

YOSHON QUICK REFERENCE GUIDE 5783

Current as of January 12, 2023



Please check our website WEEKLY for updates as info is subject to change

INGREDIENTS OF CONCERN

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

INGREDIENTS NOT OF CONCERN

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

PRODUCTS THAT ARE ALWAYS YOSHON

- All Israeli products with reliable *hashgachah*
- All products outside of EY with the following *hashgachos*:
 1. Rabbi O.Y. Westheim of Manchester
 2. Kedassia of London
 3. Rabbi Schneebalg
- **Soy, Teriyaki and Tamari** sauces

PRODUCTS THAT 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 22, 2022)
- Soft **PACKAGED** baked goods – Aug 28, 2022
- **Noodles and Pasta** – Sept 4, 2022
- **Barley** – Aug 25, 2022
- **Oats** – Aug 21, 2022
 1. GENERAL MILLS Oats Cereals – Oct 2023 – exact date TBD
 2. Other Oat Cereal Companies – TBD
- **Malt** – *yoshon* until Mar 15, 2023
- **Beer** – Dec 15, 2022

FOR PRODUCTS PURCHASED AFTER THE ABOVE DATES, USE THE CODES BELOW

Date listed below or earlier is *yoshon*. If later, assume it is *chodosh*. 4-digit codes (e.g., 2312), represent the Julian date (231 is the day and 2 is the year). If the listed code is 2312 (i.e. Aug 18, 2022) then the code on the package can be 231 or lower.

BAKED PRODUCTS

1. **BETTY CROCKER** Mixes – Aug 25, 2023
2. **Cookies and Crackers**
KEMACH
 - **Grahams & Crackers** – always *yoshon*
 - **Cookies** – with *yoshon* label only
 - **Breadsticks** – *yoshon* thru Feb 2023
 - **Flat breads** – *yoshon* thru Feb 2023
 - **Ice Cream Cones** – with *yoshon* label only
 - **Other Kemach products** – with *yoshon* label only
3. **BLOOM'S** Cookies – always *yoshon*
3. **DUNCAN HINES** Mixes
 - **Brownies, Cookies, Muffins** – Feb 18, 2024
 - **All other mixes** – Aug 18, 2023
4. **Matza** (including **Matza Meal**) – always *yoshon*
5. **Pretzels (Hard)/Snacks**
 - **HADDAR** – with *yoshon* label only
 - **HERR'S** – Nov 12, 2022
 - **LANDAU'S** – Aug 18, 2023, w/ oats – Feb 11, 2023
 - **LIEBER'S** – TBD
 - **NEW YORK PRETZEL** – Aug 18, 2023
 - **UTZ Honey Wheat** – Dec 9, 2023

- **PRINGLES** (some contain wheat) – code L2231
 - **WISE**
 - .75 oz. & 1.75 oz: Jan 6, 2023
 - 3.25 oz: Dec 2, 2022
 - 8.75 oz.: Nov 11, 2022
 - **GOLDEN FLUFF** – always *yoshon*
 - **KITOV** – August 18, 2023
 - **SNACK FACTORY** – August 18, 2023
 - **BLOOM'S** – *yoshon* (malt may be *chodosh*)
6. **Pretzels (Soft)** – Aug 18, 2022
 7. **STELLA D'ORO**
 - **Breakfast treats, toast and biscotti** – Feb 9, 2023
 - **Sponge Swiss Fudge Cookies** – Dec 11, 2022
 - **100 Calorie Packs** – Apr 10, 2023
 8. **Waffles & Pancakes**
 - **EGGO Waffles and Pancakes:**
 - With oats – Nov 12, 2023
 - Just wheat – Nov 15, 2023
 - **EGGO Thick & Fluffy French Toast/Pancake Bites** (single serve packets) – Aug 18, 2023
 - **KEMACH Pancake Mix** – always *yoshon*
 - **PEARL MILLING CO** – formerly Aunt Jemima
 - **Dry Mixes with malt:** (Dry mixes without malt always *yoshon*)
 - Pancakes – Oct 2, 2023
 - Waffles – Jan 1, 2023
 - **Frozen:**
 - Pancakes – May 18, 2023
 - Waffles – Jan 1, 2023

BAKING SPRAY WITH FLOUR (if they don't have flour, there is no concern)

