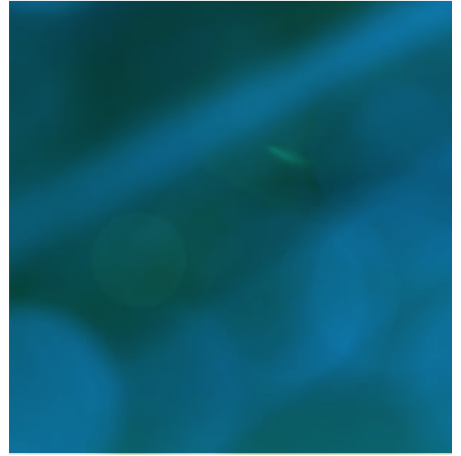




Groceries

Épicerie

Groceries | Épicerie

- Acceptable without Pesach certification | Acceptable sans certification de Pessah
- Must bear Pesach Certification | L'emballage doit avoir une certification de Pessah
- Kitniyot
- Not acceptable for Pesach | N'est pas acceptable pour Pessah

PRODUCT – PRODUIT	STATUS	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. L'amarante n'est pas Kitniyoth, mais requiert une certification afin d'assurer qu'aucun autre grain n'y est mélangé.
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 Pesach Certification
Baby Carrots Carottes miniatures	●	
Baby Formula Préparations pour nourrissons		See list in baby section Voir la liste dans la section de produits pour bébé
Baking Powder Poudre à pâte	●	

PRODUCT – PRODUIT	STATUS	NOTES
Baking Soda Bicarbonate de soude	●	
Beans – dry Haricots sec	●	Suitable for Ochlei Kitniyot. (Best to avoid brands that produce chulent mix)
Beans – canned Haricots en conserve	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Bean Sprouts Germe de soja	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Beverages – Boissons	●	
Bicarbonate of Soda Bicarbonate de sodium	●	One should buy a new box
Brewer's Yeast Levure de bière	●	
Brown Sugar – Cassonade	●	
Buckwheat – Sarrasin	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Butter – Beurre	●	
Cake – Gateaux	●	
Candy – Bonbons	●	
Canned Fruit or Vegetables Fruit – légumes en conserve	●	
Canola Oil – Huile de Canola	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Caraway Seed Graines de carvi	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Carrots raw Carottes crues	●	Acceptable if additive free. Acceptables si elles ne contiennent aucun additif

Groceries

PRODUCT – PRODUIT	STATUS	NOTES
Carrots canned, frozen or cooked – Carottes en conserve, congelées ou cuites	●	
Cheese – Fromage	●	
Cheese Spreads Fromage à tartiner	●	
Chicken	●	All raw, fresh or frozen poultry in original packaging is acceptable for Pesach without Pesach certification. Toute volaille crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.
Chicken	●	Processed chicken and/or poultry requires Kosher for Pesach certification. Les produits à base de poulet transformés nécessitent une certification cachère le Pessa'h.
Chickpeas – Dry Pois chiche sec	●	Suitable for Ochlei Kitniyot
Chickpeas – canned Pois chiche canned	●	Suitable for Ochlei Kitniyot only when bearing Pesach 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. Acceptable si 100% pur et non traitée en Europe
Coconut Shredded (unsweetened) Noix de coco râpée	●	
Coconut Shredded (sweetened) Noix de coco râpée	●	

PRODUCT – PRODUIT	STATUS	NOTES
Coffee Beans Graines de café	●	Beans which are plain, unflavored and not decaffeinated do not require certification. The grinder must be clean. Les graines naturel, non aromatisées et non décaféinées sont permises sans certification. Le broyeur à café doit être propre.
Coffee Instant – Café soluble	●	Plain, flavored or decaffeinated coffee, other than those below, requires certification. Nécessite une certification, qu'il soit nature, aromatisé ou décaféiné
Taster's Choice Regular Instant	●	
Folger's Regular & Decaf	●	
Coffee Whitener Blanchisseur de café	●	
Coca-Cola	●	
Confectionary Sugar Sucre glace	●	
Cookies – Biscuits	●	
Cooking Oil Spray Huile à friture	●	
Cooking Wine – Vin de Cuisine	●	
Coriander – Coriandre	●	Suitable for Ochlei Kitniyot
Corn – Fresh Maïs-Frais	●	Suitable for Ochlei Kitniyot
Corn – canned maïs en boîte	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Cumin	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification

