

## How To Fulfill Eating Shabbat Second Meal

You must eat a second meal on Shabbat (or Jewish festival) day with at least 1.9 fl. oz. (56 ml, 1/4 cup) of bread--even if you already said ha'motzi but ate less than 1.9 fl. oz. of bread at kiddush.

**NOTE** Ideally, begin your second meal before halachic midday. But you may eat your second meal anytime after shacharit and before sunset.