

THE KABBALAH CENTRE

ROSH HASHANAH DINNER SHOPPING LIST

Each person participating in the food blessings needs one serving of each of the eight items in bold below. Wine and challah are shared. The amount of wine and challah you buy should reflect the amount of people at your dinner table. The "head of a fish" is also shared, it is not necessary for each individual to have an entire head to him or herself, a small piece of fish will suffice for the connection 😊

- Wine for *Kiddush*
- Challah for *HaMotzi*
- **Pomegranate**
- **Head of a fish**
- **Date**
- **Beet**
- **Pumpkin**
- **Carrot**
- **Apple & Honey**
- **Leek**

It is also suggested to buy candles if there are any women in your house who plan to light for the holiday.

To learn more, visit www.kabbalah.com