



## Blessings Before Eating — ברכות קודם האכילה



Before eating grain products other than bread and matzah:

ברוך אתה יי אלהינו מלך העולם, Baruch ata Adonai Eloheinu Melech haOlam,  
בורא מיני מזונות. borei minei m'zonos.

Blessed are You, O ETERNAL, our God, King of the universe, Who creates varieties of nourishment.



Before drinking wine or grape juice:

ברוך אתה יי אלהינו מלך העולם, Baruch ata Adonai Eloheinu Melech haOlam,  
בורא פרי הגפן. borei p'ri haGafen.

Blessed are You, O ETERNAL, our God, King of the universe, Who creates the fruit of the vine.



Before eating fruit or nuts from a tree:

ברוך אתה יי אלהינו מלך העולם, Baruch ata Adonai Eloheinu Melech haOlam,  
בורא פרי העץ. borei p'ri haEitz.

Blessed are You, O ETERNAL, our God, King of the universe, Who creates the fruit of the tree.



Before eating fruit or vegetables from the ground:

ברוך אתה יי אלהינו מלך העולם, Baruch ata Adonai Eloheinu Melech haOlam,  
בורא פרי האדמה. borei p'ri haAdama.

Blessed are You, O ETERNAL, our God, King of the universe, Who creates the fruit of the ground.



Before eating other foods:

ברוך אתה יי אלהינו מלך העולם, Baruch ata Adonai Eloheinu Melech haOlam,  
שהכל נהיה בדברו. shehakol nihye bidvaro.

Blessed are You, O ETERNAL, our God, King of the universe, by Whose word everything exists.

If you've eaten Grains (but *not* bread or matzah); Wine or grape juice; and/or olives, dates, grapes, figs, or pomegranates, say the **Three-Faceted Blessing** on other side (first, if saying both after-blessings).

## After-Blessing on Other Foods — ברכת בורא נפשות

<p>ברוך אתה יי אלהינו מלך העולם, בורא נפשות רבות וחסרונן, על כל מה שבראת להחיות בהם נפש כל חי. ברוך חי העולמים.</p>	<p>Baruch ata Adonai, Eloheinu Melech ha'olam, borei n'fashos rabos v'chesronan al kol ma shebarasa, l'hachayos bahem nefesh kol chai. Baruch chei ha-olamim.</p>
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Blessed are You, O ETERNAL our God, King of the universe, Creator of numerous beings and their vital needs — for all that You have created by which to infuse every living being's soul with life. Blessed is the One Who gives life to the worlds!

# Three-Faceted After-Blessing — ברכת מעין שלש

Recited after eating Grains (wheat, barley, spelt, rye, and oats - but *not* bread or matzah), Wine (or grape juice), and certain Fruits (olives, dates, grapes, figs, and pomegranates).

... בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם... | Baruch ata Adonai, Eloheinu Melech ha'olam,

וְעַל הַמַּחֲיָה וְעַל הַפְּלִפְלָה, [GRAIN] al hamichya v'al hakalkala,

וְעַל הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן, [WINE] (ו)al hagefen v'al p'ri hagefen,

וְעַל הָעֵץ וְעַל פְּרֵי הָעֵץ, [FRUIT] (ו)al ha-eitz v'al p'ri ha-eitz,

וְעַל תְּנוּבַת הַשָּׂדֶה, וְעַל אֶרֶץ חֲמֵדָה טוֹבָה | v'al t'nuvas hasadeh, v'al erez chemda tova

וּרְחֻבָּהּ, שְׂרָצִית וְהִנְחַלְתָּ לְאַבוֹתֵינוּ, לְאֹכֹל | ur'chava, sheratzisa v'hinchalta la'avoseinu, le'echol

מִפְּרִיָּהּ וְלִשְׂבוּעַ מִטּוֹבָה. | mipiryah v'lisboa mituvah.

