



YOSHON QUICK REFERENCE GUIDE 5780

BASED ON THE GUIDE OF RAV YOSEF HERMAN ZT"l | Current as of December 2, 2019

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)
- **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 15, 2019)
- **Soft PACKAGED baked goods** – Aug 23, 2019
- **Noodles and Pasta** – Sep 2, 2019
- **Barley** – Aug 22, 2019
- **Oats** – Aug 16, 2019
 1. Oats Cereals (General Mills)– Sept 15, 2019
 2. Other Oat Cereal Companies – Aug 16, 2019
- **Malt** – Yoshon until Mar 15, 2020
- **Beer** – Dec 15, 2019

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 2279 is the Julian date; 227 is the day of the year and 9 is the year. 2279 is Aug 15, 2019. So the code in such a case can be 227 or a lower number.

BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 21, 2020
2. **Cookies and Crackers**

Kemach

- **Grahams** – Yoshon
- **Cookies** – w/o oats - All Yoshon, w/ oats - March 3, 2020
- **Breadsticks** – Sept 24, 2020
- **Flat breads** – October 2, 2020
- **Ice Cream Cones** – All Yoshon
- **Other Kemach products** – with Yoshon label only
- **Blooms Cookies** – All Yoshon

3. **Duncan Hines Mixes**

- **Brownies, Cookies, Muffins** – Feb 15, 2021
- **All other mixes** – Aug 15, 2020

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, 2020.

WITH WHOLE WHEAT:

- **Haddar** – with Yoshon label only
- **Herr's** – Nov 7, 2019
- **Landau's** – Aug 15, 2020, w/ oats – Feb 2, 2020
- **Lieber's** – All Yoshon
- **New York Pretzels** – Aug 15, 2020
- **Utz Honey Wheat** – Dec 5, 2019
- **Pringles** (some contain wheat) – code L9227
- **Wise** –
 - .75 oz. & 1.75oz: Jan 2, 2020
 - 3.25 oz: Nov 28, 2019
 - 8.75 oz.: Nov 7, 2019
- **Golden Fluff** – All Yoshon
- **Kitov** – August 15, 2020
- **Snack Factory** – August 15, 2020
- **Blooms** – All Yoshon

6. **Soft Pretzels** – Aug 15, 2019

7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Feb 11, 2020
- **Sponge Swiss Fudge Cookies** – Dec 13, 2019
- **100 Calorie Packs** – Apr 11, 2020

8. **Waffle & Pancakes**

- **Aunt Jemima (dry mixes)** – all w/o malt are Yoshon. If contains malt: Pancakes – Sep 15, 2020, Waffles – Dec 15, 2020.
- **Frozen** – Pancakes – May 15, 2020, Waffles – Aug 15, 2020

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** – Aug 15, 2021
4. **Glicks** – 22719 (these numbers are in the middle of the code)

BARLEY

1. **Eden/B'Gan** – With Yoshon Label Only
2. **Gefen** – All Yoshon
3. **Giant/Stop & Shop** – Aug 13, 2020
4. **Jack Rabbit** – Aug 13, 2020
5. **Mishpacha** – All Yoshon
6. **Quaker** – Feb 3, 2020
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, 2019.**

We have precise info for the following beers:

1. **Bud** – "Born on March 15, 2020"

2. **Heineken** - Nov 15 2020
3. **Coors** - 3 15 20
4. **Miller** - 4 14 20
5. **Sam Adams** - exp. May 2020 is already Chodosh

BREAD AND CORN FLAKE CRUMBS

1. **Gefen** - All Yoshon
2. **Jason** - 2271 or Aug 15, 2021
3. **Kellogg's** - Dec 15, 2021
4. **Kineret (Made in Israel)** - All Yoshon
5. **Lieber's** - All Yoshon
6. **Mishpacha** - All Yoshon
7. **Kikkoman Panko** - 227AH or Feb 15, 2021
8. **BGAN** - with Yoshon label only

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 22, 2020. For oats, use Sept 29, 2020).

