## **EATING BEFORE SHABBAT SHACHARIT**

## **Eating before Making Shabbat Kiddush**

You may eat non-*mezonot* and non-bread food before praying *Shabbat shacharit* and without making *kiddush*, in order to avoid hunger or hypoglycemia (low blood sugar).

## Women and Minimum Prayer before Saying Shabbat Kiddush

The minimum prayer that a woman should say on <u>Shabbat</u> (or <u>Jewish festival</u>) morning before saying *kiddush* and eating some food is <u>birchot ha'shachar</u>.

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