

Groceries Épiceries



/ SECTION RELATIVE AUX ALIMENTS

Acceptable without Passover Certification
Acceptable sans certification de Pessah

Must bear Passover Certification
L'emballage doit avoir une certification de Pessah

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

FOOD SECTION

 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-page 103 <i>voir la liste dans la section de produits pour bébé-page 103</i>
Baking Powder <i>Poudre à pâte</i>		
Baking Soda <i>Bicarbonate de soude</i>		
Beans - dry <i>Haricots seche</i>		Suitable for Ochlei Kitniyot. (Best to avoid brands that produce chulent mix)
Beans - canned <i>Haricots en conservé</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

PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Beverages <i>-Boissons</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>	●	
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

חגים וזמנים לשתון



PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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 conserves, congelées ou cuites</i>	●	
Cheese- <i>Fromage</i>	●	
Cheese Spreads <i>Fromage à tartiner</i>	●	

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Stanley Yetnikoff CPA Auditor
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LEVI, YETNIKOFF S.E.N.C.

PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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 chicken and/or poultry requires Kosher for Pesach certification. <i>Les produits à base de poulet transformés nécessite une certification cachère le Pessa'h</i>	
Chickpeas -Dry <i>Pois Chiche seche</i>	● Suitable for Ochlei Kitniyot	
Chickpeas -canned <i>Pois Chiche canned</i>	● Suitable for Ochlei Kitniyot only when bearing Passover Certification	
Cloves - <i>Clou de girofle</i>	Some have a custom not to use cloves	



QUINTA.CA

PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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>
Coconut Shredded (unsweetened) <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. The grinder must be clean. <i>Les graines naturel, non aromatisées et non décaféinées sont permises sans certification. 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>

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
Coffee Whitener <i>Blanchisseur de café</i>	●	
Coca-Cola	●	
Confectionary Sugar <i>Sucre glace</i>	●	
Cookies - <i>Biscuits</i>	●	
Cooking Oil Spray <i>Huile à friture</i>	●	
Cooking Wine <i>vin de Cuisine</i>	●	
Coriander – <i>Coriandre</i>	●	Suitable for Ochlei Kitniyot
Corn-Fresh <i>Maïs-Frais</i>	●	Suitable for Ochlei Kitniyot
Corn-canned <i>maïs en boîte</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</i>
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>	●	
Diet Coke - <i>Coke diète</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
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>	●	

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</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>	●	
Flaxseed	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Flour – <i>Farine</i>	●	
Food Coloring <i>Colorant alimentaire</i>	●	



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PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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>Fruits 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 PRODUIT	STATUS STATUT	NOTES NOTES
Green Beans- fresh <i>Haricots verts- frais</i>	●	Suitable for Ochlei Kitniyot
Green Beans- frozen <i>Haricots verts- surgeles</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-	●	
Honey – <i>Miel</i>	●	
Horseradish raw <i>Raifort cru</i>	●	

QUESTIONS WHILE SHOPPING?



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PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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 inversé</i>	●	
Jam – <i>Confitures</i>	●	
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>

PRODUCT <i>PRODUIT</i>	STATUS <i>STATUS</i>	NOTES <i>NOTES</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
Lemon/Lime Juice <i>Jus de citron/ lime</i>	●	RealLemon & RealLime brand don't require special Passover Certification
Lentils <i>dry</i> - <i>Lentilles secs</i>	●	Suitable for Ochlei Kitniyot
Lentils <i>canned</i> - <i>Lentilles en boîte</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Liquor- <i>Liqueurs</i>	●	

PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
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 emballée</i>
Millet	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
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>

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
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>	●	
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>

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PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Olive Oil Extra Virgin <i>Huile d'olive Extra Vierge</i>	●	
Oil - Huile	●	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 - Pois	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Pickles- <i>Cornichons</i>	●	

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
Poppy Seeds <i>Graines de pavot</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Popcorn Seeds raw	●	Suitable for Ochlei Kitniyot when there is no added ingredients
Potato Chips <i>Croustilles</i>	●	
Preserves- <i>Conserve</i>	●	
Prunes- <i>Pruneaux</i>	●	
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

ease consult with a Rabbi.
Selon certains avis, le quinoa pourrait être considéré comme étant Kitniyote – et selon les opinions qui le permettent, il doit être certifié cachère lepeassa'h - veuillez consulter votre rabbin.

STEPHEN VASUDEVAN

Inside Sales Representative

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PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Raisins - <i>Raisins secs</i>	●	
Rice - <i>Riz</i> (including <i>Basmati, brown, jasmine, wild</i>)	● ●	Suitable for Ochlei Kitniyot White Rice & all Enriched rice requires Passover Certification
Rice Milk <i>Lait de riz</i>	●	May contain chametz <i>Peut contenir du 'hamèt</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>



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PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Salt – Sel		Acceptable without iodine or other additives <i>Acceptable sans iode ou autres additifs</i>
Seltzer - Club Soda	●	UNFLAVORED ONLY
Sesame Seeds <i>Graines de sésame</i>	●	Suitable for Ochlei Kitniyot only when bearing Passover Certification
Sherbet -Sorbet	●	
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	●	
Sorghum- <i>Sorgho</i>	●	

PRODUCT PRODUIT	STATUS STATUS	NOTES NOTES
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>
Spices - <i>Épices</i>	●	
Sweeteners <i>Édulcorants</i>	●	
Sugar - <i>sucré</i>	●	
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 - sirops	●	
Tea - Thé	●	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	●	<i>Processed turkey requires Kosher for Pesach certification. Les produits à base de dinde transformés nécessite une certification cachère lepeassa'h</i>
Vanilla Extract	●	
Vanilla Sugar	●	
Vegetables (canned)	●	

PRODUCT PRODUIT	STATUS STATUT	NOTES NOTES
Vegetables (frozen)	●	
Vegetable Oil <i>Huile végétale</i>	●	
Vinegar-Vinaigre	●	
Vegetable Wash <i>Nettoyant pour légumes</i>	●	
Vitamins-Vitamines	●	
Water - <i>Eau</i>	●	Unflavored - <i>Non aromatisé</i>
Wild Rice - <i>Riz sauvage</i>	●	(see rice)
Wine - <i>Vin</i>	●	
Yogurt-Yogourt	●	



got questions?
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CHAG PESACH SAMEACH!

From my family to yours, my best wishes for a very happy and healthy Passover.

RACHEL BENDAYAN

Member of Parliament for Outremont



Contact MP Rachel Bendayan

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✉ Rachel.Bendayan@parl.gc.ca

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