

# 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 birchot ha'shachar.