רַחֵם נָא, יי אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ, | Racheim na, Adonai Eloheinu, al Yisra-eil amecha,

וְעַל יְרוּשָׁלַיִם עִירֶךָ, וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדֶךָ, | v'al Y'rushalayim ircleha, v'al Tzion mishkan K'vodecha,

וְעַל מִזְבְּחֶךָ, וְעַל הֵיחָלֶךָ. וּבְנֵה יְרוּשָׁלַיִם | v'al mizb'checha, v'al heichal'echa. Uv'nei Y'rushalayim

עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ, וְהַעֲלֵנוּ לְתוֹכָהּ, | ir hakodesh bim-hei-ra v'yameinu, v'ha-aleinu l'sochah,

וְשִׁמְחֵנוּ בְּבִנְיָנָהּ, וְנֹאכַל מִפְּרִיָּהּ וְנִשְׂבַּע | v'sam'cheinu b'vinyanah, v'nochal mipiryah v'nisba

מִטּוֹבָהּ, וְנִבְרַכְךָ עָלֶיָּהּ בְּקֹדֶשׁהּ וּבְטַהֲרָהּ. | mituvah, unvarech'cha aleha bikdusha uvtahora.

וּרְצָה וְהִחַלְצֵנוּ בְּיוֹם הַשַּׁבָּת הַזֶּה. [SHABBOS] | Urtzey v'hachalitzeinu b'yom haShabbas hazeh.

וּזְכְּרֵנוּ לְטוֹבָהּ, בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה. [ROSH CHODESH] | V'zochreinu l'tova b'yom Rosh haChodesh hazeh.

וְשִׁמְחֵנוּ בְּיוֹם חַג הַמַּצּוֹת הַזֶּה. [PESACH - all 8 days] | V'sam'cheinu b'yom chag haMatzos hazeh.

וְשִׁמְחֵנוּ בְּיוֹם חַג הַשְּׂבָעוֹת הַזֶּה. [SHAVUOS] | V'sam'cheinu b'yom chag haShavuos hazeh.

וּזְכְּרֵנוּ לְטוֹבָהּ בְּיוֹם הַזִּכְרוֹן הַזֶּה. [ROSH HASHANAH] | V'zochreinu l'tova b'yom haZikaron hazeh.

וְשִׁמְחֵנוּ בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה. [SUKKOS - all 7 days] | V'sam'cheinu b'yom chag haSukkos hazeh.

וְשִׁמְחֵנוּ בְּיוֹם הַשְּׂמִינִי חַג הַאֲטָרֹת הַזֶּה. [SHEMINI ATZERES & SIMCHAS TORAH] | V'sam'cheinu b'yom haSh'mini chag ha-Atzeres hazeh.

כִּי אַתָּה יי טוֹב וּמְטִיב לְכָל, | Ki ata Adonai tov umeitiv lakol,

וְנוֹדֶה לְךָ עַל הָאֲרֶזִים... | v'nodeh l'cha al ha-aretz...

וְעַל הַמַּחֲיָה [GRAIN] v'al hamichya

וְעַל פְּרֵי הַגֶּפֶן [WINE] v'al pri hagefen

וְעַל הַפְּרֹת. [FRUIT] v'al hapeiros.

... בָּרוּךְ אַתָּה יי, עַל הָאֲרֶזִים... | Baruch ata Adonai, al ha-aretz

וְעַל הַמַּחֲיָה [GRAIN] v'al hamichya

וְעַל פְּרֵי הַגֶּפֶן [WINE] v'al p'ri hagefen

וְעַל הַפְּרֹת. [FRUIT] v'al hapeiros.

Blessed are You O ETERNAL our God, King of the universe, for the [nourishment and sustenance / vine and fruit of the vine / tree and fruit of the tree] and for the produce of the field; for the desirable, good, and spacious land that You favored and bequeathed to our ancestors, to eat of its fruit and to be satisfied with its goodness. Please have mercy, O ETERNAL our God, on Israel, Your people; and upon Jerusalem, your city; and upon Zion, the resting place of Your glory; and upon Your altar and Your temple. Rebuild Jerusalem, the holy city, speedily in our days; bring us up to into its midst and gladden us in its rebuilding; and let us eat of its fruit and be satisfied with its goodness, and bless You upon it in holiness and purity. [SHABBOS: Favor and strengthen us on this Sabbath day. / ROSH CHODESH: And remember us for goodness on this day of the new moon. / PESACH: And cause us to rejoice on this festival of matzos. / SHAVUOS: And cause us to rejoice on this festival of weeks. / ROSH HASHANAH: And remember us for goodness on this day of remembrance. / SUKKOS: And cause us to rejoice on this festival of booths. / SHEMINI ATZERES & SIMCHAS TORAH: And cause us to rejoice on this festival of assembly of the eighth day.] For You, O ETERNAL, are good and do good to all, and we thank You for the land and for the [nourishment / fruit of the vine / fruit]. Blessed are You, O ETERNAL, for the land and for the [nourishment / fruit of the vine / fruit].