



# YOSHON QUICK REFERENCE GUIDE 2018

BASED ON RABBI HERMAN'S FINAL INFORMATION | Current as of Feb 22, 2018

Please check our website [weekly](#) for updates as info is subject to change

## 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, 2017)
- **Soft PACKAGED baked goods** – Aug 12, 2017
- **Noodles and Pasta** – Aug 27, 2017
- **Barley** – Aug 23, 2017
- **Oats** – Aug 3, 2017
  1. Oats Cereals (General Mills)– Jul 31, 2017
  2. Other Oat Cereal Companies – Aug 3, 2017
- **Malt** – Yoshon until Mar 15, 2018
- **Beer** – Dec 15, 2017

## 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. 2147 is Aug 2, 2017. So the code in such a case can be 214 or a lower number.

### BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 5, 2018
2. **Cookies and Crackers**

#### **Kemach**

- **Grahams** – Yoshon
- **Cookies** – without oats – All Yoshon  
– with oats – Jun 21, 2018
- **Bread sticks & flat breads** – All Yoshon until after Feb 28, 2018
- **Other Kemach products** – with Yoshon label only

#### **Lieber's:**

See Separate List

### 3. **Duncan Hines Mixes**

- **Brownies, Cookies, Muffins** – Jan 29, 2019
- **All other mixes** – Jul 29, 2018

### 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, 2018.

#### WITH WHOLE WHEAT:

- **Haddar** – with Yoshon label only
- **Herr's** – Nov 04, 2017
- **Landau's** – Jul 29, 2018
- **Lieber's** – See Separate List
- **New York Pretzels** – Jul 29, 2018
- **Utz Honey Wheat** – Nov 18 2017
- **Pringles** (some contain wheat) – code L7211
- **Wise** –
  - .75 oz. & 1.75oz: Dec 16, 2017
  - 3.25 oz: Nov 11, 2017
  - 8.75 oz.: Oct 21, 2017

### 6. **Soft Pretzels** – Jul 29, 2017

### 7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Jan 25, 2018
- **Sponge All, Swiss Fudge Cookies** – Nov 26, 2017
- **100 Calorie Packs** – Mar 26, 2018

### 8. **Waffle & Pancakes**

- **Aunt Jemima (dry mixes)** – all w/o malt are Yoshon. If contains malt: Pancakes – Sep 15, 2018, Waffles – Dec 15, 2018.

- **Frozen** – Pancakes – Apr 29 18, Waffles – Jul 29, 2018

**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, 2019
4. **Glicks** – 21117 (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, 2018
4. **Jack Rabbit** – Aug 09, 2018
5. **Mishpacha** – All Yoshon
6. **Quaker** – Jan 30, 2019
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, 2017.**

We have precise info for the following beers:

1. **Bud** – "Born on Nov 15, 2018"
2. **Coors** – 3 15 18
3. **Miller** – 4 14 19
4. **Sam Adams** – exp. May 2018 is already Chodosh

### BREAD AND CORN FLAKE CRUMBS

1. **Gefen** – All Yoshon
2. **Jason** – 2119 or Jul 29, 2019

3. **Kellogg's** – Dec 15, 2019
4. **Kineret (Made in Israel)** – All Yoshon
5. **Lieber's** – See Seperate List
6. **Mishpacha** – All Yoshon
7. **Panko** – 211AG or Jan 29, 2019

