



18402 N 19th Ave Ste 342, Phoenix, Arizona 85023

Yoshon Cereals List – Updated: December 12, 2021

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 the UK with reliable British hashgacha are Yoshon.

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

Nestlé All Nestlé cereals under the *hashgacha* of the Manchester Beis Din (with MK logo) are all Yoshon this season.

White's SpeediCook Porridge Oats made in the UK are always Yoshon.

CANADA:

General Mills Fibre One is always Yoshon.

Kellogg's Corn Pops are always Yoshon. Right now, All Bran, Raisin Bran, Bran Flakes, Corn Flakes, Honeynut Corn Flakes, Frosted Flakes, Rice Krispies, Special K, and Froot Loops are still yoshon. (This will likely change.)

Post Bran Flakes, Raisin Bran, and Shreddies (Banana Bread, Honey, and Regular) are still Yoshon. (This may change.) Shredded Wheat cereals including Original Big Biscuit, Original Spoon Size Shredded Wheat, and Wheat 'n Bran are always 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.

Robin Hood Old Mill Oats are still yoshon. (This may change.)

Quaker Wheat Bran is still yoshon. (This may change.)

Weetabix Regular and Organic Weetabix, Alpen and Grain Shop High Fibre Crisp are all still yoshon. (This may change.)

SOUTH AFRICA:

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

Bokomo ProNutro without Wheat is always Yoshon.

Kellogg's cereals made in South Africa are still Yoshon. (This may change.)

USA:

Barbara's Bakery Corn Flakes, Brown Rice Crisps, Berry Burst Protein, and Honey Rice Puffins are always Yoshon.

EnviroKidz All COLD cereals are Yoshon. (Hot cereals are NOT)

General Mills and **Nestlé/General Mills** cereals with wheat only are Yoshon (this does not include wheat GERM). These include: Cini Minis, Churros, Cinnamon or Chocolate Toast Crunch, Golden Grahams, Raisin Nut Bran, Total, Fiber One Original, Wheat Chex, and Wheaties. Cereals with no problematic ingredients that are always yoshon include: Cookie Crisp, French Toast Crunch, Frosted Toast Crunch, Kix, Trix, Cocoa Puffs, Reeses Puffs, Corn Chex, Rice Chex, Peanut Butter Chex, or Chocolate Chex.

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

Kellogg's Brown Rice Rice Krispies (NOT to be confused with Original Rice Krispies), Crispix, and Corn Pops are Yoshon.

Kemach Cocoa Munchees, Crunchy Cinnamon Bites, and Whole Wheat Flakes are always Yoshon.

Klein's Naturals Granola is Yoshon with a "Yoshon" label under OK hashgacha.

Malt-O-Meal cereals with wheat only are Yoshon, including Golden Puffs. Cereals with no problematic ingredients including Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts are always Yoshon.

Paskesz cereals are Yoshon under Rabbi O.Y. Westheim. (If they are under another *hashgacha*, they must have "Yoshon" on the label.)

Post cereals with wheat only are Yoshon, including CoCo Wheats, Original Spoon Size Shredded Wheat, Spoon Size Wheat 'N Bran, Big Biscuit Shredded Wheat, and Golden Crisp. All kosher Pebbles cereals are always Yoshon, having no problematic ingredients.

Publix Crispy Corn & Rice Cereal is always Yoshon.

Setton Farms Granola is Yoshon with a "Yoshon" label under OK hashgacha.

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 are always Yoshon. This season 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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