



# **SKA Pesah Guide**

## **5783/2023**



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## SKA Certified List

The vegetables listed are in frozen form. All are infestation free. For frozen vegetables sold in ROI, email [info@ska.org.uk](mailto:info@ska.org.uk)

Company/Brand	Product	Kiṭniyot	Logo required	Vegan
Aldi (Four Seasons)	British Garden Peas (900g)	Yes	No	Yes
Aldi	British Petits Pois (700g)	Yes	No	Yes
Aldi (The Deli)	Mediterranean Style Falafel	Yes	No	Yes
Aldi (The Deli)	Moroccan Style Falafel	Yes	No	Yes
Aldi (The Deli)	Sweet Potato Pakora	Yes	No	Yes
GOSH!	Entire range	Yes	No	Yes
Lidl (Freshona)	Supersweet Corn (1kg)	Yes	No	Yes
Lidl (Freshona)	Mixed Vegetables (1kg)	Yes	No	Yes
Lidl (Freshona)	Garden Peas (900g)	Yes	No	Yes
Lidl (Green Grocer's)	Vegetable Medley (1kg)	No	No	Yes
Lidl (Vemondo)	Vegan Beetroot Burgers	Yes	No	Yes
Lidl (Vemondo)	Vegan Moroccan Style Burgers	Yes	No	Yes
Lidl (Vemondo)	Vegan Sausages	Yes	No	Yes
M&S Food	Broad Beans (500g)	Yes	No	Yes
M&S Food	Extra Fine Green Beans (500g)	Yes	No	Yes
M&S Food	Broccoli (750g)	No	No	Yes
M&S Food	Chantenay Carrots (500g)	No	No	Yes
M&S Food	Cauliflower (750g)	No	No	Yes
M&S Food	Supersweet Corn (500g)	Yes	No	Yes
M&S Food	Sliced Leeks (500g)	No	No	Yes
M&S Food	Broad Bean, Edamame & Pea Mix (500g)	Yes	No	Yes
M&S Food	Petits Pois & Sweetcorn Mix (500g, 1kg)	Yes	No	Yes
M&S Food	Vegetable Medley (500g, 1kg)	Yes	No	Yes
M&S Food	Garden Peas (750g, 1.25kg)	Yes	No	Yes
M&S Food	Petits Pois (750g, 1.25kg)	Yes	No	Yes
McCain	Jacket Potatoes	No	SKA or SKA-P	Yes
Mr Freed's	Cocktail Potato Latkes	No	SKA-P	No
Mr Freed's	Chopped Herring	No	SKA-P	No
Mr Freed's	Mediterranean Style Falafels	Yes	SKA-P	No
Mr Freed's	Small Fish Balls	No	SKA-P	No
Mr Freed's	Spicy Sweet Potato & Chickpea Pakora	Yes	SKA-P	Yes
Mr Freed's	Traditional Falafels	Yes	SKA-P	Yes
Mr Freed's	Tuna Bites	No	SKA-P	No
Ocado	Edamame Beans (600g)	Yes	No	Yes
Ocado	Kale (300g)	No	No	Yes
Ocado	Sliced Mixed Pepper (500g)	No	No	Yes
Ocado	Leaf Spinach (900g)	No	No	Yes
Ocado	Steam Bags: Broccoli, Carrot & Sweetcorn	Yes	No	Yes
Ocado	Steam Bags: Peas, Sweetcorn, Broccoli & Spinach	Yes	No	Yes

