

Brachot (Blessings)

What to say & when?

What Brachot do we say when?

- 1) **Anything that grows on a tree:** *Baruch Ata Adonai Eloheinu melech Haolom **Borei Pri Ha'etz.***

- 2) **Anything that grows in the ground:** *Baruch Ata Adonai Eloheinu melech Haolom **Borei Pri Ha'adama.***

- 3) **Anything with flour or other grains (ie. cookies, cake, crackers):**
*Baruch Ata Adonai Eloheinu melech Haolom **Borei Minei M'zonot.***

- 4) **Any liquid (except wine/ grape juice), chocolate, nuts, etc.:**
*Baruch Ata Adonai Eloheinu melech Haolom **Sh'hakol N'hiyeh Bidvoro.***

- 5) **Bread:** *Baruch Ata Adonai Eloheinu melech Haolom **Hamotzi Lechem Min Ha'aretz.***

Q. How about if I am eating cereal and milk or anything that combines two possible blessings

- A. One should say the blessing on the food that is most prominent.
Please note that this is not always a simple answer but important to think about when eating.

Blessings at the end of a meal:

- 1) **Birkat Hamazon:** After one eats bread.
- 2) **Borei Nefashot:** After one eats food with the blessing of *Sh'hakol N'hiyeh Bidvoro*.

Baruch atah ado-nai elo-hai-nu melech haolam borei nefashot rabot v'chesronan al kol ma she'barata l'hachayot bahem nefesh kol chai baruch chei ha'olamim.

Blessed are You, L-rd our G-d, King of the universe, Creator of numerous living beings and their needs, for all the things You have created with which to sustain the soul of every living being.
Blessed is He who is the Life of the worlds.

- 3) **Al Hamichya** - After one eats food with the blessing of *Borei Minei M'zonot*. See attached addendum.