

# SHIV'A: MEALS

## FIRST SHIV'A MEAL

### First Shiv'a Meal: Bread and Egg

The first meal should be bread and a hard-boiled egg. After that meal, any foods may be eaten, including meat and wine.

### First Shiv'a Meal: Prepared by Others

The mourners do not eat their own food for the first meal after the burial, so other people bring prepared food to the shiv'a house.

## BRINGING FOOD TO SHIV'A HOUSE

### Bringing Food to Shiv'a House

Bringing food to a shiv'a house is a non-binding custom, not a halacha. Some people have the custom for all seven days.