



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):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruḥ atah adonay eloheynu meleḥ ha'olam, hamotzi leḥem 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 מִיַּי מְזוֹנוֹת

Baruḥ atah adonay eloheynu meleḥ 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

Baruḥ atah adonay eloheynu meleḥ 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

Baruḥ atah adonay eloheynu meleḥ 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

Baruḥ atah adonay eloheynu meleḥ 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

Baruḥ atah adonay eloheynu meleḥ ha'olam, shehakol nihyeh bidvaro.

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

Traditional Version with Gender-Neutral Translation

On the other side of this page are the same prayers in a feminine God-language.



ROSH HODESH: IT'S A GIRL THING!

Blessings Over Food (Feminine Version)

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

בְּרוּכָה אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיָאָה לֶחֶם מִן הָאָרֶץ

Beruhah 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 אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת מִיְיָ מְזוֹנוֹת

Beruhah 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 אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הַגָּפֶן

Beruhah 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 אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הָעֵץ

Beruhah 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 אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הָאֲדָמָה

Beruhah 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):

בְּרוּכָה אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם שֶׁהַכֹּל נִהְיָה בְּדַבָּרָה

Beruhah 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.

Feminine Version with Gender-Neutral Translation

On the other side of this page are the same prayers in a traditional God-language.