

# INTRODUCTION TO PREPARING SHABBAT FOOD

## Introduction to Preparing Shabbat Food

Before Shabbat, we make or buy the food that we will need for Shabbat. Although cooking is forbidden on Shabbat, some food preparation is allowed after Shabbat begins. See [Shabbat: Cooking](#).

Special Shabbat foods include two loaves of bread for each of the first two meals and, preferably, for the third meal, too.