



YOSHON QUICK REFERENCE GUIDE 2019

BASED ON THE GUIDE OF RAV YOSEF HERMAN ZT"l | Current as of January 25, 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)
- **Wheat Starch**
- **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 13, 2018)
- **Soft PACKAGED baked goods** – Aug 13, 2018
- **Noodles and Pasta** – Aug 27, 2018
- **Barley** – Aug 21, 2018
- **Oats** – Aug 10, 2018
 1. Oats Cereals (General Mills)– Sept 15, 2018
 2. Other Oat Cereal Companies – Aug 10, 2018
- **Malt** – Yoshon until Mar 15, 2019
- **Beer** – Dec 15, 2018

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 2118 is the Julian date; 211 is the day of the year and 8 is the year. 2118 is Jul 30, 2018. So the code in such a case can be 211 or a lower number.

BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 6, 2019
2. **Cookies and Crackers**

Kemach

- **Grahams** – Yoshon
- **Cookies** – Yoshon until further notice
- **Bread sticks & flat breads** – All Yoshon until at least Feb 2019
- **Ice Cream Cones** - All Yoshon
- **Other Kemach products** – with Yoshon label only

3. **Duncan Hines Mixes**

- **Brownies, Cookies, Muffins** – Jan 30, 2020
- **All other mixes** – Jul 30, 2019

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, 2019.

WITH WHOLE WHEAT:

- **Haddar** – with Yoshon label only
- **Herr's** – Oct 22, 2018
- **Landau's** – Jul 30, 2019
- **Lieber's** – All Yoshon
- **New York Pretzels** – Jul 30, 2019
- **Utz Honey Wheat** – Nov 19 2018
- **Pringles** (some contain wheat) – code L8211
- **Wise** –
 - .75 oz. & 1.75oz: Dec 17, 2018
 - 3.25 oz: Nov 12, 2018
 - 8.75 oz.: Oct 22, 2018

6. **Soft Pretzels** – Jul 30, 2018

7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Jan 26, 2019
- **Sponge All, Swiss Fudge Cookies** – Nov 27, 2018
- **100 Calorie Packs** – Mar 27, 2019

8. **Waffle & Pancakes**

- **Aunt Jemima (dry mixes)** – all w/o malt are Yoshon. If contains malt: Pancakes – Sep 15, 2019, Waffles – Dec 15, 2019.
- **Frozen** – Pancakes – Apr 30 19, Waffles – Jul 30, 2019

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** – Jul 30, 2020
4. **Glicks** – 21118 (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** – Jul 31, 2019
4. **Jack Rabbit** – Jul 31, 2019
5. **Mishpacha** – All Yoshon
6. **Quaker** – Jan 22, 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, 2018.**

We have precise info for the following beers:

1. **Bud** – "Born on March 15, 2019"
2. **Heiniken** - Nov 15 19
3. **Coors** – 3 15 19
4. **Miller** – 4 14 19
5. **Sam Adams** – exp. May 2019 is already Chodosh

BREAD AND CORN FLAKE CRUMBS

1. **Gefen** – All Yoshon
2. **Jason** – 2120 or Jul 30, 2020
3. **Kellogg's** – Dec 15, 2020
4. **Kineret (Made in Israel)** – All Yoshon
5. **Lieber's** – All Yoshon
6. **Mishpacha** – All Yoshon
7. **Panko** – 211AH or Jan 30, 2020

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 07, 2019. For oats, use Sept 22, 2019).

1. **Barbara**
 - Oats – Jul 26, 2019
 - Wheat – Jul 30, 2019
 - Original – May 26, 2019
 - Multigrain bars – Apr 26, 2019
2. **Cascadian Farms**
 - Cin. Raisin Granola – Mar 26 2019
 - Raisin Bran, Purely O's – Apr 26, 2019
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – May 26, 2019
3. **Cream of Wheat** – Jul 30, 2020
4. **General Mills**
 - With wheat only – All Yoshon
 - With wheat germ only – Aug 5, 2019
 - With barley only – Aug 7, 2019
 - With oats only – Sept 22, 2019
 - With malt only – Dec 22, 2019
5. **Kashi**
 - Oats – Jul 26, 2019
 - Wheat – Jul 30, 2019
 - Kashi Golean Roll! – Mar 20, 2019
 - Kashi Soft Cereal Bars – Apr 26, 2019
 - Kashi Pilaf – Jul 26, 2019
 - Kashi Cookies – Jan 26, 2019
6. **Kellogg's** (If made in Europe – all Yoshon)
 - Oats– Jul 26, 2019
 - Wheat– Jul 30, 2019
 - Barley– Jul 31, 2019
 - Malt– Dec 15, 2019
7. **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**– Jul 26, 2018 packing date
 - **Containing wheat** – Jul 30, 2018 packing date
 - **Containing barley** – Jul 31, 2018 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
8. **Nature Valley**– Aug 6, 2019 (except if produced in South America)
9. **Post**
 - Oats– Sept 15, 2019

