



YOSHON QUICK REFERENCE GUIDE 2016

BASED ON RABBI HERMAN'S PRELIMINARY GUIDE | Current as of September 1, 2016

Please check our website [weekly](#) for updates

INGREDIENTS THAT ARE OF CONCERN:

- Any type of **Grain** (Wheat, Barley, Oats)
- **Grain Flour** (Wheat, Barley, Oats)
- **Malt**
- **Wheat Germ**

INGREDIENTS THAT ARE NOT OF CONCERN:

- **Spelt** (in/from USA and Canada)
- **Rye**
- **Maltodextrin** (USA only. Europe may be chodosh)
- **Wheat Starch**
- **Food Starch**
- **Yeast**

PRODUCTS THAT ARE ALWAYS YOSHON:

- All **Israeli products** with reliable Hashgocho are Yoshon.
- All **products outside of E"Y** with the following Hashgochos are always Yoshon:
 1. Rabbi O.Y. Westheim of Manchester
 2. Kedassia of London
 3. Rabbi Schneebalg
- **Soy, Teriyaki and Tamari** sauces are always Yoshon.

THE FOLLOWING ARE YOSHON IF PURCHASED PRIOR TO THE DATES LISTED:

IF PURCHASED AFTER, SEE THE NEXT SECTION

- **Soft FRESH baked goods** (bread, rolls, bagels, pizza, soft pretzels – August 12, 2016)
- **Soft PACKAGED baked goods** – Aug. 12, 2016
- **Noodles and Pasta** – August 27, 2016
- **Barley** – August 23, 2016
- **Oats** – August 3, 2016
 1. Oats Cereals (General Mills)– July 31, 2016
 2. Other Oat Cereal Companies – August 3, 2016
- **Malt** – Items containing malt are Yoshon until March 15, 2017
- **Beer** – Dec. 15, 2017

AFTER THE ABOVE DATES, USE THE CODES BELOW:

THE CODE LISTED IS THE LATEST CODE FOR YOSHON.

(If the item is dated with the date below or earlier/lower, it is Yoshon. If later, it is assumed Chodosh)

Note: A number like 2146 is the Julian date; 214 is the day of the year and 6 is the year. 2146 is August 2, 2016. So the code in such a case can be 214 or a lower number.

BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 03 17
2. **Duncan Hines Mixes**
 - Brownies, Cookies, Muffins – Jan. 29, 2018
 - All other mixes – Jul 29, 17
3. **Matzo** (including **Matzo Meal**)- All are yoshon

4. **Hard Pretzels and Snacks**

- All hard pretzels without malt or whole wheat flour are always Yoshon. If they only contain Malt, then are Yoshon until March 15, 2017

WITH WHOLE WHEAT:

- Haddar– with Yoshon label only
- Herr's– Nov 03, 2016
- Landau's– July 29, 2017
- Lieber's– All Yoshon
- New York Pretzels– Jul 28 17
- Utz Honey Wheat– Nov 17 2016
- Pringles (some contain wheat) – code L6211
- Wise-
 - .75 oz. Dec 15 16
 - 1.75 oz: Sept 30 16
 - 3.75 oz.: Oct 20 16

5. **Soft Pretzels**– Jul 29,16

6. **Stella D'oro**

- Breakfast treats, toast and biscotti- Jan 24 17
- Sponge All, Swiss Fudge Cookies- Nov 25 16
- 100 Calorie Packs- Mar 24 17

7. **Waffle & Pancakes**

- Aunt Jemima (**dry mixes**)– all w/o malt are Yoshon. If contains malt, Pancakes – September 15, 2017, Waffles – December 15, 2017.
- **Frozen**– Pancakes – Apr 29 17, Waffles Jul 29,17

BAKING SPRAY WITH FLOUR (if they do not have flour, there is no concern):

1. **Baker's Joy** and **Crisco** are Yoshon
2. **Mishpacha**- All yoshon
3. **Pam**- Jul 29 18
4. **Glicks**- 2116

BARLEY

1. **Eden**- All Yoshon
2. **Gefen**- All Yoshon
3. **Giant/Stop & Shop**- Aug 09 17
4. **Jack Rabbit**- Aug 09 17
5. **Mishpacha**- All Yoshon
6. **Quaker**- Jan 30 18

BEER

If it has a production code, then it should pre-date Nov 15. If no code, may be purchased and assumed Yoshon until after **Dec 15, 2016**.

