

# ROSH HASHANA: SYMBOLIC FOODS (SIMANIM)

## Rosh Hashana: Symbolic Foods (Simanim): Which Foods

Eating the special symbolic foods (*simanim*) on Rosh Hashana evening is a universally accepted custom.

These may include:

- Apple Dipped in Honey
- Beets
- Black-eyed Peas
- Carrots
- Dates
- Fish Head
- Leeks
- Pomegranate

## Rosh Hashana: Symbolic Foods (Simanim): HaMotzi

On Rosh Hashana, before eating the symbolic foods (*simanim*):

- Make kiddush,
- Wash your hands,
- Say ha'motzi, and
- Eat bread.

Then eat the symbolic foods (*simanim*), saying the appropriate blessings (borei pri ha'eitz, borei pri ha'adama) before eating the *simanim*.

## Rosh Hashana: Symbolic Foods (Simanim): God's Name

**SITUATION** You made up your own segulot for Rosh Hashana.

**WHAT TO DO** You may say them with God's name or without, in the *yehi ratzon*.