



Hand
Washing
Crate



Washing Cup
Decorating

Watch our
VIDEO
TUTORIAL

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this
Code



What's Included:



Braid Your Own Challah!

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STEP 1

Preheat oven to 350. Roll out each container of dough into ropes and pinch them together on top.



STEP 2

Cross the left section over the middle section. The left section is now in the middle. What used to be the middle section is now on the left.



STEP 3

Cross the right section over the new middle section. The right section is now the middle section. Continue alternating right and left sides.



STEP 4

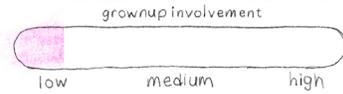
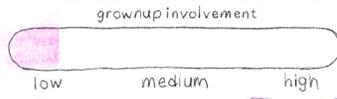
Place challah on greased pan. Cover and let rise for 1 to 2 hours. After it rises, bake at 350 for 15-20 minutes. If you'd like you can brush with egg wash and top your challah with sprinkles or a crumb topping right before baking. See video for more details.

In this crate...

Washing Cup



Nitilat Yadayim
Towel



Washing Your Hands

We wash our hands before eating a bread meal to remind ourselves to elevate the process of 'breaking bread' to become an uplifting spiritual experience.

We generally interact with the physical world through our hands and therefore they represent our actions. Before we eat a substantial meal (with bread) we wash our hands to show that we are elevating our actions (i.e. the eating we are about to do) to be more holy and spiritual. We're not just feeding our bodies, we're feeding our souls as well!

This is why the literal translation of the blessing we make is "You, God, are the Source of all blessing, Our God, King of the Universe that sanctifies us with His

mitzvot and has commanded us **to raise up the hands.**" It should say "to wash the hands." The main point is not to wash our hands but rather to elevate our actions.

The procedure to wash your hands is as follows:

Hold the cup in your left hand and fill it up. Now wash the right hand twice and then the left hand twice, raise up both hands and make the blessing:

Baruch ata Adonai, Elo-heinu melech haolam asher kidishanu b'mitzvosov v'tzivanu al nitilas yadayim

Now, dry your hands and remain silent until after eating the bread so that there is no interruption between washing the hands and eating the bread.



Washing Cup

You will need:

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washing cup



puffy paint

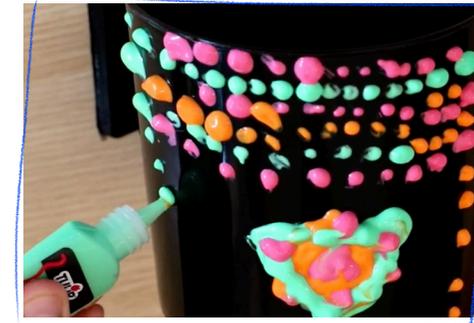
STEP 1

Flip cup over on its side so that it is resting on the handles



STEP 2

Squeeze the puff paint to make whatever design you like. For best results wait for each color to dry before applying the next color



Nitilat Yadayim Towel

You will need:



stencil

towel



fabric markers

Use the stencil and fabric markers to trace the words "Al Nitilat Yadayim" in Hebrew or you can write them yourself. Then draw whatever else you'd like above or below!

