

SHIV'A: MEALS

FIRST SHIV'A MEAL

First Shiv'a Meal: Bread and Egg

The first meal should be bread and a hard-boiled egg. After that meal, any foods may be eaten, including meat and wine.

First Shiv'a Meal: Prepared by Others

The mourners do not eat their own food for the first meal after the burial, so other people bring prepared food to the shiv'a house.

BRINGING FOOD TO SHIV'A HOUSE

Bringing Food to Shiv'a House

Bringing food to a shiv'a house is a non-binding custom, not a halacha. Some people have the custom for all seven days.