



**BLESSING AFTER CERTAIN FOODS**

The following blessing is said after eating cooked or baked foods prepared from the five species of grain (wheat, barley, rye, oats or spelt); after drinking wine; or after eating grapes, figs, pomegranates, olives, or dates. If one partook of any combination of the above, their blessings should be combined, by adding the words in parentheses.

**ברוך** Blessed are You, Lord our God, King of the universe, for

After food prepared from the five grains:	After wine or grape juice:	After grapes, figs, pomegranates, olives or dates:
the sustenance and for the nourishment,	(and for) the vine and for the fruit of the vine,	(and for) the tree and the fruit of the tree,

for the produce of the field, and for the precious, good, and spacious land which You have graciously given as a heritage to our ancestors, to eat of its fruit and to be satiated with its goodness. Have mercy, Lord our God, on Israel Your people, on Jerusalem Your city, on Zion the abode of Your glory, on Your altar, and on Your Temple. Rebuild Jerusalem, the holy city, speedily in our days, and bring us up to it and make us rejoice in it, and we will bless You in holiness and purity.

- On Shabbat: May it please You to strengthen us on this Shabbat day.
- On Rosh Chodesh: Remember us for good on this day of Rosh Chodesh.
- On Pesach: Remember us for good on this day of the festival of Matzot.
- On Shavuot: Remember us for good on the this day of festival of Shavuot.
- On Sukkot: Remember us for good on the this day of festival of Sukkot.
- On Shemini Atzeret: Remember us for good on this day of Shemini Atzeret the festival.
- On Rosh Hashanah: Remember us for good on this day of Remembrance.

For You, Lord, are good and do good to all, and we offer thanks to You for the land and for

After food prepared from the five grains:	After wine or grape juice:	After grapes, figs, pomegranates, olives or dates:
the sustenance.	(and for) the fruit of the vine.	(and for) the fruits.

Blessed are You, Lord, for the land and for

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**ברוך אתה יי, אלהינו מלך העולם,**

After grapes, figs, pomegranates, olives, or dates:	After wine or grape juice:	After food prepared from the five grains:
(ו)על העץ ועל פרי העץ	(ו)על הגפן ועל פרי הגפן	על המחיה ועל הפלפלה

ועל תנובת השדה ועל ארץ המדה טובה ורחבה שרצית והנחלת לאבותינו לאכול מפריה ולשובע מטובה. רחם נא יי אלהינו על ישראל עמך ועל ירושלים עירך ועל ציון משכן בבודך ועל מזבחתך ועל היכלך, ובנה ירושלים עיר הקדש במהרה בימינו, והעלנו לתובה ושמחנו בה ויברכך בקדשה ובטהרה.

- On Shabbat ורצה והחליצנו ביום השבת הזה.
- On Rosh Chodesh וזכרנו לטובה ביום ראש החודש הזה:
- On Pesach וזכרנו לטובה ביום חג המצות הזה:
- On Shavuot וזכרנו לטובה ביום חג השבעות הזה:
- On Sukkot וזכרנו לטובה ביום חג הסוכות הזה:
- On Shemini Atzeret וזכרנו לטובה ביום שמיני עצרת החג הזה:
- On Rosh Hashanah וזכרנו לטובה ביום הזכרון הזה:

**כי אתה יי טוב ומטיב לכל וגודה לך על הארץ ועל**

After grapes, figs, pomegranates, olives, or dates:	After wine or grape juice:	After food prepared from the five grains:
(ועל) הפרות.	(ועל) פרי הגפן.	המחיה.

**ברוך אתה יי, על הארץ ועל**

After grapes, figs, pomegranates, olives, or dates:	After wine or grape juice:	After food prepared from the five grains:
(ו)הפרות:	(ועל) פרי הגפן:	המחיה: