



SETTING THE TABLE WITH HAKAROT HATOV

Before eating, one should hold the food in their hand or on their fork, and recite one of the following:

When Eating Vegetables:

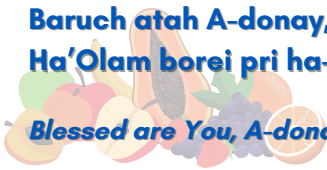


**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam borei pri ha-adamah.**

ברוך אתה יי אלהינו מלך
העולם בורא פרי האדמה.

Blessed are You, A-donay our God, Ruler of the universe who creates the fruit of the earth.

When Eating Fruit:



**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam borei pri ha-aitz.**

ברוך אתה יי אלהינו מלך
העולם בורא פרי העץ.

Blessed are You, A-donay our God, Ruler of the universe, who creates the fruit of the tree.

When Eating Bread:



**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam Hamotzi lechem min haaretz.**

ברוך אתה יי אלהינו מלך
העולם המוציא לחם מן הארץ.

Blessed are You, A-donay our God, Ruler of the Universe, Who brings forth bread from the earth.

When Drinking Wine or Grape Juice:

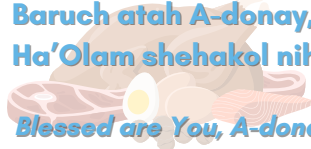


**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam borei pri hagafen.**

ברוך אתה יי אלהינו מלך
העולם בורא פרי הגפן.

Blessed are You, A-donay our God, Ruler of the universe, who creates the fruit of the vine.

When Eating or Drinking Miscellaneous Food (meat, poultry, eggs, fish, dairy products, candy):

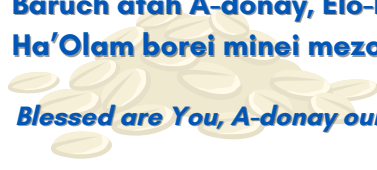


**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam shehakol nihiyah bed'varo.**

ברוך אתה יי אלהינו מלך
העולם שהכל נהיה בדברו.

Blessed are You, A-donay our God, Ruler of the universe, by Whose word all things came to be.

When Eating Grain Products:



**Baruch atah A-donay, Elo-heinu Melech
Ha'Olam borei minei mezonot.**

ברוך אתה יי אלהינו מלך
העולם בורא מיני מזונות.

Blessed are You, A-donay our God, Ruler of the universe, Who creates various kinds of sustenance.