Groceries

PRODUCT – PRODUIT	STATUS	NOTES
Dates Dry – Dattes sèches	●	
Dates Fresh – Dattes fraîches	●	
Dates Chopped Dattes coupées	●	
Dessert Gels & Puddings Gelée et crèmes desserts	●	
Diet Coke – Coke diète	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Dried Fruit – Fruits secs	●	
Edamame	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Eggs Cooked or Liquid Oeufs cuits ou liquides	●	
Eggs Whole & Raw Oeufs entiers ou crus	●	
Fennel Seeds Graines de fenouil	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Fish – Poisson	●	Fresh
Fish – Poisson	●	Canned, Frozen or Processed en boîte, congelé ou transformé
Flavoured Seltzer Seltzer aromatisé	●	
Flavoured Water Eau aromatisé	●	
Flaxseed	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Flour – Farine	●	
Food Coloring Colorant alimentaire	●	

PRODUCT – PRODUIT	STATUS	NOTES
Frozen Dinners Repas surgelés	●	
Frozen Vegetables Légumes surgelés	●	
Fruit Juice – Jus de fruit	●	
Fruits	●	Canned, Cooked, Dried or Sweetened En boîte, cuits, séchés ou sucrés
Fruits Fresh – Fruits Frais	●	
Fruit Preserves Fruits en conserve	●	
Garlic Fresh – Ail Frais	●	According to custom Selon les Coutumes
Garlic Peeled – Ail épluché	●	In jars or cans En bocal ou en boîte
Grape Juice – Jus de raisin	●	
Green Beans – fresh Haricots verts – frais	●	Suitable for Ochlei Kitniyot
Green Beans – frozen Haricots verts – surgelés	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Gum – Gomme	●	Suitable for Ochlei Kitniyot
Hemp – Chanvre	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Herbal Tea – Tisane	●	
Honey – Miel	●	
Horseradish raw – Raifort cru	●	
Horseradish Prepared Préparation de raifort	●	

Groceries

PRODUCT - PRODUIT	STATUS	NOTES
Ice (bagged) - Glace en sac	●	
Ice Cream - Crème glacée	●	
Ices - Glaces	●	
Invert Sugar - Sucre inverti	●	
Jam - Confitures	●	
Jelly - Gelée	●	
Juice (Fruit) - Jus (fruit)	●	All flavors
K-cups	See Note	Unflavored and not decaffeinated K-cups bearing OU do not require special Pesach certification. Les K-cups sans saveur et non décaféiné qui portent le logo OU ne nécessitent pas de certification cachère le Pessa'h.
Kasha	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Ketchup	●	
Kimmel - Carvi	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Lactaid	●	Lactaid milk should be purchased before Pesach . Chewable Pills / Non-chewable Pills: Consult with a Rabbi 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.

PRODUCT – PRODUIT	STATUS	NOTES
Lemon / Lime Juice Jus de citron / lime	●	RealLemon & RealLime brand don't require special Pesach Certification
Lentils dry – Lentilles secs	●	Suitable for Ochlei Kitniyot
Lentils canned Lentilles en boîte	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Liquor – Liqueurs	●	
Maple Syrup – Sirop d'érable	●	
Margarine	●	
Mayonnaise	●	
Matza – Matsa	●	
Meat – Viande	●	All MK raw, fresh or frozen meat in original packaging is acceptable for Pesach without a Pesach certification. Toute viande MK crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.
Meat – Viande	●	Cooked, pickled or repacked Cuite, mariné ou remballée
Millet	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Milk – Lait	●	Preferably with a Pesach certification. If not available, then milk should be purchased before Pesach. Doit être certifié cachère le Pessa'h. Si du lait cachère le Pessa'h n'est pas disponible, le lait doit être acheté avant Pessa'h.
Mushrooms – Champignons	●	Canned or dry en boîte ou séchés
Mushrooms raw Champignons crus	●	

