

NORTH HENDON SHUL



Pesach 5773/2013

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INTRODUCTION

Nineteen years ago, the publication of the Pesach Kashrus News, produced by Rabbi Chaim Feldman of the GGBH came to an end. Rabbi Cooper זצ"ל felt that there was an essential need for a simple guide to Pesach preparation and the NORTH HENDON ADATH REALLY USEFUL PESACH KASHRUS GUIDE, was born. We believe that there is no other Shul, at least in London, which publishes a similar Guide, which, we are told, fills a genuine need in our community. Some of the Guide is still influenced by the input of the late Rav Cooper, but we have taken the opportunity to bring the Guide up to date and thanks go to our Rav, Rabbi D Cohn זצ"ל who has checked and rewritten large sections of the Guide to take account of technological and other changes in our approach to Pesach preparations. We thank the Rav for his valuable input. Any queries should be addressed to the Rav as soon as possible.

The information in this Guide is mainly based on the Pesach Guide 2013 as issued by the Kashrus Division of the London Beth Din (see [www. Kosher.org.uk](http://www.Kosher.org.uk)) and the "Hakohol" publication of the UOHC as well as other sources. It is highly recommended that members obtain a copy of the Union of Orthodox Hebrew Congregations' "Hakohol" Pesach Kashrus Guide which includes the Kashrus & Medicines Guide for Pesach and the whole year which is available from grocery shops and booksellers. It is hoped that this Guide will be of use to members and that everyone will celebrate a Chag Kosher V'someach. Many thanks to Daniel Ehreich for the cover design and to Michael Peters for the production and printing of this Guide. (Suggestions for improvements, amendments and any other matters regarding this Guide, should be submitted to the Editor)

Henry Ehreich - Editor

MEMBERS WITH MEDICAL AND MEDICATION QUERIES REGARDING PESACH ARE ASKED TO BRING THEM TO THE RAV AS SOON AS POSSIBLE. A FULL LIST OF PERMITTED MEDICATIONS, FOR PESACH AND THE WHOLE YEAR, PRODUCED BY RABBI ADLER, CAN BE FOUND IN THE NEW PESACH EDITION OF THE "HAKOHOL" PUBLICATION AVAILABLE FROM JEWISH BOOKSHOPS AND FOODSTORES. RABBI ADLER IS AVAILABLE TO ANSWER ENQUIRIES REGARDING MEDICATIONS ON PESACH.

GENERAL NOTES ABOUT CLEANING FOR PESACH

by Rabbi Chaim Pinchos Sheinberg זצ"ל

In former times wealthy people who had large houses also had many servants who did all the housework, while poor people, who could not afford servants, lived in small houses with one or two rooms. Understandably, the pre-Pesach chores of the rich were performed by the servants, while the poor, with their small houses, a few pieces of furniture, a minimum of utensils and some clothing, took care of the Pesach cleaning themselves. The cleaning was hard; tables made of raw wood had to be scrubbed or even shaved to ensure that no pieces remained in the cracks. Earthen or wooden floors needed to be thoroughly cleaned and scrubbed.

Today, the average modern home is larger than formerly. Furniture, utensils and clothing are much more plentiful. Indeed, the average home today could compare with the more affluent homes of previous generations. However, we do not have the servants that they had, so that, with possibly some limited outside help, all the chores fall on the housewife. At the same time she feels obligated to clean and scrub as they did formerly, even though she has laminated furniture and tiled floors, making this type of cleaning unnecessary. As a result of this, the pressure of pre-Pesach cleaning has, possibly, reached unnecessary and overwhelming levels. The housewife often feels over nervous, unable to enjoy the Simchas Yom Tov of Pesach and unable to perform the Mitzvos and obligations of the Seder night.

Yet Pesach, like every Yom Tov, must be enjoyed by every member of the family - including women. This is an obligation clearly defined in the Torah, as explained by our Rabbis. We can understand a person dreading Tisha B'av but Pesach is to be looked forward to and anticipated with joy. Every member of the family should be well rested, relaxed and alert at the Seder table so that they can fulfil all the Torah and Rabbinic obligations and follow the Hagadah. Clearly, the woman's performance of her pre-Pesach duties must be balanced against her Pesach obligations. Pre-Pesach cleaning is required to avoid the danger of transgressing and Torah or Rabbinic prohibition of having Chometz in the house on Pesach. It is evident that this need not be excessive.

It is not the intention to abolish Minhagim, which have been passed down from generation to generation. Nevertheless, some practices adopted by women in Pesach cleaning today are not an actual continuation of the old Minhagim. For example, if a person does not sell his Chometz, of course it is necessary to check all his utensils and wash off, or render inedible, any Chometz on them. But if the Chometz is to be sold, then washing the pots, pans and dishes that are going to be locked away, is not necessary. One may be tempted to insist on doing the extra work anyway so as to be Machmir (stringent). However, in these stringencies lies the grave danger of causing many laxities and brushing aside many Mitzvos completely, Torah and Rabbinic obligations which women are required to do on Pesach and particularly during the Seder. Many women like to do more "cleaning" than the bare minimum, to such an extent that some even incorporate their general "spring cleaning" into the Pesach chores. These extra exertions should not prevent them from fulfilling their obligations on Pesach and particularly on Seder night.

(Rabbi Cohn mentioned in a previous Shiur for that the concept of "spring cleaning" has nothing to do with Pesach cleaning and that one should do "winter cleaning" if required, to commence after Sukkos and to be finished by, say, Chanukah time!! In this way only what is halachically rendered necessary should be done as Pesach cleaning.)

GENERAL NOTES ON PREPARATIONS FOR PESACH

All property and possessions must be cleaned and checked to ensure that they are all free of Chometz except in the following cases:

- a. if, during the year, Chometz is never brought into a place, that place does not need to be cleaned out or checked for Chometz.

- b. and article which is not used on Pesach does not have to be checked for Chometz provided that it is put away properly and the Chometz in it is sold.
- c. crumbs which have been rendered completely inedible to the extent that they are not "fit to be eaten by a dog", are not considered Chometz.
- d. the general obligation to check for, and destroy, crumbs does not apply if the crumbs are less than the size of an olive AND are dirty or soiled enough to prevent a person from eating them e.g. by having bleach or household cleaner poured onto them.

