

**groceries
l'épicerie**





FOOD SECTION

● **Acceptable without** Passover Certification

Acceptable sans certification de Pessah

● **Must bear Passover Certification**
Lemballage doit avoir une certification de Pessah

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Alcohol- <i>Alcool</i>	●	For drinking
Alfalfa- <i>Luzerne</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Amaranth- <i>Amarante</i>	●	Amaranth is not Kitniot but requires certification to be sure no other grains are mixed in. <i>L'amarante n'est pas Kitniyoth, mais requiert une certification afin d'assurer qu'aucun autre grain n'y est mélange.</i>
Anise	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Apple Sauce <i>Compotes de pommes</i>	●	
Aspartame	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification

/ SECTION RELATIVE AUX ALIMENTS



●
Suitable for Ochlei Kitniyot only when bearing Passover Certification
Kitniyote

●
Not Acceptable for Passover
Nest pas acceptable pour Pessah

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Baby Formula* - <i>Préparations pour nourrissons*</i> See list in baby section		When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is Kitniyot. <i>Les biberons dans lesquels on met ces préparations ne doivent pas être remplis et nettoyés avec la vaisselle de Pessa'h, car ils contiennent des Kitniyoth.</i>
Baking Powder <i>Poudre à pâte</i>	●	
Baking Soda <i>Bicarbonate de soude</i>	●	
Beans - <i>Haricots</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Bean Sprouts <i>Germes de soja</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Beverages - <i>Boissons</i>	●	



PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Bicarbonate of Soda <i>Bicarbonate de sodium</i>	●	
Brewer's Yeast <i>Levure de bière</i>	●	
Brown Sugar- <i>cassonade</i>	●	
Buckwheat - <i>Sarrasin</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Butter - <i>Beurre</i>	●	
Candy - <i>Bonbons</i>	●	
Canned Fruit or Vegetables <i>Fruit - légumes en conserve</i>	●	
Canola Oil <i>Huile de Canola</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Caraway Seed <i>Graines de carvi</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Carrots raw <i>Carottes crues</i>	●	Acceptable if additive free <i>Acceptables si elles ne contiennent aucun additif</i>
Carrots canned, frozen or cooked <i>Carottes en conserves, congelées ou cuites</i>	●	
Cheese-Fromage	●	
Cheese Spreads <i>Fromage à tartiner</i>	●	
Chewing Gum	●	
Chickpeas <i>Pois Chiche</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Cloves - <i>Clou de girofle</i>		Some have a custom not to use cloves
Cocoa Powder <i>Poudre de cacao</i>		Acceptable if 100% pure and not processed in Europe. <i>Acceptable si 100% pur et non traitée en Europe</i>



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Coconut Shredded <i>Noix de coco rapée</i>	●	
Coffee Beans <i>Graines de café</i>	●	Beans which are plain, unflavored and not decaffeinated do not require certification but the grinder must be clean. <i>Les graines naturel, non aromatisées et non décaféinées sont permises sans certification, mais le broyeur à café doit être propre.</i>
Coffee Instant <i>Café soluble</i> Taster's Choice Regular Instant Folger's Regular & Decaf Instant	● ● ●	Plain, flavored or decaffeinated coffee requires certification <i>Nécessite une certification, qu'il soit nature, aromatisé ou décaféiné</i> Do not need a certification for Passover. <i>Ne requiert pas de certification pour Pessa'h.</i>
Coffee Whitener <i>Blanchisseur de café</i>	●	



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Confectionary Sugar <i>Sucre glace</i>	●	
Cooking Oil Spray <i>Huile à friture</i>	●	
Cooking Wine <i>vin de Cuisine</i>	●	
Coriander – <i>Coriandre</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Corn & Corn Products <i>Maïs et produits à base de maïs</i>	●	e.g. corn oil, corn syrup <i>par exemple, huile de maïs, sirop de maïs</i> Suitable for Ochlei Kitniyot only when bearing Passover Certification
Cumin	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Dates Dry <i>Dattes sèches</i>	●	
Dates Fresh <i>Dattes fraîches</i>	●	
Dates Chopped <i>Dattes coupées</i>	●	



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Dessert Gels & Puddings <i>Gelée</i> <i>et crèmes desserts</i>	●	
Diet Coke - <i>Coke diète</i>	●	This contains aspartame and is considered Kitniyot. <i>Les boissons diètes sont généralement édulcorées avec de l'aspartame, un produit à base de 'kitniyot'</i>
Dried Fruit – <i>Fruits secs</i>	●	
Edamame	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Eggs Cooked or Liquid <i>Oeufs cuits ou</i> <i>liquides</i>	●	
Eggs Whole & Raw <i>Oeufs entiers ou</i> <i>crus</i>	●	
Fennel Seeds <i>Graines de fenouil</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Fish/Poisson	●	Fresh



PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Fish <i>Poisson</i>	●	Canned, Frozen or Processed <i>en boîte, congelé ou transformé</i>
Flaxseed	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Flour – <i>Farine</i>	●	
Food Coloring <i>Colorant alimentaire</i>	●	
Frozen Vegetables <i>Légumes Congelés</i>	●	
Fruits	●	Canned, Cooked, Dried or Sweetened <i>En boîte, cuits, séchés ou sucrés</i>
Fruits Fresh- <i>Frais</i>	●	
Fruit Preserves <i>Fruits en conserve</i>	●	
Garlic Fresh <i>Ail Frais</i>	●	According to custom <i>Selon les Coutumes</i>
Garlic Peeled <i>Ail épluché</i>	●	In jars or cans <i>En bocal ou en boîte</i>
Green Beans <i>Haricots verts</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification.



