The Yoshon Network Inc.
210 West Helena Dr, Phoenix, Arizona 85023

5787 Yoshon Cereals List – Updated: October 19, 2026

This is a list of all the Yoshon cereals. **It is subject to change.** Brands appear in bold. All cereals listed as **NPI** contain No Problematic Ingredients. All Kosher for Pesach cereals are Always 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 when made in Israel: **B&D, Gefen**, **Kitov**, **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.*
General Oats from the UK: English Oats are chodosh *after* a packing date of 30/SEP/26. Scottish are Chodosh this year.

Hamlyns Oats: (Including Scottish Oats) are Yoshon under MK.

Kellogg's: Cereal sold in Israel are always Yoshon under MK. All MK cereals from the UK are Yoshon with the exception of the following: Crunchy Nut Granola- Fruit & Nut, Extra Granola- Original, Natural or Classic, Extra/Crunchy Nut Granola- Red Fruit or Berries, Special K Granola- Original, Plain or Mixed Berries, Honey Loops, Llama Loops and Honey Bsss Loops with a production date of 01/10/2026 or later.

Mornflake Oats: (Including Scottish Oats) are Yoshon under MK.

Nestle: Cereal sold in Europe and Israel are always Yoshon under MK.

CANADA:

Kellogg's: All Bran, Raisin Bran, Bran Flakes, Corn Flakes, Honeynut Corn Flakes, Frosted Flakes, Rice Krispies and Corn Pops are Yoshon until the end of the year.

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 Yoshon until the end of the year.

SOUTH AFRICA:

All Brands of Corn Flakes and Rice Krispies are always Yoshon.
Bokomo: ProNutro without Wheat is NPI and always Yoshon.

USA:

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

Cascadian Farm: Berry Vanilla Puffs, Fruitful O's, and Honey Vanilla Crunch are NPI and are always Yoshon.

EnviroKidz: All COLD cereals have NPI and 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 NPI 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: Wheat-Only Cereals are Yoshon, including Autumn Wheat, Berry Fruitful, Cinnamon Harvest, Island Vanilla, and Strawberry Fields.

Kellogg's: Crispix, and Corn Pops are Yoshon.

Kemach: Cocoa Munchees, Crunchy Cinnamon Bites, and Whole Wheat Flakes are always Yoshon, made with Winter Wheat.

Malt-O-Meal: Cereals with NPI, including Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts are always Yoshon.

Post: The following cereals made with wheat flour only are Yoshon: CoCo Wheats, Original Spoon Size Shredded Wheat, Spoon Size Wheat 'N Bran, and Big Biscuit Shredded Wheat. (*It does NOT apply to* Golden Crisp Puffed Wheat made with Spring Wheat.) Original Fruity or Cocoa Pebbles cereals are always Yoshon, having NPI. (*It does NOT apply to* Pebbles Crunch'd made with Oats.)

Paskesz: PB&C is made with Wheat Starch and is Yoshon. Chips Aplenty, Corn Bites, and Rice Bites have NPI and are always Yoshon.

Publix: Crispy Corn & Rice Cereal has NPI and is always Yoshon.

Shoprite: Scrunchy Cocoa Treats and Scrunchy Crispy Colors have NPI and are always Yoshon.

Stop & Shop: Corn Squares, Rice Squares, Oven Toasted Corn, Cocoa Magic, Fruity Bits, Peanut Butter & Cocoa Bites have NPI and are always Yoshon.

Unger's Label Malt-O-Meal: Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts have NPI and are always Yoshon.

WinCo: Cocoa Crispy, Crispy Rice, Fruity Crisp, and Berry Crunch have NPI and are always Yoshon.

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