JEWISH FESTIVALS: SHACHARIT: EATING

JEWISH FESTIVALS: SHACHARIT: EATING BEFORE

Eating before Making Jewish Festival Kiddush

As on *Shabbat*, you may eat non-*mezonot* and non-bread food before praying *Jewish festival shacharit* and without making *kiddush*, in order to avoid hunger or hypoglycemia (low blood sugar).

Women and Minimum Prayer before Jewish Festival Kiddush

The minimum prayer that a woman should say on *Jewish festival* (or *Shabbat)* morning before saying *kiddush* and eating some food is *birchot ha'shachar*.

Eating before Jewish Festival Midday

As on *Shabbat*, don't fast on *Jewish festivals* (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*.

JEWISH FESTIVALS: SHACHARIT: EATING AFTER

Eating Only after Jewish Festival Kiddush

As on *Shabbat*, once you have said the *amida* of *Jewish festival shacharit*, you may not eat any food until you have said (or heard) *kiddush* and finished *kiddush* requirements by either drinking 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.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com