

SKA Pesah List for 5780-2020

The following guide has been reviewed by Dayan Yossi David, Rosh Va'ad Hakashrut for the Sephardi Kashrut Authority. In the first instance, one should endeavour to buy products which are certified Kosher for Pesah. This guide refers to **generic** products; for enquiries about specific products, email ska@kashrut.uk or phone 02074817840. *The leniencies enumerated below do not supersede the rulings of your own rabbi, nor your established family custom.*

1. **Fruits and Vegetables.** All raw, whole, fresh fruits and vegetables are permitted. Frozen fruits and vegetables must be bought with supervision.¹ Likewise, ready prepared cut up fruits and vegetables are not permitted without supervision. Dried fruit must also come with supervision.
2. **Eggs.** Raw eggs in their shells are permitted. This includes the eggs of all kosher birds.
3. **Meat.** Unopened packs of unprocessed kosher meat with no added ingredients are permitted with regular year-round certification. E.g. drumsticks or wings, but NOT ground beef or salami.
4. **Milk.** The established custom of UK Jewry is to purchase milk that is certified for Pesah. In a place where such milk is unavailable, regular milk with no added ingredients (e.g. vitamins) may be purchased *before Pesah only*. This leniency would only apply to those who consume uncertified milk during the year.
5. **Fish.** Where one does not have access to a fishmonger who is certified for Pesah, one may buy kosher species of fish with the skin still showing, in order to check for scales.²
6. **Water.** All unflavoured bottled still and naturally carbonated water is approved for Pesah.
7. **Tea and coffee.** Plain black tea (not decaf) and plain coffee (not decaf) are permitted, where no alternative is available.³
8. **Nuts, seeds and pulses.** All raw, whole nuts, seeds and pulses are permitted in cases where one cannot obtain them certified. Any added ingredients would mean the product is not covered by this ruling and it would need to be purchased with certification for Pesah. Below is a list which shows which nuts, seeds and pulses are kitniyot. Where there is a difference of opinion, those items are indicated in the middle column. All grain-like kitniyot must be sieved thoroughly before Pesah.

¹ See the appendix for M&S frozen vegetables that have been certified by SKA for Pesah.

² One may wish to wash the fish before use, but care should be taken to do so in a safe way to avoid the spread of bacteria.

³ The SKA has certified the full range of coffees from Coffee Story for Pesah. Visit coffeestory.uk/pesach to order direct.

Kitniyot	Some say Kitniyot	Not Kitniyot
Amaranth	Alfalfa	Almond
Beans	Amaranth	Brazil nut
Buckwheat (aka Kasha)	Anise	Cashew
Caraway	Cañihua	Chestnut
Cardamom	Cottonseed	Chia
Chickpea	Flaxseed (aka Linseed)	Coconut
Corn	Kiwicha	Coffee bean
Cumin	Quinoa	Guar gum
Edamame		Hazelnut
Fennel seed		Locust bean gum
Fenugreek		Maca seeds
Hemp seed		Macadamia
Lentil		Mongongo
Millet		Pecan
Mustard seed		Pine nut
Pea (including peanut)		Pistachio
Poppy seed		Safflower
Pumpkin seed		Saffron
Rapeseed		Walnut
Rice		
Sesame		
Sorghum		
Sunflower seed		
Teff seed		
Watermelon seed		

- 9. Disposables.** Due to the starch content of paperware, it is advisable to use brands that are approved. Foil, plastic and polystyrene do not present a problem on Pesah.
- 10. Medicine.** Ideally, all syrups and tablets with any coating for pleasant taste must be Hamets-free on Pesah. One should not deviate from prescribed medicine without consulting one's healthcare professional and rabbi.
- 11. Cosmetics.** Whilst most cosmetics are inedible, lipstick would need to be free of Hamets. Some are strict about oat-based cosmetics.
- 12. Bathroom products.** Whilst some are strict about the absorption of soaps and creams into the body, the SKA permits all forms of soap, shampoo and conditioner for Pesah. Likewise, deodorant, hand sanitizer, hair gel, hair spray, hair mousse, hair treatment, body lotion, skin cream, sunscreen and talcum powder are all permitted. Toothpaste, floss and mouthwash need to be purchased with certification for Pesah.
- 13. Kitchen products.** Detergents, wipes and washing up liquid do not require certification for Pesah.

Appendix

The following frozen items from M&S Food are SKA Certified Kosher for Pesah.

Product	Code	Size
Broad Beans	689779	500g
Carrot/Pea/Broccoli/Cauliflower	849838	800g
Garden Peas	94979	1000g
Garden Peas	849807	500g
Microwavable Long Grain Rice	849814	800g
Pea & Bean Medley	151306	500g
Petits Pois	62770	1000g
Petits Pois	930239	500g
Rice and Vegetables	849821	800g
Rice and Vegetables	314237	500g
Fine Whole Green Beans	260633	500g
Sweetcorn	208352	500g
Vegetable Medley	741644	500g
Vegetable Medley	729307	100g
British Chantenay Carrots	260671	500g
British Broccoli Florets	260619	500g
Whole Leaf Spinach	260695	500g
Carrot & Swede Mash	729208	500g
Root Vegetables for Roasting	659930	600g
Dice White Onions	732307	500g
Sliced Mushrooms	731171	500g
Sliced Leeks	731393	500g