1. **BAKER'S JOY** and **CRISCO** – always *yoshon*
2. **MISHPACHA** – always *yoshon*
3. **PAM** – Aug 18, 2024
4. **GLICKS** – 22230 (these numbers are in the middle of the code)

BARLEY

1. **EDEN/B'GAN** – with *yoshon* label only
2. **GEFEN** – always *yoshon*
3. **GIANT/STOP & SHOP** – July 31, 2023
4. **JACK RABBIT** – July 31, 2023
5. **MISHPACHA** – always *yoshon*
6. **QUAKER** – Jan 21, 2023
7. **UNGER** – always *yoshon*

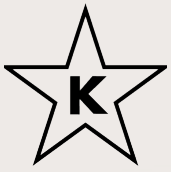
BEER

If it has no code, it may be purchased and assumed *yoshon* until Dec 15, 2022.

1. **BUD** – freshest before March 15, 2023
2. **HEINEKEN** – Nov 15 2023
3. **COORS** – 3 15 23
4. **MILLER** – 4 14 23
5. **SAM ADAMS** – July 2023
6. **CORONA** – TBD

BREAD AND CORN FLAKE CRUMBS

1. **GEFEN** – always *yoshon*
2. **JASON** – always *yoshon*
3. **KELLOGG'S** – Dec 15, 2024
4. **KINERET (Made in Israel)** – always *yoshon*
5. **LIEBER'S** – TBD
6. **MISHPACHA** – TBD
7. **KIKKOMAN PANKO** – Feb 17, 2024
8. **B'GAN** – with *yoshon* label only



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CEREALS, CEREAL BARS, GRANOLA BARS, OATMEAL

Check ingredients. Use earliest date. (e.g., if GENERAL MILLS cereal contains barley, use date Aug 10, 2022. For oats, use Sept 22, 2022).

1. **BARBARA**
 - Oats – Aug 13, 2023
 - Wheat – Aug 18, 2023
 - Original – Apr 10, 2023
2. **CASCADIAN FARMS**
 - Cinnamon Raisin Granola – Apr 13, 2023
 - Raisin Bran, Purely O's – May 12, 2023
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – Jun 13, 2023
3. **CREAM OF WHEAT** – Aug 18, 2024
4. **GENERAL MILLS**
 - Oats – Oct 3, 2023
 - Wheat – always *yoshon*
 - Barley – Aug 17, 2023
5. **KASHI**
 - Oats – Aug 13, 2023
 - Wheat – Aug 18, 2022
 - Kashi Soft Cereal Bars – May 14, 2023
 - Kashi Pilaf – Aug 13, 2022
6. **KELLOGG'S**
(if made in Europe always *yoshon*)
 - Oats – Aug 13, 2023
 - Wheat – Aug 18, 2023
 - Barley – Aug 10, 2023
 - Malt – Dec 15, 2023
7. **KEMACH**
 - Whole Wheat Flakes, Coco Munchies, Cinnamon Bites – always *yoshon*
 - All Other – TBD
8. **MALT-O-MEAL**
Each cereal has a different amount of time from packing to expiration. Use the list below to calculate how long before expiration date the cereal was produced to determine *yoshon* status.
 - if contains only oats – Aug 13, 2022 packing date
 - if contains only wheat – Sept 30, 2022 packing date
 - if contains only barley – Aug 10, 2023 packing date
 - 9 mos from packing – Berry Colossal Crunch
 - 10 mos from packing – Blueberry Muffin Tops, Cinnamon Toasters, Honey Graham Squares, Coco Roos, Honey Nut Scooters
 - 12 mos 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 mos from packing – Hot Wheat Malt-O-Meal-Chocolate, Maple & Brown Sugar, Coco Wheat
 - 18 mos from packing – Quick Rolled Oats
 - 24 mos from packing – Hot Wheat Malt-O-Meal-Original, Farina
9. **NATURE VALLEY** – Jul 30, 2023 (except if produced in South America)
10. **POST**
 - Oats – Sept 30, 2023
 - Wheat – *yoshon*
 - Barley – Aug 10, 2023
 - Malt – Dec 15, 2023
11. **QUAKER (USA)** [In EY and EU with KF *hechsher* are always *yoshon*]
 - Chewy Granola Bars – Apr 9, 2023
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express – Feb 6, 2024
 - Life – Aug 7, 2023
 - Oats (rolled, instant oatmeal) – Feb 3, 2024