- Wheat– Jul 30, 2019
 - Barley– Jul 31, 2019
 - Malt– Dec 15, 2019
10. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)
 - Chewy Granola Bars– Mar 27, 2019
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express– Jan 26, 2019
 - Life– Jul 21, 2019
 - Oats (rolled, instant oatmeal)– Jan 17, 2020
 11. **Shoprite**
 - Hot Cereal:
 - Oat Cereal & Oatmeal– Jan 26, 2020
 - Wheat– Jan 30, 2020
 - Cold Cereal: Info not available
 12. **Stop & Shop / Giant**
 - Cereal
 - **With oats**– Jul 26, 2019
 - **With wheat**– Jul 30, 2019
 - Oatmeal– Jul 26, 2019
 13. **Walmart**
 - Quick Oats– Jan 22, 2020
 - Bran Flakes– Jul 26, 2019
 - Farina– Jul 30, 2020

CHOW MEIN NOODLES

1. **Eden**– with Yoshon label
2. **Kemach**– All Yoshon
3. **Streit's**– All Yoshon unless labeled chodosh
4. **Lieber's**– Unknown
5. **Mishpacha**– Not Yoshon

COUSCOUS

1. **Hodgson Mills**– Jul 30, 2019
2. **Near East**– Jul 30, 2019
 - with barley only– Jul 31, 2019

EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers**– ##3018GX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **Golden Bowl Won Ton Wraps**– code 301807
3. **Spring Roll Wrappers** - Jul 30, 2019
4. **Dependable**– All yoshon
5. **Nasoya Egg Roll and Won Ton Wrappers**– Sep 18, 2018
6. **Won Ton Food Co.**– code 73018 (letters are irrelevant)

FLOUR

1. **All Purpose Flour**
 - **Dependable**– With Yoshon stamp only
 - **Giant/Stop & Shop**– Jul 30, 2019
 - **Glicks**– With Yoshon label only
 - **Gold Medal**– All is Yoshon (malt Jun 25, 2020) Only from KC Mill. Other Mills Feb 8, 2020
 - **Heckers***– contains malt – Jun 15, 2020 *All Yoshon
 - **Kemach**– All Yoshon
 - **King Arthur**– If exp date states "BEST BY..." it is Yoshon. May contain malt– Dec 15, 2019. If states "BEST USED BY...": Jul 30, 2019. Note: the 50 lb bags have the production date stated, which would be Jul 30, 2018.
 - **Mishpacha**– All Yoshon
 - **Pillsbury**– Jan 30, 2020
 - **Shoprite**– Jul 30, 2019

2. Whole Wheat Flour

- **Dependable**– With Yeshon stamp only
- **Gold Medal**– Feb 1, 2019
- **Heckers**– Jul 30, 2018
- **Kemach**– All Yeshon
- **King Arthur**– Jul 30, 2019. 50 lb bags– Jul 30, 2018
- **Mishpacha**– All Yeshon
- **Pillsbury**– Jul 30, 2019

3. Bread Flour (High Gluten Flour)

- **Dependable**– with yeshon stamp only
- **Glicks**– With Yeshon label only
- **Gold Medal**– Are All Yeshon. Malt Jun 6 20 Only from KC Mill. Others Mills are Feb 8 20
- **Kemach**– All Yeshon
- **King Arthur**– Jul 30, 2019
- **Mishpacha**– All yeshon
- **Pillsbury**– Jul 30, 2019
- **Trader Joe's** – Production date Jul 30, 2018 or Best If Used By Date Jul 30, 2019
- **Heckers** - Yeshon

FROZEN/MISC.

