

# SHABBAT: DINNER: KIDDUSH

## 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.

## SHABBAT: DINNER: HOW TO DO KIDDUSH

### How To Do Shabbat Evening Kiddush

To fulfill the two requirements for [Shabbat](#) evening [kiddush](#):

1. Say, or hear, the [Shabbat](#) evening [kiddush](#) blessings/segments:
  - [Borei pri ha'gafen](#) (on wine or grape juice only), OR [Ha'motzi](#) (on two [challot](#) if you have no wine or grape juice, as [chamar medina](#) is not permitted for [Shabbat](#) evening [kiddush](#). See [Challot for Evening Kiddush](#)) AND
  - [Mekadeish HaShabbat](#).
2. Establish a *halachic* “meal” ([kovei'a se'uda](#)) by either:
  - Drinking 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds, OR
  - Eating at least 1.9 fl. oz. (56 ml) of bread or [mezonot](#) of any type (within 4 minutes) shortly after saying or hearing [kiddush](#).

NOTE For evening [kiddush](#), the custom is to go straight to the meal without delay (with no [mezonot](#) or snacking first). [B'di'avad](#) if you snacked, it is still OK.

### What To Drink for Shabbat Dinner Kiddush

Wine (or grape juice) is the only drink permissible for Friday evening (or [Jewish festival evening](#)) [kiddush](#). If you do not have wine or grape juice with which to make evening [kiddush](#), see [Challot for Evening Kiddush](#).

### Challot for Evening Kiddush

To use two [challot](#) for [kiddush](#) instead of wine:

- Wash hands and say blessing [al netilat yadayim](#).
- Say [kiddush](#) but substitute [ha'motzi](#) for [borei pri ha'gafen](#).
- As soon as you finish saying [kiddush](#), eat the bread as normal.