

# Bareich: We say the blessing after meals

Contributed by [Progressive Jewish Alliance](#)

Source:

We now say grace after the meal, thanking God for the food we've eaten.

Baruch Atah Adonai Eloheinu melech ha'olam, hazan et ha'olam kulo b'tuvo b'chen b'chesed v'rachamin. Hu noten lechem l'chol basar ki l'olam chasdo. Uv'tuvo hagadol tamid lo chasar lanu v'al yech'sar lanu mazon l'olam va'ed. Ba'avur sh'mo hagadol ki hu zan um'farnes lakol umetiv lakol umechin mazon l'chol b'riyotav asher bara. Baruch Atah Adonai hazan et hakol.

We praise God, Spirit of Everything, whose goodness sustains the world. You are the source of bread for all, food for everyone. As it says in the Torah: When you have eaten and are satisfied we thank you for the earth and for its sustenance. Renew our spiritual center in our time. May the source of peace grant peace to us, to the Jewish people, and to the entire world.

Amen.