



# PESACH SHOPPING Checklist

by: Kayla Kaye @thekitch\_ny

## DRY GROCERY Essentials

Pine nuts	Vinegars such as apple cider, red wine &/or balsamic
Cashews	
Slivered almonds	Cooking spray
Ground nuts (for charoset)	Garlic powder
Dried cranberries, other dried fruit for snacking	Onion Powder
	Paprika
Vanilla pudding mix	Chili powder
Almond flour	Cumin
Sugar	Cinnamon
Brown sugar	Salt & pepper
Baking powder	Hearts of palm
Baking soda	Mandarin Oranges
Powdered sugar	Tomato sauce
Cocoa powder	Tomato paste
Chocolate chips	Honey
Chocolate bars - for baking and snacking	Jam
Vanilla sugar	Maple syrup
Artificial sweetener Almond/coconut milk	Bbq sauce/duck sauce/sriracha
Tuna	Gluten free crackers/crostini
Mayonnaise	Snacks for kids (marshmallows, cookies, chocolate lollies, etc)
Pickles (deli)	Lady fingers - for baking
Potato starch	Gluten free couscous
Assorted potato chips - to coat schnitzel & for snacking	Green olives
Olive oil	Israeli pickles
Avocado oil	Coffee
	Teas
	Grape juice/wine

## PAPER GOODS Essentials

Large plates  
Small plates  
Heavy plastic bowls  
Large serving bowls (salads, side dishes)  
Large serving platters  
Plastic cutlery  
Plastic wine cups (for kids)  
Hot & cold cups  
Dinner napkins  
Small plates for under wine cups (seder)  
Wax paper  
Plastic wrap  
Heavy duty foil  
Pre-cut foil sheets  
Half roasters & lids  
Round aluminum pans & lids  
Deep half roasters  
Large roasting pans & lids  
Shallow roasters  
Muffin pans  
Cupcake liners  
Plastic storage containers in assorted sizes  
Cheesecloth/soup bags  
Gloves  
Silver polish  
Havdallah candle

## Shopping Tips

1. Buy what you can in bulk - olive oil, avocado oil, raw nuts, sugar, etc. that can also be used all year round

2. During chol hamoed or right after Pesach, check the Pesach section of your local supermarket and you will often see Pesach items significantly reduced in price. The national grocery stores bring these items in for the "season" and have no place to keep them after the holiday. Stock up on the items that will stay until the following year - I have found spices, vanilla sugar, soup bags, and many more great shelf stable items for a fraction of the original prices - and many of them are not just for Pesach use.

3. Save things like salt and pepper grinders, your havdallah candle, potato starch, unopened spices or canned goods, etc. until next year. Semi-perishable items such as nuts or nut flour that are leftover can be stored in the freezer until next Pesach. And before going shopping, be sure to check the packages of some of your year round pantry items, as many of them are KLP all year round, and if unopened can be used for Pesach.

4. Remember that it's only 8 days! Don't feel pressured to buy everything you would stock throughout the year. You can limit the variety in your pantry to basic staples that can get you through the week, and also be used beyond Pesach.