



Kosher Without A Symbol List

When available it is always **better to purchase an item with reliable kosher supervision**. Some items may require additional checking for insect infestation. The following items are currently and generally assumed kosher (**when there are no other additional additives**) and can be purchased without bearing a kosher symbol. This list is subject to change.

Please be aware that agricultural products grown in the land of Israel are not acceptable for consumption until after terumos and ma'asros (tithes) are separated. There is a common misperception that all exports of Israel are routinely tithed by a national supervision agency; this is inaccurate. To find out how to properly tithe products from the land of Israel, please refer to the website CRCweb.org for the proper procedure and verbal statement that should be made.

Applesauce- unflavored only

Baking Powder

Baking Soda

Barley (good idea to check for infestation)

Beans- dry

Beer - domestic, unflavored

Buckwheat (kasha)

Carob powder

Cocoa- plain

Coconut

Coffee- plain or decaf with no flavors (instant or whole bean)

Cornstarch, Corn Grits, Corn Syrup, Corn Meal and Corn Powder

Couscous unseasoned and uncooked

Dextrose

Edamame

Eggs- Raw, whole, and non-processed eggs are acceptable, however, they should be checked for blood spots.

Farina - raw

Flax Seed

Flour- without enzymes

Food Additives- Citric Acid, EDTA, High Fructose Corn Syrup, Potassium Sorbate, Riboflavin, Sorbitol, Sodium Benzoate, Sodium Bisulfate, Sodium Citrate, Sulfur Dioxide

Food Colors- F.D. & C colors with propylene glycol

Fruits, Canned- without added flavors, colors, and grape juice.

(Note: Fruit cocktail needs reliable kosher supervision as it usually contains non-kosher carmine, a natural color from beetle derivative.)

Fruits, Dried - the following dried fruits are acceptable without any certification when there are no additional oils or flavors listed: apricots, dates, sliced, diced, or whole figs, peaches, nectarines, pears, prunes, domestic raisins



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Fruits, Frozen- without added flavors or coloring. (Some berries require special checking for infestation.)

Ginger

Honey

Juices, Fresh Frozen- 100% orange, apple, grapefruit, pineapple, lemon (Tomato and grape juices need supervision.)

Maple syrup - mass-produced. Private farms need to be checked individually for the use of animal fat in production.

Milk- Regular milk in the US and Canada. Vitamilk, buttermilk, and chocolate milk need supervision.

Molasses

Nuts, Raw- with no oil or additives (some contain gelatin) unflavored, including Blanched Almonds, Brazil Nuts, Hazelnuts, Macadamia nuts, Pecans and Walnuts. **Dry roasted requires certification.**

Oats- unflavored

Oat Bran

Olive Oil- 100% extra virgin

Polenta- non-processed, unseasoned

Poppy Seeds

Popcorn Kernels

Quinoa

Rice- White or Brown, including converted or parboiled, no seasonings added. Arborio, Basmati, Sushi Rice and other varieties are acceptable without added flavorings.

Seltzer- plain, non-flavored

Sesame Seeds

Spices- The following spices, ground, chopped, powdered or whole, are acceptable: Allspice, Anise, Basil, Bay Leaf, Black Pepper, Caraway, Cardamom, Chervil, Chives, Cilantro, Cinnamon, Cloves, Coriander, Cumin, Dill, Fennel, Fenugreek, Ginger, Lemon Grass, Mace, Marjoram, Nutmeg, Oregano, Parsley, Peppercorns (any color), Rosemary, Saffron, Sage, Salt, Savory, Sesame Seed (raw only), Tarragon, Thyme, Turmeric, and White Pepper. Spice blends require certification. (Fresh spices may have a concern with insect infestation.)

Soda - does not need a hechsher on the bottle, but needs to be on kosher beverage list on pages 22-24.

Soy grits

Sugar- brown, cane or confectionery, powdered

Tea- plain, orange pekoe, unflavored (regular and decaf)

Tofu - without additives

Vegetables, Frozen - without added ingredients **excluding Artichoke, Asparagus, and Brussels Sprouts because of infestation.**

(Broccoli and spinach – supervision is preferred or check in water.)



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Vegetables, Pre-washed and/or Precut Packaged-- carrots, celery, coleslaw, onions, potatoes

Water- unflavored

NON-FOOD ITEMS

Aluminum Foil and Foil Pans

Baking or Parchment Paper. Silicon-type only is acceptable. Quilon-based may contain animal fat and requires certification.

Cupcake holders

Dental Floss

Dishwashing detergent - A hechsher is preferred, but when none are available, it is acceptable to use one without a hechsher.

Lipstick, Lip Balm- Some authorities prefer those without **glycerin**.

Oven Cleaner

Plastic Bags and Wraps

Toothpaste, Mouthwash- some kosher authorities prefer those without Glycerin. (Breath spray and Breath sticks require certification.)

Silver polish

Steel Wool- plain only. (With soap, it requires certification)

Kosher with a “K”

Many years ago most kosher items were designated with a “K.” The courts have determined that one cannot copyright a letter of the alphabet and **non-kosher items can list a “K” on the package**. Big K Soda, for example, is not kosher. The “K” stands for Kroger, not for kosher. Because the “K” is no longer dependable as a kosher symbol, most products today are identified as kosher with a symbol. There are still a few Rabbis who use a plain “K” for kosher. If one knows that the Rabbi on a particular product is reliable, then one can use that product.

Below is a list of some products that are acceptable with a “K.”

1. **Kellogg's brand products** including cereals, cereal bars, stuffing and cornflake crumbs.
2. **McIlhenny Tabasco sauce**
3. **Publix cookies (prepared specialty cookies with a K-D found in bakery section)**
4. **Starbucks bottled coffee drinks** including Frapuccino and Caramel
5. **Waffles by De Wafelbakkers**, N. Little Rock, AR
6. **Western bagels**

Not recommended with a “K”:

artichoke hearts, cheese, jello, nuts, yogurt