

# 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.