



**ועד העיר דמונטריאל**  
**JEWISH COMMUNITY COUNCIL OF MONTREAL**  
**CONSEIL DE LA COMMUNAUTÉ JUIVE DE MONTRÉAL**

## YOSHON UPDATE: Vol. XII #3

**December 7, 2011 / 11 Kislev 5772**

### 1. BAKERIES: The following bakery products are YOSHON.

- ◆ **ADAR BAKERY** 5634 Westminster in C.S.L all baked goods baked on premises except baguettes, muffins & take-out counter.
- ◆ **ADIR COOKIES** 6795 Darlington – ADIR Cookies only.
- ◆ **CITÉ CACHÈRE** Everything baked in-house is Yoshon **excluding** e.g. Bridor products.
- ◆ **COOKIETIME** 345 St. Jacques - Everything is Yoshon
- ◆ **EURO CACHÈRE** Everything baked in-house is Yoshon **excluding** e.g. Bridor products.
- ◆ **LA SOVA** - Everything is Yoshon.
- ◆ **MIMELON/NESSA**- Everything is Yoshon.
- ◆ **MONTREAL KOSHER** 7005 Victoria – Baked goods only are Yoshon.
- ◆ **MONTREAL KOSHER** at Wilderton Shopping Centre – Baked goods only are Yoshon.
- ◆ **KOSHER QUALITY** 5855 Victoria – Baked goods only are Yoshon.
- ◆ **RENFELL'S BAKERY** 2800 Bates - Everything is Yoshon.
- ◆ **SANDWICH PLUS** 2195 Ekers – Sandwiches are Yoshon.

### 2. BARLEY: Product in stores is very likely chodosh.\*

- ◆ **NuPak Barley** – code of 1271 or lower. Adar Barley is still yoshon.

### 3. FLOUR: Five Roses Flour, Robin Hood Flour

Year	Date Code <sup>1</sup>	Plant Code	Comments
11	284	547	
11	249	548	All flours except cake and pastry.
		548	Cake and Pastry Flour only – still yoshon, will change soon
		715	Will change Jan 2012
11	296	640	

<sup>1</sup>These numbers or lower are Yoshon. Isolate the plant code from the full code that is printed on the bag and then find the year and date codes.

- ◆ **Flour – (COR 142)** – code of 1275 7 or lower.
- ◆ **Flour – (COR 285) including No Name** – Regular (incl. organic) – Best Before code of 2012 SE 25 or earlier.  
Whole Wheat – Best before code of 2012 MR 25 or earlier.
- ◆ **GREAT PLAINS, P&H, COMPLIMENTS (METRO) BRANDS FLOUR** – If the number after PH in the code is '7' a Best Before date of 2012 OC 3 or earlier. If it is a '2' a Best Before date of 2012 OC 16 or earlier. Alternative coding 1275 7 or 1289 2 or lower.
- ◆ **BAKERS HOOD, SUNSPUN – (COR 323)** – If the plant code is 'MT' a date code of 11 284\* or lower, if it is 'SK' a date code of 11 249 or lower.
- ◆ **ROBIN HOOD - OLD MILL OATS** – code of 11 299 or lower.

### 4. CATERERS, RESTAURANTS & TAKE OUTS:

- ◆ **CHEZ BENNY** - 5071 Queen Mary only - yoshon on everything besides hotdog and hamburger rolls.
- ◆ **EXCEPTION I & II** Baked Goods are yoshon.
- ◆ **KOSHER CRAVINGS** - 5204 Decarie Blvd. Everything is yoshon.
- ◆ **LA MARGUERITE** – Cakes, Pastry & Challah is yoshon. Baguettes are not yoshon.
- ◆ **ONE STOP SHOP** at 6735 Darlington are yoshon on Chalohs, Cakes, and Take-out.
- ◆ **MILK & HONEY** – yoshon on everything besides Pasta.
- ◆ **TRADITION CATERING** - 5427 Robert Burns – Baked Goods are yoshon.

### 5. PASTA:

- ◆ **FRIEDMAN FERENCZ'S** (Mama) MK - 4810 Jean Talon West, Suite 411. All products are yoshon.
- ◆ **GRISSPASTA** – Code of 285XX1 or lower is yoshon.\*
- ◆ **ITALPASTA** – brand name only – 11 OC 13 (Oct 11) or earlier.
- ◆ **MAISON EGG NOODLES MK** - code of 285CG1 or lower.\*
- ◆ **ALL OTHER PASTA COR 136** – code of 05 SE 13 or lower.
- ◆ **PRIMO COR 78** – code of 1395A or lower (alternate code 2014 SE 30 or earlier).
- ◆ **RONZONI CATELLI & LANCIA (COR 235)** Regular (white), Smart, Whole Wheat, Egg Noodles, Vegetable Pasta – are still Yoshon (until end of year).\*  
“Multigrain – code of OCT 21 13 or earlier.
- ◆ **UNICO COR 78** – code of 1395A\* or lower (alternate code 2014 SE 30 or earlier).

### 6. PASTRY:

- ◆ **BÉTÉAVONE** is yoshon. Feuilles de Bricks - Pastry Sheets.
- ◆ **URI PASTRIES** – products are still yoshon.\*
- ◆ **MAISON PUFF PASTRY (COR 571)** – products are still yoshon. \*

### 7. PITA:

- ◆ **PITA ROYALE** 5475 Royalmount #126 is yoshon.
- ◆ **PITA ABULAFIA** 345 St. Jacques is yoshon.
- ◆ **WRAPS with (COR 722) or (COR 505)** – code of 1345 or lower. \*



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#### 8. PIZZA:

- ◆ **ALIMENTS ALDEB** 5475 Royalmount is yoshon.
- ◆ **BISTRO PIZZA BAR** 5634 Westminster in C.S.L is yoshon.
- ◆ **PIZZA GOURMETTI** 5487 Victoria is yoshon on everything besides Pasta.
- ◆ **PIZZA PITA** 6415 Decarie – All Pizza, Calzones, Falafel, Wraps & all Pita sandwiches, Pasta and Bourekas only. Bread and baguettes are not yoshon.
- ◆ **TATY'S PIZZA** 6540 Darlington - Pizza, Falafel, Calzones, Bourekas, Baked Cookies and Muffins only are yoshon.

