



SheHakol -

By His Word God brings forth all

נִתֵּן לֶחֶם לְכָל־בֶּשֶׂר כִּי לְעוֹלָם הַסֶּדֶד:

*He gives food to all flesh, for his steadfast love endures forever.
- Psalm 136:25*

The following blessing is recited over meat, dairy products, and drinks (other than wine) when injected as part of a snack (i.e., other than a full meal). You can recite this blessing when partaking of beverages such as fruit juice, tea, or coffee. In short, it is a general blessing that covers a variety of different food groups:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַכֹּל נִהְיָה בְּדַבְּרֹךְ.



*Blessed art Thou, LORD our God, King of the
universe, Who by His Word brings about all things.*

A note about "Kosher Certification"

On packaged foods, one or more of the following symbols tells you that the food has been inspected by one of the many kosher certifying agencies in the United States.



If the word "pareve" appears next to the symbol, this indicates that the product can be eaten with either meat- or dairy-based foods. If the letter 'D' appears next to the symbol, that indicates that the item contains dairy products.



Transliterated:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
ha'olam me-lekh e-lohei-nu Adonai at-tah ba-rukh
the universe King of our God LORD are You Blessed



שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ
bid-varo ni-he-yah she-ha-kol
who brings about all things by His Word

*Barukh attah Adonai eloheinu melekh ha-olam,
shehakol niheyah bidvaro.*