# SHABBAT: DINNER: EATING BEFORE KIDDUSH

### Eating a Full Meal before Shabbat

See Appetite for *Shabbat* Dinner.

### Eating from Start of Shabbat until Kiddush

Once *Shabbat* begins for you—either at sunset or before (such as if you lit *Shabbat* candles)--you may not eat or drink before hearing *kiddush*.

NOTE Women and girls may make *kiddush* anytime after lighting candles.

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