

SHABBAT: LUNCH

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 Shabbat (or Jewish festival) morning before saying kiddush and eating some food is birchat ha'shachar.

EATING AFTER SHABBAT SHACHARIT

Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the amida of Shabbat shacharit, 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.

SHABBAT: LUNCH: HOW TO DO KIDDUSH

How To Do Shabbat Daytime Kiddush

There are two requirements for Shabbat daytime kiddush: Say or Hear Kiddush Segments/Blessings and Establish a Halachic Meal (kovei'a se'uda):

1. Say or Hear Kiddush Segments/Blessings

You must say, or hear, the Shabbat daytime kiddush segments/blessings and someone must drink at least 2 fl. oz. (59 ml) of the kiddush beverage:

- **Say or Hear Kiddush Segments/Blessings**
 - Torah segment(s): V'shamru bnei Yisrael (even beginning from al kein).
 - **Blessing over at least 3.3 fl. oz. (99ml) of drink:**

- *Borei pri ha'gafen* (if on wine or grape juice), OR
- *She'hakol nihiyeh bi'dvaro* (if on other beverage/*chamar medina*).

NOTE For Saturday (or *Jewish festival*) lunch and *havdala*, you may use any beverage (*chamar medina*) commonly drunk for social purposes (not just for thirst) in the country in which you are saying *kiddush*. The ideal is to use wine or grape juice.

- **Drink at Least 2 fl. oz. (59 ml) of the *Kiddush* Drink**

This amount may be drunk by one person or by several people together.

2. Establish *Halachic Meal (Kovei'a Se'uda)*

You must establish a *halachic meal (kovei'a se'uda)* shortly after saying or hearing *Shabbat* morning *kiddush* by either:

- **Drinking Wine**--at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds, OR
- **Eating Bread/*Mezonot***--at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes.

NOTE The second half of making *kiddush*, “establishing a meal” (*kovei'a se'uda*), can be fulfilled simultaneously when you fulfill the subsequent, separate *Shabbat* requirement for “eating a meal” but in that case, you must eat 1.9 fl. oz. of bread.

NOTE If you make, or hear, *Shabbat* morning *kiddush* on any beverage except wine or grape juice, you must also eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes to establish the *kiddush* meal. If you do not want to eat bread or *mezonot*, only drinking at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds will fulfill all the *kiddush* requirements.

NOTE If you have not fulfilled the *kiddush* requirements, you may not eat other foods, such as fruit or fish at a *kiddush*.

NOTE Once you have heard *kiddush* and either eaten the required bread or *mezonot* or drunk the required 4 fl. oz. of wine or grape juice, you do not need to say or listen to *kiddush* again if you eat your actual meal later (except if you need to say *kiddush* for other people who have not yet heard or said *kiddush*).

SHABBAT: SECOND MEAL

How To Fulfill Eating Shabbat Second Meal

You must eat a second meal on *Shabbat* (or *Jewish festival*) day with at least 1.9 fl. oz. (56 ml, 1/4 cup) of bread--even if you already said *ha'motzi* but ate less than 1.9 fl. oz. of bread at *kiddush*.

NOTE Ideally, begin your second meal before halachic midday. But you may eat your second meal anytime after *shacharit* and before sunset.