



SheHakol -

By His Word God brings forth all

נִתֵּן לֶחֶם לְכָל־בָּשָׂר כִּי לְעוֹלָם חֶסֶדּוֹ:

*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:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנִי בְשִׁמְךָ.



*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:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha'olam	me-lekh	e-lo'hei-nu	Adonai	at-tah	ba-rukh
the universe	King of	our God	LORD	are You	Blessed



שֶׁהַכֹּל נִהְיָה בְּדַבָּרוֹ

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

*Barukh attah Adonai Eloheinu melek ha'olam,
shehakol niheyah bidvaro.*