



YOSHON QUICK REFERENCE GUIDE 2017

BASED ON RABBI HERMAN'S FINAL GUIDE | Current as of Jan 10, 2017

Please check our website [weekly](#) for updates

INGREDIENTS THAT ARE OF CONCERN:

- Any type of **Grain** (Wheat, Barley, Oats)
- **Grain Flour** (Wheat, Barley, Oats)
- **Malt**
- **Wheat Germ**

INGREDIENTS THAT ARE NOT OF CONCERN:

- **Spelt** (in/from USA and Canada)
- **Rye**
- **Maltodextrin** (USA only; Europe may be chodosh)
- **Wheat Starch**
- **Food Starch**
- **Yeast**

PRODUCTS THAT ARE ALWAYS YOSHON:

- All **Israeli products** with reliable hashgochah are Yoshon.
- All **products outside of E"Y** with the following Hashgochos are always Yoshon:
 1. Rabbi O.Y. Westheim of Manchester
 2. Kedassia of London
 3. Rabbi Schneebalg
- **Soy, Teriyaki and Tamari** sauces are always Yoshon.

THE FOLLOWING ARE YOSHON IF PURCHASED PRIOR TO THE DATES LISTED:

IF PURCHASED AFTER, SEE THE NEXT SECTION

- **Soft FRESH baked goods** (bread, rolls, bagels, pizza, soft pretzels – Aug 12, 2016)
- **Soft PACKAGED baked goods** – Aug 12, 2016
- **Noodles and Pasta** – Aug 27, 2016
- **Barley** – Aug 23, 2016
- **Oats** – Aug 3, 2016
 1. Oats Cereals (General Mills)– Jul 31, 2016
 2. Other Oat Cereal Companies – Aug 3, 2016
- **Malt** – Yoshon until Mar 15, 2017
- **Beer** – Dec 15, 2016

AFTER THE ABOVE DATES, USE THE CODES BELOW:

THE CODE LISTED IS THE LATEST CODE FOR YOSHON. (If the item is dated with the date below or earlier, it is Yoshon. If later, it is assumed to be Chodosh)

Note: A number like 2146 is the Julian date; 214 is the day of the year and 6 is the year. 2146 is Aug 2, 2016. So the code in such a case can be 214 or a lower number.

BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 5, 2017
2. **Cookies and Crackers**

Kemach

- **Grahams** – Yoshon
- **Cookies** – without oats – All Yoshon
– with oats – Jun 21, 2017
- **Bread sticks & flat breads** – All Yoshon until after Feb 28, 2017
- **Other Kemach products** – with Yoshon label only

Liebers:

- **Whole Wheat Crackers** (From Brazil)– All Yoshon

(Malt until Jan 15, 2017)

- **Cookies**(ABC, Aleph Bais, Animal, Butter Thins, Chocolate Chip)– All Yoshon
- **Graham Crackers** – All Yoshon

3. **Duncan Hines Mixes**

- **Brownies, Cookies, Muffins** – Jan 29, 2018
- **All other mixes** – Jul 29, 2017

4. **Matzo** (including **Matzo Meal**)– All are yoshon

5. **Hard Pretzels and Snacks**

- All hard pretzels without malt or whole wheat flour are always Yoshon. If they only contain malt, then they are Yoshon until Mar 15, 2017.

WITH WHOLE WHEAT:

- **Haddar** – with Yoshon label only
- **Herr's** – Nov 04, 2016
- **Landau's** – Jul 29, 2017
- **Lieber's** – All Yoshon
- **New York Pretzels** – Jul 29, 2017
- **Utz Honey Wheat** – Nov 18 2016
- **Pringles** (some contain wheat) – code L6211
- **Wise** –
 - .75 oz. & 1.75oz: Dec 16, 2016
 - 3.25 oz: Nov 11, 2016
 - 8.75 oz.: Oct 21, 2016

6. **Soft Pretzels** – Jul 29, 2016

7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Jan 25, 2017
- **Sponge All, Swiss Fudge Cookies** – Nov 26, 2016
- **100 Calorie Packs** – Mar 26, 2017