Company/Brand	Product	Kiṭniyot	Logo required	Vegan
Ocado	Steam Bags: Cauliflower Rice	No	No	Yes
One Stop	Farmhouse Mixed Vegetables (1kg)	Yes	No	Yes
One Stop	Petits Pois (1kg)	Yes	No	Yes
Tesco	Sliced Green Beans (850g)	Yes	No	Yes
Tesco	Fine Whole Green Beans (900g)	Yes	No	Yes
Tesco	Broccoli (900g)	No	No	Yes
Tesco	Butternut Squash Chunks (500g)	No	No	Yes
Tesco	Savoy Cabbage (750g)	No	No	Yes
Tesco	Chantenay Carrots (600g)	No	No	Yes
Tesco	Sliced Carrots (1kg)	No	No	Yes
Tesco	Cauliflower (900g)	No	No	Yes
Tesco	Mini Corn on the Cob (875g)	Yes	No	Yes
Tesco (The Grower's Harvest)	Sweetcorn (907g)	Yes	No	Yes
Tesco	Supersweet Sweetcorn (1kg)	Yes	No	Yes
Tesco (Finest)	Supersweet Sweetcorn (1kg)	Yes	No	Yes
Tesco	Sliced Leeks (700g)	No	No	Yes
Tesco	Crunchy Vegetable Medley (900g)	No	No	Yes
Tesco	Farmhouse Mixed Vegetables (1kg)	Yes	No	Yes
Tesco	Broccoli and Cauliflower Floret Mix (900g)	No	No	Yes
Tesco	Classic Mixed Vegetables (1kg)	Yes	No	Yes
Tesco	Indian Inspired Base Mix (500g)	No	No	Yes
Tesco	Classic Vegetable Base Mix (500g)	No	No	Yes
Tesco	Casserole Vegetables (1kg)	No	No	Yes
Tesco	Diced White Onion (500g)	No	No	Yes
Tesco	Sliced Red Onions (500g)	No	No	Yes
Tesco	Garden Peas (1kg, 1.6kg)	Yes	No	Yes
Tesco	Organic Garden Peas (500g)	Yes	No	Yes
Tesco (The Grower's Harvest)	Garden Peas (900g)	Yes	No	Yes
Tesco	Sweet Potato Chunks (600g)	No	No	Yes
Tesco	Leaf Spinach (900g)	No	No	Yes
Tesco	Steam Bag: Carrot, Broccoli & Corn	Yes	No	Yes
Tesco	Steam Bag: Mixed Greens & Corn	Yes	No	Yes
Tesco	Steam Bag: Cauliflower Rice	No	No	Yes
Tesco	Steam Bag: Long Grain Rice	Yes	No	Yes
Tesco	Steam Bag: Wholegrain Rice	Yes	No	Yes
Waitrose	Steamers: Garden Vegetables	No	No	Yes
Waitrose	Steamers: Fine Cut Vegetables	No	No	Yes
Waitrose	Steamers: Shredded Leaf	No	No	Yes
Waitrose	Steamers: Cauliflower & Broccoli	No	No	Yes

Company/Brand	Product	Kitniyot	Logo required	Vegan
Waitrose (Cook's Ingredients)	Diced Celeriac (500g)	No	No	Yes
Waitrose (Cook's Ingredients)	Mediterranean Vegetables (800g)	No	No	Yes
Waitrose (Cook's Ingredients)	Soffritto Mix (500g)	No	No	Yes
Waitrose (Cook's Ingredients)	Whole Shallots (500g)	No	No	Yes
Waitrose (Duchy Organic)	Supersweet Sweetcorn (500g)	Yes	No	Yes
Waitrose (Duchy Organic)	Mixed Vegetables (750g)	Yes	No	Yes
Waitrose (Duchy Organic)	Garden Peas (500g)	Yes	No	Yes
Waitrose (Duchy Organic)	Petits Pois (500g)	Yes	No	Yes
Waitrose (Duchy Organic)	Leaf Spinach (500g)	No	No	Yes
Waitrose (Essential)	Baby Broad Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Edamame Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Extra Fine Whole Green Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Broccoli (750g)	No	No	Yes
Waitrose (Essential)	Supersweet Sweetcorn (750g)	Yes	No	Yes
Waitrose (Essential)	Chunky Vegetable Mix (750g)	No	No	Yes
Waitrose (Essential)	Pea & Bean Mix (750g)	Yes	No	Yes
Waitrose (Essential)	Mixed Vegetables (750g)	Yes	No	Yes
Waitrose (Essential)	Garden Peas (725g, 1.25kg)	Yes	No	Yes
Waitrose (Essential)	Petits Pois (725g, 1.25kg)	Yes	No	Yes
Waitrose (Essential)	Whole Leaf Spinach (750g)	Yes	No	Yes

