I. AL HAMICHYA

AL HAMICHYA: TYPE AND VOLUME OF FOODS

Al HaMichya: Eating Enough

Say <u>al ha'michya</u> after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of non-bread foods baked from the <u>Five</u> <u>Grains</u> (wheat, rye, oats, barley, or spelt) within four minutes.

Al HaMichya: Eating Enough Pie To Say

Say <u>al ha'michya</u> if you ate a total volume of crust + filling of at least 1.3 fl. oz. (39 ml, or 1/6 cup) or more within four minutes--even if the total <u>mezonot</u>-based crust you eat is less than 1.3 fl. oz. (39 ml, or 1/6 cup).

Al HaMichya: Or Birkat HaMazon

Say <u>birkat ha'mazon</u> instead of <u>al ha'michya</u> if you ate enough bread-like foods (<u>mezonot</u>) or bread-like food combinations (such as crackers with tuna salad) to be the volume of your normal biggest meal of the day. This is true even if:

- You had not planned to have a meal (for example, you planned to eat only one slice of pizza but then ate two more), and
- Did not wash your hands before the meal.

AL HAMICHYA: DOUBT

Al HaMichya: Doubt If You Said

Don't say *al ha'michya* after eating *mezonot* if you are not certain whether you said it or not.

Al HaMichya: Doubt If 72 Minutes Have Passed

- SITUATION You ate some *mezonot*. It might be more than 72 minutes since you finished eating but you are not certain.
- WHAT TO DO Doubt about a blessing (safek bracha) does not get a blessing.
- NOTE You may not eat one of the *Five Special Fruits* in order to say the after-blessing of *al ha'eitz* and include *al ha'michya*. You could eat fruit and say the *al ha'eitz* blessing, but you may not include *mezonot* food in the blessing by adding *al ha'michya*.

AL HAMICHYA: FORGETTING V'ZACHREINU L'TOVA

Al HaMichya: Forgetting To Add V'Zachreinu L'Tova

Don't repeat al ha'michya on Rosh Chodesh if you forget to add v'zachreinu l'tova....

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com