

GROCERIES

L'ÉPICERIE



FOOD SECTION

 **Acceptable without** Passover Certification
Acceptable sans certification de Pessah

 **Must bear Passover Certification**
L'emballage 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 Kitniyot 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 Cider- <i>Cidre</i>		
Apple Juice- <i>Jus de Pomme</i>		
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 Carrots- <i>Carottes miniatures</i>		
Baby Formula*- <i>Préparations pour nourrissons*</i>		See list in baby section <i>voir la liste dans la section de produits pour bébé</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>		
Bicarbonate of Soda <i>Bicarbonate de sodium</i>		
Brewer's Yeast <i>Levure de bière</i>		

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Brown Sugar- <i>cassonade</i>	●	
Buckwheat - <i>Sarrasin</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Butter - <i>Beurre</i>	●	
Cake- <i>Gateaux</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
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 conserve, congelées ou cuites</i>	●	

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Cheese-Fromage	●	
Cheese Spreads Fromage à tartiner	●	
Chicken	●	All (MK) raw, fresh or frozen Poultry in original packaging is acceptable for Pesach without Pesach certification. <i>Toute volaille (MK) crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.</i> ● Processed and/or poultry requires Kosher for Pesach certification. <i>Les produits à base de poulet transformés nécessitent une certification cachère le Pessa'h</i>
Chickpeas - Pois Chiche	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Cloves-Clou de girofle		Some have a custom not to use cloves
Cocoa Powder Poudre de cacao		Acceptable if 100% pure and not processed in Europe. <i>Acceptable si 100% pur et non traitée en Europe</i>
Coconut Shredded (unsweetened) Noix de coco rapée	●	

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PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
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>	●	Plain, flavored or decaffeinated coffee, other than those below, requires certification. <i>Nécessite une certification, qu'il soit nature, aromatisé ou décaféiné</i>
Taster's Choice Regular Instant Folger's Regular & Decaf Instant	● ●	Do not need a certification for Passover. <i>Ne requiert pas de certification pour Pessa'h.</i>
Coffee Whitener <i>Blanchisseur de café</i>	●	
Cola - Cola	●	
Confectionary Sugar <i>Sucre glace</i>	●	
Cookies - Biscuits	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</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>	●	
Dessert Gels & Puddings <i>Gelée et crèmes desserts</i>	●	

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
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 liquides</i>	●	
Eggs Whole & Raw <i>Oeufs entiers ou crus</i>	●	
Fennel Seeds <i>Graines de fenouil</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Fish/Poisson	●	Fresh
Fish <i>Poisson</i>	●	Canned, Frozen or Processed <i>en boîte, congelé ou transformé</i>
Flavoured Seltzer <i>Seltzer aromatisé</i>	●	
Flavoured Water <i>Eau aromatisé</i>	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Flaxseed	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Flour – <i>Farine</i>	●	
Food Coloring <i>Colorant alimentaire</i>	●	
Frozen Dinners <i>Repas surgelés</i>	●	
Frozen Vegetables <i>Légumes surgelés</i>	●	
Fruit Juice <i>Jus de fruit</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>
Grape Juice <i>Jus de raisin</i>	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Green Beans <i>Haricots verts</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification.
Gum - <i>Gomme</i>	●	
Hemp - <i>Chanvre</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Herbal Tea- <i>Tisane</i>	●	
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 inversi</i>	●	
Jam – <i>Confitures</i>	●	

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Jelly – <i>Gelée</i>	●	
Juice (Fruit) – <i>Jus (fruit)</i>	●	All flavors
K-cups		Unflavored and not decaffeinated K-cups bearing OU, do not require special Passover certification. <i>Les K-cups sans saveur et non décaféiné qui porte le logo OU ne nécessite pas de certification cashère le Pessa'h.</i>
Kasha	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Ketchup	●	
Kimmel – <i>Carvi</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Lactaid	●	Lactaid milk should be purchased before Passover. Chewable Pills / Non-chewable Pills: Consult with a Rabbi <i>Le lait Lactaid peut être utilisé s'il a été acheté avant Pessa'h. Pour les comprimés à croquer ou pilules ordinaires, consultez un rabbin</i>
Lemon/Lime Juice <i>Jus de citron/lime</i>	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Lentil - <i>Lentilles</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Liquor- <i>Liqueurs</i>	●	
Maple Syrup - <i>Sirop d'érable</i>	●	
Margarine	●	
Mayonnaise	●	
Matza – <i>Matsa</i>	●	
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>	●	Cooked or repacked <i>Cuite ou remballée</i>
Millet	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification



