

BLESSINGS BEFORE EATING

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Barukh atah Adonai, Eloheinu melek ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.
Praised are You Adonai our God, who rules the universe,
instilling in us the holiness of mitzvot
by commanding us to rinse our hands.

Before eating bread:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Barukh atah Adonai, Eloheinu melek ha-olam,
ha-motzi lehem min ha-aretz.
Praised are You Adonai our God, who rules the universe,
bringing forth bread from the earth.

*Before eating foods made of the five grains of Israel —
wheat, barley, oats, rye, or spelt:*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְּנֵי מְזוֹנוֹת.
Barukh atah Adonai, Eloheinu melek ha-olam,
borei minei m'zonot.
Praised are You Adonai our God, who rules the universe,
creating various grains.

Before eating fruit:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Barukh atah Adonai, Eloheinu melek ha-olam, borei pri ha-etz.
Praised are You Adonai our God, who rules the universe,
creating the fruit of the tree.

Before eating vegetables (from plants which sprout annually):

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה.
Barukh atah Adonai, Eloheinu melek ha-olam,
borei pri ha-adamah.
Praised are You Adonai our God, who rules the universe,
creating the fruit of the earth.

Before drinking wine or grape juice:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Barukh atah Adonai, Eloheinu melek ha-olam, borei pri ha-gafen.
Praised are You Adonai our God, who rules the universe,
creating the fruit of the vine.

Before partaking of other foods or liquids:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.
Barukh atah Adonai, Eloheinu melek ha-olam,
she-hakol nih'yeh bi-d'varo.
Praised are You Adonai our God, who rules the universe,
through whose word all things exist.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיִּים וְקִיְמָנוּ וְהַגִּיעָנוּ לְזִמְן הַזֶּה.

Barukh atah Adonai, Eloheinu melek ha-olam,
she-hehyanu v'kiy'manu v'higi-anu la-z'man ha-zeh.
Praised are You Adonai our God, who rules the universe,
granting us life, sustaining us, and enabling us to reach this day.

[A]

Blessings before a meal

*We prepare for the b'rakhah over bread by washing
our hands, as follows: Pour water from a cup two
or three times over each hand, alternating hands.
This b'rakhah and the following one are recited
without verbal interruption:*

*When eating a meal, the b'rakhah over bread includes
all the food eaten at the meal.*

[B]

*When eating foods individually, the following b'rakhot
are recited:*

Blessings for individual foods

[C]

Added blessing for a special food

*When eating a new food, or a seasonal fruit not tasted since
the previous season, add this b'rakhah before eating:*