

Kashrus Kurrents

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Brochos FOR Breakfast

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STAR-K KASHRUS ADMINISTRATOR

One of the profound aspects of our *Torah Hakdosha* is the ability for anyone, regardless of age or wisdom, to appreciate the *Torah* on his or her own level. For example, *Chumash* and *Rashi* are studied by the greatest *Torah* scholars, as well as elementary school children. This concept is also applicable to *Hilchos Brochos*. To a first grader studying for a *Brochos* Bee, or a *Talmudic* scholar studying *Perek Kaitzad Mevorchim* in *Masechta Brochos*, learning about *brochos* can be fascinating.

A daily and extremely relevant application of this principle lies in the area of *brochos* on breakfast cereals. What makes determining the correct *brochos* for these products so complicated? Technological advances in food manufacturing have had a great impact on *Hilchos Brochos*. A slight difference in production, or even in the manufacturer's intention of the use of ingredients, can change the *brocha*. As will be explained, cereals such as corn flakes produced by different companies may look the same to the consumer. However, they may be manufactured differently, thereby changing the *brocha* recited. Often, this background information is not available to the consumer; hence, the confusion and intrigue in discovering what goes on "behind the scenes" and its impact on *Hilchos Brochos*.

To ensure the highest *kashrus* standards, Star-K Kosher Certification inspects many food plants throughout the world. In doing so, the Star-K has the opportunity to either see or discuss manufacturing procedures that have a direct impact on the *brochos* of various food items. The following information is what has been obtained by *kashrus* professionals or heard from company personnel, and then presented to the Star-K Rabbinic Administrator, Rabbi Moshe Heinemann, *shlit"a*, for his *halachic* insights and *psak halacha*.

I. CHAMEISHES MINEI DAGAN CEREALS

Special *halachic* status has been given to products coming from *chameishes minei dagan*, the five special grains: wheat, spelt, barley, oats, and rye.¹ When these grains are ground up, mixed with water, and baked into cake, cookies, crackers and other *pas haba'ah b'kisin* products, the *brocha* is *Mezonos* and the *brocha achrona* is *Al Hamichya*. If one is *koveya seudah* (eats enough to constitute a meal), the *brocha* is *Hamotzi* and one must recite *Birchas Hamazon*.² One of the definitions of *pas haba'ah b'kisin* is that the dough is baked into a hardened crispy product. Products such as pretzels and Post Grape Nuts cereal³ are included in this category of *pas haba'ah b'kisin*, and their *brocha* is *Mezonos*. The *brocha* on Cheerios, Wheaties, and Shredded Wheat cereals is also *Mezonos*, and the *brocha achrona* is *Al Hamichya*.

In the above cases, the *chameishes minei dagan* is broken down. However, if the grains remain whole and are simply roasted, they are no different from any other variety of produce which grows from the ground (e.g., corn), and the

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1. Oats and wheat are the most commonly used *chameishes minei dagan* grains in cereals.
2. For a full discussion and understanding of *pas haba'ah b'kisin*, see *Kashrus Kurrents* Spring 2005.
3. Although this hardened product has an intermediate doughy stage, it never obtains the full characteristics of bread. Therefore, it is *pas haba'ah b'kisin* and the *brocha* is *mezonos*.

GETTING A HANDLE

ON YOUR Faucet

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Torah observant Jews know that turning on the hot water faucet during *Shabbos* causes cold water to be heated, which transgresses the *melacha* of *Bishul*, cooking. What many don't know is that even turning on what you think is cold water can also be a problem – if it's a one-handed faucet.

Let's first analyze why using hot water causes cold water to be heated. In a typical home setting, cold water arrives from the city supply under pressure. Turning on the hot water faucet allows this cold water into the hot water tank which, in turn, forces out the hot water already in the tank. Since the water in the tank is typically more than 120°F, the minimum temperature for *bishul* on *Shabbos*, the incoming cold water is immediately heated by the hot water that is already in the tank.¹

In a one-handed faucet, both hot and cold water are controlled by one handle. Generally, it works as follows: When turning on the faucet with the handle set in the middle position, there will be an even mixture of hot and cold water. As the handle is turned towards the right, a valve closes off the hot water and the water will be mostly cold; if the handle is pushed all the way toward the right, the water will be only cold. In this case, to avoid *Shabbos* transgressions, one would use the one-handed faucet with the handle turned towards the far-right position.²

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1. If the hot water in the tank is less than 120°F, one would not be heating the cold water coming in. However, letting cold water in would be forbidden anyway since it activates the gas or electric heat.

2. Some one-handed faucets swivel from front to back and are functionally identical to faucets that swivel from side to side.

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Brochos FOR Breakfast



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brocha is *Hoadama*.⁴ What this means is as follows: The *brocha* on unprocessed and slightly processed (e.g., toasted whole) wheat or oats is *Hoadama*. The *brocha* on fully processed wheat and oats (e.g., flour and water that is baked) is *Mezonos*. The question the *poskim* address is -- At what point are the wheat and oats considered processed enough to recite a *Mezonos*?⁵

To understand this, it is important to know the following: Wheat has four parts—the endosperm, bran, germ, and husk. Endosperm makes up the majority of the kernel and is the primary source of flour, bread and cake. The husk, wheat's outer shell, comes off easily by threshing. The remaining kernel (with endosperm, germ, and bran) is called “whole wheat.”

