

INTRODUCTION TO PREPARING SHABBAT FOOD

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Before Shabbat, we make or buy the food that we will need for Shabbat. Although cooking is forbidden on Shabbat, some food preparation is allowed after Shabbat begins. See [Shabbat: Cooking](#).

Special Shabbat foods include two loaves of bread for each of the first two meals and, preferably, for the third meal, too.