### 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, 2017. For oats, use Jul 20, 2017).

1. **Barbara**
  - Oats – Jul 20, 2018
  - Wheat – Jul 29, 2018
  - Original – May 29, 2018
  - Multigrain bars – Apr 20, 2018
2. **Cascadian Farms**
  - Cin. Raisin Granola – Mar 20, 2018
  - Raisin Bran, Purely O's – Apr 20, 2018
  - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – May 20, 2018
3. **Cream of Wheat** – Jul 29, 2019
4. **General Mills**
  - With wheat only – All Yoshon
  - With wheat germ only – Aug 5, 2018
  - With barley only – Aug 16, 2018
  - With oats only – Oct 6, 2018
  - With malt only – Dec 22, 2018
5. **Kashi**
  - Oats – Jul 20, 2018
  - Wheat – Jul 29, 2018
  - Kashi Golean Roll! – Mar 20, 2018
  - Kashi Soft Cereal Bars – Apr 20, 2018
  - Kashi Pilaf – Jul 20, 2018
  - Kashi Cookies – Jan 20, 2018
6. **Kellogg's** (If made in Europe – all Yoshon)
  - Oats– Jul 20, 2018
  - Wheat– Jul 29, 2018
  - Barley– Aug 09, 2018
  - Malt– Dec 15, 2018
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**– Oct 15, 2017 packing date
  - **Containing wheat** – All Yoshon
  - **Containing barley** – Aug 31, 2017 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**– Sept 8, 2018 (except if produced in South America)
9. **Post**
  - Oats– Oct 15, 2018
  - Wheat– Jul 29, 2018
  - Barley– Aug 09, 2018
  - Malt– Dec 15, 2018
10. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)

- Chewy Granola Bars– Mar 26, 2018
- Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express– Jan 25, 2018
- Life– Sept 26 2018
- Oats (rolled, instant oatmeal)– Mar 25, 2019

### 11. **Shoprite**

Hot Cereal:

- Oat Cereal & Oatmeal– Jan 20, 2019
- Wheat– Jan 29, 2019

Cold Cereal:

- Oats– Jun 20, 2019
- Wheat– Jun 29, 2019
- Malt– Nov 15, 2019

### 12. **Stop & Shop / Giant**

- Cereal
  - **With oats**– Jul 20, 2018
  - **With wheat**– Jul 29, 2018
- Oatmeal– Jul 20, 2018

### 13. **Walmart**

- Quick Oats– Jan 16, 2019
- Bran Flakes– Jul 20, 2018
- Farina– Jul 29, 2019

### CHOW MEIN NOODLES

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

### COUSCOUS

1. **Hodgson Mills**– Jul 29, 2018
2. **Near East**– Jul 29, 2018  
with barley only– Aug 9, 2018

### EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers**– ##2917GX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **Golden Bowl Won Ton Wraps**– code 291707
3. **Dependable**– All yoshon
4. **Nasoya Egg Roll and Won Ton Wrappers**– Sep 27, 2017
5. **Won Ton Food Co.**– code 72917AAAA (letters are irrelevant)

### FLOUR

#### 1. **All Purpose Flour**

- **Dependable**– With Yoshon stamp only
- **Giant/Stop & Shop**– Jul 29, 2018
- **Glicks**– With Yoshon label only
- **Gold Medal**– All is Yoshon (malt Jun 26, 2019) Only from KC Mill.
- **Heckers**– contains malt – Jun 15, 2019
- **Kemach**– All Yoshon
- **King Arthur**– If exp date states "BEST BY..." it is Yoshon. May contain malt– Dec 15, 2018. If states "BEST USED BY...": Jul 29, 2018. Note: the 50 lb bags have the production date stated, which would be Jul 29, 2017.
- **Mishpacha**– All Yoshon
- **Pillsbury**– Jan 29, 2019
- **Shoprite**– Jul 29, 2018

#### 2. **Whole Wheat Flour**

- **Dependable**– With Yoshon stamp only
- **Gold Medal**– Jan 31, 2018
- **Heckers**– All Yoshon
- **Kemach**– All Yoshon

- **King Arthur**– Jul 29, 2018. 50 lb bags– Jul 29, 2017
  - **Mishpacha**– All Yoshon
  - **Pillsbury**– Jul 29, 2018
- 3. Bread Flour (High Gluten Flour)**
- **Dependable**– with yoshon stamp only
  - **Glicks**– With Yoshon label only
  - **Gold Medal**– Are All Yoshon. Malt Jun 6 19 Only from KC Mill
  - **Kemach**– All yoshon
  - **King Arthur**– Jul 29, 2018
  - **Mishpacha**– All yoshon
  - **Pillsbury**– Jul 29, 2018
  - **Trader Joe's** – Production date Jul 29, 2017 or Best If Used By Date Jul 29, 2018
  - **Heckers** - Yoshon