If the whole wheat is puffed, the *brocha* remains *Hoadama*. An example of this is **Kashi 7 Whole Grain Puffs**.⁶ This is a unique cereal which includes *chameishes minei dagan* with all the bran remaining on the kernels. Similarly, **Go Lean** (original) is made up of **Kashi** puffed grains,⁷ hence, the *brocha* is *Hoadama*.⁸

The process for most other puffed wheat is to first remove bran from the kernel through a process known as pearling. In this process, some endosperm may also incidentally be removed. The kernel is then placed into a pressurized heated chamber and steamed. The moisture rushes out of the kernel, thereby “popping” it.

There are different opinions as to which *brocha* is recited. Some opinions say this is processed enough to become *Mezonos*. This *psak* is based on the *Mishnah Brura* which says one can recite a *Mezonos* on pearled barley,⁹ a product that is similar in certain ways to puffed wheat.¹⁰ Others are of the opinion that regular puffed wheat is not processed enough, and the *brocha* is *Hoadama*. In order to be *Mezonos*, the product must be a “*maaseh kedaira*”, similar to a bowl of oatmeal in which the grains stick together. In puffed wheat this does not occur; hence, the *brocha* would be *Hoadama*.¹¹

Lhalacha, puffed wheat should ideally be eaten in the middle of a bread meal. Otherwise, Rav Moshe Feinstein, ז”ל,¹² says one can recite either a *Mezonos* or *Hoadama*. Rav Moshe also says the *brocha achrona* on puffed wheat is *Borei Nefashos*.¹³ This *halacha* applies also to **Kellogg's Honey Smacks** and **Post Golden Crisp**.¹⁴ The *brocha* on wheat cakes is *Mezonos* and *Al Hamichya*, due to the process which makes it a *maaseh kedaira*.¹⁵

4. *Shulchan Aruch OC 208:4*. The *Shulchan Aruch* says such products should ideally be eaten during a bread meal, since there is a *safek* (doubt) as to which *brocha achrona* is recited. *Lmaaseh*, if one eats the grain, the *brocha achrona* is *Borei Nefashos*.

5. See *Shulchan Aruch and Mishnah Brura OC 208:2* and *208:4* for a full explanation of this issue.

6. This is a cereal manufactured by Kashi Co. and should not be confused with “kasha” (buckwheat). The *brocha* on kasha is *Hoadama* because it is not from the *chameishes minei dagan*.

7. In regard to *ikker* and *tafel* issues with such cereals, see Footnote 25. **Golean Crisp!** and **Golean Crunch!** are *Mezonos* because the *chameishes minei dagan* is processed enough.

8. Ideally, they should only be eaten during a meal (see above Footnote 4).

9. *Mishnah Brura 208:15*.

10. Based on the *Sefer Mkor Habracha 54*. Additionally, Rav Heinemann explains the following *svara*: This product is now a “*maaseh kedaira*” because it has been processed into a form that is normally eaten. According to this *svara*, the *brocha rishona* is *Mezonos* and the *brocha achrona* is *Al Hamichya*. Dayan Krausz, author of *Mikor Habracha*, told this author the same *svara*.

11. *Sefer V'zos Habrocha Chap. 12* as further explained in his *Birur Halacha Siman 27:4* in the name of Harav Shlomo Zalman Auerbach, ז”ל. Since these grains are simply popped and do not stick together, the *brocha* is *Hoadama*. The *brocha achrona* is a *safek* and, therefore, the product should *l'chatchila* be eaten during a bread meal. If it is not eaten during a bread meal, the *brocha achrona* is *Borei Nefashos*.

12. *Igros Moshe OC 4:45*.

Wheat germ is the “embryo” of the kernel. It is heated to deactivate enzymes which would allow sprouting. It is generally eaten with other foods and would usually be *tafel*, secondary to the other ingredients in the product. If one eats wheat germ by itself the *brocha* is *Hoadama*, since the heating is only applied to deactivate the enzymes, not to cook the germ.¹⁶ It is not processed enough to become *Mezonos*; hence, the *brocha* remains *Hoadama*.

The *brocha* on bran is *Shehakol*.¹⁷ Therefore, the *brocha* on **Kellogg's All Bran** cereal is *Shehakol*,¹⁸ and the *brocha achrona* is *Borei Nefashos*.

II. NON-CHAMEISHES MINEI DAGAN CEREALS

The *brocha* on produce that grows from the ground is *Borei P'ri Hoadama*. For example, the *brocha* on corn and potatoes is *Hoadama*. However, if the produce is ground into flour (i.e. it is no longer recognizable), and is not from the five special types of grain, the *brocha* becomes *Shehakol*. Therefore, the *brocha* on corn chips (made from corn flour) and cake made from potato starch is *Shehakol*.¹⁹ The *brocha achrona* on all non-*chameishes minei dagan* products is *Borei Nefashos*.

Rav Moshe Feinstein, ז”ל, explains²⁰ if the grain has not been ground down to flour, but only popped (e.g., popcorn, or the grit is rolled into corn flakes), it retains its *Hoadama* status. **Kellogg's Corn Flakes** and **Frosted Flakes** cereal are made from recognizable corn pieces (called grits) that are not ground into flour, so the *brocha* is *Hoadama*. However, **Kemach Brand Corn Flakes** is made from corn flour; therefore, its *brocha* is *Shehakol*. The same is true regarding **Corn Chex**; therefore, the *brocha* is *Shehakol*.²¹

If a corn flake cereal is not on the *brochos* list, how can one tell if the *brocha* is *Hoadama* or *Shehakol*? If the cereal lists corn flour, the corn has been ground and reformed into pellets so the *brocha* is *Shehakol* (if wheat



The corn flake on the left is shehakol because it is made from flour that is reshaped into uniform pellets. Note the smooth edges. The corn flake on the right is hoadama as it is made from corn grits. Note the jagged edges - especially on the upper-right hand side. Also, note the bumpier surface.