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Hemp - <i>Chanvre</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Honey – <i>Miel</i>	●	
Horseradish raw <i>Raifort cru</i>	●	
Horseradish Prepared <i>Préparation de raifort</i>	●	
Ice (bagged) <i>Glace en sac</i>	●	
Ice Cream <i>Crème glacée</i>	●	
Ices – <i>Glaces</i>	●	
Invert Sugar <i>Sucre inverti</i>	●	
Jam – <i>Confitures</i>	●	
Jelly – <i>Gelée</i>	●	
Juice (Fruit) – <i>Jus (fruit)</i>	●	All flavors



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Juice Pure frozen orange concentrate <i>Concentré de jus d'orange pur, surgelé.</i>	●	
Kasha	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Ketchup	●	
Kimmel – <i>Carvi</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certificator
Lemon Juice <i>Jus de citron</i>	●	
Lentil - <i>Lentilles</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Liquor- <i>Liqueurs</i>	●	
Margarine	●	
Mayonnaise	●	
Matza – <i>Matsa</i>	●	



PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Meat - <i>Viande</i>	●	All MK raw, fresh or frozen meat in original packaging is acceptable for Pesach without a Pesach certification. <i>Toute viande MK crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.</i>
Meat – <i>Viande</i>	●	Ground, cooked or repacked <i>Hachée, cuite ou remballée</i>
Millet	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Mushrooms <i>Champignons</i>	●	Canned or dry <i>en boîte ou séchés</i>
Mushrooms raw <i>Champignons crus</i>	●	
Mustard- <i>Moutarde</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Non-Dairy Creamer <i>Succédané de crème non laitier</i>	●	



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Nuts - Noix ● Peanuts are kitniyot. ● Pecans Pieces	●	Nuts are acceptable without certification if whole, free of BHA-BHT and not blanched or roasted. <i>Les noix sont autorisées sans certification à condition qu'elles soient entières, non blanchies, non grillées, et sans BHA-BHT.</i>
Olive Oil Extra Virgin <i>Huile d'olive Extra Vierge</i>	●	
Oil - Huile	●	including all other types of olive oil, coconut and grapeseed <i>Y compris tout autre type d'huile d'olive, de noix de coco, et de pépin de raisin</i>
Pam	●	
Peas - Pois	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Pickles-Cornichons	●	
Popcorn - Maïs soufflé	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Poppy Seeds <i>Graines de pavot</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Potato Chips <i>Croustilles</i>	●	
Poultry - <i>Volaille</i>	●	All MK raw, fresh or frozen Poultry in original packaging is acceptable for Pesach without a Pesach certification <i>Toute volaille MK crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.</i>
Prunes - <i>Pruneaux</i>	●	
Quinoa	●	According to some opinions, quinoa may be Kitniyot – please consult with a Rabbi. <i>Selon certaines opinions, le quinoa pourrait être considéré comme étant Kitniyote – veuillez consulter votre rabbin.</i>
Raisins - <i>Raisins secs</i>	●	



PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Rice - Riz	●	Including Wild Rice. Enriched rice may be chametz <i>Y compris le riz sauvage</i> Suitable for Ochlei Kitniyot only when bearing Passover Certification
Rice Milk <i>Lait de riz</i>	●	May contain chametz <i>Peut contenir du 'hametz</i>
Saffron - Safran	●	According to custom <i>Selon les coutumes</i>
Salads (bagged) <i>Salade (en sac)</i>	●	
Salmon - Saumon	● ●	Fresh - <i>Frais</i> Canned, Frozen or Processed <i>Saumon en boîte, congelé ou transformé</i>
Salt – Sel		Acceptable without iodine or other additives <i>Acceptable sans iode ou autres additifs</i>
Seltzer – Club Soda	●	
Sesame Seeds <i>Graines de sésame</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Sherbet - Sorbet	●	



PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Shortening <i>Matières grasses</i>	●	
Snow Peas <i>Pois mange-tout</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Soda	●	
Sorbitol	●	
Soup Mix <i>Préparation pour potage</i>	●	
Sour Tomatoes <i>Tomates acidulées</i>	●	
Soy Products <i>Produits de soja</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Soy Sauce & Soy Milk <i>Sauce de soja & lait de soja</i>	●	May contain chametz <i>Peuvent contenir du 'hamèts</i>
Splenda	●	
Stevia	●	



PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
String Beans <i>Haricots verts</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Sugar - <i>sucre</i>	●	
Sugar Substitute <i>Édulcorants</i>	●	
Sunflower Seeds <i>Graines de tournesol</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Syrups - <i>sirops</i>	●	
Tea - <i>Thé</i>	●	Pure Black, Green or White Tea leaves or Tea Bags are acceptable. <i>Les feuilles ou les sachets de thé noir, vert ou blanc purs sont acceptables.</i>
Tea	●	flavoured (herbal), decaffeinated <i>Aromatisé ou décaféiné</i>
Tofu	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Tomato based Products - <i>Produits à base de tomate</i>	●	



PRODUCT
PRODUIT

STATUS
STATUS

NOTES
NOTES

Tuna Fish (canned)



Thon en boîte

Vegetable Oil



Huile végétale

Vinegar-Vinaigre



Water - Eau



Unflavored - *Non aromatisé*

Whitener



(for coffee)

Blanchisseur à café

Wild Rice -
Riz sauvage



Suitable for Ochlei Kitniyot only
when bearing Passover Certification

Wine - Vin



Yogurt-Yogourt



Shopping for
Passover?

appsolutely



FREE
Download

