לע"נ הרב יוסף בן הרב יהושע הרמן זצ"ל

YOSHON QUICK REFERENCE GUIDE 5783

Current as of September 20, 2022

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 – TBD
   - Cookies – with yoshon label only
   - Breadsticks – TBD
   - Flat breads – TBD
   - Ice Cream Cones – with yoshon label only
   - Other Kemach products – with yoshon label onLY

   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 14, 2023
   - Sponge Swiss Fudge Cookies – Dec 17, 2022
   - 100 Calorie Packs – Apr 15, 2023
8. Waffles **& Pancakes**
   - **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
   - **EGGO** Waffles **and Pancakes:**
     With oats – Nov 12, 2022
     Just wheat – Nov 15, 2023
   - **EGGO Thick &** Fluffy **French Toast/Pancake Bites** (single serve packets) – Aug 18, 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** – 23122 (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 –** exp. May 2023 or later chodosh
6. **CORONA –** TBD

BREAD AND CORN FLAKE CRUMBS

1. **GEFEN** – always yoshon
2. **JASON** – 2314 or Aug 18, 2024
3. **KELLOGG'S** – Jan 1, 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 13, 2023
   - Wheat – always yoshon
   - Barley – Aug 17, 2023
5. **KASHI**
   - Oats – Aug 13, 2021
   - 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 – TBD
   - 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 – always yoshon
   - if contains only barley – Aug 10, 2023 packing date
   - 9 mos from packing – Marshmallow Maties, 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
   - 18 mos from packing – Quick Rolled Oats
   - 24 mos from packing – Hot Wheat Malt-O-Meal-Original
9. **NATURE VALLEY** – Jul 30, 2022 (except if produced in South America)
10. **POST**
    - Oats – Oct 6, 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. **SHOPRITE**
    Hot 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 I 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 2-27-24
   - **HECKERS** – always yoshon (if contains malt – Jun 15, 2024)
   - **KEMACH** – with yoshon label only
   - **KING ARTHUR** – 5lb bags Aug 27, 2023, 50lb bags Aug 27, 2022
   - **MISHPACHA** – always yoshon
   - **PILLSBURY** – Feb 18, 2024
   - **SHOPRITE** – Aug 18, 2023
   - **TARGET/MARKET PANTRY Flour** – Aug 18, 2023
2. **Whole Wheat Flour**
   - **DEPENDABLE** – with yoshon stamp only
   - **GOLD MEDAL** – Feb 18, 2023
   - **HECKERS** – Aug 18, 2022
   - **KEMACH** – TBD
   - **KING ARTHUR** – 5lb bags Aug 27, 2023, 50lb bags Aug 27, 2022
   - **MISHPACHA** – always yoshon
   - **PILLSBURY** – Aug 18, 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 2-27-24
   - **KEMACH** – always yoshon
   - **KING ARTHUR** – Aug 27, 2023
   - **MISHPACHA** – always yoshon
   - **PILLSBURY** – Aug 18, 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): Aug 18, 2023
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 – TBD
   - 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 – 5-16-23
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 – always yoshon
   - Vegetable – always yoshon
   - Minestrone – always yoshon
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