1. CLEANING CUPBOARDS

If there is a possibility that Chometz went into them, they should be checked for crumbs of Chometz besides large Chometz pieces. If the possibility that Chometz went into the cupboard is remote, a Rav should be consulted as to how much checking is required.

2. CLEANING FLOORS

Since our floors are mainly tiled or wooden, it is sufficient to sweep the floor and wash it with a household floor cleaner. It is not necessary to check the small cracks between the tiles if these cracks are reached by the cleaning solution. carpets should be vacuumed well and any possible Chometz sticking to the carpet should be removed.

3. CLEANING CLOTHES, BLANKETS, POCKETS ETC.

If the above have been washed in detergent or dry cleaned, they need no further checking except for large pieces of Chometz, larger than an olive, such as a pretzel. Otherwise they need to be checked thoroughly by brushing or shaking them out well. Clothes which will not be worn on Pesach do not have to be thoroughly checked, merely checking pockets etc. for large pieces of Chometz is enough.

4. CLEANING SIDDURIM, BENCHERS, SEFORIM & BOOKS

Benchers will invariably contain Chometz crumbs, and they should either be put away and sold with the Chometz utensils or cleaned out and checked well. In any event, they should NOT be put directly on a table which is used for eating or preparing food. It is recommended that Seforim brought to the table during the rest of the year should be put away for Pesach. Separate Pesach Benschers should be kept for use at Pesach. No one can have failed to have received at least a few spare benchers at weddings or bar mitzvahs through the year.

5. CLEANING TOYS

Where possible toys which will be used on Pesach should be washed or wiped with a damp cloth soaked in household cleaner. In any event toys should be examined for Chometz or sold and put away for Pesach. It is recommended that toys and games used all year should not be brought to the table on Pesach.

6. PREPARING THE KITCHEN FOR PESACH

Kashering of Chometz Vessels and Cookers:

Various types of vessels NOT eligible for Kashering

1. Earthenware, china or plastic vessels.
2. Pyrex or other heat-resistant glass.
3. Non-stick frying pans.
4. Any kneading vessels, sieves or baking tins.
5. Vessels that have parts inaccessible for cleaning, such as tightly curled-up rims or lips or those with loose handles that are too hard to clean.
6. Cutlery etc. with bone handles.
7. Cutlery made up of two separate parts is mostly unfit for Kashering, but where the handle is well soldered to the blade, a Rav should be consulted.

Preparation and Method of Kashering

It is best to avoid Kashering wherever possible. There were those who used to Kasher their best silver cutlery for use on Pesach. However it is very difficult to clean cutlery properly for Kashering, especially the prongs of forks, and this should be avoided. It is preferable to purchase cheap sets of stainless steel cutlery. Silver bechers/kiddush cups to be used on Pesach, can and should be Kashered after being cleaned carefully. (it isn't a Mitzvah to ruin them in the process!)

Any article that is to be Kashered should not be used during the previous 24 hours. All articles must be thoroughly cleaned (and all polish removed) and where there are joints they must be well scoured and any particles that may be lodged there must be burnt off. Kashering (except for frying pans) is by immersion of the article in boiling water, which should be bubbling during the process. The items can be Kashered inside a net bag with large holes which allows the hot water to circulate freely. After removing the article from the hot water, it should be rinsed in cold water. With all Kashering involving hot water great care should be taken not to scald oneself with the water or steam. *A public Kashering service is available at the Beis Hakohol of the U O H C 213 Golders Green Road on Sunday 17th March from 3.00pm to 5.00pm and on Thursday 24th April from 2.00pm to 5.00pm as well as at the Hendon Adath Synagogue, 11 Brent Street on Sunday 14th March from 10.00am to midday.*

Frying pans have to be treated over an open flame until the metal is so hot that straw would burn if brought into contact with a vessel not used for Chometz during the previous 24 hours, add cold water so that the glass is completely covered, leave for 24 hours, change the water, repeat for a second soaking of at least 24 hours, change that water and repeat for the third soaking of at least 24 hours. (It is probably not worth doing all this nowadays since a set of plain glasses is extremely cheap.)

Gas Cookers & Hobs: If it is at all possible, one should purchase a cheap cooker or hob for use on Pesach, which can be stored throughout the year, rather than Kashering the all year round cooker. This will save our hardworking ladies much time. Where this is not possible, new parts can be obtained from the suppliers or the manufacturers and this is certainly easiest and best. Alternatively,

all parts that come into contact with the pots should be put into an open fire and heated for some time. Since the material in many modern cookers cannot be subjected to an open flame, any parts that have not been replaced, and in any event the fixed base of the cooker or hob, beneath the burners, should be treated as follows.

First, thoroughly clean with a caustic preparation such as Kleenoff, Chirton, Ovenstick, Force etc. Then any parts of the cooker that might come into direct contact with either pots or food should be covered with heavy duty aluminium foil, which is the easiest or a metal sheet with holes cut for the flames, wire chicken netting. Any cover should be fastened so as to ensure that it does not fall off. On the base of the cooker one should take care to keep tin foil away from the burners so as not to restrict the necessary air flow as this can be dangerous. Asbestos sheets should not be used on safety grounds.

Many modern cookers have a grill above the hotplate. This is affected by chometzdik steam during the year and so, if it cannot be removed, cover it from the underside with foil.

OVENS:

Nowadays, normal ovens do not get hot enough and can, therefore, not be koshered for Pesach. (Using a blow torch will usually ruin the oven and is, therefore, halachically unacceptable out of concern that as a result koshering will not be done thoroughly). There are a number of solutions listed below in descending order of preference.

1. BUILT-IN (SPLIT LEVEL) ELECTRIC OVENS: Low cost replacement ovens can be bought (~£200). The Chometz oven is easily removed and the new oven plugged in its place. Alternatively, one can obtain a (large) toaster oven or a "Baby Belling" oven etc. if it can be safely accommodated in the kitchen. This is by far the best option.

2. PYROLITIC OVENS: These reach ~500°C on the self cleaning setting. Many regard this as sufficient to prepare the oven for normal Pesach use. Note: Pyrolitic ovens tend to be very expensive. Two quality ordinary ovens can normally be bought for the price of one Pyrolitic oven – c.f. option 1. The acquisition of new shelves is necessary as the manufacturers do not recommend these being left inside the oven when the self cleaning setting is being used.