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13. There is a *svara* to say that the *brocha achrona* is *Al Hamichya* (see Footnote 10).

14. It should be noted that some brands of granola cereals have similar *halachic* issues. Like puffed wheat, they are *chameishes minei dagan* products that are “partially processed” (i.e. heated but not broken down into flour). The same issues as to whether they have been processed enough to become a *Mezonos* apply. One would have to determine the exact process of each brand to determine which *brocha rishona* and *achrona* are recited. **Kellogg's Lowfat Granola** cereal (with and without raisins) has a similar *halachic* status as puffed wheat. Therefore, a *Hoadama* or *Mezonos* may be recited. However, Rav Heinemann is of the opinion that **General Mills Nature Valley Granola Bars** and **Quaker Granola Bars** are processed enough to make their *brocha rishona* a *Mezonos* and *brocha achrona Al Hamichya* (i.e. they are a *maaseh kdaira*.) To fulfill all opinions, when eating granola bars, some advise the following: Recite *Mezonos* or *Hoadama* and then eat one bar. Wait at least four minutes and eat another bar. Then recite *Borei Nefashos*. (There is certainly no *Al Hamichya* because a *kzayis* of *chaimishes minei dagan* was not eaten within four minutes - *kdai achilas pras*, since one bar contains less than a *kzayis* of oats.)

15. Enough heat is used and the pieces stick together.

16. See *Igros Moshe OC 4:46*.

17. *Igros Moshe EH 1:114*. The “*klipos*” of the *chameishes minei dagan* refer to bran.

18. This product also contains a type of bran which contains endosperm. Nonetheless, the endosperm is *tafel* to the bran. However, **Raisin Bran** and **Fiber One** cereals consist of higher amounts of endosperm mixed with the bran product; hence, the *brocha* is *Mezonos*. This will be addressed in the *Ikker V'Tafel* section.

19. The same is true of **Pringles Potato Crisps**, since they are produced from ground up potatoes that are no longer recognizable.

20. *Choveres Torah V'horaah 5733*.

21. It is interesting to note that the “corn” in **Corn Chex** is different than the corn in **Crispix** cereal (despite the fact that the finished product looks similar). In **Corn Chex**, the corn used is no longer *nikker* (noticeable as corn), and in **Crispix** it is still *nikker*; hence, the difference in *brocha*. See Footnote 38.





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and oat flour are not present). If the cereal lists corn or milled corn, it may be a whole grain product and the *brocha* is *Hoadama*, or it may be ground and the *brocha* is *Shehakol*. To determine the *brocha*, one must look carefully at various flakes. If they have jagged edges, and the surface of the flake is bumpy, it comes from a grit²² and the *brocha* is *Hoadama*. If the corn flakes are relatively smooth (very small bumps), and the edges are smoother, the corn flakes are from a more uniform pellet (made from corn flour) and the *brocha* is *Shehakol*.

Kellogg's Corn Pops is manufactured differently in various facilities worldwide. In the United States, the corn is not ground into flour, and corn pieces are used; therefore, the *brocha* is *Hoadama*.

Rice is unique, as its *brocha* is *Mezonos* and its *brocha achrona* is *Borei Nefashos*.²³ This includes processed rice products, such as Kellogg's Rice Krispies and Post Fruity Pebbles. It also includes products manufactured from rice flour.

III. IKKUR V'TOFEL— MIXTURES OF PRIMARY AND SECONDARY INGREDIENTS

In general, when there is a mixture of foods with different *brochos*, one determines the main purpose for eating this food and recites the *brocha* of that ingredient. This ingredient is known as the *ikkur*. For example, if one eats a fruit salad with 70% apples and 30% watermelon mixed together, only a *Ho'etz* is recited. The watermelon is *tafel* (secondary) to the apples (the *ikkur*) and, therefore, *Hoadama* is not recited.

Similarly, if the main ingredient of a cereal is oat or wheat flour the *brocha* is *Mezonos*, and the other ingredients are *tafel*. Furthermore, *chameishes minei dagan* have a special status: Even if a non-*chameishes minei dagan* ingredient (e.g., corn flour) is the first ingredient²⁴ and *chameishes minei dagan* (e.g., oat flour) is a "secondary" ingredient, under certain conditions, the *chameishes minei dagan* is still considered the *ikkur* and the *brocha* is *Mezonos*. This is true, even though the *chameishes minei dagan* is not the ingredient with the highest percentage.

The guidelines are as follows: If the *chameishes minei dagan Mezonos* ingredient is added *l'taam*, as an integral part of the cereal or for its own flavor, even though it is second or third in ingredient amount, the *brocha* is *Mezonos*.²⁵ Examples of this include Kellogg's Apple Jacks and Froot Loops. Similarly, the *brocha* on Raisin Bran cereal is *Mezonos*, as the endosperm in the flakes is the *ikkur* ingredient.

However, if the *chameishes minei dagan* is only *l'davek*—a binding agent for texture or consistency, or a flavoring component to enhance the primary corn ingredient, the *brocha* is *Shehakol*. An example of this is Quaker Cap'n Crunch cereal. In this corn cereal, the oat flour is only added as a binding agent. The *brocha* on Cheerios, where the oats are the primary ingredient (e.g. Original, Frosted & Honey Nut) is *Mezonos*. However, the *brocha* on Fruity Cheerios and Chocolate Cheerios is *Shehakol*, because the oat flour is not added for taste and is, therefore, secondary to the corn flour and sugar.

