

North American Inclusion Month

NAIM

BUILDING AN INCLUSIVE JEWISH COMMUNITY

Blessing Said Before Eating or Drinking:

Should be said orally and in Sign Language

We thank God for making different kinds of food.



2. Name: "Mezonos" -

This blessing is said before eating cookies, cakes, cereals, pasta, etc. made from either wheat, barley, spelt, oats, rye or rice.



ברוך
Boruch
Blessed



אתה
Atoh
are you



אדוני
Adonoy
Lord



אלהינו
Elohaynu
our God



מלך
Melech
King



העולם
Ho-olam
of the Universe



מזונות
Mezonos
of food.



בורא
Boray
You create



מניין
Menay
many kinds



מזונות
Mezonos
of food.



For more information contact:
Yachad, The National Jewish Council for Disabilities



212.613.8229 | naim@ou.org | naim4inclusion.org

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BUILDING AN INCLUSIVE JEWISH COMMUNITY

) Blessing Said Before Eating or Drinking:
Should be said orally and in Sign Language

We thank God for bread, which is made from wheat grown in the ground.



1. Name: "Hamotzi" -
This blessing is said before eating challah, rolls, bread, matzoh, etc.



ברוך
Boruch
Blessed



אתה
Atoh
are you



אדוני
Adonoy
Lord



אלהינו
Elohaynu
our God



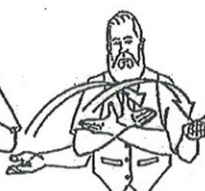
מלך
Melech
King



העולם
Ho-olam
of the Universe



המוציא
Hamotzi
You bring



לחם
Lechem
Bread



מן
Min
From



הארץ
Ho-oretz
the Earth



Shh...Don't talk or sign until you blessed and ate the bread.



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