

IDENTITY

The Blessing Over the Meal & The Impact of Our Food Consumption

Contributed by [Religious Action Center](#)

Source: Earth Justice Seder

Together, we recite:

ברוך אתה יי אלהי הינו מלך העולם, המביא לחם מן הארץ.

Baruch atah, Adonai Eloheinu, Melech haolam, hamotzi lechem min haaretz

Blessed are You, Eternal our God, Sovereign of the universe, who brings forth bread from the earth.

As we bless the matzah we thank God for bringing forth bread from the earth and commanding us to eat matzah. Although we verbally thank God for giving us the tools to sustain ourselves, we must also show our gratitude with action. Let us work to show full appreciation and understanding of the environmental and human impacts of our food consumption. Furthermore, let us work to ensure that sustainable food is accessible to everyone.

Together, we recite:

ברוך אתה יי אלהי הינו מלך העולם, אשר קדשנו ב מצותיו, וצונו על אכילת מצה.

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu al achilat matzah.

Blessed are You, Eternal our God, Sovereign of the universe, who has sanctified us with Your commandments and ordained that we should eat unleavened bread.

{ GREENING TIP }

Try purchasing locally-grown food. Consider going to the farmers' market or joining a community-supported agriculture (CSA) group to receive fresh, local produce. Find a CSA near you: [LocalHarvest.org](#)

For more information on the environmental justice, please visit [rac.org/enviro](#).

For all Religious Action Center of Reform Judaism resources, please visit [rac.org/Passover](#).