

# 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.