For the following beers, we have precise info:

1. **Bud**- "born on Nov 15 17"
2. **Coors**- 4 14 17
3. **Miller**- 3 13 17
4. **Sam Adams**- exp. May 2017 is already chodosh

BREAD AND CORN FLAKE CRUMBS

1. **Gefen**– All Yoshon
2. **Jason**– 2118 or Jul 29 18
3. **Kellogg's**– Dec 15 2018

4. **Kineret (Made in Israel)**– All Yoshon
5. **Lieber's**– All Yoshon
6. **Mishpacha**– All Yoshon
7. **Panko**– 211AF or Jan 29 18

OATMEAL, CEREALS, CEREAL BARS, GRANOLA BARS

Check ingredients. Use earliest date. (e.g., if General Mills cereal contains barley, the date to use is Aug 09 16. For oats, use Jul 20 16)

1. **Barbara**
 - Oats- July 20 17
 - Wheat- Jul 29 17
 - Original- May 29 17
 - Multigrain bars- Apr 20 17
2. **Cascadian Farms**
 - Cin. Raisin Granola – Mar 20 17
 - Raisin Bran, Purely O's – Apr 20 17
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – May 20 17
3. **Cream of Wheat**- Jul 29 2018
4. **General Mills** (except from Plant code BU)
 - With wheat germ only– Aug 2 17
 - With barley only- Aug 9 17
 - With oats only– Aug 4 2017
 - From plant BU** Aug 15 17
 - With malt only– Dec 21 17
5. **Kashi**
 - Oats - July 20 17
 - Wheat – Jul 29 17
 - Kashi Golean Roll! – Mar 20 17
 - Kashi Soft Cereal Bars – Apr 20 17
 - Kashi Pilaf – July 20 17
 - Kashi Cookies – Jan 20 17
6. **Kellogg's** (If made in Europe- all Yoshon)
 - Oats- July 20 17
 - Wheat- Jul 29 17
 - Barley- Aug 09 17
 - Malt- Dec 15 17
7. **Malt-O-Meal**- Each cereal has a different amount of time from packing to expiration. Use the list below to determine the date of how long before expiration code the cereal was produced.
 - **Containing oats only**- July 20 16 packing date
 - **Containing wheat** – Jul 29 16 packing date
 - **Containing barley** – Aug 09 16 packing date
 - **9 months from production**- Marshmallow Maties, Berry Colossal Crunch
 - **10 Months from Packing**- Blueberry Muffin Tops, Cinnamon Toasters, Honey Graham Squares, Coco Roos, Honey Nut Scooters
 - **12 Months from packing**- Apple Zings, Tootie Fruities, Honey & Oat Blenders, Honey Buzzers, Cocoa Dyno Bites, Corn Flakes, Frosted Mini Spooners, Raisin Bran, Golden Puffs, Frosted Flakes, Corn Bursts Crispy Rice.
 - **15 Months**- Hot Wheat Malt-O-Meal-Chocolate and Maple & Brown Sugar
 - **18 Months**- Quick Rolled Oats
 - **24 Months**- Hot Wheat Malt-O-Meal-Original
8. **Nature Valley**- Jul 25 17 (except if produced in South America)
9. **Post**
 - Oats– July 20 17
 - Wheat- Jul 29 17
 - Barley– Aug 09 17
 - Malt– Dec 15 17

10. **Quaker** (USA. In E"Y and EU with KF hechsher are all yoshon)
 - Chewy Granola Bars- Mar 16 17
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express – Jan 16 17
 - Life - Jul 14 17
 - Oats (rolled, instant oatmeal) - Jan 10 18

11. **Shoprite**

Hot Cereal:

- Oat Cereal & Oatmeal- Jan 20 18
- Wheat- Jan 29 18

Cold Cereal:

- Oats- Jun 20 18
- Wheat- Jun 28 18
- Malt- Nov 2 18

12. **Stop & Shop / Giant**

- Cereal
 - **with oats**- July 20 17
 - **with wheat**- Jul 29 17
- Oatmeal- July 20 17

13. **Wal Mart**

- Quick Oats- Jan 15 18
- Bran Flakes- Jul 29 17
- Farina- Jul 29 18

CHOW MEIN NOODLES

1. **Eden**- with yoshon label
2. **Kemach**- unknown
3. **Streit's**- All yoshon unless labeled chodosh
4. **Lieber's**- 2110

COUSCOUS

1. **Hodgson Mills**- Jul 29 18
2. **Near East**- Jul 29 17

EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers**- ##2916GX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to August)
2. **Golden Bowl Won Ton Wraps**- code 291607
3. **Dependable**- All yoshon
4. **Nasoya Egg Roll and Won Ton Wrappers**- Sep 27, 2016
5. **Won Ton Food Co.**- code 72916AAAA (letters are irrelevant)

FLOUR

1. **All Purpose Flour**

- **Dependable**- With yoshon stamp only
- **Giant/Stop & Shop**- Jul 29 17
- **Glicks**- With yoshon label only
- **Gold Medal**- KC mill has malt: June 15 18. All other mills: Feb 5 18
- **Heckers**- contains malt – Jun 15 18
- **Kemach**- All yoshon
- **King Arthur**- If exp date states "BEST BY..." it is Yoshon. May contain malt – Dec-15-17. If states "BEST USED BY...": Jul 29 17. Note: the 50 lb bags have the production date stated, which would be Jul 29 16.
- **Mishpacha**- All yoshon
- **Pillsbury**- Jan 29 2018
- **Shoprite**- Jul 29 17

2. **Whole Wheat Flour**

- **Dependable**- With yoshon stamp only
- **Gold Medal**- Jan 31 17

- Heckers- Jul 29 17
 - Kemach- All yoshon
 - King Arthur- Jul 29 17. 50 lb bags – Jul 29 16
 - Mishpacha- All yoshon
 - Pillsbury- Jul 29 17
3. **Bread Flour (High Gluten Flour)**
- Dependable- with yoshon stamp only
 - Glicks- With yoshon label only
 - Gold Medal- KC Mill is Yoshon. Malt Jun 25 18 Other mills: Feb 5 18
 - Kemach- All yoshon
 - King Arthur- Jul 29 17
 - Mishpacha- All yoshon
 - Pillsbury- Jul 29 17
 - Trader Joe's - Production date Jul 29 16 or Best if Used By Date Jul 29 17

FROZEN/MISC.

