

YOSHON QUICK REFERENCE GUIDE 5783

Current as of March 2, 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

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

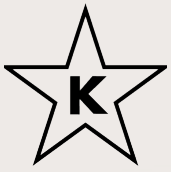
4. KINERET (Made in Israel) – always *yoshon*

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. 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 | with barley only – Aug 17, 2023

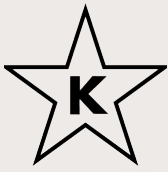
EGG ROLL/WONTON WRAPPERS

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 Ramen Noodles** – *yoshon* only if month in date code is Tammuz or earlier
5. **GIANT/STOP & SHOP** – Aug 27, 2025
6. **GOODMAN'S**
 - Pasta – Aug 27, 2025
 - Egg noodles – Aug 27, 2025
7. **KEMACH**
 - Egg noodles – 1-30-24
 - 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 – 2-12-24
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. **GEFEN Noodle Soup Cup** – *yoshon* only if month in date code is Tammuz or earlier
2. **KEDEM** – TBD
3. **KEMACH**
 - Onion, split pea – with *yoshon* label only
 - Vegetable – with *yoshon* label only
 - Minestrone – with *yoshon* label only
4. **LIEBER'S** – always *yoshon*
5. **MANISCHEWITZ**
 - Barley – Aug 10, 2022 or 2292
 - Noodle/Pasta – Aug 27, 2022 or 2393
6. **MISHPACHA Matzo Ball Mix** – always *yoshon*
7. **OSEM** – all Israeli products are *yoshon*
8. **SHOPRITE**
 - Soup mixes – Feb 16, 2024
 - Canned (except tomato) – Aug 18, 2024
 - Canned Tomato Soup – Feb 16, 2024
9. **STREIT'S** – always *yoshon*
10. **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