8. **Waffle & Pancakes**

- **Aunt Jemima (dry mixes)** – all w/o malt are Yoshon. If contains malt: Pancakes – Sep 15, 2017, Waffles – Dec 15, 2017.
- **Frozen** – Pancakes – Apr 29 17, Waffles – Jul 29, 2017

BAKING SPRAY WITH FLOUR (If they do not have flour, there is no concern):

1. **Baker's Joy** and **Crisco** are Yoshon
2. **Mishpacha** – All Yoshon
3. **Pam** – Jul 29, 2018
4. **Glicks** – 21116 (these numbers are in the middle of the code)

BARLEY

1. **Eden/B'Gan** – All Yoshon
2. **Gefen** – All Yoshon
3. **Giant/Stop & Shop** – Aug 09, 2017
4. **Jack Rabbit** – Aug 09, 2017
5. **Mishpacha** – All Yoshon
6. **Quaker** – Jan 30, 2018
7. **Unger** – All Yoshon

BEER

If it has a production code, then it should pre-date Nov 15. If no code, may be purchased and assumed Yoshon until after **Dec 15, 2016**.

We have precise info for the following beers:

1. **Bud** – "Born on Nov 15, 2017"
2. **Coors** – 3 15 17
3. **Miller** – 4 14 17
4. **Sam Adams** – exp. May 2017 is already Chodosh

BREAD AND CORN FLAKE CRUMBS

1. **Gefen** – All Yoshon
2. **Jason** – 2118 or Jul 29, 2018
3. **Kellogg's** – Dec 15, 2018
4. **Kineret (Made in Israel)** – All Yoshon
5. **Lieber's** – All Yoshon
6. **Mishpacha** – All Yoshon
7. **Panko** – 211AF or Jan 29, 2018

OATMEAL, CEREALS, CEREAL BARS, GRANOLA BARS

Check ingredients. Use earliest date. (e.g., if General Mills cereal contains barley, the date to use is Aug 09, 2016. For oats, use Jul 20, 2016).

1. **Barbara**
 - Oats – Jul 20, 2017
 - Wheat – Jul 29, 2017
 - Original – May 29, 2017
 - Multigrain bars – Apr 20, 2017
2. **Cascadian Farms**
 - Cin. Raisin Granola – Mar 20, 2017
 - Raisin Bran, Purely O's – Apr 20, 2017
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – May 20, 2017
3. **Cream of Wheat** – Jul 29, 2018
4. **General Mills**
 - With wheat only – All Yoshon
 - With wheat germ only – Aug 5, 2017
 - With barley only – Aug 16, 2017
 - With oats only – Oct 6, 2017
 - With malt only – Dec 22, 2017
5. **Kashi**
 - Oats – Jul 20, 2017
 - Wheat – Jul 29, 2017
 - Kashi Golean Roll! – Mar 20, 2017
 - Kashi Soft Cereal Bars – Apr 20, 2017
 - Kashi Pilaf – Jul 20, 2017
 - Kashi Cookies – Jan 20, 2017
6. **Kellogg's** (If made in Europe – all Yoshon)
 - Oats– Jul 20, 2017
 - Wheat– Jul 29, 2017
 - Barley– Aug 09, 2017
 - Malt– Dec 15, 2017
7. **Malt-O-Meal**– Each cereal has a different amount of time from packing to expiration. Use the list below to determine the date of how long before expiration code the cereal was produced.
 - **Containing oats only**– Jul 20, 2016 packing date
 - **Containing wheat** – Jul 29, 16 packing date
 - **Containing barley** – Aug 09, 2016 packing date
 - **9 months from production**– Marshmallow Maties, Berry Colossal Crunch
 - **10 Months from Packing**– Blueberry Muffin Tops, Cinnamon Toasters, Honey Graham Squares, Coco Roos, Honey Nut Scooters
 - **12 Months from packing**– Apple Zings, Tootie Fruities, Honey & Oat Blenders, Honey Buzzers, Cocoa Dyno Bites, Corn Flakes, Frosted Mini Spooners, Raisin Bran, Golden Puffs, Frosted Flakes, Corn Bursts Crispy Rice.
 - **15 Months**– Hot Wheat Malt-O-Meal-Chocolate and Maple & Brown Sugar
 - **18 Months**– Quick Rolled Oats
 - **24 Months**– Hot Wheat Malt-O-Meal-Original
8. **Nature Valley**– Oct 6, 2017 (except if produced in South America)
9. **Post**
 - Oats– Oct 6, 2017
 - Wheat– Jul 29, 2017
 - Barley– Aug 09, 2017

