



# SKA PASSOVER GUIDE

## 5785/2025

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## SKA Certified List

The vegetables listed are in frozen form and do not require checking by the consumer.

Company/Brand	Product	Kitniyot Status	Logo required	Vegan
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)	Butternut Squash Falafel	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 Falafel	Yes	SKA-P	Yes
Gosh!	Broad Bean & Quinoa Bites	Yes	SKA-P	Yes
Gosh!	Falafacini Basil & Pesto	Yes	SKA-P	Yes
Gosh!	Falafacini V'duja	Yes	SKA-P	Yes
Gosh!	Gaon Cauliflower Bites	Yes	SKA-P	Yes
Gosh!	Sweet Potato Pakora	Yes	SKA-P	Yes
Gosh!	Classic Mediterranean Falafel	Yes	SKA-P	Yes
Gosh!	Moroccan Falafel	Yes	SKA-P	Yes
Gosh!	Spinach & Pinenut Bites	Yes	SKA-P	Yes
Gosh!	Sweetcorn & Quinoa Bites	Yes	SKA-P	Yes
Gosh!	Original Falafel	Yes	SKA-P	Yes
Gosh!	Beetroot Burgers	Yes	SKA-P	Yes
Gosh!	Veggie Sausages	Yes	SKA-P	Yes
Gosh!	Veggie Cocktail Sausages	Yes	SKA-P	Yes
Gosh!	Mexican Style Bean Burger	Yes	SKA-P	Yes
Gosh!	Winter Burger	Yes	No	Yes
Lidl (Freshona)	Supersweet Corn (1kg)	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
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

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

M&S Food	Sliced Leeks(500g)	No	No	Yes
M&S Food	Kale	No	No	Yes
M&S Food	Sliced MixedPepper (500g)	No	No	Yes
M&S Food	Leaf Spinach(900g)	No	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	Supersweet Corn (500g)	Yes	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
McCain	Jacket Potatoes	No	SKA-P	Yes
Mr Freed's	Cocktail Potato Latkes	No	SKA-P	Yes
Mr Freed's	Chopped Herring	No	SKA-P	No
Mr Freed's	Small Fish Balls	No	SKA-P	No
Mr Freed's	Tuna Bites	No	SKA-P	No
Mr Freed's	Mediterraneann Style Falafels	Yes	SKA-P	No
Mr Freed's	Spicy SweetPotato & Chickpea Pakora	Yes	SKA-P	Yes
Mr Freed's	Traditional Falafels	Yes	SKA-P	Yes
Ocado	Kale	No	No	Yes
Ocado	Leaf Spinach	No	No	Yes
Ocado	Steam Bags:Cauliflower Rice	No	No	Yes
Ocado	Edamame Beans (600g)	Yes	No	Yes
Ocado	Steam Bags:Broccoli, Carrot & Sweetcorn	Yes	No	Yes
Ocado	Steam Bags: Peas, Sweetcorn, Broccoli & Spinach	Yes	No	Yes
One Stop	Farmhouse Mixed Vegetables	Yes	No	Yes
One Stop	Petits Pois (1kg)	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

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

Tesco	Cauliflower (900g)	No	No	Yes
Tesco	Sliced Leaks (700g)	No	No	Yes
Tesco	Crunchy Vegetable Medley (900g)	No	No	Yes
Tesco	Broccoli and Cauliflower Mix <sup>2</sup>	No	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	Sweet Potato Chunks (600g)	No	No	Yes
Tesco	Leaf Spinach (900g)	No	No	Yes
Tesco	Steam Bag: Cauliflower Rice	No	No	Yes
Tesco	Sliced Green Beans (850g)	Yes	No	Yes
Tesco	Fine Whole Green Beans (900g)	Yes	No	Yes
Tesco	Mini Corn on the Cob (875g)	Yes	No	Yes
Tesco	Supersweet Sweet Corn	Yes	No	Yes
Tesco	Farmhouse Mixed Vegetables (1kg)	Yes	No	Yes
Tesco	Classic Mixed Vegetables	Yes	No	Yes
Tesco	Organic Garden Peas (500g)	Yes	No	Yes
Tesco	Steam Bag: Carrot, Broccoli & Corn	Yes	No	Yes
Tesco	Steam Bag: Mixed Greens & Corn	Yes	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: Shredded Leaf	No	No	Yes
Waitrose	Steamers: Cauliflower & Broccoli	No	No	Yes
Waitrose	Steamers: Garden Vegetables	Yes	No	Yes

