



# SKA PESAH GUIDE 5784/2024

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## SKA Certified List

*The vegetables listed are in frozen form. All are infestation-free and do not require checking by the consumer.*

<b>Company/Brand</b>	<b>Product</b>	<b>Kitniyot Status</b>	<b>Logo required</b>	<b>Vegan</b>
Aldi	British Petits Pois (700g)	Yes	No	Yes
Aldi (Four Seasons)	Broccoli & Cauliflower Floret Mix (1kg) <sup>1</sup>	No	No	Yes
Aldi (Four Seasons)	Vegetable Medley (1kg) <sup>1</sup>	No	No	Yes
Aldi (Four Seasons)	British Garden Peas <sup>1</sup>	Yes	No	Yes
Aldi (The Deli)	Beetroot Burgers	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!	Beetroot Burgers	Yes	Yes	Yes
GOSH!	Beetroot Falafel	Yes	Yes	Yes
GOSH!	Beetroot Falafel (Frozen)	Yes	Yes	Yes
GOSH!	Bombay Style Cauliflower Burger	Yes	Yes	Yes
GOSH!	Broad Bean & Quinoa Bites	Yes	Yes	Yes
GOSH!	Classic Falafel	Yes	Yes	Yes
GOSH!	Classic Mediterranean Falafel	Yes	Yes	
GOSH!	Goan Cauliflower Bites	Yes	Yes	Yes
GOSH!	Moroccan Spiced Falafel	Yes	Yes	Yes
GOSH!	Sweet Potato Pakora	Yes	Yes	Yes
GOSH!	Spinach & Pinenut Bites	Yes	Yes	Yes

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<sup>1</sup> When bearing a batch code beginning with 'P' or 'C'

Company/Brand	Product	Kitniyot Status	Logo required	Vegan
GOSH!	Sweetcorn & Quinoa Bites	Yes	Yes	Yes
GOSH!	Veggie Sausages	Yes	Yes	Yes
Lidl (Freshona)	Supersweet Corn (1kg) <sup>1</sup>	Yes	No	Yes
Lidl (Freshona)	Mixed Vegetables (1kg) <sup>1</sup>	Yes	No	Yes
Lidl (Freshona)	Garden Peas (900g) <sup>1</sup>	Yes	No	Yes
Lidl (Green Grocer's)	Vegetable Medley (1kg) <sup>1</sup>	Yes	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
McCain	Jacket Potato	No	Yes	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, 1.25g)	Yes	No	Yes
M&S Food	Kale	No	No	Yes
M&S Food	Sliced Mixed Pepper (500g)	No	No	Yes
M&S Food	Leaf Spinach (900g)	No	No	Yes
McCain	Jacket Potatoes	No	SKA-P	Yes
Mr Freed's	Cocktail Potato Latkes	No	SKA or SKA-P	Yes

Company/Brand	Product	Kitniyot Status	Logo required	Vegan
Mr Freed's	Chopped Herring	No	SKA or SKA-P	No
Mr Freed's	Mediterraneann Style Falafels	Yes	SKA-P	No
Mr Freed's	Small Fish Balls	No	SKA-P	No
Mr Freed's	Spicy SweetPotato & 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	No	No	Yes
Ocado	Leaf Spinach	No	No	Yes
Ocado	Steam Bags: Broccoli, Carrot & Sweetcorn	No	No	Yes
Ocado	Steam Bags: Peas, Sweetcorn, Broccoli & Spinach	Yes	No	Yes
Ocado	Steam Bags: Cauliflower Rice	No	No	Yes
One Stop	FarmhouseMixed Vegetables	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 Florets <sup>2</sup>	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 onthe Cob (875g)	Yes	No	Yes
Tesco	Supersweet Sweet Corn	Yes	No	Yes
Tesco	Sliced Leaks (700g)	No	No	Yes

<sup>2</sup> When bearing one of the following batch codes: 0354FK, TFK or P 0239

Company/Brand	Product	Kitniyot Status	Logo required	Vegan
Tesco	Crunchy Vegetable Medley (900g)	No	No	Yes
Tesco	Farmhouse Mixed Vegetables (1kg)	Yes	No	Yes
Tesco	Broccoli and Cauliflower Mix <sup>2</sup>	No	No	Yes
Tesco	Classic Mixed Vegetables	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 Onion (500g)	No	No	Yes
Tesco	Organic Garden Peas (500g)	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
Tesco (Finest)	Supersweet Sweetcorn (1kg)	Yes	No	Yes
Tesco (The Grower's Harvest)	Sweetcorn (907g)	Yes	No	Yes
Tesco (The Grower's Harvest)	Garden Peas (900g)	Yes	No	Yes
Waitrose	Steamers: Garden Vegetables	Yes	No	Yes
Waitrose	Steamers: Fine Cut Vegetable	Yes	No	Yes

<b>Company/Brand</b>	<b>Product</b>	<b>Kitniyot Status</b>	<b>Logo required</b>	<b>Vegan</b>
Waitrose	Steamers: Shredded Leaf	No	No	Yes
Waitrose	Steamers: Cauliflower & Broccoli	No	No	Yes
Waitrose (Cook's Ingredients)	Dried 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)	Supersweet Sweetcorn (750g)	Yes	No	Yes
Waitrose (Essential)	Chunky Vegetable Mix	Yes	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, 1.25g)	Yes	No	Yes
Waitrose (Essential)	Whole Leaf Spinach (750g)	No	No	Yes
Waitrose (Essential)	Edamame Beans (500g)	Yes	No	Yes