- Malt– Dec 15, 2017
10. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)
 - Chewy Granola Bars– Mar 26, 2017
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express– Jan 25, 2017
 - Life– Jul 24, 2017
 - Oats (rolled, instant oatmeal)– Mar 23, 2018
 11. **Shoprite**

Hot Cereal:

 - Oat Cereal & Oatmeal– Jan 20, 2018
 - Wheat– Jan 29, 2018

Cold Cereal:

 - Oats– Jun 20, 2018
 - Wheat– Jun 29, 2018
 - Malt– Nov 15, 2018
 12. **Stop & Shop / Giant**
 - Cereal
 - **With oats**– Jul 20, 2017
 - **With wheat**– Jul 29, 2017
 - Oatmeal– Jul 20, 2017
 13. **Walmart**
 - Quick Oats– Jan 16, 2018
 - Bran Flakes– Jul 20, 2017
 - Farina– Jul 29, 2018

CHOW MEIN NOODLES

1. **Eden**– with Yoshon label
2. **Kemach**– All Yoshon
3. **Streit's**– All Yoshon unless labeled chodosh
4. **Lieber's**– 2110
5. **Mishpacha**– Not Yoshon

COUSCOUS

1. **Hodgson Mills**– Jul 29, 2017
2. **Near East**– Jul 29, 2017
with barley only– Aug 9, 2017

EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers**– ##2916GX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **Golden Bowl Won Ton Wraps**– code 291607
3. **Dependable**– All yoshon
4. **Nasoya Egg Roll and Won Ton Wrappers**– Sep 27, 2016
5. **Won Ton Food Co.**– code 72916AAAA (letters are irrelevant)

FLOUR

1. **All Purpose Flour**
 - **Dependable**– With Yoshon stamp only
 - **Giant/Stop & Shop**– Jul 29, 2017
 - **Glicks**– With Yoshon label only
 - **Gold Medal**– KC is Yoshon (malt Jun 26, 2018).
Other mills Feb 7, 2018
 - **Heckers**– contains malt – Jun 15, 2018
 - **Kemach**– All Yoshon
 - **King Arthur**– If exp date states "BEST BY..." it is Yoshon. May contain malt– Dec 15, 2017. If states "BEST USED BY...": Jul 29, 2017. Note: the 50 lb bags have the production date stated, which would be Jul 29, 2016.
 - **Mishpacha**– All Yoshon
 - **Pillsbury**– Jan 29, 2018
 - **Shoprite**– Jul 29, 2017
2. **Whole Wheat Flour**
 - **Dependable**– With Yoshon stamp only

- **Gold Medal**– Jan 31, 2017
- **Heckers**– Jul 29, 2017
- **Kemach**– All Yoshon
- **King Arthur**– Jul 29, 2017. 50 lb bags– Jul 29, 2016
- **Mishpacha**– All Yoshon
- **Pillsbury**– Jul 29, 2017

3. **Bread Flour (High Gluten Flour)**

- **Dependable**– with yoshon stamp only
- **Glicks**– With Yoshon label only
- **Gold Medal**– KC Mill is Yoshon.
Malt Jun 6 18
Other mills: Feb 7, 2018
- **Kemach**– All yoshon
- **King Arthur**– Jul 29, 2017
- **Mishpacha**– All yoshon
- **Pillsbury**– Jul 29, 2017
- **Trader Joe's** – Production date Jul 29, 2016 or Best If Used By Date Jul 29, 2017

FROZEN/MISC.

