YOM KIPPUR: IF YOU MUST EAT

Yom Kippur: No Kiddush If You Must Eat

If you must eat on <u>Yom Kippur</u> (for health reasons), **do not** make <u>kiddush</u> and do not use two loaves of bread, even if <u>Yom Kippur</u> coincides with <u>Shabbat</u>.

Yom Kippur: Birkat HaMazon If You Must Eat Bread

If you must eat a meal including at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread on <u>Yom Kippur</u>, say <u>birkat</u> <u>ha'mazon</u> afterward. Add <u>ya'aleh v'yavo</u> (and if <u>Yom Kippur</u> coincides with <u>Shabbat</u>, also add retzei).

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