

# EATING BEFORE KIDDUSH

## Eating a Full Meal before Jewish Festival

See [Appetite for Jewish Festival Dinner](#).

## Eating from Start of Jewish Festival until Kiddush

Once the Jewish festival begins for you—either at sunset or before (such as if you lit Jewish festival candles)—you may not eat or drink before hearing kiddush. Women and girls may make kiddush soon after lighting candles.