Shabbat Traditions

FACT SHEET

Shabbat Candles are lit on the dinner table.



Challah bread is eaten.



Challah Bread

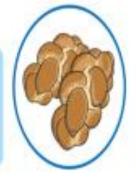
Challah is a special plaited loaf that is bought fresh on Friday morning, ready for the Shabbat.



Blessings are recited



Two loaves are always bought together.



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

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



