



Eating Etiquette

The most effective time to address eating etiquette is probably during eating.

However, we try to review the etiquettes of eating on a regular basis at other times.



Here is an outline of what we typically cover during "review sessions" (although not necessarily in one sitting and sometimes during meals.)

Remembrance of Allah:



What do you say before you eat?

Narrated By 'Umar bin Abi Salama

I was a boy under the care of Allah's Apostle and my hand used to go around the dish while I was eating. So Allah's Apostle said to me, 'O boy! Mention the Name of Allah and eat with your right hand, and eat of the dish what is nearer to you.' Since then I have applied those instructions when eating. (Bukhari)



What happens if you don't say Bismillah before you eat?

The Shaytan eats with you.

Narrated By Umayyah ibn Makhshi:

Umayyah was sitting and a man was eating. He did not mention Allah's name until there remained the last morsel. When he raised it to his mouth, he said: In the name of Allah at the beginning and at the end of it. The Prophet (pbuh) laughed and said: The devil kept eating along with him, but when he mentioned Allah's name, he vomited what was in his belly. (Abu Dawud)

Jabir b. 'Abdullah reported Allah's Messenger (may peace be upon him) as saying:

When a person enters his house and mentions the name of Allah at the time of entering it and while eating the food, Satan says (addressing himself: You have no place to spend the night and no evening meal; but when he enters without mentioning the name of Allah, the Satan says: You have found a place to spend the night, and when he does not mention the name of Allah while eating food, he (the Satan) says: You have found a place to spend the night and evening meal. (Muslim 5006)




What do you say when you forget to say bismillah before you eat?

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ.

Bismillahi Fee awwalihi wa akirih
In the Name of Allah in its beginning and end.
(Abu Dawud)

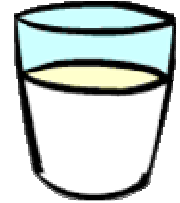



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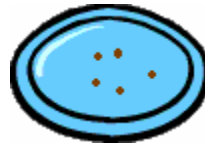
 What do you say before drinking milk?

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ.

Allahumma barik lanaa feehee wa zidnaa minhu
Oh Allah bless this for us and give us more of it.
(Hisnul Muslim)



 What do you say after you eat?



Narrated By Abu Umama
Whenever the dining sheet of the Prophet was taken away (i.e., whenever he finished his meal), he used to say: "Al-hamdu lillah kathiran taiyiban mubarakan fihi ghaira makfiy wala muwada' wala mustaghna'anhu Rabbuna."(Bukhari)

Narrated By Abu Umama
Whenever the Prophet finished his meals (or when his dining sheet was taken away), he used to say. "Praise be to Allah Who has satisfied our needs and quenched our thirst. Your favor cannot be compensated or denied." Once he said, upraise be to You, O our Lord! Your favor cannot be compensated, nor can be left, nor can be dispensed with, O our Lord!"

Manners of Eating

Some manners listed are not necessarily from the Sunnah, but are in accordance with not displeasing your eating companions and also constitute "good manners" in many cultures.

 **Eat from what is closest to you**

Narrated By 'Umar bin Al Salama
Who was the son of Um Salama, the wife of the Prophet:
Once I ate a meal with Allah's Apostle and I was eating from all sides of the dish. So Allah's Apostle said to me, "Eat of the dish what is nearer to you."(Bukhari)



Eat with your right hand

Narrated By 'Umar bin Abi Salama

I was a boy under the care of Allah's Apostle and my hand used to go around the dish while I was eating. So Allah's Apostle said to me, 'O boy! Mention the Name of Allah and eat with your right hand, and eat of the dish what is nearer to you.' Since then I have applied those instructions when eating. (Bukhari)



Salim, on the authority of his father, reported Allah's Messenger (salla Allahu alayhi wa sallam) as saying: "None of you should eat with his left hand and drink with that (left hand) for the Satan eats with his left hand and drinks with that hand." (Muslim, 5010)



Circulate water of milk (in an assembly) from the right hand side of the one who serves

Anas b. Malik reported that there was brought to Allah's Messenger (may peace be upon him) a cup of MILK mixed with water, while there was on his right a desert Arab and on his left Abu Bakr. He (the Holy Prophet) drank; he then gave it to the desert Arab and said: (Give to one) who is on the right, then again who is on the right. (Muslim 5032)



Chew with your mouth closed



Don't talk and eat



If you have to burp or sneeze, turn your head from the eating area. If you have to pass wind, leave the room, if possible.



Chew your food well



Don't stuff your mouth

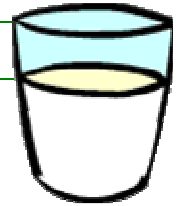


Don't slurp beverages or soup



Rinse your mouth after drinking milk

Narrated By Ibn 'Abbas
Allah's Apostle drank milk and then rinsed his mouth and said, "It contains fat."
(Bukhari)



Do not overeat

Narrated By Ibn 'Umar
Allah's Apostle said, "A believer eats in one intestine (is satisfied with a little food),
and a kafir (unbeliever) or a hypocrite eats in seven intestines (eats too much)."
(Bukhari)



Do not criticize food. If you don't like it, leave it.

Narrated By Abu Huraira
The Prophet never criticized any food (he was invited to) but he used to eat if he
liked the food, and leave it if he disliked it. (Bukhari)



If the iqama is called, and your food has been served, eat first before praying.

Narrated by Anas bin Malik
The Prophet said, If supper is served and the Iqama for (Isha) prayer is
proclaimed, start with you supper first."(Bukhari)



What other manners or customs do you have in your household?
Use the space below to record them
so that you can review them regularly, insha Allah.