1. **Barbara**
 - Oats - Aug 2, 2020
 - Wheat - Aug 15, 2020
 - Original - Jun 15, 2020
 - Multigrain bars - May 3, 2020
2. **Cascadian Farms**
 - Cin. Raisin Granola - Apr 2, 2020
 - Raisin Bran, Purely O's - May 2, 2020
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's - Jun 2, 2020
3. **Cream of Wheat** - Aug 15, 2021
4. **General Mills**
 - With wheat only - All Yoshon
 - Cheerios - Sept 22, 2020
 - With barley only - Aug 13, 2020
 - With oats only - Sept 15, 2020
 - With malt only - Dec 22, 2020
5. **Kashi**
 - Oats - Aug 2, 2020
 - Wheat - Aug 15, 2020
 - Kashi Golean Roll! - Apr 6, 2020
 - Kashi Soft Cereal Bars - May 2, 2020
 - Kashi Pilaf - Aug 2, 2020
 - Kashi Cookies - Feb 2, 2020
6. **Kellogg's** (If made in Europe - all Yoshon)
 - Oats - Aug 2, 2020
 - Wheat - Aug 15, 2020
 - Barley - Aug 13, 2020
 - Malt - Dec 15, 2020
7. **Kemach** - Nov 1, 2020
8. **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** - Aug 2, 2019 packing date
 - **Containing wheat only** - All Yoshon
 - **Containing barley only** - Aug 13, 2019 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
9. **Nature Valley** - Aug 8, 2020 (except if produced in South America)
 10. **Post**
 - Oats - Sept 15, 2020
 - Wheat - Yoshon
 - Barley - Aug 13, 2020
 - Malt - Dec 15, 2020
 11. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)
 - Chewy Granola Bars - Mar 29, 2020
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express - Jan 29, 2020
 - Life - Jul 27, 2020
 - Oats (rolled, instant oatmeal) - Jan 23, 2021
 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 2, 2020
 - **With wheat** - Aug 15, 2020
 - Oatmeal - Aug 2, 2020
 14. **Walmart**
 - Quick Oats - Jan 28, 2021
 - Bran Flakes - Aug 15, 2020

CHOW MEIN NOODLES

1. **Eden** - with Yoshon label only
2. **Kemach** - with Yoshon label only
3. **Streit's** - All Yoshon unless labeled chodosh
4. **Lieber's** - 265S
5. **Mishpacha** - Not Yoshon
6. **La Choy** - no info

COUSCOUS

1. **Hodgson Mills** - Aug 22, 2020
2. **Near East** - Aug 15, 2020
with barley only - Aug 13, 2020

EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers** - ##1519HX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **Golden Bowl Won Ton Wraps** - code 151908
3. **Spring Roll Wrappers** - Aug 15, 2020
4. **Dependable** - All Yoshon
5. **Nasoya Egg Roll and Won Ton Wrappers** - Oct 5, 2019
6. **Won Ton Food Co.** - code 81519 (letters are irrelevant)
7. **BGAN** - with Yoshon label only

FLOUR

1. **All Purpose Flour**
 - **Dependable** - With Yoshon stamp only
 - **Giant/Stop & Shop** - Aug 15, 2020
 - **Glicks** - With Yoshon label only
 - **Gold Medal** - All is Yoshon (malt Jun 25, 2021) Only from KC Mill. Other Mills Feb 23, 2021
 - **Heckers*** - contains malt - Jun 15, 2021 *All Yoshon
 - **Kemach** - All Yoshon

- **King Arthur**– 5lb bags Aug 15, 2020 50lb bags Aug 15, 2019
- **Mishpacha**– All Yoshon
- **Pillsbury**– Feb 15, 2021
- **Shoprite**– Aug 15, 2020

2. Whole Wheat Flour

- **Dependable**– With Yoshon stamp only
- **Gold Medal**– Feb 17, 2020
- **Heckers**– Aug 15, 2019
- **Kemach**– All Yoshon
- **King Arthur**– Aug 15, 2020. 50 lb bags– Aug 15, 2019
- **Mishpacha**– All Yoshon
- **Pillsbury**– Aug 15, 2020

3. Bread Flour (High Gluten Flour)

- **Dependable**– with Yoshon stamp only
- **Glicks**– With Yoshon label only
- **Gold Medal**– Are all Yoshon. Malt Jun 6 21 Only from KC Mill. Others Mills are Feb 23, 2021
- **Kemach**– All Yoshon
- **King Arthur**– Aug 15, 2020
- **Mishpacha**– All Yoshon
- **Pillsbury**– Aug 15, 2020
- **Trader Joe's** – Aug 15, 2020
- **Heckers** - Yoshon

FROZEN/MISC.

