

# JEWISH FESTIVALS: SHACHARIT: EATING BEFORE

## Eating before Making Jewish Festival Kiddush

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

## Women and Minimum Prayer before Jewish Festival Kiddush

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

## Eating before Jewish Festival Midday

As on Shabbat, don't fast on Jewish festivals (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.