

For the Sabbath:					
This.	The Sabbath	In day	To strengthen us	And may it please You	
הַזֶּה	הַשַּׁבָּת	בְּיוֹם	וְהִחַלְצֵנוּ,	וְרָצָה	
HahZeh.	HahShahBaht	B'yohm	V'hahChah'leeTzehNoo,	OohR'tzeh	

For the New Month (Rosh ChohDehsh):					
This.	The month	Head of	In day of	For good	And remember us
הַזֶּה	הַחֹדֶשׁ	רֹאשׁ	בְּיוֹם	לְטוֹבָה	וְזָכְרֵנוּ
HahZeh.	HahChohDehsh	Rohsh	B'yohm	L'tohVah	V'zohchRehNoo

For Rosh Hashanah:					
This.	Remembrance	In day of	For good	And remember us	
הַזֶּה	הַזִּכְרוֹן	בְּיוֹם	לְטוֹבָה	וְזָכְרֵנוּ	
HahZeh.	HahZeeKahRohn	B'yohm	L'tohVah	V'zohchRehNoo	

For SooKoht:					
This.	Sukkots	Festival of	In day of	And gladden us <sup>3</sup>	
הַזֶּה	הַסּוּכּוֹת	חַג	בְּיוֹם	וְשִׂמְחֵנוּ	
HahZeh.	HahSooKoht	Chahg	B'yohm	V'sahM'ch ehNoo <sup>3</sup>	

For Shemini Atsereth and Simchat Torah:					
This.	The assembly	Festival of	The eighth,	In day	And gladden us <sup>3</sup>
הַזֶּה	הָעֲצֵרֶת	חַג	הַשְּׁמִינִי	בְּיוֹם	וְשִׂמְחֵנוּ
HahZeh.	HahAh'tzehReht	Chahg	HahSh'meeNee	B'yohm	V'sahM'ch ehNoo <sup>3</sup>

For Passover:					
This.	The matzohs	Festival of	In day of	And gladden us <sup>3</sup>	
הַזֶּה	הַמַּצּוֹת	חַג	בְּיוֹם	וְשִׂמְחֵנוּ	
HahZeh.	HahMahTzoht	Chahg	B'yohm	V'sahM'ch ehNoo <sup>3</sup>	

For Shavuos:					
This.	Weeks	Festival of	In day of	And gladden us <sup>3</sup>	
הַזֶּה	הַשָּׁבָעוֹת	חַג	בְּיוֹם	וְשִׂמְחֵנוּ	
HahZeh.	HahShahVooOht	Chahg	B'yohm	V'sahM'ch ehNoo <sup>3</sup>	

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הַאָרֶץ	עַל	לְךָ	וְנֹדָה	לְכָל,	טוֹב	וּמְטִיב	טוֹב	יְיָ	אֶתְּהָ	כִּי
HahAhRehtz	Ahl	L'chah	V'nohDeh	LahKohl,	OohMehTeev	Tohv	Ah'dohNai	AhTah	Kee	

Say after eating grain products:					
The sustenance.	And for	The land	For	The sustenance.	And for
הַמַּחְיָה.	וְעַל	הָאָרֶץ	עַל	הַמַּחְיָה.	וְעַל
HahMeechYah.	V'ahl	HahAhRehtz	Ahl	HahMeechYah.	V'ahl

Say after drinking wine:							
The vine.	The fruit of	And for	The land	For	The vine.	The fruit of	And for
הַגֶּפֶן.	פְּרִי	וְעַל	הָאָרֶץ	עַל	הַגֶּפֶן.	פְּרִי	וְעַל
HahGahFehn.	P'ree	V'ahl	HahAhRehtz	Ahl	HahGahFehn.	P'ree	V'ahl

Say after eating fruit:					
The fruits.	And for	The land	For	The fruits.	And for
הַפְּרוֹת.	וְעַל	הָאָרֶץ	עַל	הַפְּרוֹת.	וְעַל
HahPehRoht.	V'ahl	HahAhRehtz	Ahl	HahPehRoht.	V'ahl

Ahl HahMeechYah

Said after eating grain products other than bread or matzoh, either juice or wine made from grapes, or these biblical fruits: grapes, figs, pomegranates, olives or dates.

