



STAR-K KOSHER CERTIFICATION

Aseres Yemei Teshuva 5784

A Brief Guide to Pas Yisroel

The *Shulchan Aruch* (O.C. 603:1) states that during the *Aseres Yemei Teshuva*, even those who are generally not stringent about only eating *Pas Yisroel* should do so, and avoid eating bread items baked by an *aino Yehudi*, known as *pas palter*.

Bread (or *pas*) is defined as *baked* goods that are made from the five primary grains: wheat, barley, oats, rye and spelt. All other grains are not considered *pas*. Cooked or fried items are also NOT considered “bread” items¹ for *Pas Yisroel* purposes.

It is important to note that if a *Yehudi* is involved in *any* part of the baking process (e.g., he only turned on the fire or oven or placed the food into the oven), that is enough to render any items subsequently baked to be considered *Pas Yisroel*. Just preparing the dough is not enough. Additionally, if an item is par-baked and needs further baking to be fully ready to eat, the finishing process is also sufficient to give that item *Pas Yisroel* status.

A POINT OF NOTE: *Pas Yisroel* has nothing to do with whether an item is *Yoshon* or not. Just because an item may be certified as *Pas Yisroel* does not necessarily mean it is also *Yoshon*.

Please refer to the following chart that we have prepared to help consumers better distinguish between items that would be considered as *Pas Yisroel* and those which would not.²

Pas/Bread Items

Bagels
Breads
Bread Crumbs
Cakes
Cereals – examples:³

- Cinnamon Toast Crunch
- Honey Grahams
- Grape Nuts
- Oatmeal Squares
- Golden Grahams

Cookies
Crackers
Croissants
Flat Breads
Graham Crackers
Hors d’oeuvres (if baked)
Kichel
Knishes
Matzah
Muffins
Pancakes
Pastries
Pie Shells
Pretzels (hard or soft)

Pizza
Wraps/Tortilla
Waffles

Non-Pas Items

Cereals:

- All *Shehakol* or *Ha’adama* cereals
- *Mezonos* cereals that are flakes or made from rice
- Cheerios
- Granola Cereals
- Life
- Puffed Wheat
- Oat Cluster Cereals

Donuts – when fried (If baked, would be *Pas*)
Granola and Granola Bars
Kishke
Kreplach
Licorice
Matzah Balls
Oatmeal (cooked)
Panko Crumbs
Pasta

¹ Although cooked grain items may very likely be subject to the prohibitions of *Bishul Yisroel*, which are far more stringent than *Pas Yisroel*. That discussion, however, is beyond the scope of this article. See <https://www.star-k.org/articles/articles/1182/food-fit-for-a-king-reviewing-the-laws-of-bishul-akum-bishul-yisroel/>

² For a full discussion of this topic, see <https://www.star-k.org/articles/articles/1194/pas-or-pas-nisht-reviewing-the-laws-of-pas-akum/>

³ These are some of the cereals that we are aware as being *Pas*. Other cereals (see above) are generally not *Pas* items. New cereals, however, appear on the market all the time. Consumers can consult their Rav or call the STAR-K Hotline with any questions about cereals not listed here.