3. CAMPING OVENS: Camping ovens or a "wundertopf" oven can be placed on one of the flames on a cooker or hob and can be used instead of an oven.

4. USE CHOMETZ OVEN FOR COVERED FOOD ONLY: The Chometz oven should be thoroughly cleaned with a quality oven cleaner. Following this, the oven should be heated to a maximum temperature and then left for on for a further ¼ hour. The oven can now be used for Pesach provided that the food is covered with a lid or silver foil. It is preferable to put a large empty aluminium foil container on the Chometz oven shelf to prevent the Pesach utensils resting on it. This option is not helpful for baking and types of roasting where browning is necessary.

5. If none of the above solutions are feasible, please ask the Rav for further guidance.

Electric Cookers or Hobs: Principally the same applies as for gas cookers or hobs. The hobs are easily Kashered by putting on full heat for some time after cleaning them and a new top (surround) can be obtained; failing this the top frame can be covered with a tin sheet etc. as with a gas appliance, with cut outs for the electric burners.

Kitchen Fans and Cooker Hoods: Above gas hobs - have been found to get very hot during cooking and the underside must therefore be covered with aluminium foil and their use will not be possible on Pesach as a result. Those above electric or ceramic hobs should also be covered if the underside gets too hot to touch during prolonged cooking. If it remains cool it is sufficient to clean thoroughly.

Ceramic Hobs and Halogen Lamp Cookers: These should be Kashered as follows. Clean the top thoroughly with chemical cleaner such as Kleenoff, then switch on each burner to the maximum setting for 15 minutes or so. The pot area that gets properly hot may then be used in the normal way. The intervening and surrounding area should be kept covered over Pesach. The simplest way is to get a sheet of strong foil or mica and cut out circles to correspond to the pot areas and cover the whole area with it. The manufacturers have confirmed that the glass top will take the heat of a blowlamp but it might damage the seal round the edges.

Sheets of Silica-bonded Mica, approved by manufacturers as ideal for covering ceramic hobs for Pesach are available from "Shutlers" 7-8 Temple Fortune Parade, Bridge Lane NW11 (020 8458 5649) at a cost of about £25-£30. The instructions provided should be followed carefully.

Dishwashers: The use of the ordinary dishwashers on Pesach is best avoided. Those who take the lenient view and use their dishwasher on Pesach should be particular to clean the dishwasher thoroughly before "Kashering".

Microwave Ovens: Kashering of microwave ovens is problematical and it is desirable therefore that one should not use the non-Pesach microwave on Pesach. Rabbi Cohn has pointed out that it is possible to purchase a microwave oven from Argos for £32 and therefore, if one needs a microwave over Pesach it is best to have a separate unit.

Foodmixers, Foodprocessors, and other Electrical Kitchen Appliances: It is best to obtain separate appliances for use on Pesach as it is difficult to clean these items properly especially when they have been used for actual Chometz. One can purchase separate bowls and blades for Pesach but it is usually easier and cheaper to purchase a separate processor for Pesach. There are adverts in the press from companies offering to clean **food mixers** which make them suitable for use on Pesach. No reliability can be placed on such a service and it is therefore better to buy a new food mixer/processor for Pesach use.

Hot Water Urns: Many have the habit of putting challos or Chometz food on the lid of the urn on Shabbos. The urn then needs to be Kashered, but this is problematic. If one is certain that one has never put Chometz on the urn or that the urn has never been splashed with hot Chometz, the urn does not need to be Kashered. However it is best to buy a separate urn for Pesach.

Hotplates ('Platters'): These should be cleaned thoroughly and all surfaces should be covered with heavy-duty tin foil to avoid contact with surfaces used all year. The hotplate may then be used on Pesach

'Al Netilas Yodayim' Jug or 'Keli': These should be cleaned thoroughly and then used on Pesach. There is no need to purchase a separate jug for hand washing.

Refrigerators: Due to possible problems of food particles stuck to the surfaces, these must be thoroughly cleaned out with bleach or a general purpose cleaner, so as to render any remaining food particles unfit for consumption. The door of the 'fridge should be lined with plastic e.g. a cut up plastic table cover. Strictly speaking the shelves do not have to be covered, because they are never used for really hot food, however most people are particular and most people are particular and they cover the shelves or put perforated mats on them. If you do cover the shelves, care should be taken to ensure the free flow of air to prevent smells occurring.

Freezers: Defrost and clean them out well. Since all foods stored in freezers are stored in bags or containers, no further covering of the shelves is necessary. Non Pesach food which is completely free of Chometz e.g. fish or meat cooked in Chometz pans, may be kept in the freezer (only, but, please not in the 'fridge) over Pesach but it must be well wrapped up and marked as not being suitable for Pesach and, also kept on a separate shelf or drawer to avoid possible mistakes being made.

Work Surfaces: Work surfaces should be thoroughly cleaned and covered for Pesach. Only metal or genuine granite (not composite granite) surfaces can be kashered for Pesach. Even proper cleaning of granite surfaces is often difficult due to joints and grooves etc. Covering surfaces is much easier. If thin work top covers are used (e.g. plastic or silver foil) a wooden or similar board should be used upon which to place hot pots and pans. All tables and worktops should be covered for the whole of Pesach.

Stainless Steel Sinks and Drainers: These should be thoroughly cleaned with steelwool or scourers, rinsed and then dried. One should then pass ones hand over the surface to check for anything still stuck on the surface. Stainless steel sinks and draining boards can be kashered by pouring boiling (bubbling) water over them. The water, which should be applied liberally from a Chometz kettle as it comes to the boil, can be applied in sections, as one does not have to Kasher the whole area in one go. In this case, one should dry the non-Kashered area with a towel before kashering the next section. Practically it is therefore easiest to Kasher from the top down i.e. the taps first then the draining board and finally the sink. If one is Kashering large surfaces, it will be useful to keep an urn 'on the boil' and to fill the kettle from the urn before bringing the kettle to the boil. As with all Kashering, care should be taken not to use the sink and draining board for hot Chometz in the 24 hours before Kashering and that the waste outlet is perfectly clean. Kashered sinks can then be used for washing up on Pesach although most people use insert bowls as a chumrah (stringency)

Ceramic, Porcelain or Enamel Coated Sinks: These should be cleaned meticulously but since they cannot be kashered, the actual washing up on Pesach should be done in plastic bowls in the sink, or under the running tap. Hot liquids should not be poured directly into the sink from the pot.

