EATING AFTER SHABBAT SHACHARIT

Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the *anida* 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.

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