

## **PASSOVER FOODS:**

Below is a list of foods for people of all backgrounds - both Ashkenazi (Eastern & Central European) and Sephardi (Spanish, Turkish, Greek, Mid Eastern and North African):

All vegetables

All fruits

Nuts [Tree nuts]

Milk / milk products

sugar/ honey

spices

balsamic vinegar

apple cider vinegar

kosher wine

Kosher grape juice

pure juices (no corn syrup)

baking soda

eggs

Matzah Meal

Amaranth

Quinoa

People from Sephardi backgrounds also eat following foods:

corn (includes corn syrup in many products)

rice

millet

legumes (beans) (includes tofu, tempeh, soy products and peanuts)

**CAUTIONS: Foods that are not Kosher for Passover which may not be obvious:**

**White vinegar (made from grain alcohol)**

**baking powder**

**Tamari (usually made from wheat)**

**beer or hard alcohol (usually made from a grain)**

**seitan/ wheat meat**

**flour tortillas**

**oats**

**barley or malted barley**

**spelt**

**rye**

**Please check ingredients if you are buying a product that is a mixture of any kind.**