When using a bowl, it is best if these can be suspended on the worktop, or placed on top a small rack, rather than being placed directly into the sink.

Kitchen Taps and Spouts: As with stainless steel sinks and drainers, taps and spouts should be meticulously cleaned with household cleaner. When kashering the sink, also pour boiling hot water over the taps and spout. Subsequent covering of the taps is only a Chumroh.

Wall Tiles Near the Cooker: As these can be splashed with hot Chometz from the cooker, it is best to clean these areas well and then to cover these areas with tin foil. This will safeguard against Sha'alos arising as a result of hot pots and utensils coming into contact with them.

Tablecloths Hand Towels and Tea towels: Tablecloths (including Terylene), hand and tea towels should be thoroughly washed with a detergent or soap, at the maximum temperature suitable for each item, and may then be used on Pesach. Some people are particular to keep special tea towels and tablecloths for Pesach use only.

False Teeth and Children's Braces: Making sure that they are absolutely clean is by far the most important. Where possible, one should try to avoid using ones false teeth for hot food containing chometz during the 24 hours prior to Erev Pesach morning and then clean them thoroughly. Some pour hot water over them although this is not, strictly speaking, necessary. as ones 'hot' food is almost never even eaten as hot as 'yad soledes bo'. [Rav Cohn has been advised that no harm will be done to the dentures if the water is hot (but not boiling) and just poured over for a moment, however it is definitely not advisable to dip false teeth in hot water in the same way as when Kashering, say, a spoon] Children's braces should be cleaned extremely carefully and not used to eat hot chometz for 24 hours before Pesach.

Ladies Rings should be carefully cleaned with a toothbrush especially if dough has been kneaded whilst wearing one's rings.

Cooking Before Pesach: When cooking before Pesach, one should always imagine that it is actually Pesach, with all the Dinim that this entails.

Pesach Kitchens: The dedicated Pesach Kitchen has become more and more popular. If one has a Pesach Kitchen, the same person should avoid cooking in the Chometz kitchen and the Pesach kitchen at the same time. It is best to cook at separate times and to take care not to carry Chometz crumbs on ones hands or clothes into the Pesach kitchen.

SELLING CHOMETZ

Although many use this facility, it should be noted that the Halochos of Mechiras Chometz are complex and comprehensive. Much time is expended by the Rav to ensure that the Sale of Chometz offered by the North Hendon Adath complies both with Halochah and UK Law, incorporating all the Hiddurim of the Gedolim of this - and previous - generations. Members are therefore urged to use the Shul's facility for the Sale of Chometz and not avail themselves of forms which are printed in some journals or on the internet, as this type of Sale of Chometz could be problematic.

7. TYPES OF FOOD NOT TO BE KEPT OR USED ON PESACH

1. Matzos and Matzo Meal which is not supervised for Pesach
2. Several brands of baking powder (e.g. Borwicks, Pearce-Duff etc.) that contain wheat flour. Check ingredients.
3. Any product containing malt, malt vinegar, fructose, dextrose, dextrine or glucose e.g. chocolate spreads etc. **It should be born in mind that most glucose in Britain and Europe is manufactured from wheat.**
4. Tinned food, but check ingredients bearing in mind Section 3.
5. Powdered soup, even if kosher for ordinary use.
6. Cereals, custard powder, instant puddings, baked beans.
7. Marmite, Bisto, yeast extracts and hydrolised vegetable protein.
8. Chocolates and sweets, not supervised for Pesach.
9. Flavoured Snacks e.g. Flavoured Crisps, Bamba etc. and Salted Nuts
10. Beer, gin, whisky and other alcoholic drinks not supervised for Pesach.
11. Gripe water and Senokot.
12. Lift (lemon tea powder).
13. Instant Postum, malt and barley drinks.
14. Coffee mixtures containing barley.
15. Tinned fish in tomato juice (contains wheat starch)
16. Dried Fruit, unless produced especially for Pesach
17. Artificial or dried flower arrangement which may contain wheat or barley.

It should be remembered that types of foodstuffs mentioned above can be sold for Pesach through the Rav.

8. TYPES OF FOOD ONE MAY POSSESS BUT NOT USE ON PESACH

1. Smoked Salmon not supervised for Pesach
2. Nescafe and tea granules, drinking chocolate and cocoa.
3. Tinned fruit (non supervised)not containing glucose, tinned fish (other than fish in chometz sauce which one may not keep).
4. Beans (other than baked beans), cornflower, custard, maize, popcorn, peas, beans and other pod vegetables, buckwheat and rice. Sick persons who need to eat these over Pesach should consult the Rav.
5. Mazola or any corn (maize) oil.
6. Plain Salted (but not flavoured) Crisps.
7. Food that is free of chometz but which has been cooked in ordinary chometz vessels.

9. NOTES ON SOME FOOD PERMITTED FOR PESACH

1. Ground Coffee must be prepared and packed under supervision for Pesach as some types of coffee may contain actual Chometz.
2. Jam, milk, butter, cheese, chocolates and sweets must all be supervised for Pesach.

3. Fish should not be cut or scraped at the fishmonger except with knives renewed for Pesach.. Fillets should be thoroughly washed. Frozen fish, whole and filleted are permitted provided that the skin is still attached (applicable all year) and no other ingredients are present. As an extra precaution, wash all frozen fish after defrosting.
4. Homemade wine should be prepared and filtered before Pesach, using Pesach vessels and Pesach funnels.
5. Supervised oils are available. Out of the supervised oils, cottonseed oil or walnut oil is to be preferred. (but see paragraph 21).
6. Baking soda can be obtained under supervision. Bicarbonate of Soda, tartaric acid and cream of tartar are free of chometz.
7. Special food must be obtained for pets and fish, which are free of chometz.

10. SWEETENERS

SUITABLE FOR USE ON PESACH: Supervised: XYLITOL (London Beth Din Hechsher) Sugar Alternative, Sachets. (These are available in Kosher shops or by telephone on 020 8809 0411 or from www.xylitolshop.co.uk) There is also a range of non-sugar sweeteners with the “**SUCRAZIT**” brand name under Eda Charedis Hechsher which may be available.