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PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Milk-Lait	●	Preferably with a Passover certification. If not available, then milk should be purchased before Pesach. <i>Doit être certifié cachère lePessa'h. Si du lait cachère lePessa'h n'est pas disponible, le lait doit être acheté avant Pessa'h.</i>
Mushrooms Champignons	●	Canned or dry <i>en boîte ou séchés</i>
Mushrooms raw Champignons crus	●	
Mustard-Moutarde	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Non-Dairy Creamer Succédané de crème non laitier	●	
Nuts - Noix ● Peanuts are kitniyot.	●	Nuts are acceptable without certification if whole, free of BHA- BHT and not blanched or roasted, except for pecans which are not whole. <i>Les noix sont autorisées sans certification à condition qu'elles soient entières, non blanchies, non grillées, et sans BHA-BHT, sauf pour les pacane qui ne sont entiers.</i>

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Olive Oil Extra Virgin <i>Huile d'olive Extra Vierge</i>	●	
Oil - <i>Huile</i>	●	all oils, except for extra virgin olive oil, require special pesach certification. <i>Y compris tout autre type d'huile d'olive, et toutes autres huiles.</i>
Orange Juice <i>Jus d'orange</i>	●	
Orange Concentrate Juice Pure frozen <i>Concentré de jus d'orange pur, surgelé</i>	●	
Pam	●	
Peas - <i>Pois</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Peanuts	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Pickles-Cornichons	●	
Poppy Seeds <i>Graines de pavot</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification

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PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Potato Chips <i>Croustilles</i>	●	
Preserves-Conserves	●	
Prunes-Pruneaux	●	
Pumpkin Seeds <i>Graines de citrouille</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Quinoa	●	According to some opinions, quinoa may be Kitniyot and according to those who permit it-it must bear a Kosher for Passover certification - please consult with a Rabbi. <i>Selon certains avis, le quinoa pourrait être considéré comme étant Kitniyote – et selon les opinions qui le permette, il doit être certifié cachère le pessa'h - veuillez consulter votre rabbin.</i>
Raisins - Raisins secs	●	
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 'hamèts</i>

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Saffron - <i>Safran</i>	●	According to custom <i>Selon les coutumes</i>
Salads (bagged) <i>Salade (en sac)</i>	●	
Salmon - <i>Saumon</i>	● ●	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 – <i>Club Soda</i>	●	
Sesame Seeds <i>Graines de sésame</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Sherbet - <i>Sorbet</i>	●	
Shortening <i>Matières grasses</i>	●	
Snow Peas <i>Pois mange-tout</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Soda	●	
Soda Stream	●	regular unflavored CO2 with the OU certification- <i>sans saveur avec la certification OU</i>
Sorbitol	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Sorghum-Sorgho	●	
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 'hamets</i>
Spices - Épices	●	
Sweeteners <i>Édulcorants</i>	●	
String Beans <i>Haricots verts</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Sugar - sucre	●	
Sugar Substitute <i>Édulcorants</i>	●	
Sunflower Seeds <i>Graines de tournesol</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
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>	●	
Tuna Fish(canned) <i>Thon en boîte</i>	●	
Turkey	●	Processed turkey requires Kosher for Pesach certification. <i>Les produits à base de dinde transformés nécessite une certification cachère lepeassa'h</i>
Vanilla Extract	●	
Vanilla Sugar	●	
Vegetables (canned)	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Vegetables (frozen)	●	
Vegetable Oil <i>Huile végétale</i>	●	
Vinegar- <i>Vinaigre</i>	●	
Vegetable Wash <i>Nettoyant pour légumes</i>	●	
Vitamins -Vitamines	●	
Water - <i>Eau</i>	●	Unflavored - <i>Non aromatisé</i>
Wild Rice - <i>Riz sauvage</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Wine – <i>Vin</i>	●	
Yogurt- <i>Yogourt</i>	●	

