

KITZUR HALACHOS

EATING SHIURIM (SMALL AMOUNTS) ON YOM KIPPUR | R' TZVI YAAKOV STEIN

If one has a heter to eat shiurim on Yom Kippur these are the guidelines:

- Eating and drinking are two separate halachos. If one is allowed to drink doesn't mean they're allowed to eat and vice versa.
- Most of the time, drinking suffices
- The shiur for drinking is one cheekful of liquid¹. (before Yom Kippur, fill up one cheek with liquid and spit it out. A little less than that is the shiur²)
- If this is too difficult then the measurement is 1 oz. of liquid
- The shiur for eating is slightly more than 1 oz. (an average shot glass)
- One should start out eating and/or drinking every 9 minutes³ (from the end of the eating/drinking until the beginning of the next eating/drinking⁴)
- If that's not enough, move down to eating/drinking every 4 and a half minutes⁵
- If that's not enough, keep moving down until 2 minutes⁶
- If one has a heter to eat and drink then one of each can be consumed every 9 minutes etc. (one food and one drink. They don't combine)⁷

- If one is drinking because of precaution then it should be water⁸. If one is drinking because they are sick then drinks with the most calories possible should be used.
- If one has a heter to eat and drink but by drinking something with high calories they can avoid eating, that's what should be done.
- As long as a food is pourable then it has the status of liquid and not food. For example, smoothies are considered liquids⁹
- If one starts eating/drinking and then realizes that they don't need anymore, they must stop¹⁰.
- If by staying home one won't have to eat/drink as much then they are required to stay home. You must stay home even if you'll end up drinking just one less oz.¹¹
- One Bracha rishona is made at the beginning of eating/drinking and another Bracha isn't made unless one decided to stop eating/drinking and then starts again¹²
- No bracha achrona is said¹³

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| 1. שולחן ערוך (אורח חיים סימן תריב סעיף ט) | 8. שו"ת חתם סופר (חלק ו סימן כג) |
| 2. משנה ברוה (סימן תריח סעיף קטן כא) | 9. חוט שני (פרק ו סעיף קטן לא) |
| 3. משנה ברוה (סימן תריח סעיף קטן כא) | 10. שמירת שבת כהלכתה (סימן לט סעיף ו) |
| 4. משנה ברוה (סימן תריח סעיף קטן יט) | 11. שו"ת חתם סופר (חלק ו סימן כג) |
| 5. שיעורי של תורה (סימן ג סעיף טו) | 12. שמירת שבת כהלכתה (פרק לט סעיף כג) |
| 6. שמירת שבת כהלכתה (פרק לט סעיף יט) | 13. שמירת שבת כהלכתה (פרק לט סעיף כג) |
| 7. משנה ברוה (סימן תריח סעיף קטן כא) | |