This *halacha* is very relevant to various cereals, as several list corn flour as a first ingredient and *chameishes minei dagan*, such as oat flour and wheat flour, as a second or third ingredient. Unfortunately, there is no way to tell from the label if the oat or wheat flour is added *l'taam* or *l'davek*.²⁶ When there is doubt as to whether the oat flour listed as a secondary ingredient is *l'taam* or *l'davek*, and there is no way of determining which one it is, then one should recite a *Shehakol* and *Borei Nefashos*.²⁷

Kellogg's Crispix is half rice and half corn. Since it has no *ikkur* or *tofel* and no *chameishes minei dagan* component, two *brochos* are required. When eating this cereal, one Crispix should be split. A *Mezonos* is recited, and then one eats from the darker rice side; then a *Hoadama* is recited on the lighter corn half and is eaten.²⁸

Under normal circumstances, when eating cereal with milk, the cereal is the *ikkur* and the milk is the *tafel*; therefore, only one *brocha* is recited. This is true even if one finishes the cereal and there is a little leftover milk eaten alone – no *brocha* is recited on the milk.²⁹ The same *halacha* applies when one eats cereal with raisins, bananas or strawberries. Under normal circumstances, a *brocha* is recited only on the cereal, not the fruit pieces, since they are *tafel*.³⁰

IV. BROCHA ACHRONA

If a *Shehakol* or *Hoadama* should be recited on a cereal, the *brocha achrona* is *Borei Nefashos*. If a *Mezonos* should be recited, the *brocha achrona* is *Al Hamichya* (except for rice cereals, where the *brocha achrona* is *Borei Nefashos*).³¹ To recite any *brocha achrona*, one must eat a *k'zayis* (1.27 fl. oz, 38ml, the approximate volume of a golf ball) of cereal in the amount of time known as *k'dei achilas pras* – ideally within two minutes.³² Under certain circumstances, one may calculate the entire amount of cereal eaten in deciding the *brocha achrona*. If one eats a *k'zayis* of a *chameishes minei dagan Mezonos* cereal, the *brocha achrona* is *Al Hamichya*, even though the actual wheat or oat content consumed may be less than a *k'zayis*.³³ This is true if the non-*chamaishes mini dagan* ingredients (e.g. sugar or corn flour) are added to enhance the flavor of the oat and/or wheat flour (i.e. they are *tavlin*/enhancers) and they are combined into one entity.³⁴

However, in the following cases, the "other" ingredients are not counted as part of the *kzayis* and one would need a *kzayis* of *chaimaishes minei dagan* to recite an *Al Hamichya*.³⁵ 1) If one consumes a *chameishes minei dagan* cereal that contains pieces upon which a *Mezonos* is recited and pieces upon which a different *brocha* is recited (when eaten without the *chameishes minei dagan*),

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22. The shape of the natural grit is not as uniform or smooth as a manufactured pellet; hence, the rougher edges and bumps.

23. *Shulchan Aruch OC 208:7*. It should be noted that this is true, even if brown rice is used. The *brocha* on rice cakes is also *Mezonos* and *Borei Nefashos*.

24. Ingredients on food products are listed in order of percentage. The ingredient with the highest percentage is listed first.

25. *Sefer Pischei Halacha Hilchos Brachos Chap. 7 Footnote 32* states that according to the *Mogen Avraham 208:7*, *chameishes minei dagan* which is *Hoadama* (e.g., that was puffed without removing the bran) is also considered an *ikkur* even if it is not the first ingredient listed (as long as it is added *l'taam*). This is relevant to *Kashi Go Lean (Original)* and *Good Friends* cereals upon which a *Hoadama* is recited. For a discussion of this topic, see the entire footnote in *Sefer Pischei Halacha*.

26. If wheat starch is added, it is definitely *l'davek* and the *brocha* is *Shehakol*. Wheat gluten is also typically added *l'davek*.

27. Licorice contains wheat flour added *l'davek* and, therefore, is *Shehakol* (unless the flour is listed as the first ingredient).

28. See Footnote 21 regarding the corn side.

29. For a full discussion of this topic, including other cases of eating cereal with milk, see *Igros Moshe OC 1:43* and *Sefer Pischei Halacha 7:38*.

30. See *Sefer Pischei Halacha Perek 7, Se'if 38* and Footnote 62 for a full discussion of different cases involving fruit added to cereal.

31. Regarding the *brocha achrona* on puffed wheat products, see above Section I and Footnotes 10-14.

32. *B'dieved*, if one eats a *k'zayis* within four minutes, a *brocha achrona* may be recited. For a full discussion of this topic, see *Kashrus Kurrents Summer 2005*.

33. The *Mishnah Brura 208:48* says this is the "*minhag ha'olam*." See also *Igros Moshe OC 1:71*.

34. For example, if one ate exactly a *k'zayis* of Cheerios, the "*minhag ha'olam*" is to recite an *Al Hamichya* because the oat flour, corn starch, sugar, and salt are all combined into each of the Cheerios. The non-*chamaishes minei dagan* ingredients are "*tavlin*" to the oats. For a further discussion, see *Maamar Mordechai O.C. 208:15*.

35. If there is no *kzayis* of *chaimaishes minei dagan*, a *Borei Nefashos* is recited (if at least a *kzayis* in total is consumed).





