

EATING AFTER SHABBAT SHACHARIT

Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the amida of *Shabbat shacharit*, you may not eat any food until you have said (or heard) kiddush and finished kiddush requirements by either:

- Drinking at least 4 fl. oz. (119 ml) of wine/grape juice, or
- Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of mezonot or bread.

Eating before Shabbat Midday

Don't fast on *Shabbat* (except *Yom Kippur*!) past halachic midday:

- If you will not finish shacharit before halachic midday, you should eat or drink earlier in the day, even before you begin shacharit—water can be sufficient for this purpose.
- If you will finish shacharit but not musaf by *halachic* midday:
 - Finish shacharit,
 - Make kiddush,
 - Eat some mezonot, and then
 - Return to say musaf.