

## Foods that DO NOT require Kashrut Supervision.

Make note of guidelines in italics

Baking Powder and Baking Soda

Beans – Dried

Cocoa – Plain

Coffee – Unflavored

Corn Meal and Corn Starch

Dried Fruits No additional flavor, oil or glycerin

Flour – Plain

Fruit – Canned

Make sure the fruit is not canned in grape juice or unspecified juice. Acceptable ingredients on label are: Water, Salt, Sugar, Corn Syrup, Corn Sweetener, Citric Acid, Ascorbic Acid, Calcium Chloride, Lactic Acid and Ferrous Glutamate.

Fruit – Frozen

Fruits known to be infested with bugs should not be used.

Fruit Juice – except Grape Juice

Make sure that there are no additives and flavoring.

Maple Syrup – from Canada or Vermont

Milk - Fresh cow's milk from Australia or USA

UHT and Long Life Milk requires hashgacha.

Note: With reference to all milk and dairy products, it is preferable to use Chalav Yisrael - fully supervised milk.

Nuts – Raw or roasted in Shell

Make sure there is no oil or other ingredients listed.

Oats – Unflavored

Polenta – Non Processed and Unseasoned

Pasta – Plain and dried

From Italy, USA and UK.

Popcorn – No Oil or Flavoring

Raisins – Plain without oil - Made in USA

Rice – Uncooked and unflavored

Rice Pasta

Semolina

Spices – Dried

Mixed Spices cannot be used. See complete list of acceptable spices on following page

Sugar

Tea – Unflavored

Wasabi Powder

Vegetables - Canned

Canned in water and brine only

Vegetables known to be infested with bugs should not be used. Canned Vegetables from China, without supervision, should not be used.

Vegetables - Frozen

Vegetables known to be infested with bugs should not be used.

Yeast - Non Wine Yeast from the USA and UK