

SHABBAT: DINNER: EATING BEFORE KIDDUSH

Eating a Full Meal before Shabbat

See [Appetite for Shabbat Dinner](#).

Eating from Start of Shabbat until Kiddush

Once Shabbat begins for you—either at sunset or before (such as if you lit Shabbat candles)--you may not eat or drink before hearing kiddush.

NOTE Women and girls may make kiddush anytime after lighting candles.