## Items that can be used without certification

*It is encouraged that one purchase items certified as Kosher for Passover. Where a **generic product** is listed, there must be **no added ingredients unless indicated**. Where a **brand** is indicated, only this brand and variety is approved. An asterisk means the product is Kitniyot. A reminder that raw Kitniyot require checking for extraneous matter before use.*

<b>Alpro</b> Organic Soya Drink*	Potato starch
<b>Alpro</b> Soya Growing Up Drink*	Pulses (raw)*
Bicarbonate of Soda	Raisins (including with Sunflower Oil)
Butter (plain/salted) <sup>1</sup>	<b>Real Foods</b> Corn Thins: Multigrain*
Cocoa, Beans and Nibs	<b>Real Foods</b> Corn Thins: Original*
Cocoa Powder and Cacao Powder	<b>Real Foods</b> Corn Thins: Sesame*
Coconut, Desiccated	Rice (dried)*
Coffee, beans or instant (not decaf)	Salt (preferably non-iodized) <sup>3</sup>
Eggs	Seeds (raw)
Extra Virgin Coconut Oil	Spices: Garlic, Onion, Ginger, Cinnamon (powder or granules) <sup>3</sup>
Extra Virgin Olive Oil	Icing Sugar (not Fondant or Royal Icing)
Frozen fish (raw)	Sugar, white
Fruit, Fresh (whole)	Sunflower oil
Fruit, Frozen <sup>2</sup>	Tapioca starch
Fruit Juice (with no antioxidants)	Tea (black, white, green; not decaf)
Herbs, Fresh (including chopped)	Tinned Salmon <sup>4</sup>
<b>Hermesetas</b> Mini	Tinned Sardines <sup>4</sup>
Honey	Tinned Tuna <sup>4</sup>
<b>Kirkland</b> Almond Flour	Tomato Purée (without citric acid)
Maca Root Powder	Toothpaste <sup>5</sup>
<b>McCain</b> Minions	Vegetables, Fresh
<b>McCain</b> Smiles	Vegetables, Frozen <sup>2</sup>
<b>McCain</b> Unicorns	Water, bottled (still or naturally sparkling)
Meat, raw (kosher, unprocessed)	Xylitol (pure or with Silicon Dioxide)
Milk <sup>1</sup>	Yoghurt (plain)
Mushrooms (raw; should be purchased before Pesah)	
Nuts (ground/whole; raw/blanched; not roasted)	

<sup>1</sup> This would apply to those who are not particular during the year to purchase supervised dairy

<sup>2</sup> Without citric or ascorbic acid

<sup>3</sup> But not spice salts e.g., onion salt

<sup>4</sup> In oil, water, or brine

<sup>5</sup> Without sorbitol

## Kiṭniyot Chart

### Kiṭniyot

Amaranth  
Beans  
Buckwheat (aka Kasha)  
Caraway  
Cardamom  
Chickpea  
Corn  
Cumin  
Edamame  
Fennel seed  
Fenugreek  
Hemp seed  
Lentil  
Millet  
Mustard seed  
Pea (including peanut)  
Poppy seed  
Pumpkin  
Rapeseed  
Rice  
Sesame  
Sorghum  
Sunflower seed  
Teff seed  
Watermelon seed

### Some say Kiṭniyot

Alfalfa  
Amaranth  
Anise  
Cañihua  
Cottonseed  
Flaxseed  
Kiwicha  
Quinoa

### Not Kiṭniyot

Almond  
Brazil nut  
Cashew  
Chestnut  
Chia  
Coconut  
Coffee bean  
Guar gum  
Hazelnut  
Locust bean gum  
Maca seed  
Macadamia  
Mongongo  
Pecan  
Pine nut  
Pistachio  
Safflower  
Saffron  
Walnut