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 <u>Shabbat</u> foods include two loaves of bread for each of the first two meals and, preferably, for the third meal, too.

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