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### Yoshon Cereal List Revised: 10-23-2018

As of the date above, this is a list of all the Yoshon cereals and their place of manufacture. It is subject to change. Brands appear in bold. All cereals without problematic ingredients, or that are Kosher for Pesach such as Crispy-O's are Yoshon. (Wheat Starch is not a problem.) **Note:** "Gluten-free" cereals may contain oats.

#### ISRAEL:

Any cereals with reliable hashgacha that are made in Israel (or with reliable Israeli Hashgacha) are Yoshon, such as these brands: **Gefen, Kosher Mills, Shibolim, and Vered.**

#### UK:

Any cereals made in the United Kingdom with reliable British hashgacha are always Yoshon. Therefore, any cereals bearing a KF of London Federation of Synagogues, Manchester Beit Din, Rabbi O.Y. Westheim, and Kedassia are always going to be yoshon! The following cereals are Yoshon:

**Mornflake Oats** cereal sold in Europe and Israel are always Yoshon.

**White's** SpeediCook Porridge Oats made in Ireland are always Yoshon.

#### CANADA:

**Compliments** Balance Wheat Squares, Bran Flakes and Very High Fibre Bran are still Yoshon. (This could change.)

**General Mills** Fibre One is always Yoshon.

**Kellogg's** Corn Pops and Froot Loops are always Yoshon.

**Kellogg's** All Bran Original, All Bran Flakes, Corn Flakes, Frosted Flakes, Crunchy Nut Corn Flakes, Raisin Bran, Rice Krispies, and Special K are still Yoshon. (This could change.)

**Post** 100% Bran, Shreddies (Banana Bread, Honey, and Original), Big Biscuit Shredded Wheat, Original Shredded Wheat, Spoon Size Shredded Wheat (Original and Wheat 'n Bran, Honey) are always Yoshon.

**President's Choice** Corn Flakes, Crunchy cereals (Maple Almond, Mixed Berry, or Cranberry Almond), Frosted Flakes, Loads of Raisins Raisin Bran, Woven Wheat Squares, are still Yoshon. (This could change.)

**President's Choice Blue Menu** Crunchy Whole Grain with Almond, Fibre First, Bran Flakes, Fibre Plus Bran Flakes, and Multigrain O's are all still Yoshon. (This could change.)

**President's Choice Organics** Raisin Bran and Wheat Squares are still Yoshon. (This could change.)

**Robin Hood Oats** are still Yoshon. (This could change.)

**Quaker** Muffets Shredded Wheat is always Yoshon.

**Weetabix** Alpen, Grain Shop High Fibre Crisp, and Weetabix (Organic and Regular) are all still Yoshon. (This could change.)

#### SOUTH AFRICA:

All Corn Flakes and Rice Krispies are always Yoshon.

All Oats are Yoshon. (This may change.)

**Bokomo** ProNutro is always Yoshon.

**Jungle** Oats are still Yoshon. (This may change.)

**Kellogg's** High Fibre and Crunchers cereals made in South Africa are Yoshon. (This may change.)

#### USA:

**EnviroKidz** COLD cereals are Yoshon. (Hot cereals are not)

**Erewhon** "Gluten-Free" cereals are Yoshon.

**General Mills** cereals with wheat only are Yoshon (this does not include wheat GERM). These include: Cinnamon Toast Crunch, Corn Chex, Fiber One Original, French Toast Crunch, Frosted Toast Crunch, Kix, Rice Chex, Total, Trix, Wheat Chex, and Wheaties.

**Kellogg's** Crispix has no problematic ingredients and is Yoshon.

**Kemach** Cocoa Munchees, Crunchy Cinnamon Bites, Nougat Nuggets, Whole Wheat Flakes are always Yoshon.

As of right now, all Kemach cereals are Yoshon, but this may change.

[This Document Available at Yoshon.com](http://Yoshon.com)