Blessings Before the Meal

**HAMOTZI**
On bread, bagels, challah, matzah, pita, and rolls made from any of these five grains: wheat, barley, rye, oat, or spelt

Baruch Atah Adonai Elohaynu Melech Ha’Olam Boray Pri Ha’Eytz

Min Ha’Aretz

Blessed are You, Adonai our G!d, Sovereign of the Universe, Who brings forth bread from the earth.

**HA’ADAMAH**
For all vegetables and greens from the ground, peanuts, legumes, and some fruits such as bananas, melons, and pineapples

Baruch Atah Adonai Elohaynu Melech Ha’Olam Boray Pri

Ha’Adamah

Blessed are You, Adonai our G!d, Sovereign of the Universe, Who creates the fruit of the earth.

**HA’EYTZ**
For all fruits from permanent trees, such as apples, oranges, and peaches, even if these fruits are dried; also grapes, raisins, and all nuts

Baruch Atah Adonai Elohaynu Melech Ha’Olam

Blessed are You, Adonai our G!d, Sovereign of the Universe, Who creates the fruit of the tree.

**SHE’HAKOL**
For dairy, eggs, fish, liquids, meat, etc.

Baruch Atah Adonai Elohaynu Melech Ha’Olam She’haKol Nih’yeh B’d’varo

Blessed are You, Adonai our G!d, Sovereign of the Universe, by Whose word all things came to be.

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**Blessings After the Meal**

**V’ACHALTA V’SAVATA**
For all vegetables and greens from the ground, peanuts, legumes, and some fruits such as bananas, melons, and pineapples

Baruch Atah Adonai Elohaynu Melech Ha’Olam Boray Pri

Ha’Adamah

Blessed are You, Adonai our G!d, Sovereign of the Universe, Who creates the fruit of the earth.

**POTAYACH ET YADECHA**
For bread, bagels, challah, matzah, pita, and rolls made from any of these five grains: wheat, barley, rye, oat, or spelt

Baruch Atah Adonai Elohaynu Melech Ha’Olam HaMotzi Lechem Min Ha’Aretz

Blessed are You, Adonai our G!d, Sovereign of the Universe, Who brings forth bread from the earth.

**BRICH RACHAMANA**
You are the Source of Life for all that is
And your blessing flows through me

Blessed is the Compassionate One,
Ruler of the Universe, Source of this Food

Aramaic: Babylonian Talmud, English: Shefa Gold

**BORAY NEFASHOT**
Blessed be You, haShem Eloheinu
Cosmic Mastery
the One who created
so many different
living things,
all needing each other,
to make one Life
interwoven through
them all, as one soul.
Blessed be the Life of
all worlds.

Translation: Reb Dovid Seidenberg

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### Food for Thought

#### V’ACHALTA

You will eat and be full, and you will bless (v’achalta v’savata u’verachta) Hashem, your G!d, for the good land given to you.

*Deuteronomy (Devarim) 8:10*

Rav Yehudah said: Where do we find that the grace after meals (Birkat HaMazon) is ordained in the Torah? Because it says: And you will eat and be full, and you will bless.

*Berachot 21a*

#### B’RICH RACHAMANA

Benjamin the shepherd made a sandwich and said, “Blessed is the (Merciful One, Ruler of the universe) Master of this Bread” and Rav said that he had performed his obligation.

*Berachot 40b*

#### ECO-KASHRUT

*From Jewish with Feeling: A Guide to Meaningful Jewish Practice by Reb Zalman Schachter-Shalomi*

- Eco-kosher is concerned not only with the origin of the things consumed—what animal the meat came from, say, or what dishes it was cooked in—but also with the results of our consumption, such as the environmental and human toll of our actions.

- All consumption has interlocking costs and repercussions. Our challenge is to maximize the kashrut of a given product or action—a matter of degree, rather than a question with a yes-or-no answer.

- An eco-kosher practice is a matter of individual conscience and decision, rather than a matter of legislation... the day-to-day weighing of conflicting considerations, personal as well as social, environmental, and technolgocal, is up to each of us.

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<table>
<thead>
<tr>
<th>While you are eating, think of how you are eating before G!d, and how there is no screen of separation between you and the Holy One.</th>
<th>The relation between a person and the food he or she consumes—as expressed in the intention behind the eating of the food—corresponds to the cosmic connection between the material and the spiritual as expressed by every sacrifice on an altar.</th>
<th>When a person sits down at the table to eat, the Divine Presence and an evil spirit both stand by. If the person sings words of gratitude, the Divine Presence pushes forward to receive the words. If the person does not recite an expression of thanksgiving, the evil spirit pushes forward to receive the profane talk.</th>
<th>In the days of the Pilgrims, the Puritans when they arrived at these safe shores, suffered hunger and cold. They sang and prayed to the Rock of their Salvation. And You, standing by them, roused the caring of the Natives for them: who fed them, turkey and corn and other delights. Thus saved You them from starvation, and they learned the ways of peace with the inhabitants of the land. Therefore, feeling grateful, they dedicated a day of Thanksgiving each year as a remembrance for future generations, feeding unfortunates feasts of thanks. Thus do we thank You for all the good in our lives, G!d of kindness, Lord of Peace; thus do we thank You.</th>
</tr>
</thead>
<tbody>
<tr>
<td>R. Isaiah Horowitz, Kabbalist, d. 1630</td>
<td>Rabbi Adin Steinsaltz, from The Thirteen Petalled Rose</td>
<td>Zohar IV:186b</td>
<td>Reb Zalman Schachter-Shalomi, Prayer for Thanksgiving</td>
</tr>
</tbody>
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### Thoughts for Food

### BEFORE, DURING, AND AFTER MEALS

#### SOME LAWS AND CUSTOMS

- **Birkat HaMazon** (expressions of gratitude after a meal) should be recited with Kavanah (concentration) and all the words should be enunciated slowly and properly, and their meaning understood.

- It is a mitzvah to say words of Torah during every meal. A meal without Torah is considered a sacrifice offered for idol worship.

- One who owns animals or birds may not begin his or her own meal before feeding them.

- If one has small children who cannot feed themselves, they take precedence over the animals and must feed them first.

- If one has guests, feeding the guests takes precedence over feeding the animals, as the mitzvah of Hachnasat Orchim (welcoming guests) is such a great mitzvah that Avraham gave it precedence over greeting the animals, as the mitzvah of Hachnasat Orchim (welcoming guests) is such a great mitzvah that Avraham gave it precedence over greeting the Shechina! (Parshat Chaya Sara)

- When reciting the blessing of “Hamotzi” make sure to pause slightly between the word “Lechem” and the word “Min,” otherwise the two “Mem” sounds will blend into each other and it will sound like “LecheMin.”

- Bread should never be thrown across the table in a disrespectful way, especially the challah at the Shabbat meal with which a mitzvah is performed. Some people actually have the custom to “throw” the challah to each person at the table. This was the custom of the Chatam Sofer and the Divrei Chaim of Sanz. Even those whose custom it is to throw it should do so in a respectful manner.

- It is a mitzvah for there to be salt on a table before beginning to eat. If one has guests, feeding the guests takes precedence over feeding the animals, as the mitzvah of Hachnasat Orchim (welcoming guests) is such a great mitzvah that Avraham gave it precedence over greeting the Shechina! (Parshat Chaya Sara)

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