

# 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 birchat 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 anida 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.