

Shabbat Traditions

FACT SHEET

Shabbat Candles are lit on the dinner table.



Challah bread is eaten.



Wine (or grape juice) is shared in a Kiddush cup.



Blessings are recited.



Challah Bread

Challah is a special plaited loaf that is bought fresh on Friday morning, ready for the Shabbat.



Two loaves are always bought together.



The loaves are covered with a special Challah cover, so they can't 'see' the wine when it is blessed.



Challah tastes much sweeter than normal bread. This helps remind people that Shabbat is special.