yisroel there are special obligations that apply to its produce and certification assures us that these requirements were met.

#### 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"> <li>• Baby Corn</li> <li>• Bamboo Shoots</li> <li>• Beets</li> <li>• Carrots</li> <li>• Corn, plain or Cream Style</li> <li>• Green Beans</li> <li>• Hearts Of Palm</li> </ul> | <ul style="list-style-type: none"> <li>• Hominy</li> <li>• Mixed Vegetables</li> <li>• Mushrooms</li> <li>• Peas</li> <li>• Peas &amp; Carrots</li> <li>• Pumpkin</li> <li>• Sweet Potato</li> </ul> | <ul style="list-style-type: none"> <li>• Tomato Products</li> <li>• Water Chestnuts</li> <li>• Wax Beans</li> <li>• Yams</li> <li>• Zucchini</li> </ul> |
|---|--|---|



#### 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 can be cooked using a filter bag (also called a Bodek bag, it is a bag of very fine mesh). The herbs are sealed inside the bag and placed in a pot. After cooking, the entire bag (with its contents) is removed and discarded. 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.

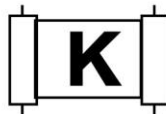
**Basil**

**Broccoli** including Broccoli slaw

**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



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

(Year-round, not Pesach/Passover)

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:

- 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
- Radishes
- Rutabagas
- Squash
- String Beans
- Sweet Potatoes
- Tomatoes
- Turnip
- Wax 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**

**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**

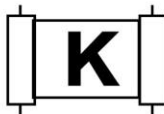
**Caraway**

**Cardamom**

**Cassava Flour**

**Cherries**, see **FRUIT.**





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

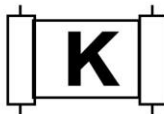
(Year-round, not Pesach/Passover)

**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) **Mango, 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, 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**, 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. Chipotle requires 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  
**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



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

(Year-round, not Pesach/Passover)

**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 (infestation must be addressed)  
**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 (with no added ingredients)  
**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)  
**Wax Paper**  
**Wheat Bran, Berries, Germ and Gluten**  
**Whole Rye**