# SHIV'A: MEALS

# FIRST SHIV'A MEAL

## First Shiv'a Meal: Bread and Egg

The first meal should be bread and a hard-boiled egg. After that meal, any foods may be eaten, including meat and wine.

#### First Shiv'a Meal: Prepared by Others

The mourners do not eat their own food for the first meal after the burial, so other people bring prepared food to the *shiv'a* house.

# **BRINGING FOOD TO SHIV'A HOUSE**

## **Bringing Food to Shiv'a House**

Bringing food to a <u>shiv'a</u> house is a non-binding custom, not a <u>halacha</u>. Some people have the custom for all seven days.

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