



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

## 5783 Yeshon Cereals List – Updated: January 27, 2023

As of the date above, this is a list of all the Yeshon 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 Yeshon. (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 Yeshon, The Following brands when made in Israel: **B&D, Gefen, Kitov, Kosher Mills, Shibolim, and Vered** are all always Yeshon.

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

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

**Mornflake Oats** cereal sold in Europe and Israel are always Yeshon.

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

### CANADA:

**General Mills** Fibre One is always Yeshon.

**Kellogg's** Corn Pops are always Yeshon.

**Post** Wheat 'n Bran or Light Wheat Squares are always Yeshon. Shredded Wheat cereals including Original Big Biscuit, Original Spoon Size Shredded Wheat in Regular, Cinnamon, and Honey Toasted are always Yeshon.

Shreddies in Regular, Honey, and Maple Flavours; Dark Wheat Squares; and 100% Bran are Still Yeshon. (This May Change.)

**President's Choice** Loads of Raisins Raisin Bran, Woven Wheat Squares are still Yeshon. (This May Change.)

**President's Choice Blue Menu** Fibre First, Bran Flakes, Fibre Plus Bran Flakes are still Yeshon. (This May Change.)

**President's Choice Organics** Raisin Bran and Wheat Squares are still Yeshon. (This May Change.)

**Weetabix** Regular and Organic Weetabix are still yeshon. (This May Change.)

### SOUTH AFRICA:

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

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

### USA:

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

**EnviroKidz** All COLD cereals are Yeshon. (Hot cereals are NOT)

**General Mills** and **Nestlé/General Mills** cereals with wheat only are Yeshon (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 yeshon 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 Yeshon.

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

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

**Malt-O-Meal:** Cereals with no problematic ingredients, including Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts are always Yeshon.

**Post:** The following cereals made with wheat flour only are Yeshon: CoCo Wheats, Original Spoon Size Shredded Wheat, Spoon Size Wheat 'N Bran, and Big Biscuit Shredded Wheat. (This does NOT apply to Golden Crisp Puffed Wheat.) Original Fruity or Cocoa Pebbles cereals are always Yeshon, having no problematic ingredients. (This does NOT apply to Pebbles Crunch'd with Oats.)

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

**Publix** Crispy Corn & Rice Cereal is always Yeshon.

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

**Shoptite** Scrunchy Cocoa Treats and Scrunchy Crispy Colors are always Yeshon.

**Stop & Shop** Corn Squares, Rice Squares, Oven Toasted Corn, Cocoa Magic, Fruity Bits, Peanut Butter and Cocoa Bites are always Yeshon.

**Unger's Label Malt-O-Meal** Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts are always Yeshon.

**WinCo** Cocoa Crispy, Crispy Rice, Fruity Crisp, and Berry Crunch are always Yeshon.

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