### FROZEN/MISC.

1. **Alle/Meal Mart Frozen Products**– All are Yoshon
2. **Apollo Fillo Dough**– Jul 29, 2018 or 2116
3. **Aunt Jemima**
  - Pancakes– Apr 29, 2018
  - Waffles– Jul 29, 2018 or 211J7
3. **Dr. Praeger:**
  - Fish– All Yoshon
  - Other– Jul 29, 2019
4. **French's French Fried Onions:** Jul 29, 2019
5. **Golden**
  - Blintzes– code Jul 29, 2019
  - Potato pancakes– All Yoshon (except spinach & broccoli)
6. **McCain** Fries (that contain flour, e.g. spicy fries): Jul 29, 2018
7. **Shindler's Products**– All are Yoshon
8. **Tofutti Cuties**– Code 2117
9. **Trader Joe's Potato Pancakes**– All Yoshon (plain only)
10. **Ungar's Fish**– JU1729

### 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, 2018
2. **Twizzler's** (H&S Candy/Hershey)– Yoshon
3. **Joray Fruit Rollups**– 2117
4. **Jolly Ranchers**– Yoshon

### NOODLES/PASTA

1. **Barilla**
  - Plus Pasta– Jul 2018
  - Whole Grain– Feb 2019
  - Lasagna– Apr 2019
  - Other pastas and orzo– Apr 2020
2. **California Delight**– All Yoshon
3. **Eden**– With Yoshon label
4. **Gefen**– Only with Yoshon on label
5. **Giant/Stop & Shop**– Aug 13, 2020
6. **Goodman's**
  - Pasta– Aug 13, 2020
  - Egg noodles– Aug 13, 2019
7. **Kemach**
  - Egg noodles– with Yoshon stamp only

- Other pasta products– Sep 27, 2019
8. **Manischewitz**– Aug 13, 2019 or 2258
  9. **Mishpacha**– (EXCEPT chow mein) – All Yoshon
  10. **Mother's**– code 2258
  11. **Mueller & San Giorgio**
    - Egg noodles– Aug 13, 2019
    - Pasta– Aug 13, 2020
  12. **Ralph's**– Aug 13, 2020
  13. **Savion**– P2117
  14. **Shoprite Pasta:** 08 13 19
  15. **Streit's**– All Yoshon (except chow mein)
  16. **Sysco**– code 29077
  17. **Walmart**– Macaroni and spaghetti: Aug 13, 2019

### PIE CRUSTS/PASTRY DOUGH

1. **Apollo Fillo Dough**– Jul 29 18
2. **Gefen Pie Crusts**– Jul 29, 18
3. **Glicks Graham Cracker Pie Crusts**– code 20170824 or 2367
4. **Keebler Pie Crusts**– Jul 29, 18
5. **Kemach**
  - Chocolate– With yoshon label
  - Graham– Yoshon (Malt 71018)
6. **Mechel's**– All Yoshon
7. **Mishpacha Pie Crust**– All Yoshon
8. **Mother's Graham Cracker Pie Crust**–code 8210
9. **Pepperidge Farm**– no info. Call company with code on package. If produced before Jul 29, 2018 it is Yoshon.
10. **Ungar's Pastry Dough**– Yoshon

### SOUP/SOUP MIXES

1. **Kedem**– 72091
2. **Kemach**
  - Onion, split pea– All Yoshon
  - Vegetable – 6168A
  - Minestrone – 6168A
3. **Lieber's**– See Seperate List
4. **Manischewitz**
  - Barley– Aug 9, 2019 or 2218
  - Noodle/Pasta– Aug 13, 2019 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 19
  - Canned (except tomato)– Jul 29 19
  - Canned Tomato Soup– Jan 29 19
9. **Streit's**– All Yoshon
10. **Tabatchnick**– 032918
11. **Tradition**– N6211 or Jul 29, 2019

### VINEGAR

1. **Regular Vinegar** has no Chodosh concern.
2. **Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15, 2017)
  - Heinz– Malt vinegar – code 1769
  - Tarragon and Salad– code 3490