

Brochos – Blessings

All Brochos begin with, “Boruch Ato Adoi’noi Elohainu Melech Ha’o’olom...”

Which translates as “ Blessed are You Hashem, our G-d, King of the universe...”

1. Wine / Grape Juice – “Bo’rai Pi’ree Ha’go’fen” (Who creates the fruit of the vine)
2. Bread – “Ha’mo’tzee Lechem Min Ho’o’retz” (Who brings forth bread from the earth)
3. Grains – “Bo’rai Mee’nai Mi’zo’nos” (Who creates species of nourishment)
4. Fruits – “Bo’rai Pi’ree Ho’eitz” (Who creates the fruit of the tree)
5. Vegetables – “Bo’rai Pi’ree Ho’a’do’mo” (Who creates the fruit of the ground)
6. All else – “She’ha’kol Nee’hee’ye Bid’vo’roi” (that everything happens through His word)

The Torah’s order: wheat, barley / grapes / figs, pomegranate, olives, dates.

Prepare for your Brocho

1. Have your food in your right hand.
2. Know which Brocho you will be making.
3. Eat it immediately after finishing your Brocho.

1. Wine / Grape Juice

- a. Before: “Bo’rai Pi’ree Ha’go’fen”
- b. After: “Al Ha’ge’fen”

Notes: This brocho is specifically for either wine or grape juice.

2. Bread (requires washing of the hands)

- a. Before: “Ha’mo’tzee Lechem Min Ho’o’retz”
- b. After: “Bentching”

Notes:

3. Grains

- a. Before: “Bo’rai Mee’nai Mi’zo’nos”
- b. After: “Al Ha’mich’yo”
- c. **Notes:** This brocho is said when eating foods whose main ingredient is from the 5 grains, wheat, barley, rye, oats or spelt.
- d. **Examples** include cake, blintzes, cookies, doughnuts, some cereals, farfel, farina, ginger bread, kashe, muffins, oatmeal, pancakes, pretzels, rice, waffles, noodles, pasta and sushi.
- e. Exception: Rice is the only exception to the above with the after-brocho of **Bo’rai Ni’fo’shois**.
- f. Pizza
 - i. It is questionable if one has to wash for pizza. There are some pizza’s where the dough is made from juice instead of water thereby making it Mizonos.
 - ii. Even so, if one is having more than one slice, one should wash for Hamotzee.

g. Wraps

- i. Similar to pizza, there are wraps that are made with juice thereby making it Mizonos. This is fine if it is only a snack. However, if the wrap will constitute a full meal, for example, if it represents your entire lunch or dinner, then one should wash for Hamotze.

4. Fruits

- a. Before: “Bo’rai Pi’ree Ho’eitz”
- b. After: “Bo’rai Ni’fo’shois” (*with exceptions)

Notes: most foods that grow yearly on trees

Examples include almonds, apples, avocado, berries, cashews, cherries, coconut, dates, figs, grapes*, grapefruit, mango, nectarine, nuts (except peanuts), olives*, oranges, papaya, peaches, pears, pomegranate*, prunes, raisins*, tangerines

5. Vegetables

- a. Before: “Bo’rai Pi’ree Ho’a’do’mo”
- b. After: “Bo’rai Ni’fo’shois”

Notes: most vegetables

Examples include bananas, beans, beets, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, chick peas, corn, cucumber, eggplant, honeydew, lettuce, melons, peanuts, peppers, pineapples, potatoes, spinach, squash, string beans, tomatoes, turnips, watermelons.

6. All Else

- a. Before: “She’ha’kol Nee’hee’ye Bid’vo’roi”
- b. After: “Bo’rai Ni’fo’shois”

Notes:

Examples include (typically items not grown from the earth) animals, cheese, chocolate, drinks (except wine), eggs, fish, ice cream, juice (except grape juice), marshmallows, milk, meat, mushrooms, soup, water,

After blessing:

1. Bo’rai Ni’fo’shois

Boruch Ato Adoi’noi Elohainu Melech Ha’o’olom.....,

bow’ray ni’fa’showt ra’bowt
vi’ches’row’non, al kol ma
she’ba’ra’ta li’ha’cha’yowt
ba’hem ne’fesh kol choi
Bo’ruch chay ho’o’lo’mim.

or

bow’ray ni’fo’shois ra’bois
vi’ches’roi’non, al kol ma
she’bo’ro’so li’ha’cha’yois
bo’hem ne’fesh kol choi
Bo’ruch chay ho’o’lo’mim.

2. May’ain Sha’losh (of three)

- a. Al Ha’mich’yo – 5 grains
- b. Al Ha’gefen – wine or grape juice
- c. Al Ho’eitz – grapes, figs, pomegranates, olives, dates

3. Bentching / Bir’cas Ha’mo’zoi (Grace After Meals)

- a. After washing for a meal - Hamotzee