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### 5781 Yoshon Cereal List (Revised: 10-30-2020)

As of the above revision date, this is a list of “Always-Yoshon” cereals for this year only, and their place of manufacture. 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 according to *Guide to Chodosh*.) **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 under KF (London Federation of Synagogues) hashgacha 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.

**Post Cereals:** Light Wheat Squares, Shredded Wheat, Spoon Size Shredded Wheat (Regular, Honey Toasted, Cinnamon, and Wheat ‘n Bran), are always yoshon.

#### SOUTH AFRICA:

**All Brands** of Corn Flakes and Rice Krispies are always Yoshon.

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

**Kellogg’s** Corn Flakes and Rice Krispies are always Yoshon.

#### USA:

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

**Erewhon** Gluten-Free cereals are always Yoshon. (These are all in the process of being discontinued.)

**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.

**Kashi** Cinnamon French Toast, Simply Maize, and Indigo Morning are always yoshon.

**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

**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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