1. Alle/Meal Mart Frozen Products– All are Yeshon

1. Apollo Fillo Dough– Jul 30, 2019 or 2119

2. Aunt Jemima

- Pancakes– Apr 30, 2019
- Waffles– Jul 30, 2019 or 21158

3. Dr. Praeger: If contains:

- Oats – Jul 26, 2020
- Wheat – Jul 30, 2020

4. French's French Fried Onions: Jul 30, 2020

5. Golden

- Blintzes– code Jul 30, 2020
- Potato pancakes– All Yeshon (except spinach & broccoli)

6. McCain Fries (that contain flour, e.g. spicy fries): Jul 30, 2019

7. Shindler's Products– All are Yeshon

8. Tofutti Cuties– Code 2118

9. Trader Joe's Potato Pancakes– All Yeshon (plain only)

10. Ungar's Fish– JL1830

KISHKE

1. A&B– with Yeshon label only

2. Benz's– All Yeshon

3. Meal Mart– All Yeshon

4. Unger's– All Yeshon

LICORICE/CANDY

1. Darrell Lea– Oct 1, 2019

2. Twizzler's (H&S Candy/Hershey)– Yeshon

3. Joray Fruit Rollups– 2118

4. Jolly Ranchers– Yeshon

NOODLES/PASTA

1. Barilla

- Plus Pasta– Jul 2019
- Whole Grain– Feb 2020
- Lasagna– Apr 2020
- Other pastas and orzo– Apr 2021

2. California Delight– All Yeshon

3. Eden– With Yeshon label

4. Gefen– Only with Yeshon on label

5. Giant/Stop & Shop– Aug 14, 2021

6. Goodman's

- Pasta– Aug 14, 2021
- Egg noodles– Aug 14, 2020

7. Kemach

- Egg noodles– with Yeshon stamp only
- Other pasta products– Sep 28, 2020

8. Manischewitz– Aug 14, 2020 or 2259

9. Mishpacha– (EXCEPT chow mein) – All Yeshon

10. Mother's– code 2259

11. Mueller & San Giorgio

- Egg noodles– Aug 14, 2020
- Pasta– Aug 14, 2021

12. Ralph's– Aug 14, 2021

13. Savion– P2118

14. Shoprite Pasta: 08 13 20

15. Streit's– All Yeshon (except chow mein)

16. Sysco– code 29077

17. Walmart– Macaroni and spaghetti: Aug 14, 2020

PIE CRUSTS/PASTRY DOUGH

1. Apollo Fillo Dough– Jul 30, 19

2. Gefen Pie Crusts– Jul 30, 19

3. Glicks Graham Cracker Pie Crusts– July 30, 2019

4. Keebler Pie Crusts– Jul 30, 19

5. Kemach

- Chocolate– With yeshon label
- Graham– Yeshon (Malt 71019)

6. Mechel's– All Yeshon

7. Mishpacha Pie Crust– All Yeshon

8. Mother's Graham Cracker Pie Crust–code 9211

9. Pepperidge Farm– no info. Call company with code on package. If produced before Jul 30, 2019 it is Yeshon.

10. Ungar's Pastry Dough– Yeshon

SOUP/SOUP MIXES

1. Kedem– 8211

2. Kemach

- Onion, split pea– All Yeshon
- Vegetable – 811313
- Minestrone – 813413

3. Lieber's– Yeshon

4. Manischewitz

- Barley– Jul 31, 2020 or 2129
- Noodle/Pasta– Aug 14, 2020 or 2259

5. Mishpacha Matzo Ball Mix – All Yeshon

6. Osem– All Israeli products are Yeshon

7. Rokeach Canned Soups (if containing grains)– code 2250

8. Shoprite

- Soup mixes– Jan 30 20
- Canned (except tomato)– Jul 30 20
- Canned Tomato Soup– Jan 30 20

9. Streit's– All Yeshon

10. Tabatchnick– 043019

11. Tradition– N6211 or Jul 29, 2019

VINEGAR

1. Regular Vinegar has no Chodosh concern.

2. Malt, Tarragon, or Salad Vinegar (purchased after Dec 15, 2018)

- Heinz– Malt vinegar – code 1661
- Tarragon and Salad– code 3491