Non-supervised: Hermesetas Liquid, Mini (Original)

(A full list of sweeteners that are - and are not - permitted for the whole year can be found in the Hakohol Pesach 2013 and the London Beth Din Kashrus Guide 2013)

11. BABY MILK

The only brand of supervised baby milk available is Materna, which may be imported from Israel. The following are **SUITABLE FOR USE ON PESACH (but may contain Kitnios) AND THE REST OF THE YEAR: Amptamil:** Anti Reflux, Comfort, Easy Digest, Extra, First, Follow On, Growing Up, Hungry, Pepti 1 & 2, Pre Term Toddler, Growing Up **Cow & Gate:** Anti Reflux, Comfort, First Infant, Follow On, Growing Up, Infant Milk for Hungrier Babies, Nutriprem 1 & 2, Pepti Junior, **Enfamil:** AR, O Lac, **Nanny Care:** Goat Milk, Growing Up, **Nutramigen:** AA, Lipil 1 & 2, **Nutricia:** Infantrini, **SHS:** Caprilon, Galactomin 17 & 19, Locasol **SMA:** Breast Milk Fortifier, Comfort, Extra Hungry, First Infant, Follow On, Gold Prem 1 & 2, High Energy, LF, Staydown, Toddler **SOYA BASED PRODUCTS (to be used on Pesach only where necessary) Cow & Gate** Infasoy **Nutricia** Neocrate Active, Advance, LCP, Spoon **SMA** Wysol.

Separate vessels must be used for the preparation of non-supervised baby milk or other baby food on Pesach. It should also be borne in mind that supervised “Kosher LePesach” baby food **is** available. Where in doubt, please consult the Rav.

12. BABY TOILETRIES / PAIN KILLERS

All **Boots** Baby products, **Johnson’s** Baby products, Sterilising tablets, Zinc & Caster Oil, and Baby Wipes are all suitable for use on Pesach.

The only painkillers available for children in the UK which is approved for Pesach is Junior Disprol Soluble Tablets. Alternatively, paracetamol suppositories are available. Ask your pharmacist for advice. In an emergency, consult the Rav. Acamoli products made in Israel have a Pesach Hechsher.

13. FROZEN FISH

It is always best to purchase fish which has been prepared specially for Pesach, However all frozen kosher species of fish, whole or filleted, are permitted over Pesach provided that some of the skin is still attached and no other ingredients have been added. As an extra precaution for Pesach, all frozen fish should be washed after having been defrosted. It has been reported that frozen Salmon is sometimes dipped in corn starch, which is Kitnyos, to provide a glaze to assist freezing. The Kedassia however rule that frozen fish (except with a Hechsher) should not be used on Pesach.

14. FROZEN FRUIT & VEGETABLES

The UOHC and LBD have ruled once again for 2013, that no unsupervised frozen fruit or vegetables are approved for Pesach. This is because many factories use ascorbic or citric acid for fruit or starch or citric acid for vegetables in processing and may use the same equipment for soya and Chometz products. It should be born in mind that supervised "Kosher for Passover" frozen vegetables are available. (which are also certified as free from bugs)

15. VITAMINS

Many vitamin preparations are derived from wheat sources. These should be avoided over Pesach. There is a full listing on www.kosher.org.uk/passover.htm. The exceptions are those vitamins made from maize where, if advised to take vitamins over Pesach, a doctor and a Rav should be consulted. Vitamins prepared by Highfield Vitamins (Victoria Pharmacy, Golders Green Road, telephone 020 8455 1517) are available for Pesach.

It should be noted that the following products cannot be guaranteed free of Kitniyos but may be used, under medical and Rabbinical advice, when vitamins are required for medical reasons. Cranberry Tablets, Echinacea Tablets, Folic Acid, Multivitamins & Minerals A-Z Tablets, Vitamin B6 Tablets, Vitamin C 1000mg Tablets (NOT chewable), Vitamin C Bioflavanoid Tablets, Zinc Tablets

16. MEDICINES AND MEDICATIONS

The following information has been compiled by Rabbi A Adler BPharm MRPharms, a practicing pharmacist, in conjunction with the U O H C and the London Beth Din.

GENERAL POINTS REGARDING MEDICATION OVER PESACH

1. All solid dose tablets and prescribed capsules are permitted during Pesach, and tablets or capsules should be used, wherever possible, rather than liquid preparations. When taking non essential medicines, regular tablets should be used rather than gelatine capsules.
2. Many liquid, chewable, suckable and soluble preparations, including lozenges contain ingredients which may be derived from wheat e.g. sorbitol or glucose. These should be avoided unless

listed (but see note 5 below). This includes sugar-free antibiotic liquids. Where an antibiotic liquid is prescribed for a child, try to obtain one sweetened with sucrose rather than sorbitol. You can ask your pharmacist for assistance.

3. Flavouring may contain wheat-derived ingredients.
4. Liquid antibiotic preparations made up by the chemist from dry granules are mostly free of wheat-derived ingredients. The main exceptions to this rule are sugar-free preparations such as Erythroped Sugar Free and Amoxil sugar-free granules. These should be avoided.
5. Lozenges usually contain ingredients such as glucose which may be wheat-derived. These should not be used over Pesach.
6. One should bear in mind that the Chazon Ish ruled that all pills, even those containing wheat, are permitted and this ruling can be relied upon in urgent cases. Under no circumstances should patients stop taking essential medicines without medical advice, as this could be dangerous. Preparations containing Kitnios are also permitted for sick people. **A doctor and a Rav should be consulted where there is any query regarding taking medications on Pesach.**
7. Regarding Homoeopathic preparations, due to the large number on the market, it is impossible to provide information about individual products. However liquid homeopathic formulated with ethyl alcohol derived from wheat is problematic. Where it is essential to take the preparation over Pesach, you may need to contact the manufacturer. Solid preparations are often formulated with sugars (e.g. sucrose) or lactose and these should be treated as dairy. The following manufacturers have been certified as being suitable for use on Pesach, though there is no Hachsher. Where necessary, please consult the Rav. **Don Harrison** liquid products or powders (dairy), **Goulds** liquid products and solid products (not lactose based and therefore Parev) are in order for Pesach use, However **Nelsons** solid products must be treated as Dairy. Nelsons liquid or Weleda Solid or Liquid products are NOT suitable for use on Pesach.
8. Senakot granules and Califig are examples of preparations, which contain actual chometz and should not be kept over Pesach or should be sold with other Chometz.
9. Creams, ointments and lotions, (e.g. Calamine Lotion) which are inedible, may be used on Pesach but try to avoid those which advertise Chometz in the ingredients (eg Aveeno cream based on oats). The same applies to KY Jelly.
10. REMEMBER, DO NOT ALTER ANY PRESCRIBED MEDICATION WITHOUT CONSULTING YOUR DOCTOR

The following medications may be used on Pesach. Where a particular medication is not listed, this may be due to information not being provided by the manufacturers or due to the item being Chometz. A comprehensive list of all medications - for Pesach and the rest of the year - can be found in the Hakohol Pesach Guide and, partially, in the London Beth Din Kashrus Guide/Pesach Guide.

