

Eating & Drinking by Shiurim

For someone who has been instructed by a Rav not to fast, or to fast only in measured amounts.

IF THERE IS DANGER TO LIFE

Give food or medicine immediately. Do not measure and do not wait.

This applies even where it is only a question whether the situation is a medical emergency.

BEFORE YOM KIPPUR

- Consult a Rav in advance.** A dispensation from fasting has to be given, not assumed; and once given, it should not be fasted against.
- Measure your mouthful.** Fill your mouth and cheeks with liquid, empty it into a measuring cup, and divide that amount in half.
- Mark the cup you will use** at that level, so nothing needs to be measured on the day itself.
- Portion out food and drink beforehand** and set it aside ready.

HOW MUCH AT A TIME

DRINK

1/2

of your own mouthful

This amount is personal. It differs from person to person and must be measured before the fast.

EAT

30 cc

about 1 fl oz

Roughly 2 tablespoons, the amount that fits into a small matchbox.

ONE PORTION AT A TIME

HOW LONG TO WAIT BETWEEN PORTIONS

9 minutes

Wait nine minutes between portions.

IF NINE MINUTES IS NOT POSSIBLE

7 min | If 9 is not possible

6 min | If 7 is not possible

4 min | If 6 is not possible

under 4 min | If 4 is not possible, as often as necessary

Eating and drinking are counted separately. Both may be taken within the same interval.

KEEP IN MIND

- A person who is required to eat **fulfills a mitzvah by eating**, just as a healthy person fulfills a mitzvah by fasting.
- If you can only manage to fast by **remaining in bed all day, remain in bed**; davening and going to shul are secondary to the obligation to fast.
- If you ate or drank and **later feel strong enough to fast, resume fasting**.

IF YOU ARE EATING BREAD

- No Kiddush** is recited, even when Yom Kippur falls on Shabbos.
- Wash your hands** as you do throughout the year.
- Two whole challoos are not needed**, unlike other Yomim Tovim.
- Ya'aleh V'yavo** is recited in bentching, with the Yom Kippur wording: בְּיָוֵם הַכִּפּוּרִים הַזֶּה, בְּיָוֵם סְלִיחַת הַעֲוֹן הַזֶּה, בְּיָוֵם מְקַבֵּל קִנְיָן הַזֶּה