1. **Alle/Meal Mart Frozen Products**– all are Yoshon
1. **Apollo Fillo Dough**- Jul 29 17 or 2115
2. **Aunt Jemima**
 - Pancakes- Apr 29, 2017
 - Waffles- Jul 29 17 or 211J6
3. **Dr. Praeger:**
 - Fish- All Yoshon
 - Other- Jul 29 18
4. **French's French Fried Onions:** Jul 29 18
5. **Golden**
 - Blintzes- code Jul 29 2018
 - Potato pancakes- All yoshon (except spinach & broccoli)
6. **McCain Fries** (that contain flour, e.g. spicy fries): Jul 29 17
7. **Shindler's Products**- All are yoshon
8. **Tofutti Cuties**- Code 2116
9. **Trader Joe's Potato Pancakes**- All yoshon (plain only)
10. **Ungar's Fish**- JU1629

KISHKE

1. **A&B**- with yoshon label only
2. **Benz's**- All yoshon
3. **Meal Mart**- All yoshon
4. **Unger's**- All yoshon

LICORICE/CANDY

1. **Darrell Lea**- September 28, 2017
2. **Twizzler's** (H&S Candy/Hershey)- Yoshon
3. **Joray Fruit Rollups**- 2116
4. **Jolly Ranchers**- Yoshon

NOODLES/PASTA

1. **Barilla**
 - Plus Pasta- Jul 2017
 - Whole Grain- Jan 2018
 - Lasagna- March 2018
 - Other pastas and orzo- March 2019
2. **California Delight**- All Yoshon
3. **Eden**- with Yoshon label
4. **Gefen**- Only with Yoshon on label
5. **Giant/Stop & Shop**- Aug 10 19
6. **Goodman's**
 - Pasta- Aug 10 19
 - Egg noodles- Aug 10 18

7. **Kemach**
 - Egg noodles- unknown
 - Other pasta products- unknown
8. **Manischewitz**- Aug 10 2018 or 2228
9. **Mishpacha**- (EXCEPT chow mein) – All Yoshon
10. **Mother's**- code 2237
11. **Mueller & San Giorgio**
 - Egg noodles- Aug 10 18
 - Pasta- Aug 10 19
12. **Ralph's**- Aug 10 19
13. **Savion**- P2096
14. **Shoprite Pasta**: 08 10 18
15. **Streit's**- All yoshon (except chow mein)
16. **Sysco**- code 10086
17. **Walmart**- Macaroni and spaghetti: Aug 10 18

PIE CRUSTS/PASTRY DOUGH

1. **Apollo Fillo Dough**- Jul 29 17
2. **Gefen Pie Crusts**- Jul 29, 17
3. **Glicks Graham Cracker Pie Crusts**- code 20160729 or 2116
4. **Keebler Pie Crusts**- Jul 29, 17
5. **Kemach**
 - Chocolate- With yoshon label
 - Graham- Yoshon (Malt 71017)
6. **Mishpacha Pie Crust**- All Yoshon
7. **Mother's Graham Cracker Pie Crust**-code 7210
8. **Pepperidge Farm- Pie Crust**- 7-29-17
 - Pastry Dough- 2116 or 7 29 17
 - Pie Crust- 7-29-17
9. **Ungar's Pastry Dough**- Yoshon

SOUP/SOUP MIXES

1. **Kedem**- 62091
2. **Kemach**
 - Onion, split pea– All yoshon
 - Vegetable – 211A
 - Minestrone - 211A
3. **Lieber's**- Yoshon
4. **Manischewitz**
 - Barley- July 29 18 or 2118
 - Noodle/Pasta- Aug 10 18 or 222 8
5. **Mishpacha Matzo Ball Mix** - All Yoshon
6. **Osem**- All Israeli products are Yoshon
7. **Rokeach Canned Soups** (if containing grains)- code 2119
8. **Shoprite**
 - Soup mixes– Jan 29 8
 - Canned (except tomato)– Jul 29 18
 - Canned Tomato Soup– Jan 29 18
9. **Streit's**- All yoshon
10. **Tabatchnick**- 012918
11. **Tradition**- Jan 29 18

VINEGAR

1. **Regular Vinegar** has no chodosh concern.
2. **Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15 16)
 - Heinz- Malt vinegar – code 1669
 - Tarragon and Salad- code 3499