SHABBAT: THIRD MEAL (SE'UDA SHLISHIT)

SE'UDA SHLISHIT: WHAT TO EAT

What To Eat for Se'uda Shlishit

Ideally, fulfill the commandment of a third meal *(se'uda shlishit)* by:

- Washing hands,
- Saying the *ha'motzi* blessing over two *challot*, and
- Eating at least the minimum amount (1.9 fl. oz., or 56 ml) of bread.

You may, however, fulfill the requirements of *se'uda shlishit* by eating any solid food which gives nourishment—as long as you can say the after-blessing and have eaten at least 1.9 fl. oz. (56 ml) of that food.

NOTE If you ate some food after completing your *Shabbat* day meal (the second meal of *Shabbat*) and after *halachic* midday, you can consider that to be your *se'uda shlishit*, even if you did not intend it to be when you ate it.

SE'UDA SHLISHIT: WHEN TO EAT

When To Eat Se'uda Shlishit with Bread

The ideal is to wash hands and say *ha'motzi* for *se'uda shlishit* before sunset. However, you may still say *ha'motzi* for *se'uda shlishit* until 2 minutes before dark (*tzeit ha'kochavim*) if you have not yet eaten your *se'uda shlishit*. Once you have begun your meal before sunset, you may continue until long after dark.

When To Eat Se'uda Shlishit without Bread

If you are eating a snack without bread, you must finish eating and say the after-blessing by at least 2 minutes before dark.
If you washed and ate bread, you may continue your meal even after dark.

Latest Time You May Eat on Shabbat

If you finished eating (and saying *birkat ha'mazon*/*bracha achrona* for) a full meal or even a snack that you intended to constitute your *se'uda shlishit*, you may not eat any more once the sun has set on Saturday until after you have made or heard *havdala*.

NOTE If you did not intend for the food to constitute your *se'uda shlishit*, see When To Eat *Se'uda Shlishit* with Bread or When To Eat *Se'uda Shlishit* without Bread, above.

Eating Se'uda Shlishit before Mincha

If you will not have time to start *se'uda shlishit* after *mincha* but before sunset, you may eat *se'uda shlishit* before *mincha*.

NOTE Eating *se'uda shlishit* before *mincha* is preferable to beginning eating *se'uda shlishit* after sunset.

SE'UDA SHLISHIT: WHO MUST EAT

Who Must Eat Se'uda Shlishit

Women, as well as men, are required to eat *se'uda shlishit.*

SE'UDA SHLISHIT: BIRKAT HAMAZON

Wine from Se'uda Shlishit Birkat HaMazon

If you recite *birkat ha'mazon* after *se'uda shlishit* over a cup of wine, you may only drink the wine if the meal ended before sunset.

NOTE Wine from *birkat ha'mazon* of *se'uda shlishit* that ended after sunset may be used for *havdala* EXCEPT if the meal was a *sheva brachot* meal.

REASON The bridegroom, bride, and leader may drink the wine--and one of them must drink the wine!--as part of the seven blessings, even though they were recited after sunset.

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