SHABBAT: LUNCH: EATING BEFORE KIDDUSH

EATING BEFORE SHABBAT SHACHARIT

Eating before Making Shabbat Kiddush

You may eat non-mezonot and non-bread food before praying <u>Shabbat shacharit</u> and without making <u>kiddush</u>, in order to avoid hunger or hypoglycemia (low blood sugar).

Women and Minimum Prayer before Saying Shabbat Kiddush

The minimum prayer that a woman should say on <u>Shabbat</u> (or <u>Jewish festival</u>) morning before saying *kiddush* and eating some food is *birchot ha'shachar*.

EATING AFTER SHABBAT SHACHARIT

Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the <u>amida</u> of <u>Shabbat shacharit</u>, you may not eat any food until you have said (or heard) kiddush and finished kiddush requirements by either:

- Drinking at least 4 fl. oz. (119 ml) of wine/grape juice, or
- Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of mezonot or bread.

Eating before Shabbat Midday

Don't fast on Shabbat (except Yom Kippur!) past halachic midday:

- If you will not finish *shacharit* before *halachic midday*, you should eat or drink earlier in the day, even before you begin *shacharit*—water can be sufficient for this purpose.
- If you will finish shacharit but not musaf by halachic midday:
 - Finish shacharit,
 - Make kiddush,
 - Eat some mezonot, and then
 - Return to say *musaf*.

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