

SHABBAT: LUNCH: HOW TO DO KIDDUSH

How To Do Shabbat Daytime Kiddush

There are two requirements for Shabbat daytime kiddush: Say or Hear Kiddush Segments/Blessings and Establish a Halachic Meal (*kovei'a se'uda*):

1. Say or Hear Kiddush Segments/Blessings

You must say, or hear, the Shabbat daytime kiddush segments/blessings and someone must drink at least 2 fl. oz. (59 ml) of the kiddush beverage:

- **Say or Hear Kiddush Segments/Blessings**
 - Torah segment(s): V'shamru bnei Yisrael (even beginning from al kein).
 - **Blessing over at least 3.3 fl. oz. (99ml) of drink:**
 - Borei pri ha'gafen (if on wine or grape juice), OR
 - She'hakol nihiyeh bi'dvaro (if on other beverage/chamar medina).

NOTE For Saturday (or Jewish festival) lunch and havdala, you may use any beverage (chamar medina) commonly drunk for social purposes (not just for thirst) in the country in which you are saying kiddush. The ideal is to use wine or grape juice.

- **Drink at Least 2 fl. oz. (59 ml) of the Kiddush Drink**

This amount may be drunk by one person or by several people together.

2. Establish Halachic Meal (Kovei'a Se'uda)

You must establish a halachic meal (kovei'a se'uda) shortly after saying or hearing Shabbat morning kiddush by either:

- **Drinking Wine**--at least 4 fl. oz (119 ml) of wine (or grape juice) within 30 seconds, OR
- **Eating Bread/Mezonot**--at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or mezonot within four minutes.

NOTE The second half of making kiddush, “establishing a meal” (kovei'a se'uda), can be fulfilled simultaneously when you fulfill the subsequent, separate Shabbat requirement for “eating a meal” but in that case, you must eat 1.9 fl. oz. of bread.

NOTE If you make, or hear, Shabbat morning kiddush on any beverage except wine or grape juice, you must also eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or mezonot within four minutes to establish the kiddush meal. If you do not want to eat bread or mezonot, only drinking at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds will fulfill all the kiddush requirements.

NOTE If you have not fulfilled the kiddush requirements, you may not eat other foods, such as fruit or fish at a kiddush.

NOTE Once you have heard kiddush and either eaten the required bread or mezonot or drunk the required 4 fl. oz. of wine or grape juice, you do not need to say or listen to kiddush again if you eat your actual meal later (except if you need to say kiddush for other people who have not yet heard or said kiddush).