12. SHOPRITEHot Cereal:

- Oat Cereal & Oatmeal – info not available
- Wheat – info not available

Cold Cereal: info not available**13. Stop & Shop/Giant**

- Cereal
 - With oats – Aug 13, 2023
 - With wheat – Aug 18, 2023
- Oatmeal – Aug 13, 2023

14. WALMART

- Quick Oats – Feb 9, 2024
- Bran Flakes – Aug 18, 2023

CHOW MEIN NOODLES

1. **EDEN** – with *yoshon* label only
2. **KEMACH** – with *yoshon* label only
3. **STREIT'S** – always *yoshon* unless labeled *chodosh*
4. **LIEBER'S** – currently *yoshon*
5. **MISHPACHA** – TBD
6. **LA CHOY** – info not available

COUSCOUS

1. **HODGSON MILLS** – Aug 14, 2023
2. **NEAR EAST** – Aug 10, 2023 | with barley only – Aug 17, 2023

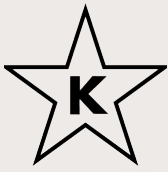
EGG ROLL/WONTON WRAPPERS

1. **GEFEN Egg Roll and Won Ton Wrappers** – ##1822HX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **GOLDEN BOWL**
 - Won Ton Wraps – code 182208
 - Spring Roll Wrappers – Aug 18, 2023
3. **DEPENDABLE** – always *yoshon*
4. **NASOYA Egg Roll and Won Ton Wrappers** – Sept 27, 2022
5. **WON TON FOOD CO.** – code 81822 (any letters are irrelevant)
6. **B'GAN** – with *yoshon* label only

FLOUR

1. **All Purpose Flour**
 - **DEPENDABLE** – with *yoshon* stamp only
 - **GIANT/STOP & SHOP** – Aug 18, 2023
 - **GLICKS** – with *yoshon* label only
 - **GOLD MEDAL** – KC 8-15-23
 - **HECKERS** – always *yoshon* (if contains malt – Dec 15, 2022)
 - **KEMACH** – with *yoshon* label only
 - **KING ARTHUR** – 5lb bags Aug 27, 2023, 50lb bags Aug 27, 2022
 - **MISHPACHA** – always *yoshon*
 - **PILLSBURY** – Aug 15, 2023
 - **SHOPRITE** – Aug 18, 2023
 - **TARGET/MARKET PANTRY Flour** – Aug 18, 2023
2. **Whole Wheat Flour**
 - **DEPENDABLE** – with *yoshon* stamp only
 - **GOLD MEDAL** – Aug 15, 2023
 - **HECKERS** – always *yoshon* (if contains malt – Dec 15, 2022)
 - **KEMACH** – with *yoshon* label only
 - **KING ARTHUR** – 5lb bags Aug 27, 2023, 50lb bags Aug 27, 2022
 - **MISHPACHA** – always *yoshon*
 - **PILLSBURY** – Aug 15, 2023
 - **TARGET/MARKET PANTRY** – whole wheat flour and bleached flour has a *chodosh* code of Aug 18, 2023

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3. Bread Flour (High-Gluten Flour)

- **DEPENDABLE** – with *yoshon* stamp only
- **GLICKS** – with *yoshon* label only
- **GOLD MEDAL** – KC 8-15-23
- **KEMACH** – with *yoshon* label only
- **KING ARTHUR** – Aug 27, 2023
- **MISHPACHA** – always *yoshon*
- **PILLSBURY** – Aug 15, 2023
- **TRADER JOE'S** – Aug 18, 2023
- **HECKERS** – always *yoshon*

FROZEN/MISC.