#### 9. QUAKER OATS (COR112):

- ◆ All products containing oats – date code of 09 26 P 1 or earlier.
- ◆ **Costco Pack** – coding of 1XX26l or lower.
- ◆ **Oat Bran Cereal** – date code of 11 15 P 1 or earlier.\*
- ◆ **Wheat Bran, Aunt Jemima Pancake Mix** – date code of 12 13 P 1 or earlier.\*
- ◆ **Muffets Shredded Wheat** is always yoshon.

#### 10. CEREALS:

##### GENERAL MILLS (mf'g in U.S.A. for export to Canada only, OU certified)

- ◆ **Cheerios (excluding MultiGrain)** – still yoshon.
- ◆ **MultiGrain Cheerios** – date code of 02SE2012 or earlier is definitely yoshon.
- ◆ **Nature Valley Granola Bars** – code of 03OC2012 or earlier.
- ◆ **Fibre 1 cereal** is always yoshon.

##### WEETABIX

- ◆ **Weetabix** – Regular & Organic are still yoshon.
- ◆ **Alpen** - Best Before code of 2012 NOV 10 or earlier.\*
- ◆ **Grain Shop High Fibre Crisp** - Best Before code of 2012 OCT 16 or earlier.\*
- ◆ **Grain Shop Honey Almond Crunch (dairy)** – Best Before code of 2012 OCT 24 or earlier.\*

##### PRESIDENT'S CHOICE (COR 123)

- ◆ **Fruity O's** - Best Before code of 2012 OCT 18 or earlier.\*
- ◆ **Toasted Oats O's** - Best Before code of 2012 OCT 20 or earlier.\*
- ◆ **Honey Nut Oats O's** - Best Before code of 2012 OCT 20 or earlier.\*
- ◆ **Crunchy Maple Almond, Mixed Berry or Cranberry Almond** - Best Before code of 2012 OCT 24 or earlier.\*
- ◆ **Loads of Raisins Raisin Bran** – still yoshon.\*

##### PC BLUE MENU – Multigrain O's - Best before code of 2012 OCT 18 or earlier.\*

- ◆ **Fibre First & Fibre First Plus Bran Flakes** Best before code of 2012 OCT 16 or earlier.\*
- ◆ **Crunchy Almond (dairy)** Best before code of 2012 OCT 24 or earlier.\*
- ◆ **Bran Flakes** – are still yoshon.\*

##### PC ORGANICS – Wheat Squares & Raisin Bran are still yoshon.\*

##### COMPLIMENTS (COR 313)

- ◆ **Crunchy Corn Puffs** - Best before code of 2012 OCT 18 or earlier.\*
- ◆ **Balance Multigrain Flakes with Almonds or Triple Berry** - Best before code of 2012 NOV 10 or earlier.\*
- ◆ **Wheat Squares, Bran Flakes and Balance Very High Fibre Bran** – are still yoshon.\*
- ◆ **Organic – Multigrain Squares and Raisin Bran** – are still yoshon.\*

##### KELLOGG CANADA (COR 246)

- ◆ **All Bran, Raisin Bran, Bran Flakes, Corn Flakes, Honeynut Corn Flakes, Frosted Flakes, Rice Krispies** – products are still yoshon.
- ◆ **Special K** - Best Before date of 2012 SE 19 or earlier.\*
- ◆ **Corn Pops** - Best Before date of 2012 OC 24 or earlier.\*
- ◆ **Froot Loops** - Best Before date of 2012 OC 05 or earlier.\*
- ◆ **Just Right** - Best Before date of 2012 SE 12 or earlier.\*
- ◆ **Muslix (all types)** – Best Before date of 2012 SE 07 or earlier.\*
- ◆ **Bran Buds** - Best Before date of 2012 DE 10 or earlier.\*

##### POST (COR 114)

- ◆ **Shredded Wheat, Spoon Size Shredded Wheat – Regular, Honey Toasted, Cinnamon and Wheat 'n Bran, Light Wheat Squares and Triscuit Crackers (all types)** are always yoshon.
- ◆ **Shreddies – Regular, Honey and Maple Crunch, Dark Wheat Squares and 100% Bran** – products are still yoshon.
- ◆ **Cranberry Almond and Cherry Almond Crunch, Wild Blueberry Pomegranate Ancient Grains and Nut Medley** – (coding may appear as 12 OC 03, 2012OC03, OCT 3, 2012). \*

#### 11. INSTANT OATMEAL:

- ◆ **Instant Oats Packets for Co-op, Western Family, Sobeys (Compliments), Safeway, Walmart-Great Value, Dollarama, Metro, (Selection) (OU)** – Best Before code of 30 OC 2013, (coding may appear as 13OC30, 2013OC30, OCT30 2013) **Organic Products** – Best Before code of 03 OC 2012, (coding may appear as 12 OC 03, 2012OC03, OCT 3 2012).

*Please note: The above information is valid as of December 7, 2011. This information is subject to immediate change. Stock up with Yoshon products as soon as possible. The above information applies to products manufactured in Canada only. \* Please note changes.*