STAR-K LIST OF POPULAR CEREALS AND THEIR BRACHOS

2012

	Cereal Name	Status	Brocha	Brocha Achrona		Cereal Name	Status	Brocha	Brocha Achrona
Barbara's Bakery when bearing OU	Honey Rice	Pareve	Mezonos	Borai Nefashos	Kashi (continued) when bearing OU	Go Lean (Original)	Pareve	Hoadama	Borai Nefashos
	Puffins (Original, Cinnamon, Peanut Butter)	Pareve	Shehakol	Borai Nefashos		Go Lean Crisp!	Pareve	Mezonos	Al Hamichya
	Shredded Oats	Pareve	Mezonos	Al Hamichya		Go Lean Crunch!	Pareve	Mezonos	Al Hamichya
	Shredded Spoonful	Pareve	Mezonos	Al Hamichya		Good Friends	Pareve	Hoadama	Borai Nefashos
Cascadian Farms when bearing OU	Chocolate O's	Pareve	Mezonos	Al Hamichya		Heart to Heart (All)	Pareve	Mezonos	Al Hamichya
	Multi Grain Squares	Pareve	Mezonos	Al Hamichya		Strawberry Fields	Pareve	Mezonos	Al Hamichya
	Purely O's	Pareve	Mezonos	Al Hamichya	All Bran - Bran Buds	Dairy	Shehakol	Borai Nefashos	
	Raisin Bran	Pareve	Mezonos	Al Hamichya	All Bran - Original	Pareve	Shehakol	Borai Nefashos	
General Mills when bearing OU	Basic 4	Dairy	Mezonos	Al Hamichya	All Bran Complete Oat Bran Flakes	Pareve	Mezonos	Al Hamichya	
	Cheerios (Original, Apple Cinnamon, Frosted, Honey Nut, Multigrain, Oat Cluster Crunch)	Pareve	Mezonos	Al Hamichya	All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya	
	Cheerios - Cinnamon Burst	Pareve	Shehakol	Borai Nefashos	Apple Jacks	Pareve	Mezonos	Al Hamichya	
	Cheerios - Fruity	Pareve	Shehakol	Borai Nefashos	Cinnabon Crunchy Cinnamon Cereal	Dairy	Mezonos	Al Hamichya	
	Cheerios (Banana Nut, Chocolate)	Pareve	Shehakol	Borai Nefashos	Cocoa Krispies	Pareve	Mezonos	Borai Nefashos	
	Cheerios -Yogurt Burst	Dairy	Mezonos	Al Hamichya	Corn Flakes	Pareve	Hoadama	Borai Nefashos	
	Chex- Wheat	Pareve	Mezonos	Al Hamichya	Corn Pops (U.S.)	Pareve	Hoadama	Borai Nefashos	
	Chex - Rice	Pareve	Mezonos	Borai Nefashos	Cracklin' Oat Bran	Dairy	Mezonos	Al Hamichya	
	Chex (Chocolate, Cinnamon)	Dairy	Mezonos	Borai Nefashos	Crispix - All	Pareve	Mezonos and Hoadama*	Borai Nefashos	
	Chex (Corn, Honey-Nut, Multi-bran)	Pareve	Shehakol	Borai Nefashos	Crunchy Nut - Roasted Nut & Honey	Pareve	Shehakol	Borai Nefashos	
	Cinnamon Toast Crunch, All	Dairy	Mezonos	Al Hamichya	Froot Loops	Pareve	Mezonos	Al Hamichya	
	Cocoa Puffs	Pareve	Shehakol	Borai Nefashos	Frosted Flakes	Pareve	Hoadama	Borai Nefashos	
	Cookie Crisp	Pareve	Shehakol	Borai Nefashos	Fruit Harvest-Strawberry Blueberry	Pareve	Mezonos	Al Hamichya	
	Fiber One (Original)	Pareve	Mezonos	Al Hamichya	Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos	
	Golden Grahams	Dairy	Mezonos	Al Hamichya	Lowfat Granola with Raisins	Dairy	Mezonos or Hoadama**	Borai Nefashos	
	Honey Nut Clusters	Dairy	Mezonos	Al Hamichya	Lowfat Granola without Raisins	Dairy	Mezonos or Hoadama**	Borai Nefashos	
	Kix (Original, Berry Berry)	Pareve	Shehakol	Borai Nefashos	Mueslix	Pareve	Mezonos	Al Hamichya	
	Oatmeal Crisp, All	Dairy	Mezonos	Al Hamichya	Product 19	Pareve	Mezonos	Al Hamichya	
	Raisin Nut Bran	Dairy	Mezonos	Al Hamichya	Raisin Bran	Pareve	Mezonos	Al Hamichya	
	Reese's Puffs	Pareve	Shehakol	Borai Nefashos	Raisin Bran Crunch	Pareve	Mezonos	Al Hamichya	
	Total (All)	Dairy	Mezonos	Al Hamichya	Rice Krispies	Pareve	Mezonos	Borai Nefashos	
	Trix	Pareve	Shehakol	Borai Nefashos	Smart Start	Pareve	Mezonos	Al Hamichya	
	Wheaties	Dairy	Mezonos	Al Hamichya	Special K (Original)	Dairy	Mezonos	Borai Nefashos	
	Kashi when bearing OU	7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos	Special K (Chocolatey Delight, Fruit and Yogurt)	Dairy	Mezonos	Al Hamichya
7 Whole Grain Flakes		Pareve	Mezonos	Al Hamichya	Special K (Cinnamon Pecan, Multigrain Oats and Honey)	Pareve	Mezonos	Al Hamichya	
7 Whole Grain Nuggets		Pareve	Mezonos	Al Hamichya					
Autumn Wheat		Pareve	Mezonos	Al Hamichya					