<p>ANTIBIOTICS **</p> <p>All antibiotics in tablet or capsule form are permitted. However sugar free liquid preparations should be avoided. If a doctor prescribes an antibiotic for a child, it is preferable to</p>	<p>obtain a product sweetened with sucrose rather than sorbitol. Your pharmacist will advise you.</p> <p>ANTI SMOKING</p> <p>No products available for Pesach</p>	<p>ASTHMA & RESPIRATORY **</p> <p>Bricanyl Tablets/SA Tablets Nuelin SA Tablets Slo Phylin Capsules Uniphylin Tablets Ventolin Syrup</p>
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Volmax Tablets
Zaditan Capsules/Tablets
ALL INHALERS ARE
PERMITTED

CONSTIPATION

Bisacodyl Tablets

Boots Constipation Relief
Boots Senna Laxative
Tablets
Dulcolax Tablets
Eliminese Powder
Fibresure Powder
Fybogel Sachets
Isbagel Sachets
Lepicol Capsules/Powder
Manevac Granules
Molaxole Powder
Movicol Plain Sachets
Normacol Granules
Normax Suspension
Senokot Comfort Tablets,
Senokot Duel Relief
Tablets
Senokot Max Strength
Tablets

COUGHS & COLDS

Actifed Multiaction Tablets
Beechams All In One
Tablets
Beechams Caplets
Benylin 4Flu Tablets
Benylin Day & Night
Tablets
Boots Decongestant
Tablets
Care+ Decongestant Oral
Solution
Do Do Chestese Tablets
Galcodine Linctus
Galenphol Linctus/Strong
Linctus
Galenphol Paediatric
Linctus
Galpseud Tablets
Mucodyne Syrup

Nurafen Cold & Flu Tablets
Otrivine Mucron Tablets
Simple Linctus
Simple Paediatric Linctus
Sinotar Tablets
Sinutabs
Sudafed Tablets
Zincomed Tablets

DIARRHOEA

Arret Capsules
Care+ Kaolin Paediatric
Mixture
Diacalm Tablets
Diacalm Ultra Capsules
Dioralyte Relief Sachets
Imodium Capsules
Junior KAO C Suspension
Normaloe Tablets

HAYFEVER & ALLERGIES **

Benadryl One a Day
Relief
Boots Allergy Relief
Tablets
Chlorpheniramine Tablets
Clarityn Tablets
Fexofenadine Tablets
Haymine Tablets
Hismanal Tablets
Neoclarityn Tablets
Perlactin Tablets
Phenergan Tablets
Piriteze Tablets
Piriton Tablets
Tavegil Tablets
Telfast Tablets
Vallergan Tablets
Zirlek tablets

INDIGESTION & ULCERS **

Altacite Plus Suspension
Andrews Liver Salts
Bisodil Tablets
Boots Tablets

Carbellon Tablets
Gaviscon Liquids
Lanes Charcoal Tablets
Magnesium Trisilicate
Powder
Magnesium Trisilicate
Tablets
Peptac Liquid
Pepto Bismol Suspension

INFANT COLIC

Colic Calm
Colief Infant Drops
Cow & Gate Instant
Carobel
Dentinox Colic Drops
PLEASE SEEK ADVICE
FROM RABBI AADLER
FOR BABIES WITH
REFLUX

LIPS - SORE / CHAPPED

Caramex Lip Balm
Chapstick [except Grape]
Lypsyl Lip Balm
Nivea various products
Vaseline Regular

MIGRAINE

Cafergot
Clotam Rapid Tablets
Maxalt Tablets
Midrid Tablets
Migard Tablets
Naramig Tablets
Paramax Tablets
Sanomigran Tablets
Sumatripan Tablets
Zomig Tablets

NAUSEA, VOMITING, TRAVEL

Motilium Tablets
Serc Tablets
Stemetil Syrup/Tablets

<p>ORAL HYGIENE / ULCERS</p> <p>Ceplac Disclosing Tablets Dentiplus (<u>supervised</u>) Oraldene Mouthwash Oralmedic Reach Dental Floss Unflavoured Ultradex Oral Rinse (<u>supervised</u>)</p> <p>PAIN KILLERS **</p> <p>All painkillers in tablet form are permitted. Soluble and effervescent painkillers should be avoided as they may contain wheat derived ingredients. Examples of those permitted are: Anadin Caplets/Tablets Asperin Soluble/Tablets Boots Tablets (various)</p>	<p>Brufen Granules/Tablets Co-proxamol Tablets Cuprofen Ibuprofen Tablets Cuprofen Max Strength Tablets Cuprofen Plus Tablets Disprin Tablets Hedex Tablets & Hedex Extra Ibuorofen Tablets Nurafen Caplets/Tablets Panadol Tablets Paracetamol Caplets/Tablets Solphadeine Tablets Veganin Tablets Voltarol Tablets</p> <p>PAIN KILLERS - JUNIOR Acamol Syrup (from Israel) Disprol Paracetamol Sol. Paracetamol suppositories</p>	<p>SORE MOUTHS</p> <p>Anbesol Adult Gel Anbesol Liquid Blistex Relief Cream Boots Cold Sore Gel/Lotion Iglu Gel Frador Liquid Pyravex Solution</p> <p>SORE THROATS</p> <p>Gargle with Soluble Asprin Tablets or TCP</p> <p>TEETHING Ambesol Teething Gel Colief Drops</p> <p>** This is only a representative listing. For a full listing view the LBD listing on www.kosher.org</p>
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USE OF MEDICATIONS DURING THE YEAR

