

## VI. SHEHAKOL

### SHEHAKOL: WHICH FOODS

#### SheHakol: Which Foods: General Rule

Say *she'hakol*, the most general blessing, over any food or drink that does not fall into a higher category ( *HaMotzi*, *Borei Minei Mezonot*, *Borei Pri Ha'Eitz*, *Borei Pri HaGafen*, and *Borei Pri HaAdama*).

**NOTE** One blessing of *she'hakol* covers both liquids and solids that will be eaten/drunk at the same snack or meal.

#### SheHakol: Which Foods: Mistaken SheHakol

She'hakol may theoretically apply to many foods, *b'diavad*,--even bread, wine, the Five Special Fruits, and mezonot. However, we have a principle to say the highest-level food blessing possible. If you said *she'hakol*, mistakenly believing it was the correct blessing for a higher-level food, *she'hakol* does cover the food after the fact and, *b'di'avad*, you may eat the bread, wine, or other higher-level food.

#### SheHakol: Which Foods: Unrecognizable Foods

You must be able to recognize, from at least one piece, that an ingredient is from the ground or from a tree in order to say *borei pri ha'adama* or *borei pri ha'eitz*. If not, say *she'hakol*.

So say *she'hakol* on:

- All foods that did not grow in the ground or on a tree, but also
- Foods that you cannot personally identify as having grown in the ground or on a tree—either because it has been finely ground or processed or because you personally do not know what it is.

**EXAMPLE** Even if you know that a *kugel* is made with potatoes, unless you can see recognizable pieces of potato, do not say *borei pri ha'adama*, but rather *she'hakol*.

#### EXAMPLES (Foods that Get *SheHakol*)

- Apple Sauce.
- Beer, Cognac, Grape Brandy, and other alcoholic beverages other than wine and grape juice and their derivatives.
- Cheese and other *Dairy* Products (unless they contain grain).
- Eggs (plain).
- Fish.
- Fruits or vegetables whose identity is not recognizable.
- Honey.
- Ice Cream.
- Juice.
- Meat.
- Mushrooms.
- Poultry.
- Seaweed.
- Soda.
- Soup (clear).
- Sprouts.

- Water.

## SHEHAKOL: IF YOU CANNOT EAT THE FOOD

### SheHakol: Said But Cannot Eat

**SITUATION** You said the blessing *she'hakol*, intending to eat some cheese that is in front of you, and then remember that you ate meat shortly before.

**WHAT TO DO** You should not eat any of the cheese but, instead, say *Baruch shem kevod malchuto l'olam va'ed.*

## SHEHAKOL: HOW OFTEN

### SheHakol: Drinking Water Once

Say the *she'hakol* blessing on water once for the entire day if you:

- Are hiking or doing other outdoor activities, and
- Have water with you or know there is water along the way, and
- Expect to be thirsty again later in the day and will want to drink water.

### SheHakol: Drinking Water Again

Say a new *she'hakol* blessing if you buy more water along the way while hiking or doing other outdoor activities--even if you said the blessing at the start of your day's activities.

### SheHakol: Drinks while in Flight

If you intend to continue drinking during a flight, you may say one blessing on beverages (*she'hakol*) and continue drinking for the entire flight.

## SHEHAKOL: WHEN NOT TO SAY

### SheHakol: When Not To Say: Non-Nutritive Foods

Do not say a fore-blessing on chewing gum or bubble gum if it contains no nutritional substances.

## SHEHAKOL: HUMOROUS REMINDER POEM

### SheHakol: Humorous Reminder Poem

If you're in doubt,

And you do not know,

Say *she'hakol*

*Nihiyeh bi'dvaro.*