SHABBAT: LUNCH

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 *Shabbat shacharit* and without making *kiddush* , 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 *Shabbat* (or *Jewish festival)* 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 *amida* of *Shabbat shacharit*, 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*.

SHABBAT: LUNCH: HOW TO DO KIDDUSH

How To Do Shabbat Daytime Kiddush

There are two requirements for *Shabbat* daytime *kiddush:* Say or Hear *Kiddush* Segments/Blessings and Establish a *Halachic* Meal (*kovei'a se'uda*):

1. Say or Hear *Kiddush* Segments/Blessings

You must say, or hear, the *Shabbat* daytime *kiddush* segments/blessings and someone must drink at least 2 fl. oz. (59 ml) of the *kiddush* beverage:

- **Say or Hear *Kiddush* Segments/Blessings**
    - ***Torah* segment(**s): *V'shamru bnei Yisrael* (even beginning from *al kein*).
    - **Blessing over at least 3.3 fl. oz. (99ml) of drink:**

- ***Borei pri ha'gafen*** (if on wine or grape juice), OR
- ***She'hakol nihiyeh bi'dvaro*** (if on other beverage/*chamar medina*).

NOTE For Saturday (or *Jewish festival*) lunch and *havdala*, you may use any beverage (*chamar medina*) commonly drunk for social purposes (not just for thirst) in the country in which you are saying *kiddush*. The ideal is to use wine or grape juice.

- **Drink at Least 2 fl. oz. (59 ml) of the *Kiddush* Drink**

  This amount may be drunk by one person or by several people together.

2. Establish *Halachic* Meal (*Kovei'a Se'uda*)

You must establish *a halachic* meal (*kovei'a se'uda*) shortly after saying or hearing *Shabbat* morning *kiddush* by either:

- **Drinking Wine**--at least 4 fl. oz (119 ml) of wine (or grape juice) within 30 seconds, OR
- **Eating Bread/*Mezonot***--at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes.

NOTE The second half of making *kiddush*, "establishing a meal" (*kovei'a se'uda*), can be fulfilled simultaneously when you fulfill the subsequent, separate *Shabbat* requirement for "eating a meal" but in that case, you must eat 1.9 fl. oz. of bread.

NOTE If you make, or hear, *Shabbat* morning *kiddush* on any beverage except wine or grape juice, you must also eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes to establish the *kiddush* meal. If you do not want to eat bread or *mezonot*, only drinking at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds will fulfill all the *kiddush* requirements.

NOTE If you have not fulfilled the *kiddush* requirements, you may not eat other foods, such as fruit or fish at a *kiddush*.

NOTE Once you have heard *kiddush* and either eaten the required bread or *mezonot* or drunk the required 4 fl. oz. of wine or grape juice, you do not need to say or listen to *kiddush* again if you eat your actual meal later (except if you need to say *kiddush* for other people who have not yet heard or said *kiddush*).

SHABBAT: SECOND MEAL

How To Fulfill Eating Shabbat Second Meal

You must eat a second meal on *Shabbat* (or *Jewish festival*) day with at least 1.9 fl. oz. (56 ml, 1/4 cup) of bread--even if you already said *ha'motzi* but ate less than 1.9 fl. oz. of bread at *kiddush*.

NOTE Ideally, begin your second meal before halachic midday. But you may eat your second meal anytime after *shacharit* and before sunset.

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