

EATING BEFORE SHABBAT SHACHARIT

Eating before Making Shabbat Kiddush

You may eat non-mezonot and non-bread food before praying Shabbat shacharit and without making kiddush, in order to avoid hunger or hypoglycemia (low blood sugar).

Women and Minimum Prayer before Saying Shabbat Kiddush

The minimum prayer that a woman should say on Shabbat (or Jewish festival) morning before saying kiddush and eating some food is birchat ha'shachar.