Groceries

PRODUCT – PRODUIT	STATUS	NOTES
Mustard- Moutarde	●	Suitable for Ochlei Kitniyot only when bearing Pesach 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. 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 entières.
Olive Oil Extra Virgin Huile d'olive Extra Vierge	●	
Oil – Huile	●	All oils, except for extra virgin olive oil, require special Pesach certification. Y compris tout autre type d'huile d'olive, et toutes autres huiles.
Orange Juice – Jus d'orange	●	
Orange Concentrate Juice Pure frozen – Concentré de jus d'orange pur, surgelé.	●	
Pam	●	
Peas – Pois	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Pickles – Cornichons	●	
Poppy Seeds Graines de pavot	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Popcorn Seeds raw	●	Suitable for Ochlei Kitniyot when there is no added ingredients

PRODUCT – PRODUIT	STATUS	NOTES
Potato Chips Croustilles	●	
Preserves- Conserves	●	
Prunes- Pruneaux	●	
Pumpkin Seeds Graines de citrouille	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Quinoa	See Note	According to some opinions, quinoa may be Kitniyot and according to those who permit it—it must bear a Kosher for Pesach certification – please consult with a Rabbi. Selon certains avis, le quinoa pourrait être considéré comme étant Kitniyote – et selon les opinions qui le permette, il doit être certifié cachère lepeassa'h – veuillez consulter votre rabbin.
Raisins – Raisins secs	●	
Rice – Riz (including Basmati, brown, jasmine, wild)	●	Suitable for Ochlei Kitniyot. If enriched rice requires Pesach Certification
Rice Milk- Lait de riz	●	May contain chametz Peut contenir du 'hamets
Saffron – Safran	See Note	According to custom Selon les coutumes
Salads (bagged) Salade (en sac)	●	
Salmon – Saumon	● ●	Fresh – Frais Canned, Frozen or Processed Saumon en boîte, congelé ou transformé
Salt – Sel		Acceptable without iodine or other additives Acceptable sans iode ou autres additifs
Seltzer – Club Soda	●	UNFLAVORED ONLY

Groceries

PRODUCT – PRODUIT	STATUS	NOTES
Sesame Seeds Graines de sésame	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Sherbet – Sorbet	●	
Shortening – Matières grasses	●	
Snow Peas – Pois mange-tout	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Soda	●	
Soda Stream	●	Regular unflavored CO2 with the OU certification sans saveur avec la certification OU
Sorbitol	●	
Sorghum – Sorgho	●	
Soup Mix Préparation pour potage	●	
Sour Tomatoes Tomates acidulées	●	
Soy Products Produits de soja	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Soy Sauce & Soy Milk Sauce de soja & lait de soja	●	May contain chametz Peuvent contenir du 'hamèts
Spices – Épices	●	
Sweeteners – Édulcorants	●	
Sugar – Sucre	●	
Sugar Substitute Édulcorants	●	
Sunflower Seeds Graines de tournesol	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification

PRODUCT – PRODUIT	STATUS	NOTES
Syrups – sirops	●	
Tea – Thé	See Note	Pure Black, Green or White Tea leaves or Tea Bags are acceptable. Les feuilles ou les sachets de thé noir, vert ou blanc purs sont acceptables.
Tea	●	Flavoured (herbal), decaffeinated Aromatisé ou décaféiné
Tofu	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Tomato based Products Produits à base de tomate	●	
Tuna Fish (canned) Thon en boîte	●	
Turkey – Dinde	●	Processed turkey requires Kosher for Pesach certification. Les produits à base de dinde transformés nécessite une certification cachère lepeassa'h
Vanilla Extract	●	
Vanilla Sugar	●	
Vegetables (canned)	●	
Vegetables (frozen)	●	
Vegetable Oil Huile végétale	●	
Vinegar – Vinaigre	●	
Vegetable Wash Nettoyant pour légumes	●	
Vitamins – Vitamines	●	

Groceries

PRODUCT – PRODUIT	STATUS	NOTES
Water – Eau	●	Unflavored – Non aromatisé
Wild Rice – Riz sauvage	●	(see rice)
Wine – Vin	●	
Yogurt – Yogourt	●	

Kosher Questions?

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