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## Yoshon Cereal List Revised: 1-27-2020

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, The Following brands: **Gefen, Kosher Mills, Shibolim, and Vered** are all always Yoshon.

**UK:** All cereals made in with reliable British hashgacha are Yoshon. All Oats from England or Ireland are Yoshon.

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

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

**POLAND:** All kosher **Nestlé/General Mills** cereals are Yoshon, regardless of ingredients.

### CANADA:

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

**Kellogg's** Corn Pops are always Yoshon.

**Post** Shredded Wheatcereals including Original Big Biscuit, Original Spoon Size Shredded Wheat, and Wheat 'n Bran are always Yoshon. Bran Flakes, Raisin Bran, and Shreddies (Banana Bread, Honey, and Regular) are Yoshon.

**President's Choice** Loads of Raisins Raisin Bran, Woven Wheat Squares, Corn Flakes, and Frosted Flakes are Yoshon.

**President's Choice Blue Menu** Fibre First Multi-Bran Flakes, Fibre Plus Bran Flakes are Yoshon.

**President's Choice Organics** Raisin Bran and Wheat Squares are Yoshon.

**Quaker** Muffets Shredded Wheat is always Yoshon, and unfortunately is being discontinued, so stock up!

**Weetabix** Regular and Organic are still Yoshon.

### SOUTH AFRICA:

All Corn Flakes and Rice Krispies are always Yoshon.

All Oats are still Yoshon. (This may change.)

**Bokomo** ProNutro without Wheat is always yoshon.

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

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

### USA:

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

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

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

**Kellogg's** Crispix cereal is Yoshon, and Corn Pops are Yoshon (except for those holding a Chumra on Wheat Starch).

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

**Malt-O-Meal** Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts, and Golden Puffs are Yoshon.

**Paskesz** cereals with a "Yoshon" label are Yoshon, under Rabbi O.Y. Westheim.

**Post** cereals with wheat only are Yoshon. CoCo Wheats, Original Spoon Size Shredded Wheat, Spoon Size Wheat 'N Bran, Big Biscuit Shredded Wheat, and Golden Crisp are Yoshon. All kosher Pebbles cereals are always Yoshon.

**Publix** Crispy Corn & Rice Cereal is always Yoshon.

**Shoprite** Scrunchy Cocoa Treats and Scrunchy Crispy Colors are always Yoshon.

**Stop & Shop** Corn Squares, Rice Squares, Oven Toasted Corn, Cocoa Magic, Fruity Bits, Peanut Butter and Cocoa Bites are always Yoshon

**Taanug** cereals are Yoshon with a "Yoshon" label under OU.

**Unger's Label Malt-O-Meal** Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts, and Golden Puffs are Yoshon.

**WinCo** Cocoa Crispy, Crispy Rice, Fruity Crisp, and Berry Crunch are always Yoshon.

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

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