



- **Before eating bread** alone or with other foods (once said, other blessings are not necessary):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

*Baruh atah adonay eloheynu meleh ha'olam, hamotzi lehem min ha'aretz*

Blessed are you, God, Spirit of the Universe, who brings forth bread from the earth.

- **Before eating baked goods other than bread**, like cake, cookies, crackers, and cereal (if made of wheat, barley, rye, oats, and spelt—and some add, rice—but not corn):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מֵיַי מְזוֹנוֹת

*Baruh atah adonay eloheynu meleh ha'olam, borey miney mezonot*

Blessed are you, God, Spirit of the Universe, who creates many kinds of foods.

- **Before drinking wine or grape juice** (but not eating grapes or raisins):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

*Baruh atah adonay eloheynu meleh ha'olam, borey peri hagafen.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the vine.

- **Before eating raw or dried fruits/nuts that grow on trees, bushes, and certain vines** (including grapes, raisins, blueberries, and raspberries; but not strawberries, bananas, or peanuts—and not juice):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

*Baruh atah adonay eloheynu meleh ha'olam, borey peri ha'eytz.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the tree.

- **Before eating produce that grows in or from the ground** (including vegetables; rice, corn, and popcorn; banana, pineapple, and strawberries—but not juice):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה

*Baruh atah adonay eloheynu meleh ha'olam, borey peri ha'adamah.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the earth.

- **Before eating or drinking cooked or combined foods, and baked products made of corn** (including non-grape juice and soda; potato chips and candy; milk, cheese, yogurt, and pudding; fish and meat; soups and casseroles; corn bread, chips, and flakes):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל נִהְיֶה בְּדַבְּרוֹ

*Baruh atah adonay eloheynu meleh ha'olam, shehakol nihyeh bidvaro.*

Blessed are you, God, Spirit of the Universe, through whose word all things come into being.



- **Before eating bread alone or with other foods** (once said, other blessings are not necessary):

בְּרוּכָה אַתְּ יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיָּאָה לֶחֶם מִן הָאָרֶץ

*Beruh ah at yah eloheynu ruah ha'olam, hamotziah lehem min ha'aretz.*

Blessed are you, God, Spirit of the Universe, who brings forth bread from the earth.

- **Before eating baked goods other than bread, like cake, cookies, crackers, and cereal** (if made of wheat, barley, rye, oats, and spelt—and some add, rice—but not corn):

בְּרוּכָה אַתְּ יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת מֵינֵי מְזוֹנוֹת

*Beruh ah at yah eloheynu ruah ha'olam, boret miney mezonot*

Blessed are you, God, Spirit of the Universe, who creates many kinds of foods.

- **Before drinking wine or grape juice** (but not eating grapes or raisins):

בְּרוּכָה אַתְּ יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הַגֶּפֶן

*Beruh ah at yah eloheynu ruah ha'olam, boret peri hagafen.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the vine.

- **Before eating raw or dried fruits/nuts that grow on trees, bushes, and certain vines** (including grapes, raisins, blueberries, and raspberries; but not strawberries, bananas, or peanuts—and not juice):

בְּרוּכָה אַתְּ יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הָעֵץ

*Beruh ah at yah adonay eloheynu meleh ha'olam, boret peri ha'eytz.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the tree.

- **Before eating produce that grows in or from the ground** (including vegetables; rice, corn, and popcorn; banana, pineapple, and strawberries—but not juice):

בְּרוּכָה אַתְּ יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הָאֲדָמָה

*Beruh ah at yah eloheynu ruah ha'olam, boret peri ha'adamah.*

Blessed are you, God, Spirit of the Universe, who creates the fruit of the earth.

- **Before eating or drinking cooked or combined foods, and baked products made of corn** (including non-grape juice and soda; potato chips and candy; milk, cheese, yogurt, and pudding; fish and meat; soups and casseroles; corn bread, chips, and flakes):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ

*Beruh ah at yah eloheynu ruah ha'olam, shehakol nihyeh bidvarah.*

Blessed are you, God, Spirit of the Universe, through whose word all things come into being.