



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

Yoshon Cereals List – Updated: September 20, 2022

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.

Paskesz Kosher for Passover cereals, including Chocorios, Fruitios, and Crunchios; Choco Fillos in Chocolatey or Nougat; and Choco or Fruity Puffers are always Yoshon.

UK: All cereals made in the UK with reliable British hashgacha for export to Israel are Yoshon.

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

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.

Post Wheat 'n Bran or Light Wheat Squares are always Yoshon. Shredded Wheat cereals including Original Big Biscuit, Original Spoon Size Shredded Wheat in Regular, Cinnamon, and Honey Toasted are always Yoshon. Shreddies in Regular, Honey, and Maple Flavours; Dark Wheat Squares; and 100% Bran are Yoshon.

President's Choice Loads of Raisins Raisin Bran, Woven Wheat Squares are Yoshon.

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

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

Weetabix Regular and Organic Weetabix are yoshon.

SOUTH AFRICA:

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

Bokomo ProNutro without Wheat is always Yoshon.

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, Cinnamon Toast Crunch, Original or Chocolate Churros, Golden Grahams, Raisin Nut Bran, Total, Fiber One Original, Wheat Chex, and Wheaties. All *Parve* Toast Crunch Cereals: CinnaGraham, Chocolate, Dulce de Leche, Apple Pie, and Sugar Cookie; 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.

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.

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.

Paskesz PB&C is made with Wheat Starch and would be Yoshon. Chips Aplenty, Corn Bites, and Rice Bites are always Yoshon, with no problematic ingredients.

Publix Crispy Corn & Rice Cereal is always Yoshon.

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

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 are always 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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