



# YOSHON QUICK REFERENCE GUIDE 5780

BASED ON THE **PRELIMINARY** GUIDE OF RAV YOSEF HERMAN ZT"L | Current as of September 5, 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 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 23, 2020
2. **Cookies and Crackers**

#### **Kemach**

- **Grahams** – Yoshon
- **Cookies** – Yoshon until further notice
- **Breadsticks & flat breads** – All Yoshon until at least Feb 2020
- **Ice Cream Cones** - All Yoshon
- **Other Kemach products** – with Yoshon label only

### 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 8, 2019
- **Landau's** – Aug 15, 2020
- **Lieber's** – All Yoshon
- **New York Pretzels** – Aug 15, 2020
- **Utz Honey Wheat** – Dec 6, 2019
- **Pringles** (some contain wheat) – code L9227
- **Wise** –
  - .75 oz. & 1.75oz: Jan 3, 2020
  - 3.25 oz: Nov 29, 2019
  - 8.75 oz.: Nov 8, 2019

### 6. **Soft Pretzels** – Aug 15, 2019

### 7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Feb 12, 2020
- **Sponge Swiss Fudge Cookies** – Dec 13, 2019
- **100 Calorie Packs** – Apr 12, 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 16, 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 1, 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 13, 2021

## 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 2, 2020
  - Multigrain bars – May 3, 2020
2. **Cascadian Farms**
  - Cin. Raisin Granola – Apr 2, 2020
  - Raisin Bran, Purely O's – May 3, 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
  - With wheat germ only – Aug 22, 2020
  - With barley only – Aug 21, 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 12, 2020
  - Kashi Pilaf – Aug 2, 2020
  - Kashi Cookies – Feb 11, 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. **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** – Aug 15, 2019 packing date
  - **Containing barley** – 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 Spoons, 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 14, 2020 (except if produced in South America)
9. **Post**
  - Oats– Sept 23, 2020

- Wheat– Aug 15, 2020
  - Barley– Aug 13, 2020
  - Malt– Dec 15, 2020
10. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)
    - Chewy Granola Bars– Apr 3, 2020
    - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express– Feb 2, 2020
    - Life– Jul 29, 2020
    - Oats (rolled, instant oatmeal)– Jan 25, 2021
  11. **Shoprite**
    - Hot Cereal:**
      - Oat Cereal & Oatmeal– Feb 10, 2021
      - Wheat– Feb 15, 2021
    - Cold Cereal:** Info not available
  12. **Stop & Shop / Giant**
    - Cereal
      - **With oats**– Aug 2, 2020
      - **With wheat**– Aug 15, 2020
    - Oatmeal– Aug 2, 2020
  13. **Walmart**
    - Quick Oats– Jan 30, 2021
    - Bran Flakes– Aug 2, 2020
    - Farina– Aug 15, 2021

## 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**– Aug 15, 2020
2. **Near East**– Aug 14, 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)

## 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 8, 2021
  - **Heckers\***– contains malt – Jun 15, 2021 \*All Yoshon
  - **Kemach**– All Yoshon
  - **King Arthur**– If exp date states "BEST BY..." it is Yoshon. May contain malt– Dec 15, 2020. If states "BEST USED BY..." : Aug 15, 2020. Note: the 50 lb bags have the production date stated, which would be Jul 30, 2018.
  - **Mishpacha**– All Yoshon
  - **Pillsbury**– Feb 15, 2021
  - **Shoprite**– Aug 15, 2020



## 2. Whole Wheat Flour

- **Dependable**– With Yeshon stamp only
- **Gold Medal**– Feb 1, 2020
- **Heckers**– Aug 15, 2019
- **Kemach**– All Yeshon
- **King Arthur**– Aug 15, 2020. 50 lb bags– Aug 15, 2019
- **Mishpacha**– All Yeshon
- **Pillsbury**– Aug 15, 2020

## 3. Bread Flour (High Gluten Flour)

- **Dependable**– with Yeshon stamp only
- **Glicks**– With Yeshon label only
- **Gold Medal**– Are All Yeshon. Malt Jun 6 21 Only from KC Mill. Others Mills are Feb 8 21
- **Kemach**– All Yeshon
- **King Arthur**– Aug 15, 2020
- **Mishpacha**– All Yeshon
- **Pillsbury**– Aug 15, 2020
- **Trader Joe's** – Production date Aug 15, 2019 or Best If Used By Date Aug 15, 2020
- **Heckers** - Yeshon

## FROZEN/MISC.

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

#### 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, 2020

#### 4. French's French Fried Onions: Aug 15, 2021

#### 5. Golden

- Blintzes– code Aug 15, 2021
- Potato pancakes– All Yeshon (except spinach & broccoli)

#### 6. McCain Fries (that contain flour, e.g. spicy fries): Aug 15, 2020

#### 7. Shindler's Products– All are Yeshon

#### 8. Tofutti Cuties– Code 2279

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

#### 10. Ungar's Fish– AG1915

## 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, 2020

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

#### 3. Joray Fruit Rollups– 2279

#### 4. Jolly Ranchers– Yeshon

## NOODLES/PASTA

#### 1. Barilla

- Plus Pasta– Aug 2020
- Whole Grain– Feb 2021
- Lasagna– Apr 2021
- Other pastas and orzo– Apr 2022

#### 2. California Delight– All Yeshon

#### 3. Eden– With Yeshon label

#### 4. Gefen– Only with Yeshon 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 Yeshon stamp only
- Other pasta products– Sep 28, 2021

#### 8. Manischewitz– Aug 22, 2021 or 2340

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

#### 10. Mother's– code 2340

#### 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 21 21

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

#### 16. Sysco– code 22089

#### 17. Walmart– Macaroni and spaghetti: Aug 22, 2021

## 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 Yeshon label
- Graham– Yeshon (Malt 71020)

#### 6. Mechel's– All Yeshon

#### 7. Mishpacha Pie Crust– All Yeshon

#### 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 Yeshon.

#### 10. Ungar's Pastry Dough– Yeshon

## SOUP/SOUP MIXES

#### 1. Kedem– 9227

#### 2. Kemach

- Onion, split pea– All Yeshon
- Vegetable – Still Yeshon
- Minestrone – Still Yeshon

#### 3. Lieber's– Yeshon

#### 4. Manischewitz

- Barley– Aug 13, 2021 or 2250
- Noodle/Pasta– Aug 22, 2021 or 2340

#### 5. Mishpacha Matzo Ball Mix – All Yeshon

#### 6. Osem– All Israeli products are Yeshon

#### 7. Rokeach Canned Soups (if containing grains)– code 2341

#### 8. Shoprite

- Soup mixes– Feb 15, 2021
- Canned (except tomato)– Aug 15, 2021
- Canned Tomato Soup– Feb 15, 2021

#### 9. Streit's– All Yeshon

#### 10. Tabatchnick– 051520

#### 11. Tradition– N8227 or Aug 15, 2020

## VINEGAR

#### 1. Regular Vinegar has no Chodosh concern.

#### 2. Malt, Tarragon, or Salad Vinegar (purchased after Dec 15, 2019)

- Heinz– Malt vinegar – code 1832
- Tarragon and Salad– code 0012