

VI. SHEHAKOL

SHEHAKOL: WHICH FOODS

SheHakol: Which Foods: General Rule

Say *she'hakol*, the most general blessing, over any food or drink that does not fall into a higher category (*HaMotzi*, *Borei Minei Mezonot*, *Borei Pri Ha'Eitz*, *Borei Pri HaGafen*, and *Borei Pri HaAdama*).

NOTE One blessing of *she'hakol* covers both liquids and solids that will be eaten/drunk at the same snack or meal.

SheHakol: Which Foods: Mistaken SheHakol

She'hakol may theoretically apply to many foods, *b'diavad*,--even bread, wine, the Five Special Fruits, and mezonot. However, we have a principle to say the highest-level food blessing possible. If you said *she'hakol*, mistakenly believing it was the correct blessing for a higher-level food, *she'hakol* does cover the food after the fact and, *b'di'avad*, you may eat the bread, wine, or other higher-level food.

SheHakol: Which Foods: Unrecognizable Foods

You must be able to recognize, from at least one piece, that an ingredient is from the ground or from a tree in order to say *borei pri ha'adama* or *borei pri ha'eitz*. If not, say *she'hakol*.

So say *she'hakol* on:

- All foods that did not grow in the ground or on a tree, but also
- Foods that you cannot personally identify as having grown in the ground or on a tree—either because it has been finely ground or processed or because you personally do not know what it is.

EXAMPLE Even if you know that a *kugel* is made with potatoes, unless you can see recognizable pieces of potato, do not say *borei pri ha'adama*, but rather *she'hakol*.

EXAMPLES (Foods that Get *SheHakol*)

- Apple Sauce.
- Beer, Cognac, Grape Brandy, and other alcoholic beverages other than wine and grape juice and their derivatives.
- Cheese and other *Dairy* Products (unless they contain grain).
- Eggs (plain).
- Fish.
- Fruits or vegetables whose identity is not recognizable.
- Honey.
- Ice Cream.
- Juice.
- Meat.
- Mushrooms.
- Poultry.
- Seaweed.
- Soda.
- Soup (clear).
- Sprouts.

- Water.

SHEHAKOL: IF YOU CANNOT EAT THE FOOD

SheHakol: Said But Cannot Eat

SITUATION You said the blessing *she'hakol*, intending to eat some cheese that is in front of you, and then remember that you ate meat shortly before.

WHAT TO DO You should not eat any of the cheese but, instead, say Baruch shem kevod malchuto l'olam va'ed.

SHEHAKOL: HOW OFTEN

SheHakol: Drinking Water Once

Say the *she'hakol* blessing on water once for the entire day if you:

- Are hiking or doing other outdoor activities, and
- Have water with you or know there is water along the way, and
- Expect to be thirsty again later in the day and will want to drink water.

SheHakol: Drinking Water Again

Say a new *she'hakol* blessing if you buy more water along the way while hiking or doing other outdoor activities--even if you said the blessing at the start of your day's activities.

SheHakol: Drinks while in Flight

If you intend to continue drinking during a flight, you may say one blessing on beverages (*she'hakol*) and continue drinking for the entire flight.

SHEHAKOL: WHEN NOT TO SAY

SheHakol: When Not To Say: Non-Nutritive Foods

Do not say a fore-blessing on chewing gum or bubble gum if it contains no nutritional substances.

SHEHAKOL: HUMOROUS REMINDER POEM

SheHakol: Humorous Reminder Poem

If you're in doubt,
And you do not know,
Say she'hakol
Nihiyeh bi'dvaro.