

# 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.