

A guide to help you plan your Passover menus and shopping trips

PRODUCE

- Apples
- Bananas
- Grapes
- Melons
- Lemons/Limes
- Oranges
- Peppers
- Broccoli
- Cauliflower
- Cucumbers
- Celery
- Eggplant
- Onions (Red/White)
- Potatoes
- Sweet Potatoes
- Red skin Potatoes
- Tomatoes
- Squash
- Parsnip
- Beets
- Spinach
- Asparagus
- Scallions
- Leeks
- Strawberries
- Blueberries
- Mangoes
- Dill
- Parsley
- Avocados
- Zucchini
- Garlic
- Lettuce
- Romaine Lettuce
(Washed & Checked)
- Cut Fruits
- Cut Vegetables
- Soup Greens
(Washed & Checked)
- Saladmate Dressing

MEAT

- Chicken Whole
- Chicken Cut Up
- Chicken Legs
- Chicken Cutlets
- Chicken Wings
- Pargiot
- Turkey
- Brisket
- Roasts
- Steaks
- London Broil
- Flanken
- Cholent Meat
- Lamb
- Veal
- Ground Meats & Poultry
- Bones

PANTRY

- Canned Tuna
- Jarred Gefilte Fish
- Sardines
- Canned Vegetables
- Canned Fruits
- Hearts of Palm
- Pickles
- Olives
- Milk Substitutes
- Tomato Paste
- Tomato Sauce

- Marinara Sauce
- Lemon Juice
- Dressings
- Vinegar
- Jello
- Pudding
- Cereal/Granola
- Maple Syrup
- Chocolate Syrup
- Jelly
- Coffee
- Coffee Sweeteners
- Tea
- Baby Food
- Couscous
- Quinoa
- Craisins
- Soup Croutons
- Soup Consomme
- Matzah Meal
- Matzah Farfel
- Matzah Ball Mix
- Panko Crumbs
- Crackers
- Ground Nuts
- Nuts
- Cooking Spray

HERBS & SPICES

- Salt
- Pepper (Black/White)
- Garlic Powder
- Onion Powder
- Cinnamon
- Paprika
- Oregano
- Basil
- Bay Leaves
- Chili Powder
- Pickling Spice
- Seasoning Blends

BAKING

- Baking Soda
- Baking Powder
- Sugar
- Brown Sugar
- Vanilla Sugar
- Confectioners Sugar
- Potato Starch
- Tapioca Starch
- Almond Flour
- Quinoa Flour
- Vanilla Extract
- Cake Meal
- Cake Mixes
- Honey
- Baking Chocolate
- Chocolate Chips

CONDIMENTS/ OILS/VINEGARS

- Ketchup
- Mustard
- Mayonnaise
- BBQ Sauce
- Olive Oil
- Safflower Oil
- Cooking Oil
- Cottonseed Oil
- Avocado Oil

- Grapeseed Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- White Wine Vinegar

SNACKS

- Chips
- Bissli
- Cakes
- Cookies
- Ladyfingers
- Candy
- Chocolate Bars
- Macaroons
- Marshmallows
- Potato Stix
- Snack Bags
- Pretzels

MATZAH

- Machine
- Shmura
- Hand Shmura
- Gluten Free
- Egg

DAIRY

- Milk
- Orange Juice
- Yogurts
- Leben
- Soup
- Cheesecake
- Puddings
- Eggs
- Egg Whites
- Sliced Cheese
- Shredded Cheese
- Feta Cheese
- Cream Cheese
- Butter/Margarine
- Cottage Cheese
- Sour Cream
- Horseradish

FROZEN

- Ice Cream
- Dixie Cups
- Ices & Sorbet
- Whip Topping
- Coffee Whitener
- Minced Vegetables
- Frozen Vegetables
- Frozen Fruit
- Blintzes
- TAP Products
- French Fries
- Dare To Be Different
- Breaded Chicken Nuggets
- Gefilte Fish
- Matzoh Balls
- Chopped Liver
- Kishka
- Pizza
- Wings

- Pizza Dough
- Buns

FISH

- Salmon
- Tuna
- Flounder
- Baby Flounder
- Tilapia
- Halibut
- Sea Bass
- Rainbow Trout
- Lemon Sole
- Whole Bronzino

DRINKS

- Grape Juice
- Apple Juice
- Prune Juice
- Fruit Juices
- Juice Boxes
- Tomato Juice
- Soda
- Ginger Ale
- Seltzer
- Water

HOUSEHOLD

- Aluminum Foil
- Parchment Paper
- Plastic Wrap
- Foil Pans
- Broiler Pans
- Ziploc Bags
- Storage Containers
- Plastic Tablecloths
- Plastic Cutlery
- Plastic Plates
- Plastic Bowls
- Plastic Cups
- Hot Cups
- Napkins
- Garbage Bags
- Steel Wool
- Glass Cleaner
- Oven Cleaner
- Floor Cleaner
- Sponges
- Dish Soap
- Rubber Gloves
- Tissues
- Paper Towels
- Toilet Paper

PASSOVER MUST HAVES

- Bedikat Chometz Set
- Charoses
- Horseradish
- Shank Bone
- Haggadah
- Shabbos & Yom Tov Candles
- Yahrzeit Candles
- Havdalah Candle