1. **Alle/Meal Mart Frozen Products**– All are Yoshon
1. **Apollo Fillo Dough**– Jul 29, 2017 or 2115
2. **Aunt Jemima**
 - Pancakes– Apr 29, 2017
 - Waffles– Jul 29, 2017 or 211J6
3. **Dr. Praeger:**
 - Fish– All Yoshon
 - Other– Jul 29, 2018
4. **French's French Fried Onions:** Jul 29, 2018
5. **Golden**
 - Blintzes– code Jul 29, 2018
 - Potato pancakes– All Yoshon (except spinach & broccoli)
6. **McCain** Fries (that contain flour, e.g. spicy fries):
Jul 29, 2017
7. **Shindler's Products**– All are Yoshon
8. **Tofutti Cuties**– Code 2116
9. **Trader Joe's Potato Pancakes**– All Yoshon (plain only)
10. **Ungar's Fish**– JU1629

KISHKE

1. **A&B**– with Yoshon label only
2. **Benz's**– All Yoshon
3. **Meal Mart**– All Yoshon
4. **Unger's**– All Yoshon

LICORICE/CANDY

1. **Darrell Lea**– Oct 1, 2017
2. **Twizzler's** (H&S Candy/Hershey)– Yoshon
3. **Joray Fruit Rollups**– 2116
4. **Jolly Ranchers**– Yoshon

NOODLES/PASTA

1. **Barilla**
 - Plus Pasta– Jul 2017
 - Whole Grain– Feb 2018
 - Lasagna– Apr 2018
 - Other pastas and orzo– Apr 2019
2. **California Delight**– All Yoshon
3. **Eden**– With Yoshon label
4. **Gefen**– Only with Yoshon on label
5. **Giant/Stop & Shop**– Aug 13, 2019
6. **Goodman's**
 - Pasta– Aug 13, 2019
 - Egg noodles– Aug 13, 2018

7. **Kemach**

- Egg noodles– with Yoshon stamp only
- Other pasta products– Sep 27, 2018

8. **Manischewitz**– Aug 13, 2018 or 2258

9. **Mishpacha**– (EXCEPT chow mein) – All Yoshon

10. **Mother's**– code 2257

11. **Mueller & San Giorgio**

- Egg noodles– Aug 13, 2018
- Pasta– Aug 13, 2019

12. **Ralph's**– Aug 13, 2019

13. **Savion**– P2116

14. **Shoprite Pasta:** 08 13 18

15. **Streit's**– All Yoshon (except chow mein)

16. **Sysco**– code 29076

17. **Walmart**– Macaroni and spaghetti: Aug 13, 2018

PIE CRUSTS/PASTRY DOUGH

1. **Apollo Fillo Dough**– Jul 29 17

2. **Gefen Pie Crusts**– Jul 29, 17

3. **Glicks Graham Cracker Pie Crusts**– code 20160824 or 2366

4. **Keebler Pie Crusts**– Jul 29, 17

5. **Kemach**

- Chocolate– With yoshon label
- Graham– Yoshon (Malt 71017)

6. **Mechel's**– All Yoshon

7. **Mishpacha Pie Crust**– All Yoshon

8. **Mother's Graham Cracker Pie Crust**–code 7210

9. **Pepperidge Farm**– no info. Call company with code on package. If produced before Jul 29, 2017 it is Yoshon.

10. **Ungar's Pastry Dough**– Yoshon

SOUP/SOUP MIXES

1. **Kedem**– 62091

2. **Kemach**

- Onion, split pea– All Yoshon
- Vegetable – 6167A
- Minestrone – 6167A

3. **Lieber's**– Yoshon

4. **Manischewitz**

- Barley– Aug 9, 2018 or 2218
- Noodle/Pasta– Aug 13, 2018 or 2258

5. **Mishpacha Matzo Ball Mix** – All Yoshon

6. **Osem**– All Israeli products are Yoshon

7. **Rokeach Canned Soups** (if containing grains)– code 2259

8. **Shoprite**

- Soup mixes– Jan 29 8
- Canned (except tomato)– Jul 29 18
- Canned Tomato Soup– Jan 29 18

9. **Streit's**– All Yoshon

10. **Tabatchnick**– 032917

11. **Tradition**– N6211 or Jul 29, 2018

VINEGAR

1. **Regular Vinegar** has no Chodosh concern.

2. **Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15, 2016)

- Heinz– Malt vinegar – code 1669
- Tarragon and Salad– code 3499