ROSH HODESH: IT’S A GIRL THING!

Blessings Over Food (Traditional Version)

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

Barух אתון אלהינו מלך העולמים זכאר מלחם מארץ

Baruh atah adonay eloheynu melech 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):

Barух אתון אלהינו מלך העולמים זכאר מלחם בורא עולמים

Baruh atah adonay eloheynu melech 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):

Barух אתון אלהינו מלך העולמים זכאר מ험 הגלף

Baruh atah adonay eloheynu melech 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):

Barух אתון אלהינו מלך העולמים זכאר מፊ העץ

Baruh atah adonay eloheynu melech 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):

Barух אתון אלהינו מלך העולמים זכאר מ kısmı הארץ

Baruh atah adonay eloheynu melech 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):

Barух אתון אלהינו מלך העולמים זכאר מpercir ha'adamah

Baruh atah adonay eloheynu melech, 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):

**ברוך אתה ה' אלקינו רוח הקודש Who brings forth bread from the earth.**

_Beruḥ ah at yah eloheynu ruḥ ha’olam, hamotziḥ 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):

**ברוך אתה ה' אלקינו רוח הקודש Who brings forth bread from the earth.**

_Beruḥ ah at yah eloheynu ruḥ 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):

**ברוך אתה ה' אלקינו רוח הקודש Who creates the fruit of the vine.**

_Beruḥ ah at yah eloheynu ruḥ 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):

**ברוך אתה ה' אלקינו רוח הקודש Who creates the fruit of the tree.**

_Beruḥ 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):

**ברוך אתה ה' אלקינו רוח הקודש Who creates the fruit of the earth.**

_Beruḥ ah at yah eloheynu ruḥ 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):

**ברוך אתה ה' אלקינו מלאכת הועלמה Who is the Maker of all the fruits of the earth.**

_Beruḥ ah at yah eloheynu ruḥ ha’olam, shehakol nihyeh bidvarah._

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