STAR-K LIST OF POPULAR CEREALS AND THEIR BRACHOS

2012

PAGE 2 OF 2

	Cereal Name	Status	Brocha	Brocha Achrona		Cereal Name	Status	Brocha	Brocha Achrona
Kemach when bearing the Symbol of Rabbi N.N. Horowitz and OK	Bran Flakes	Pareve	Mezonos	Al Hamichya	Post (continued) when bearing OK	Great Grains (Cranberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)	Dairy	Mezonos	Al Hamichya
	Bunch -O- Krunch	Pareve	Shehakol	Borai Nefashos		Grape Nuts	Pareve	Mezonos	Al Hamichya
	Cocoa Munchees	Pareve	Shehakol	Borai Nefashos		Honey Bunches of Oats (Honey Roasted, Raisin Medley, With Almonds, With Peaches, With Strawberries, With Vanilla Bunches, With Cinnamon Bunches, With Pecan Bunches)	Dairy	Mezonos	Al Hamichya
	Corn Flakes	Pareve	Shehakol	Borai Nefashos		Honeycomb	Pareve	Shehakol	Borai Nefashos
	Crispy Rice	Pareve	Mezonos	Borai Nefashos		Honeycomb-Cinna-Graham	Pareve	Shehakol	Borai Nefashos
	Fruit Whirls	Pareve	Mezonos	Al Hamichya		Maple Pecan Crunch	Dairy	Mezonos	Al Hamichya
	Honey Frosted Crunch	Pareve	Mezonos	Al Hamichya		Raisin Bran	Pareve	Mezonos	Al Hamichya
	Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya		Shredded Wheat (Honey Nut, Original, Original Spoon Size, Wheat 'N Bran)	Pareve	Mezonos	Al Hamichya
	Raisin Bran	Pareve	Mezonos	Al Hamichya		Waffle Crisp	Dairy Equipment	Mezonos	Al Hamichya
	Sugar Frosted Flakes	Pareve	Shehakol	Borai Nefashos		Cap 'N Crunch	Dairy	Shehakol	Borai Nefashos
	Sugar Puffed Wheat	Pareve	Mezonos or Hoadama**	Borai Nefashos		Cap 'N Crunch - Crunch Berries	Dairy	Shehakol	Borai Nefashos
	Toasted Oats	Pareve	Mezonos	Al Hamichya		Cap 'N Crunch - Peanut Butter	Pareve	Shehakol	Borai Nefashos
	Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya		Crisp Rice	Pareve	Mezonos	Borai Nefashos
Malt-O-Meal when bearing OU	Apple Zings	Pareve	Mezonos	Al Hamichya	Quaker when bearing OU	Crunchy Corn Bran	Dairy Equipment	Shehakol	Borai Nefashos
	Blueberry Muffin Tops	Dairy	Mezonos	Al Hamichya		Life (Original)	Pareve	Mezonos	Al Hamichya
	Colossal Crunch	Pareve	Shehakol	Borai Nefashos		Oatmeal Squares	Dairy Equipment	Mezonos	Al Hamichya
	Crispy Rice	Pareve	Mezonos	Borai Nefashos		Puffed Rice	Pareve	Mezonos	Borai Nefashos
	Dyno-Bites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos					
	Honey Nut Scooters	Pareve	Mezonos	Al Hamichya					
	Raisin Bran	Pareve	Mezonos	Al Hamichya					
	Toasty O's (All)	Pareve	Mezonos	Al Hamichya					
Tootie Fruities	Pareve	Mezonos	Al Hamichya						
Post when bearing OK	Alpha Bits	Pareve	Mezonos	Al Hamichya					
	Banana Nut Crunch	Dairy	Mezonos	Al Hamichya					
	Bran Flakes	Pareve	Mezonos	Al Hamichya					
	Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos					
	Fruity Pebbles	Pareve	Mezonos	Borai Nefashos					
	Golden Crisp	Pareve	Mezonos or Hoadama**	Borai Nefashos					

*One Crispix should be split. Recite Mezonos and eat the darker half (rice) first. Then recite Hoadama and eat the lighter half (corn).

**As indicated in Igros Moshe OC 4:45 one may recite either a Mezonos or a Hoadama. See Kashrus Kurrents article for the explanation.

NOTE:

1. Check packaging for kosher symbols. Due to possible future changes in formulations, this list should only be used through 2012. Check with Star-K www.star-k.org for future updates. Also note, some cereals with Kosher certification were omitted from this list, as we were unable to obtain enough information to determine the correct Brocha.
2. We recommend reading the "Brochos for Breakfast" article in this edition of Kashrus Kurrents for the following important information:
 - a) Understanding Hilchos Brachos and cereal production.
 - b) How much and how quickly one must eat to recite a bracha achrona. See Section IV
 - c) In which cases a borai nefashos is recited on "al hamichya" cereals. See Section IV – second paragraph

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GETTING A HANDLE ON YOUR *Faucet*



RABBI ZVI GOLDBERG

STAR-K KASHRUS ADMINISTRATOR

Nevertheless, this handle poses a *Shabbos* challenge since one always has to remember to first push the handle lever towards the far right before turning on the faucet. This is not how it is normally done, as usually someone who wants cold water turns on the faucet with the handle facing the middle and then pushes it over to the right. Force of habit might cause one to do this on *Shabbos*. Also, a guest or child may not realize that this is an issue at all, and may unwittingly transgress the *issur of bishul on Shabbos*.³ An additional concern is that some one-handed faucets do not have a way of turning “all the way to the right.” They turn 360° around and around. A person can easily misjudge where to turn the handle.