1. **ALLE/MEAL MART Frozen Products** – always *yoshon*
2. **APOLLO Fillo Dough** – Aug 18, 2023 or 2313
3. **DR. PRAEGER'S**
 - Oats – Aug 13, 2024
 - Wheat – Aug 18, 2024
4. **FRENCH'S French Fried Onions**: Aug 18, 2024
5. **GOLDEN**
 - Blintzes – code Aug 18, 2024
 - Potato pancakes – TBD
6. **MCCAIN Fries** (that contain flour, e.g. spicy fries): no *yoshon* info
7. **PEARL MILLING CO** (formerly **AUNT JEMIMA**)
 - Pancakes – May 18, 2023
 - Waffles – Aug 18, 2024
8. **SHINDLER'S Products** – always *yoshon*
9. **TOFUTTI Cuties** – Code 2312
10. **TRADER JOE'S Potato Pancakes** – TBD
11. **UNGAR'S Fish** – TBD

KISHKE

1. **A&B** – with *yoshon* label only
2. **BENZ'S** – always *yoshon*
3. **MEAL MART** – always *yoshon*
4. **UNGER'S** – always *yoshon*

LICORICE/CANDY

1. **DARRELL LEA** – Sept 4, 2023
2. **TWIZZLER'S** (H&S Candy/Hershey) – always *yoshon*
3. **JORAY FRUIT ROLLUPS** – 2313
4. **JOLLY RANCHERS** – always *yoshon*

NOODLES/PASTA

1. **BARILLA**
 - ProteinPLUS Pasta – Aug 6, 2023
 - Whole Grain – Feb 27, 2024
 - Lasagna – Apr 27, 2024
 - Other pastas and orzo – Apr 27, 2025
2. **CALIFORNIA DELIGHT** – always *yoshon*
3. **EDEN** – with *yoshon* label
4. **GEFEN** – with *yoshon* label only
5. **GIANT/STOP & SHOP** – Aug 27, 2025
6. **GOODMAN'S**
 - Pasta – Aug 27, 2025
 - Egg noodles – Aug 27, 2025
7. **KEMACH**
 - Egg noodles – *yoshon* thru 2022
 - Other pasta products – always *yoshon*
8. **MANISCHEWITZ** – Aug 27, 2024 or 2343
9. **MISHPACHA** – always *yoshon* (except chow mein)
10. **MOTHER'S** – code 2394

11. MUELLER & SAN GIORGIO

- Egg noodles – Aug 27, 2025
- Pasta – Aug 27, 2025

12. RALPH'S – Aug 27, 2025**13. SHOPRITE Pasta**: 08 27 24**14. STREIT'S** – always *yoshon* (except chow mein)**15. SYSCO** – code 27082**16. WALMART** – info not available. (Call company with code on package. If produced before Aug 27, 2022 it is *yoshon*.)**PIE CRUSTS/PASTRY DOUGH****1. APOLLO Fillo Dough** – Aug 18, 2023**2. GEFEN Pie Crusts** – Aug 18, 2023**3. GLICKS Graham Cracker Pie Crusts** – Aug 18, 2023**4. KEEBLER Pie Crusts** – Aug 2, 2023**5. KEMACH**

- Chocolate Pie Crust – always *yoshon*
- Graham Pie Crust – 6-21-23

6. MECHEL'S – All *yoshon***7. MISHPACHA Pie Crust** – always *yoshon***8. MOTHER'S Graham Cracker Pie Crust** – code 3231**9. PEPPERIDGE FARM** – info not available. (Call company with code on package. If produced before Aug 18, 2022 it is *yoshon*.)**10. UNGAR'S Pastry Dough** – always *yoshon***SOUP/SOUP MIXES****1. KEDEM** – TBD**2. KEMACH**

- Onion, split pea – with *yoshon* label only
- Vegetable – with *yoshon* label only
- Minestrone – with *yoshon* label only

3. LIEBER'S – always *yoshon***4. MANISCHEWITZ**

- Barley – Aug 10, 2022 or 2292
- Noodle/Pasta – Aug 27, 2022 or 2393

5. MISHPACHA Matzo Ball Mix – always *yoshon***6. OSEM** – all Israeli products are *yoshon***7. SHOPRITE**

- Soup mixes – Feb 16, 2024
- Canned (except tomato) – Aug 18, 2024
- Canned Tomato Soup – Feb 16, 2024

8. STREIT'S – always *yoshon***9. TRADITION** – always *yoshon***VINEGAR****1. Regular Vinegar** has no *chodosh* concern.**2. Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15, 2022)**HEINZ**

- Malt vinegar Jun 15, 2025
- Tarragon and Salad Dec 15, 2025