הָעוֹלָם,	מֶלֶךְ	אֱלֹהֵינוּ	יְיָ	אַתָּה	בְּרוּךְ
HahOhLahm,	MehLehch	Eh'lohHayNoo	Ah'dohNai	AhTah	BahRoohch



Say after eating grain products:				
The nourishment,	And for	The sustenance	For	
הַכֹּלֵלָה,	וְעַל	הַמַּחְיָה	עַל	
HahKahlKahLah,	V'ahl	HahMeechYah	Ahl	

Say after drinking wine:				
The vine,	The fruit of	And for	The vine	For
הַגֶּפֶן,	פְּרִי	וְעַל	הַגֶּפֶן	עַל
HahGehFehn,	P'ree	V'ahl	HahGehFehn	Ahl

Say after eating fruit:				
The tree,	The fruit of	And for	The tree	For
הָעֵץ,	פְּרִי	וְעַל	הָעֵץ	עַל
HahEhtz,	P'ree	V'ahl	HahEhtz	Ahl

שְׂרָצִית	וְרַחֲבָה	טוֹבָה	חֲמֵדָה	אֶרֶץ	וְעַל	הַשְּׂדֵה,	תְּנוּבַת	וְעַל
ShehRahTzeeTah	OorChahVah	TohVah	ChehmDah	EhRehtz	V'ahl	HahSahDeh,	T'nooVaht	V'ahl

וְלִשְׂבוּעַ	מִפְרֵיהָ	לֶאֱכֹל	לְאֲבוֹתֵינוּ	וְהִנַּחְתָּ
V'leesBohAh	MeePeerYah*	LehEh'chohl	LahAh'vohTayNoo	V'heenChahlTah

וְעַל	עַמְּךָ,	יִשְׂרָאֵל	עַל	אֱלֹהֵינוּ	יְיָ	נָא	רַחֵם	מִטּוֹבָה.
V'ahl	AhMehChah,	YisRahEhl	Ahl	Eh'lohHayNoo,	Ah'dohNai	Nah	RahChehm	MeeTooVah*.

וְעַל	כְּבוֹדְךָ,	מִשְׁכַּן	צִיּוֹן	וְעַל	עִירְךָ,	יְרוּשָׁלַיִם
V'ahl	K'vohDehChah,	MeeshKahn	TzeeYohn	V'ahl	EeRehChah,	Y'rooShahLahYeem

הַקֹּדֶשׁ	עִיר	יְרוּשָׁלַיִם	וּבְנָה	הַיְכָלְךָ,	וְעַל	זְבִיחֶךָ
HahKohDehsh	Eer	Y'rooShahLahYeem	OohV'neh	HayChahLehChah,	V'ahl	MeezB'ch ehChah,

בָּהּ,	וְשִׂמְחֵנוּ	לְחֻבָּה,	וְהִעֲלֵנוּ	בְּיָמֵינוּ,	בְּמַהֲרָה
Vah*.	V'sahM'ch ehNoo	L'tohChah*.	V'hahAh'lehNoo	V'yahMayNoo,	BeemHehRah

Not Nusach HaAri				
With its goodness,	And we will be satisfied	Of its fruit	And we will eat	With its rebuilding,
מִטּוֹבָה,	וְנִשְׂבַע	מִפְרֵיהָ	וְנֹאכַל	בְּבִנְיָהּ
MeeTooVah*.	V'neesBah	MeePeerYah*	V'nohChahl	B'veenYahNah*.

וּבְטָהֳרָה.	בְּקִדְשָׁה	עֲלֶיהָ	וְנִבְרַכְךָ
OohV'tahHoh'rah.	BeeK'dooShah	AhLehHah	OohN'vahRehCh'chah

<sup>1</sup> Say V'ahl (and for) when saying for more than one food type.

<sup>2</sup> Nusach HaAri (Chabad) only

<sup>3</sup> Nusach HaAri say V'zohchRehNoo L'tohVah (And remember us for good), same as for Rosh Hashanah