Waitrose	Steamers:Fine Cut Vegetable	Yes	No	Yes
Waitrose (Cook's Ingredients)	Soffritto Mix (500g)	No	No	Yes
Waitrose (Cook's Ingredients)	Dried Celeriac(500g)	No	No	Yes
Waitrose (Cook's Ingredients)	Mediterraneann Vegetables (800g)	No	No	Yes
Waitrose (Cook's Ingredients)	Whole Shallots (500g)	No	No	Yes
Waitrose (Duchy Organic)	Leaf Spinach (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 (Essential)	Whole Leaf Spinach (750g)	No	No	Yes
Waitrose (Essential)	Broccoli (750g)	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)	Edamame Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Extra Fine Whole Green Beans (500g)	Yes	No	Yes
Waitrose (Essential)	Supersweet Sweetcorn 750g	Yes	No	Yes

# SKA Approved List

*It is preferable to purchase products which are certified Kosher for Passover when possible.*

*Kitniyot items are marked with an asterisk.*

*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><b>Alpro</b> Plain Soya Dairy Free Greek Style Yogurt*</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 Tortiglioni 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)<sup>4</sup></p> <p>Fruit, Fresh (whole)</p> <p>Fruit, Frozen<sup>5</sup></p> <p>Fruit Juice (with no antioxidants)<sup>6</sup></p> <p>Hermesetas Mini</p> <p>Honey</p> <p><b>Kirkland</b> Almond Flour</p>	<p><b>Longley Farm</b> Natural Cottage Cheese<sup>3 7</sup></p> <p><b>Longley Farm</b> Fat Free Natural Cottage Cheese<sup>3 7</sup></p> <p><b>Longley Farm</b> Full Fat Cream Cheese<sup>3 7</sup></p> <p>Maca Root Powder</p> <p><b>McCain</b> Hash Browns<sup>8</sup></p> <p><b>McCain</b> Smiles<sup>8</sup></p> <p>Meat, raw (kosher, unprocessed)</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><b>Rude Health</b> Organic Corn Crackers*</p> <p>Rice (dried)*</p> <p>Salt (preferably non-iodized)</p> <p>Seeds (raw)<sup>9</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>10</sup></p> <p>Tinned Tuna<sup>10</sup></p> <p>Tomato Puree<sup>11</sup></p> <p>Toothpaste<sup>12</sup></p> <p>Vegetables, Fresh</p> <p>Vegetables, Frozen<sup>5</sup></p> <p>Water, bottled (still or naturally sparkling)</p> <p>Yoghurt (plain)<sup>3</sup></p>
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<sup>3</sup> For those who are not particular during the year to purchase supervised dairy.

<sup>4</sup> Some skin (bearing easily detachable scales) must be attached and visible.

<sup>5</sup> Without citric or ascorbic acid

<sup>6</sup> Not grape juice

<sup>7</sup> For those who hold that Gevinat Yisrael is not required for soft cheeses.

<sup>8</sup> With SKA logo

<sup>9</sup> Consult kitniyot charts if necessary

<sup>10</sup> In oil, water or brine

<sup>11</sup> Without citric acid

<sup>12</sup> Without Sorbitol

# Kitniyot Chart

<b>Kitniyot</b>	<b>Some say Kitniyot</b>	<b>Not Kitniyot</b>
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		

# **SKA KOSHER FOR PASSOVER LICENSEES**

## **FLAX'S FOODS**

43 High Rd, Bushey WD23 1EE

Phone: 020 8950 4749

## **KOSHER DELI**

Golders Green, Temple Fortune, Hendon,  
Edgware, Borehamwood, Manchester

## **MENACHEM'S GLATT KOSHER BUTCHERS**

15 Russell Parade, Golders Green Rd, London  
NW11 9NN

## **SAM STOLLER & SON**

28 Temple Fortune Parade, London NW11 0QS

020 8458 1429