Many common liquid medicines contain ingredients which render them not kosher at any time. The following are some examples: ACTIFED SYRUP, BENYLIN PREPARATIONS, CALPOL, PANADOL LIQUID, PARACETAMOL LIQUID

FOR A COMPREHENSIVE GUIDE TO PERMITTED MEDICATIONS FOR PESACH AND THE REST OF THE YEAR, SEE "KASHRUS & MEDICINES" BY RABBI A ADLER BPharm M R Pharm S, INCLUDED IN THE UOHC PESACH MAGAZINE "HAKOHOL" AVAILABLE FROM BOOKSELLERS AND KOSHER FOOD STORES. SOME INFORMATION CAN ALSO BE FOUND IN THE 2013 "REALLY JEWISH FOOD GUIDE" PUBLISHED BY THE LONDON BETH DIN'S KASHRUT DIVISION. DO NOT RELY ON OLD INFORMATION FROM PREVIOUS YEARS

17. PAPERWARE

It has been determined that most paperware contains starch and it is impossible to determine whether this is of wheat origin as some manufacturers do use wheat starch. It is therefore correct to act stringently in this matter and to use plastic or polystyrene disposable ware on Pesach or to use paperware from the following manufacturers who do not use wheat starch in their products: Benders, Castlevue

Enterprises (Aluminium Foil & Baking Parchment), Duni, Staples disposables, Swantex and Teronex (Bakewell) or supervised disposables. The cardboard lids for tin foil containers do present problems. Anyone who wishes to obtain further information on this matter should speak to the Rav.

18. TOILETRIES

The following information has been gleaned from various sources:

1. **Antiseptics:** Cetavlon 1%, Dettol, Milton, T.C.P., Savlon Antiseptic cream, Clearasil cream, Valderma
2. **Bath Additives:** All types of bath additives are permitted. However, Bath Cubes should not be used. (London Beth Din ruling)
3. **Brushing & Cleaning Teeth:** Precipitated Chalk, Supervised Toothpaste e.g. Colgate (Manchester Beth Din Hechsher) or Zohar (Kedassia and London Beth Din Hechsher). The London Beth Din has ruled that "Most toothpastes contain ingredients which can be derived from wheat sources. Therefore it is best to use supervised toothpaste." Please also note that some Kedassia supervised toothpaste is not suitable for use on Pesach. To "floss" teeth use Sensodyne Interdens Dental Floss or Reach Dental Floss
4. **Cold Cream:** Astral Cream and Lotion, Nivea, Lanolin
5. **Contact Lenses:** All products are permitted
6. **Denture Cleaning & Fixing:** Cushion Grip, Dentomycin Gel, Dentu Creme, Dentuhold, Dentural Cleaner, Fixodent Duel Powder, Food Seal, Fresh, Hygiene Neutral & Original, Periochip, Polident Crème, Polygrip Creams & Tablets, Reach Dental Floss (unflavoured), Seabond Fresh Mint & Original, Steradent Tablets, Ultra Corega, Wernets Powders
7. **Deoderants and Antiperspirants:** All products are permitted
8. **Depilatory Products:** Veet Cream, Boots Hair Removal Cream and Lotion, Opilca, Vichy Hair Removing Cream, Mousse and Wax
9. **Disinfectant:** Dettol, Milton, Parazone, Maws Simpla Tablets, TCP etc.
10. **Foot Care:** Coolfoot, Deodorant Foot Care, Germolene Medicated Foot Spray, Boots Refresher Spray.
11. **Hand Cream:** Atrixo Cream and Lotion, Boots Hand Care Cream and Lotion, Neutrogena, Nulon Original
12. **Hair Care:** Cetavlon 20% diluted in three parts water, as well as ordinary proprietary shampoos.
13. **Mouth Wash:** See "Oral Hygiene" under Medications above.
14. **Powders:** Plain Talc B.P., Baby Powders as detailed above.
15. **Soap:** Toilet and Liquid Soaps are in order

19. COSMETICS

This information has been provided by the UOHC and the London Beth Din based on their own enquiries for 2013. The absence of a product does not mean that there is a problem but that information could not be obtained.

GENERAL NOTES: All facial cosmetics, nail varnish, nail varnish removers, antiperspirants, contact lens solutions, hair sprays, shampoos, shower gels, baby wipes and soaps may be used as they are

inedible. It is preferable to avoid products that mention the following ingredients on the primary packaging:

DERIVED FROM BARLEY:	Amino-peptide Complex, Barley Extract, Hordeum Vulgarre, Phytophingosine Extract.
DERIVED FROM OATS:	Avena Sativa, Oat Beta Glucan, Oat Flour, Oat Extract, Sodium Lauroyl Oat Amino Acids
DERIVED FROM WHEAT:	Disodium Wheatgerm Amino Peg-2 Sulfosuccinate, Hydrolysed Wheat Protein, Hydrolysed Wheat Gluten, Hydrolysed Wheat Starch, Triticum Vulgarea, Wheat Amino Acids, Wheat Bran Extract, Wheatgerm Oil, Wheat Protein

The UOHC and the LBD have stated that the following may be used on Pesach. The list includes products from manufacturers who replied to enquiries. The absence of a product does not necessarily mean that the product is not permitted, rather that no information was received.

LIPSTICKS: Since lipsticks come into contact with the lips, they may not contain any Chometz - even inedible. (but check ingredients before buying as not every single product has been checked). The following lipsticks may be used on Pesach: **BWC** (Beauty Without Cruelty) all products, **Clinique** Almost Lipstick, Colour Surge Lipstick, Different Lipstick, Vitamin C Lip Smoothie [Please Note: Superbalm Lipstick and Long Last lipstick contain wheat derived ingredients], **Estee Lauder** Pure Crystal, Pure Sheer Matt, Pure Sheer Roller Gloss, Pure Sheer Rush, Ne-Netiv All Day **Mac** – 30 products are listed by the LBD on their website. **Max Factor** Lipfinity – all shades **Rabla** all lip products ex. Maxi Gloss **Revlon** Sheer Rosette, Plumlite, Mocha, Petal, Pomegranate, Faithful Fawn, Bare Maximum, Eternally Tan

PERFUMES: The problem with perfumes is the potential presence of Chometz based alcohol. The following have confirmed that the alcohol that they use is Chometz free: **Aramis, Bobby Brown, Burberry, Cacherel, Chanel, Charlie** Body Sprays, **Clinique, Origins, Prescriptives, Tommy Hilfiger**

IN ADDITION all Nail Varnish, Nail Varnish Remover, Acetone Hair Sprays, Hair Shampoos, Hair products, Shower gels, Wipes, Contact Lens Care products and Soaps may be used on Pesach.

