

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.