



18402 N 19th Ave Ste 342, Phoenix, AZ 85023-1361

Yoshon Cereal List Revised: 9-15-2020

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.

CANADA:

General Mills Fibre One is always Yoshon.

Kellogg's Corn Pops are always Yoshon.

SOUTH AFRICA:

All Corn Flakes and Rice Krispies are always Yoshon.

Bokomo ProNutro without Wheat is always Yoshon.

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, Chocolate Chex, Chocolate Toast Crunch, Cinnamon Chex, Cinnamon Toast Crunch, Cookie Crisp, Corn Chex, Fiber One Original, French Toast Crunch, Frosted Toast Crunch, Golden Grahams, Kix, Peanut Butter Chex, Raisin Nut Bran, 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.

Shoptite 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

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://www.Yoshon.com)

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