20. CLEANING MATERIALS

All the following products may be used on Pesach: Bleach, Dishwasher Detergent, Disinfectants, General Purpose Cleaners, Oven Cleaners. For Scale Removal use Jonmatic Acid Descaler, or Scale Away. All silver polishes may be used before Pesach. **Some products in the "Astonish" range are certified for Pesach by the London Beth Din**

WASHING UP: For washing dishes use a Supervised Washing Up Liquid e.g. Fairy Liquid under the supervision of the Manchester Beth Din and manufactured specifically for use in Israel. If not available, the following are Chometz free: **Fairy Liquid** all products **Morning Fresh:** No information for 2013, **Persil** all products.

SOAP FILLED SCRUBBING PADS: Zohar (Supervised by Kedassia)

RUBBER GLOVES: Many brands are dusted internally with starch which is unlikely to be Chometz but may be Kitnios. Vileda gloves and Marigold gloves Shield Latex Powder Free may be used. Shield Powdered Gloves are dusted with corn starch which is Kitnios.

SPRAY STARCH: Charm Starch, Dylon (all types), Kershaws Traditional and Robin Starch.

21. MINERAL WATER

As well as numerous brands, both still and sparkling, which are available with a Hechsher, the following may be used on Pesach: BADOIT Naturally Carbonated, BRECON CARREG Still, BUXTON SPRING Still, EVIAN Still, PERRIER Naturally Carbonated, SPA Marie Henriette Naturally Sparkling, Reine, SAN PELEGRINO Still, VOLVIC Still

The following may NOT be used on Pesach since it is possible that they are carbonated with carbon dioxide derived from beer fermentation. They are, however, approved for use during the year: BECON CARREG Sparkling, BUXTON Carbonated, PERRIER flavoured, SPA Barisart Sparkling, VOLVICA Touch of Fruit.

Kedassia have a range of water produced with their Hechsher.

22. OIL FOR USE ON PESACH

There has been much discussion amongst the Rishonim and Poskim as to what is defined to be Kitnios. Consequently there are Rabbinical authorities who deem certain vegetable oils e.g. sunflower oil, groundnut oil, not to be "Kitnios". The Kedassia Kashrus Authority, however, rules that only palm oil, olive oil, walnut oil and hazelnut oil are not Kitnios. Where this will cause serious problems, please speak to the Rav. All Kedassia supervised products use the aforementioned oils exclusively but this may not be the case with other Kashrus authorities.

23. PET FOOD

It had to happen sooner or later, but this year the London Beth Din has again produced a list of Pet Food which is not Chometz! Please remember that separate dishes should be used for pet food all the year round. Of course, these products are strictly for pets only! Wishing Oscar Berman a very tasty and filling Pesach!

CAT FOOD: **Applaws** all products except Dry Chicken, Dry Chicken & Salmon **Classic** – all varieties, **Encore** – all varieties except Dry **James Wellbeloved**: Duck & Rice, Lamb, Turkey, Yurkey & Vegetable, Turkey & Rice,

DOG FOOD: **Applaws** all products except Dry all varieties, **Butchers** all cans, foil trays and pouches **Encore**: Chicken all variations **James Wellbeloved**: all products except Duck & Rice Kibble, Lamb & Rice Kibble, Ocean White Fish & Rice, Turkey & Rice **Purina** Not approved for Pesach **Seagreens** Pet Granules (KLBD Hechsher)

FISH FOOD: Frozen cubes of bloodworm, cockle, mussle, lancefish are available from aquarium shops.

24. FOODSTUFFS & PROVISIONS FOR PESACH

The number of products available with a "Kosher L'Pesach" label increases from year to year. One is faced with a multitude of Hechsherim and Supervisions, many times from Bottei Din, Kashrus Authorities and Rabbonim unknown to the purchaser. Yet there is the constant urge to purchase goods for Pesach to make the Yom Tov as pleasant as possible. What guidelines does one use to ensure that the goods are up to the highest Kashrus standards? Of course, the Hechsherim from the Bottei Din in the UK are known. When it comes to Israeli or foreign Hechsherim, to ensure reliability, one must make certain that the goods have a Hechsher from a Beth Din or Kashrus Authority known to be reliable and not rely solely on a Kashrus Symbol or the name of a Rav, where the source of the Hechsher may possibly be questionable. The Rav will be pleased to give guidance on this point.

BEWARE! (1) Some Kashrus authorities give their Hechsherim only for Sefardim and in consequence the ingredients may include "Kitnios" Some products are clearly marked in Hebrew and English whilst others either omit to mention this point or will include (in Hebrew) the words: לאֲכֹלֵי כִּיּוּסִיּוֹת (only for those who eat Kitnios) Other products may include these words only as part of the "Best Before" note, printed in dot-style computer print and therefore not very noticeable (as seen in 2006 on a Pesach product). Great care must be taken to ensure that both the Hechsher and the product are suitable for Pesach. It may be helpful to check the list of ingredients itself to ensure that the product is free from Kitnios.

(2) Certain foreign products will bear an excellent Hechsher and it will also say "Kosher LePesach" somewhere else on the packaging. Beware! If you look closer at the excellent Hechsher symbol, it might declare "לֵיִשְׁאֹלֵי כִּיּוּסִיּוֹת (For all year round use only". The assertion "Kosher Le Pesach" is only given by some other Hechsher, usually inferior and possibly one that caters for those who eat Kitniyos. It is very misleading!

25. FLOWER POWDER - NEW FOR 5773/2013! Sachets of powder sold with cut flowers which will enable the flowers to last longer, are made from glucose/dextrose and may be Chometz.

26. PURCHASE OF CHOMETZ AFTER PESACH

It has become more usual in recent years for Jewish owned shops to sell their Chometz over Pesach. Indeed many shops display a Certificate or Letter to this effect in their windows. It can be relied on that all shops owned by religious Jews sell their Chometz even if no Certificate is displayed. One can purchase Chometz immediately after Pesach from supermarkets e.g. Asda, Morrisons, Sainsbury's, Tesco and Waitrose