

GREEN LIST



KOSHER SA
PESACH 5785
LESS STRESSING. MORE BLESSING

UPDATED: 17 MARCH 2025

Products that don't need a special Pesach hechsher

In the interest of assisting the community with their Pesach requirements, the Kosher SA team has done extensive research on many products and are able to provide this list to the community. These products may be used on Pesach with a regular BD logo unless stated otherwise and DO NOT require a special Pesach logo. Some people are meticulous to use only products that have a special Pesach logo as these products have been produced under full-time supervision.

This list is only for Pesach 5785/2025 and will be subject to review annually.

ALL OF THE FOLLOWING ITEMS MUST BE NEW AND UNOPENED

MILK & CREAM

Fresh and Long-Life Milk and Cream with regular BD logo, however, it should preferably be purchased before Pesach.

Lactose-Free Milk requires a Pesach hechsher.

Dairy-Free Milk requires a Pesach hechsher.

Sour Cream requires a Pesach hechsher.

BUTTER

Butter from Clover, MooiRiver & Springbok both salted and unsalted, with a regular BD logo or KLBD kosher logo.

Woolworths Butter bricks both salted and unsalted, with or without a regular BD logo.

Butter from Genuine Foods with a regular BD logo.

OILS

Extra virgin olive oil with or without a BD logo.

Green Farms macadamia nut oil with or without a BD logo.

Avocado oil unflavoured with a regular BD logo

Spray n Cook Olive Oil is NOT suitable for Pesach

SUGAR & HONEY

Brown sugar with a BD logo.

Raw honey is only recommended when it has a regular BD logo or you know the direct source of the farm.

Processed honey may be adulterated with other ingredients (such as corn syrup) therefore it requires a Pesach hechsher (even when it's labelled "pure honey").

EGGS

Eggs with or without the BD logo.

JUICE

Soga Organic Frozen Juice Range (all products), with or without BD logo.

SALT, BICARBONATE OF SODA & CREAM OF TARTAR

Cerebos or Buffalo Table Salt and Cerebos Sea Salt with a regular BD logo (even when containing anti-caking agent).

Himalayan "Pink" Salt with no additives, with or without a BD logo.

100% Sea Salt with or without a BD logo (permitted even when iodated, but it must not state "anti-caking agent" as an ingredient).

Bicarbonate of Soda must state "B.P" on the packaging, as this confirms there are no additives.

Cream of Tartar must state "B.P" on the packaging, as this confirms there are no additives.

QUINOA, CHIA SEEDS & SPICES

Quinoa and Chia Seeds with or without the BD logo. Due to the fact that quinoa and chia seeds may be grown in close proximity to chametz grains, these products need to be carefully checked for other grains before Pesach.

Whole spices such as bay leaves, whole dried chilli, whole allspice berries, cinnamon sticks, whole cloves and peppercorns.

Coriander seeds are not considered Kitniyot, as long as they are checked before Pesach to ensure no other grains (eg. wheat) could be in the packet.

Psyllium husk pure and not ground with or without a hechsher.

WATER & ICE

All unflavoured still water with or without the BD logo.

Sparkling Water requires reliable Pesach approval (see list below) as it may be carbonated using CO2 from a brewing (grain) source which would constitute as chametz.

Aquazania, Aquartz, DRINK Water, Quenched, Nestlé, VODE, Bené, San Pellegrino, Pick n Pay, Woolworths, Titsikamma and Thirsti unflavoured sparkling water are acceptable for Pesach with or without BD logo.

SodaStream and BIBO fizz gas cylinders are acceptable for Pesach without a BD logo.

Ice purchased from a reputable supplier is acceptable to use for Pesach without a BD logo.

COFFEE, TEA & COCOA

Nestle Cocoa Powder with a BD logo.

Unflavoured coffee beans and ground coffee that is dry-roasted, as long as they are not decaffeinated, with or without a BD logo.

Nescafe Classic Coffee with the regular BD logo when produced in Spain.

Jacobs Coffee in jars including Original, Gold & Decaf, without a kosher logo, when produced and packed in Germany.

All unflavoured teas such as Five Roses, Joko, rooibos, green tea, chamomile, and herbal teas, with or without BD logo.

Instant Coffee freeze-dried coffee, coffee pods and capsules require reliable Pesach certification.

Fruit and flavored teas require a reliable Pesach hechsher.

MEAT & FISH

Raw meat whole pieces only (eg. roasts, steak, ribs, chops, goulash, stir fry cut, etc.). The above meat cuts should be rinsed thoroughly before Pesach.

Raw fish this should be rinsed before Pesach.

Frozen raw fish when purchased from a reputable supplier, hake, salmon and tuna are okay with or without a regular BD logo but should be rinsed before Pesach. I&J and Sea Harvest hake and cape whiting (whole, filleted, and medallions) are fine with or without a BD logo.

Woolworths plain frozen fish only filleted hake, Norwegian salmon, tuna portions, with or without a regular BD logo.

Chicken, boerewors, cold meat, mince and other processed meats require a Pesach hechsher.

FRUIT, VEGETABLES & NUTS

All fresh fruit and vegetables are fine to eat during Pesach with or without the BD logo as long as they do not contain kitniyot. They should preferably be thoroughly washed first prior to use. Some also have the custom to peel the skin from all fruits and vegetables.

Pre-cut vegetables and fruit are fine to use, including sharp items when purchased from any reputable supplier such as Pick n Pay, Woolworths and Checkers, and should preferably be rinsed before use. However, it is ideal to purchase from a supplier that has a Pesach hechsher as it is under full-time supervision.

Fruit, PNP and Euroberry frozen fruit with a BD logo. **Safari/SAD** apple rings, prunes, peaches, apricots (not Turkish), and raisins and sultanas are kosher for Pesach with a BD logo.

Raw unprocessed nuts with or without a BD logo, excluding Pistachios.

Dried fruit and processed nuts require a reliable Pesach hechsher.

KITCHEN CONSUMABLES

Foil products with or without the BD logo.

Wax paper with or without the BD logo.

Baking paper available locally, manufactured by Sylko, Glad, Pick n Pay, and Twinsaver is fine to use with or without a BD logo, however, imported baking paper, (with the exception of Glad and Pick n Pay baking paper) requires a reliable Pesach hechsher.

Paper plates and cups and all other similar products, with or without a BD logo.

DENTAL HYGIENE

Toothpaste with or without a BD logo. However, kids' toothpaste should be avoided.

Mouthwash with or without a BD logo. For those who are stringent, the Listerine range is best to use.

Dental floss (unflavoured) with or without a BD logo.

DISHWASHING LIQUID

Dishwashing Liquid with or without a BD logo.

Household cleaners & soaps with or without a BD logo.