There are some one-handed faucets which have another problem, since by design they never shut off the hot water completely. This means that even when the handle is turned completely towards the right, some hot water still comes out. This can be tested by turning the cold water shutoff valve underneath the sink, then turning on the faucet with the handle positioned towards the right. If water continues to trickle through, then the hot water is still coming out.⁴ Therefore, even if one is careful to position the handle all the way towards the right before turning on the faucet, one may still be using some hot water.

Practical Recommendations:

1. Turn the hot water shutoff valve underneath the sink to the “off” position every *erev Shabbos*.⁵ This could also be done on *Shabbos*, as there is no *melacha* involved.
2. Install a two-handed faucet to avoid the problem.

3. This is a *shogeg*, not *misasek*. Rav Yisroel Belsky, *Shulchan Halevi*, page 55.

4. It is possible that the cold water shutoff valve is faulty, and the water coming out is from the cold water supply. A further test can be done by leaving the cold water shutoff in the off position, and the handle in the far right position, then closing the hot water shutoff; if the water stops flowing, it shows it was the hot water trickling.

5. Older shutoff valves will not bear repeated turning week after week and may eventually leak. It is best to install a lever type control that turns off the water with a twist of 90 degrees. One can reroute the control so it is close to the opening of the under-sink doors, making it easy to reach.

Turning the water heater ignition to the ‘pilot’ position does not solve the problem. Even though the heater will not turn on, the water entering the tank will still be heated upon mixing with the hot water in the tank.

If you are at another person’s home on *Shabbos*, can you use the one-handed faucet? Are you required to ask the host what he has done to resolve the problem? Rav Moshe Heinemann, *shlit”a*, ruled that this is considered a *shaas hadchak*, a pressing need, since a guest may be uncomfortable asking about handles. Based on *halachic* principles referenced in the footnote, one may open the faucet with the handle positioned towards the right.⁶ However, in one’s own home, this must be rectified before using the faucet.

What should you do if you turned on the faucet with the handle positioned towards the middle and realized you made a mistake? Can you turn it off? In a typical case, where you realized it right away, you may turn it off. The water that has already come into the tank is already hot, and you are merely preventing more cold water from being heated.⁷

On *Yom Tov*, cooking is permitted and one-handed faucets may be used. You may also use hot water for permitted uses, such as washing your hands. This assumes you are using a conventional hot water heater, which incorporates a tank. Tankless systems cannot be used on *Yom Tov*, and certainly not on *Shabbos*.⁸

Modern conveniences, such as flowing water, have added immeasurably to our enjoyment and *oneg Shabbos*. With some forethought and care, we can ensure the acceptable use of these amenities.

6. It is a *davar sheino miskaven* and a *sofek psik reisha*.

7. *Nishmas Shabbos* 4:73.2, *The 39 Melachos* pg 641

8. Modern tankless water heaters generally ignite as soon as the hot water is turned on.

HIGH TECH AND HALACHA MEET AT STAR-K'S *First-Ever Interactive Eruv-Inar*

BY MARGIE PENSAK

On Wednesday, September 7, at 8 p.m. EST, STAR-K made history by hosting the world’s first *Eruv-inar*. The inaugural long distance interactive presentation allowed participants from around the globe to experience a live workshop highlighting *eruv shaylos* through the use of pictures of *erubin*. STAR-K’s Rabbinic Administrator, Rabbi Moshe Heinemann, *shlit”a*, has always been on the cutting edge of the juxtaposition of advanced technology and *halacha*; the *Eruv-inar* featured Rav Heinemann discussing *hilchos eruv*.

The *Eruv-inar* enabled seventy-five *eruv* checkers and *rabbonim hamachshirim* from Providence, Rhode Island to Mercer Island, Washington, and from Alpharetta, Georgia to Ottawa, Canada, to review *Hilchos Eruv* and pose their *eruv shaylos*, gratis, with no strings attached! Rabbi Yitzchok Feldman, the Rav of Congregation Emek Beracha, in Palo Alto, California, planned his community’s *eruv* with Rav Heinemann’s help, checks it, and fixes it when it is broken.

“STAR-K’s *Eruv-inar* was a good use of the medium to convey pertinent *halachic* information,” feels Rabbi Feldman, who participated in the *Eruv-inar*. “The pictures made it very hands-on. One of the special things about Rav Heinemann is that he is so deft at applying the constructs of *halacha* to real life situations. This gave so many the chance to see this in real time.”

Rabbi Eliezer Eidlitz is the Rav *Hamachshir* of the San Fernando Valley *eruv*, servicing over 100,000 *Yidden*. A few months ago, his community flew in Rav Heinemann to go over a few issues and in general to look again at it. “I had all of our *eruv* checkers, and myself, watch the *Eruv-inar*,” says Rabbi Eidlitz. “It was very detailed and

clear. It also provided a great source for discussion of many of the *halachos* that we encounter here with fences, *Tzurav Hapesach*, and sound walls along the many freeways that we use. Everyone who participated is eagerly waiting for more. *Yasher Koach!*”

Just one of Rabbi Eidlitz’s San Fernando Valley *eruv* checkers, who participated in the *Eruv-inar*, is Yitzchak Feiglin, an *avreich* learning in *Kollel* in *Yerushalayim* who still helps out with the *eruv* when he visits Los Angeles.