<b>Company/Brand</b>	<b>Product</b>	<b>Kitniyot Status</b>	<b>Logo required</b>	<b>Vegan</b>
Waitrose (Essential)	Extra Fine Whole Green Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Broccoli (750g)	Yes	No	Yes
Waitrose (Essential)	Supersweet Sweetcorn 750g	Yes	No	Yes

## SKA Approved List

*This is intended for use for people who either have no access or cannot afford to buy the equivalent items with Passover certification. 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.*

<p><b>Alpro</b> Organic Soya Drink*</p> <p><b>Alpro</b> Soya Growing Up Drink*</p> <p>Bicarbonate of Soda</p> <p>Butter (plain/salted)<sup>3</sup></p> <p>Cocoa (Beans and Nibs)</p> <p>Cocoa Powder and Cacao Powder</p> <p>Desiccated Coconut</p> <p>Coffee (Beans or Instant – not decaf)</p> <p>Eggs</p> <p>Extra Virgin Coconut Oil</p> <p>Extra Virgin Olive Oil</p> <p><b>Freee</b> Cornflakes*</p> <p><b>Freee</b> Buckwheat Flour*</p> <p><b>Freee</b> Rice Flour*</p> <p><b>Freee</b> Self Raising White Flour*</p> <p><b>Freee</b> Brown Rice Tortigliona Pasta*</p> <p><b>Freee</b> Organic Maize &amp; Rice Pasta*</p> <p><b>Freee</b> Organic Buckwheat Penne Pasta*</p> <p><b>Freee</b> Organic Maize &amp; Rice Lasagne*</p> <p><b>Freee</b> Brown Rice Spaghetti*</p> <p><b>Freee</b> Brown Rice Penne Pasta*</p> <p><b>Freee</b> Multigrain Pasta with Buckwheat and Quinoa*</p> <p><b>Freee</b> Maize &amp; Rice Fusilli Pasta*</p> <p><b>Freee</b> Maize &amp; Rice Penne Pasta*</p> <p><b>Freee</b> Red Lentil Pasta*</p> <p>Frozen Fish (raw)</p> <p>Fruit, Fresh (whole)</p> <p>Fruit, Frozen<sup>4</sup></p> <p>Fruit Juice (with no antioxidants)</p> <p>Hermesetas Mini</p> <p>Honey</p> <p><b>Kirkland</b> Almond Flour</p> <p>Maca Root Powder</p>	<p><b>McCain</b> Hash Browns<sup>5</sup></p> <p><b>McCain</b> Minions<sup>5</sup></p> <p><b>McCain</b> Smiles<sup>5</sup></p> <p><b>McCain</b> Unicorns<sup>5</sup></p> <p>Meat, raw (kosher, unprocessed)</p> <p><b>Mighty Pea</b> Milk Unsweetened*</p> <p>Milk<sup>3</sup></p> <p>Nuts (ground/whole; raw/blanched; not roasted)</p> <p>Potato starch</p> <p>Pulses (raw)</p> <p>Raisins (including with Sunflower Oil)</p> <p><b>Real Foods</b> Corn Thins: Multigrain*</p> <p><b>Real Foods</b> Corn Thins: Original*</p> <p><b>Real Foods</b> Corn Thins: Sesame*</p> <p>Rice (dried)*</p> <p>Salt (preferably non-iodized)</p> <p>Seeds (raw)<sup>6</sup></p> <p>Spices: Garlic, Onion, Ginger, Cinnamon (powder or granules)</p> <p>Icing Sugar (not Fondant Icing)</p> <p>Sugar, White</p> <p>Sunflower oil</p> <p>Tapioca Starch</p> <p>Tea (black, white, green – not decaf)</p> <p>Tinned Salmon<sup>7</sup></p> <p>Tinned Tuna<sup>8</sup></p> <p>Tomato Puree<sup>8</sup></p> <p>Toothpaste<sup>9</sup></p> <p>Vegetables, Fresh</p> <p>Vegetables, Frozen<sup>4</sup></p> <p>Water, bottled (still or naturally sparkling)</p> <p>Xylitol (pure or Silicon Dioxide)</p> <p>Yoghurt (plain)</p>
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<sup>3</sup> For those who are not particular during the year to purchase supervised dairy.

<sup>4</sup> Without citric or ascorbic acid

<sup>5</sup> With SKA logo

<sup>6</sup> Consult kitniyot charts if necessary

<sup>7</sup> In oil, water or brine

<sup>8</sup> Without citric acid

<sup>9</sup> Without Sorbitol



## Kitniyot Chart

Kitniyot	Some say Kitniyot	Not Kitniyot
Amaranth	Alfalfa	Almond
Beans	Amaranth	Brazil nut
Buckwheat (aka Kasha)	Anise	Cashew
Caraway	Cañihua	Chestnut
Cardamom	Cotton seed	Chia
Chickpea	Flaxseed	Coconut
Corn	Kiwicha	Coffee bean
Cumin	Quinoa	Guar gum
Edamame		Hazelnut
Fennel seed		Locust bean gum
Fenugreek		Maca seed
Hemp seed		Macadamia
Lentil		Mongongo
Millet		Pecan
Mustard seed		Pine nut
Pea (including peanut)		Pistachio
Poppy seed		Safflower
Pumpkin		Safron
Rapeseed		Walnut
Sorghum		
Sunflower seed		
Teff seed		
Watermelon seed		