

## ● Blessings For Eating Food ●

### HAMOTZI (Blessing Before Meal with Bread)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַמּוֹצִיא לְחֵם מִן הָאָרֶץ.

*Praised are You, A-do-nai our God, Ruler of the universe,  
Who brings forth bread from the earth.*

### M'ZONOT (Before Eating Cakes and Pastry)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּוּרָא מַיִニִ מִזְוֹנוֹת.

*Praised are You, Adonai our God, Ruler of the universe,  
Creator of different kinds of foods.*

### HAGAFEN (Before Eating Fruit of the Vine)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּוּרָא פְרִי הַגַּפן.

*Praised are You, Adonai our God, Ruler of the universe,  
Creator of the fruit of the vine.*

### HA'ETZ (Before Eating Food From Trees)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּוּרָא פְרִי הַעַץ.

*Praised are You, Adonai our God, Ruler of the universe,  
Creator of the fruit of the tree.*

### HA'ADAMAH (Before Eating Food From the Ground)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּוּרָא פְרִי הַאֲדָמָה.

*Praised are You, Adonai our God, Ruler of the universe,  
Creator of the fruit of the ground.*

### SHEHAKOL (Before Drinks (not wine) or Foods Not From Soil or Trees)

ברוך אתה ה' אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שְׁהַכְלָנוּהָ בְּדָבָרֶךָ.

*Praised are You, Adonai our God, Ruler of the universe,  
that everything is according to God's word.*

### BIRKAT HAMAZON (One Sentence Only - Blessing After Meals)

All living things need food. Thank you G-d, Source of food for all:

ברוך אתה ה' מֶלֶךְ אָתָה כָּל.