“I found the *Eruv-inar* very informative, and gained much practical knowledge from the *shaylos* that Rav Heinemann, *shlit”a*, discussed,” says Mr. Feiglin. “It made me aware of concepts and issues that I had not previously seen. In fact, the Valley *eruv* I had been involved in seemed incredibly simple compared to some of the intricate *shaylos* that were answered during the session. The only drawback for me was that I had to get up at 3 a.m. Israel time to participate in the *shiur*! Regardless of that, I would be eager to participate in future sessions on *erubin* and other topics in which the Rav, *shlit”a*, would be willing to hold *shiurim*.”

The *Eruv-inar* was just one in a series of webinars that STAR-K has been presenting monthly since 2006, on a wide-range of topics such as: Buying Kosher Foods at Non-Kosher Stores; *Schach* Mats; Kosher Travel; *Pesach*; Women in the Kosher Kitchen; Raisins; Vegetable Checking; Liquor; *Shechita*; Fish Worms; Laws of *Kiddush*; Laws of *Shaimos*; Candy; Coffee; *Shmittah*; *Pruzbal*; and Sabbath Mode appliances. Currently, our library has 50 webinars. Replays and signup info are available at www.kosherclasses.org.

CONTINUED ON BACK COVER



Brochos for Breakfast

CONTINUED FROM PAGE 3

one must eat a *k'zayis* of the *Mezonos* pieces to recite an *Al Hamichya*. The other pieces do not count towards an *Al Hamichya*.³⁶ This is true, even though the other pieces are *tafel* to the *chameishes minei dagan* and only a *Mezonos* is recited. 2) Corn flour that is added for its own nutritional value, not as a “*tavlin*” to flavor the oat flour, is not counted as part of the *kzayis* for *brocha achrona* purposes.³⁷

V. RESEARCH

It is obvious that for many cereals it is impossible to know the correct *brocha*, without first determining more information than is available on the box. In developing the Star-K *Brochos* List, we had to obtain answers to numerous detailed questions regarding the formulation and process of the ingredients and products. Follow up questions and on-site reviews were sometimes necessary. In a few cases, we discovered formula revisions or additional information that caused changes in the *brocha* of particular cereals.³⁸ Undoubtedly, as companies continue to re-formulate cereals for better taste and more nutrition, one should not be surprised to find out that the *brocha* on one's favorite cereal has changed.

In the *z'chus* of beginning the day with reciting the correct *brochos*, may *Klal Yisroel* be *zoche* to an abundance of much *brocha v'hatzlacha* bestowed upon us from *Shamayim*.

36. For example, if one ate exactly a *k'zayis* of Post Cranberry Almond Crunch, one recites a *Mezonos* but can not recite an *Al Hamichya* afterwards. Since the *Mezonos* pieces do not add up to a *k'zayis*, and the cranberries and almonds are not *mitztaref* to the wheat flakes, a *Borei Nefashos* is recited (see *Mishnah Brura* 210:1). If one ate exactly a *k'zayis* of Raisin Bran (i.e. *chameishes minei dagan* flakes and *shivas haminim* raisins), there is a question amongst the *poskim* whether a *Borei Nefashos* or *may'ain shalosh* is recited. For an explanation of this *halacha*, see *Piskei Teshuvos* 210:6. Of course, if one ate a *k'zayis* of *Mezonos* pieces of Post Cranberry Almond Crunch or Raisin Bran, an *Al Hamichya* is recited.

37. See *Shulchan Aruch* 208:9.

38. Please note the following cereals fall into this category, and the listed *brochos* have changed over the years: Corn Chex, Honey Nut Chex, Honeycomb, French Toast Crunch, Crunchy Corn Bran, Honey Smacks, Golden Crisp and Kellogg's Lowfat Granola. Also, the *brocha achrona* on Special K (Original) has changed. Please see the current Star-K list for the correct *brochos* for these cereals.

HIGH TECH AND HALACHA

CONTINUED FROM PAGE 7

“STAR-K has always invested a tremendous amount of its energy and resources into education, both in *kashrus* and other *Torah* areas,” says STAR-K *Kashrus* Administrator and educational program director, Rabbi Zvi Goldberg. “This series of *Eruv*-inars is yet another area where we can benefit the *Torah* community, using modern technology to our advantage. On a personal level, it is a great *zechus* and pleasure for me to work directly with Rav Heinemann, whose breadth of *halachic* knowledge on these and other topics is well-known.”

A recording of the *Eruv*-inar is available at www.star-k.com under Programs in the sidebar of the home page. To be notified of our regular monthly STAR-K webinars or receive other STAR-K information, sign up for STAR-K alerts at www.star-k.com.

Eruv checkers and *rabbonim hamachshirim* – The next *Eruv*-inar is scheduled for Wednesday May 2, 2012 at 8 pm ET. To register, email eruv@star-k.org with your name, the capacity in which you serve your *eruv*, and the location. If you have a *shayla* regarding your *eruv*, please forward pictures of it (along with a note detailing the question) to the same address.

NEW!! Mikvah Webinar—Rav Heinemann will interactively address questions regarding *mikvah* construction and maintenance. *Rabbonim* and *Mikvah* overseers: Register at mikvah@star-k.org, stating your name, location of the *mikvah*, and the capacity in which you serve it. The webinar is scheduled for Wednesday, February 22, 2012 at 8 pm ET. If you have a *shayla* regarding your *mikvah*, please forward pictures of it.



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