1. **Alle/Meal Mart Frozen Products**– All are Yoshon
1. **Apollo Fillo Dough**– Aug 15, 2020 or 2270
2. **Aunt Jemima**
 - Pancakes– May 15, 2020
 - Waffles– Aug 15, 2020 or 22758
3. **Dr. Praeger:If contains:**
 - Oats – Aug 2, 2021
 - Wheat – Aug 15, 2021
4. **French's French Fried Onions:** Aug 15, 2021
5. **Golden**
 - Blintzes– code Aug 15, 2021
 - Potato pancakes– All Yoshon (except spinach & broccoli)
6. **McCain** Fries (that contain flour, e.g. spicy fries): Aug 15, 2020
7. **Shindler's Products**– All are Yoshon
8. **Tofutti Cuties**– Code 2279
9. **Trader Joe's Potato Pancakes**– All Yoshon (plain only)
10. **Ungar's Fish**– AU1915

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, 2020
2. **Twizzler's** (H&S Candy/Hershey)– Yoshon
3. **Joray Fruit Rollups**– 2279
4. **Jolly Ranchers**– Yoshon

NOODLES/PASTA

1. **Barilla**
 - Plus Pasta– Aug 2, 2021
 - Whole Grain– Feb 22, 2021
 - Lasagna– Apr 22, 2021
 - Other pastas and orzo– Apr 22, 2022
2. **California Delight**– All Yoshon

3. **Eden**– With Yoshon label
4. **Gefen**– Only with Yoshon on label
5. **Giant/Stop & Shop**– Aug 22, 2022
6. **Goodman's**
 - Pasta– Aug 22, 2022
 - Egg noodles– Aug 22, 2021
7. **Kemach**
 - Egg noodles– with Yoshon stamp only
 - Other pasta products– Sep 26, 2021
8. **Manischewitz**– Aug 22, 2021 or 2340
9. **Mishpacha**– (EXCEPT chow mein) – All Yoshon
10. **Mother's**– code 2341
11. **Mueller & San Giorgio**
 - Egg noodles– Aug 22, 2021
 - Pasta– Aug 22, 2022
12. **Ralph's**– Aug 22, 2022
13. **Savion**– P2279
14. **Shoprite Pasta:** 08 22 21
15. **Streit's**– All Yoshon (except chow mein)
16. **Sysco**– code 22089
17. **Walmart**– no info. Call company with code on package. If produced before Aug 15, 2020 it is Yoshon.

PIE CRUSTS/PASTRY DOUGH

1. **Apollo Fillo Dough**– Aug 15, 2020
2. **Gefen Pie Crusts**– Aug 15, 2020
3. **Glicks Graham Cracker Pie Crusts**– Aug 15, 2020
4. **Keebler Pie Crusts**– Aug 15, 2020
5. **Kemach**
 - Chocolate– With Yoshon label
 - Graham– August 16, 2020
6. **Mechel's**– All Yoshon
7. **Mishpacha Pie Crust**– All Yoshon
8. **Mother's Graham Cracker Pie Crust**–code 0237
9. **Pepperidge Farm**– no info. Call company with code on package. If produced before Aug 15, 2020 it is Yoshon.
10. **Ungar's Pastry Dough**– Yoshon

SOUP/SOUP MIXES

1. **Kedem**– 9225
2. **Kemach**
 - Onion, split pea– All Yoshon
 - Vegetable – H9301
 - Minestrone – H9303
3. **Lieber's**– Yoshon
4. **Manischewitz**
 - Barley– Aug 13, 2021 or 2250
 - Noodle/Pasta– Aug 22, 2021 or 2340
5. **Mishpacha Matzo Ball Mix** – All Yoshon
6. **Osem**– All Israeli products are Yoshon
7. **Shoprite**
 - Soup mixes– Feb 15, 2021
 - Canned (except tomato)– Aug 15, 2021
 - Canned Tomato Soup– Feb 15, 2021
8. **Streit's**– All Yoshon
9. **Tradition**– N9227 or Aug 15, 2021

VINEGAR

1. **Regular Vinegar** has no Chodosh concern.
2. **Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15, 2019)
 - Heinz– Malt vinegar – code 1662
 - Tarragon and Salad– code 3492