# SHABBAT: LUNCH: EATING BEFORE KIDDUSH

## 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 *birchot ha'shachar*.

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### **Eating Only after Fulfilling Shabbat Kiddush Requirements**

Once you have said the <u>amida</u> of <u>Shabbat shacharit</u>, 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*.

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