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*.

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