TEFILIN: ACTIVITIES WHILE WEARING

Tefilin: Activities While Wearing: Distractions

You may not do any activities while wearing <u>tefilin</u> that would distract you (<u>hesech da'at</u>) from remembering that you are wearing <u>tefilin</u>.

Tefilin: Activities While Wearing: Eating

You may eat a snack while wearing tefilin, but you may not eat a full meal (with bread).

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com