



How to Host an Oneg or Kiddush

Why host an Oneg or Kiddush?

According to the prophet Isaiah, the Sabbath shall be a delight. By having something sweet to nosh on (especially in times when food was scarce), there was delight added to Shabbat. Linger, talking and eating after services on Shabbat adds to the feeling of this day being different from other days of the week, when we rush to get to our next thing to do. It also lets us meet, learn about, and interact with other members of the community.

If you have chosen to do an Oneg or Kiddush in honor/memory of someone, please contact the service leader so your name can be added to the announcements.

What are the dietary guidelines?

Seaside events at which food is served should be designated as **either** a dairy or meat event – milk products and meat products should not be mixed at the same event. Meat does not have to be “Kosher”. In addition, **pork or shellfish products should not be served**. Food served during Passover should not contain any chametz. Kosher wine and kosher grape juice should be used for Kiddush. These guidelines apply to events held within the Seaside building and at Seaside events at other locations where Seaside provides the food. Questions should be directed to the chair of the worship committee. Contact information appears in the newsletter or on the website www.seasidejewishcommunity.com

Approved by the board of Seaside Jewish Community on April 6, 2008

What should I bring?

We usually plan to provide for 20–50 people (Oneg) and up to 60 people (Kiddush). The food you provide can be as simple or as elaborate as you wish. Any special circumstances (holidays or events) may change the number of people you are hosting. Check our website for upcoming events: www.seasidejewishcommunity.com News -Events / Web Calendar

Oneg (Friday night)	We Provide	You Provide
❖ Paper products and plastic ware	X	
❖ Wine and grape juice	X	
❖ Challah		X
❖ Sweets, fruit, dips, cheese, coffee, etc.		X
❖ Additional drinks		X
Kiddush (Saturday morning)		
❖ Paper products and plastic ware	X	
❖ Wine and grape juice	X	
❖ Challah		X
Your choice of the following suggestions:		
❖ Veggies and dip		X
❖ Bagel and spreads		X
❖ Fish platters		X
❖ Variety of salads (tuna, egg, fish etc.)		X

- ❖ Cheese and crackers X
- ❖ Some type of dessert (cookies, cake, fruit, etc.) X
- ❖ Additional drinks X

As host, you are responsible for setting up the food and drinks and cleaning up afterwards. There will be a Board member to open and close at each service and to assist as needed.

How do I set up?

- ❖ Arrive 30 minutes early to setup.
- ❖ Pour at least 30 cups of wine and 20 cups of grape juice (fill cups 1/2 way).
- ❖ Place challah on a challah plate and cover it with the challah cover.
- ❖ Put out napkins, paper plates, plastic ware, and cups (they are provided).
- ❖ Set up food on serving plates and or bowls.
- ❖ Make coffee.
- ❖ Set up sugar, sweetener, creamer, and tea bags.
- ❖ Set out drinks and or water.

How do I clean up?

- ❖ Start cleaning up when everyone has finished eating.
- ❖ Cover all food and take home.
- ❖ Wash, dry and put away all items used, and back as found in marked areas.
- ❖ Wash down all counters.
- ❖ Hang or lay flat all damp towels to dry overnight.
- ❖ Seaside recycles. Separate recyclables from the trash; recycling goes outside in the recycle can and the trash needs to be taken with you.

If you notice that any supplies are running low, please leave a note on the counter. If you are unable to host the date you selected, you are responsible for finding your own replacement. Be sure to let Robbin know of the change.

Oneg / Kiddush Sponsor Form

I / We _____ would like to sponsor an

Oneg / Kiddush on _____, 2009 / 2010 / 2011

In Honor of: _____

In Memory of: _____

My phone #: _____

Please return this form to: Robbin Myerberg
P O Box 1472, Rehoboth Beach, DE 19971

For more information or to check available dates, contact Robbin Myerberg at: 302-644-3950 or robbin2bs@hotmail.com