

How to Host an Oneg: There are 3 main tasks.

1. Buy or Prepare Foods and Beverages for the Oneg

What you bring is up to you, but simple is fine.

- Please bring 2 challot for Kiddush. Some people love to bake these themselves, but many people purchase them from Trader Joes, Whole Foods, Izzy's or other favorite bakeries.
- Bring only vegetarian or dairy food. In the case of baked goods, avoid things with meat-derived ingredients, such as lard or gelatin. Of course, fruits and vegetables are wonderful for Onegs.
- Beverages are a lovely addition, but many people only put out pitchers of water.
- Paper goods and wine & juice for Kiddush will be supplied – there is no need for you to furnish these items.

You will find a few sample menus at the bottom of this document, but you are not obligated to use any of them. They are just suggestions in case you are stuck.

How much to bring:

We usually have between 30 and 50 people at Friday evening services and between 20 and 30 people on Saturday mornings with no Bar/t Mitzvah. If we expect the numbers to be different (like a Fifth Friday), the Oneg Calendar entry will note that. Not everyone will eat.

2. Set Up the Oneg

- You should arrive at 7 pm for Friday night or 9:30 am for Saturday morning to get started. A Board Member will act as Service Host. On Friday nights, the service host will meet you at 7 pm to let you into the building. On Saturday mornings, the door will be open as of 9 am when Torah Study begins.
- One of the jobs of the Service Host is to help you. If you need help, please ask!
- Two tables will be in the back of the Sanctuary to serve as Oneg tables.
- Cover the tables. You will find a selection of tablecloths in one of the drawers in the kitchen. It doesn't matter which ones you use.
- Put out paper plates & bowls, napkins, cups & cutlery as appropriate for whatever you are serving. All of these items can be found in the pantry (to the left as you enter the kitchen).
- You can use any of the platters, plates, bowls, serving utensils, etc. in the kitchen for any of the food that you are serving. You should cover your challot with a challah cover. You will find a selection in the cabinet next to the refrigerator. You will also find salt, which should be set on the oneg table next to your challot.

- After you've put all the food on the table, you may wish to cover everything with another tablecloth or two to keep children from snacking during the service.
- Fill a few pitchers with water and put them in the refrigerator. These, and any beverages that you brought, should be placed on the oneg table just before Kiddush. You may find that there are already water pitchers in the refrigerator. If so, feel free to use them. Just refill and replace them, as required.
- **Prepare portions of kosher wine and grape juice.** Bottles of wine and juice will be in the refrigerator. If you run out, you will find more in the cabinet across from the refrigerator. You will also need a large Kiddush cup for the rabbi, which can be found in the same cabinet as the challah covers, and small, disposable Kiddush cups for everyone else, which can be found in the pantry.
- Fill the Rabbi's Kiddush cup with wine.
- Fill enough disposable Kiddush cups for everyone else. Assume slightly more than half of the congregants will drink juice. Hint: the most efficient way to fill small Kiddush cups is to place them on trays, pour the juice or wine into a paper cup into which you've bent a little "spout", and pour from the paper cup to the small Kiddush cups — avoids spillage! Fill the small cups only about half-full.
- Place a "Wine" sign and a "Grape Juice" sign on the appropriate serving trays so congregants can distinguish between the two. You will find these signs with the challah covers.
- **Place the filled cups in the refrigerator and bring them out at the end of the service. Place the Rabbi's cup next to the challot. Distribute the small cups to the rest of the congregation.**

3. Clean up After the Oneg

Sanctuary:

- If tablecloths are soiled, please take them home to wash. It would be tremendously helpful if they were returned before the next Shabbat. If un-soiled, please work with the Service Host to shake out crumbs outside, then put them away.
- Sweep up crumbs and clean up spills with paper towels from kitchen. (A broom and dust-pan are in the Janitor's Closet across the hall from the Kitchen. A key to the closet hangs on the Refrigerator's left side, or ask the Service Host to unlock it.)

Kitchen:

- Clean up and put everything back where it belongs. Dish soap, sponges and towels are available in the kitchen.
- Take home leftovers. Assorted plastic wrap, foil and baggies are available in the kitchen.

- The Service Host will stay with you until all is done. S/he will then lock up the building after s/he puts away prayerbooks, etc.

Sample Menus:

Friday Night (basically dessert):

2 challot

Make a game of what you can find at Grocery Outlet for \$20. Look for a selection of sweet & savory, such as cookies and chips.

Water

2 challot

From Trader Joes – Almond Laceys, Joe-Joe’s, Fruit, Nuts

Water with lemon slices

2 challot

2 ½ dozen homemade cookies and a loaf of homemade banana bread

Nuts

Halvah from Crossroads

Fruit

Lemonade & Water

Saturday Morning (basically a very light lunch):

2 challot

Hummus with pita & baby carrots

Cheese & crackers

Cookies

Water

2 challot

From Trader Joes – Hummus, egg white salad, “crowd cheeser”, pita or crackers, a melon, cucumbers, carrots, cookies

Water with lemon slices

Bagels (take the place of challot)

Lox or white fish salad

Tomatoes, capers, cucumbers or other vegetable to include on a sandwich

Cheese & crackers

Whole fruit or fruit platters

Cookies

Bubble water & pitchers of tap water

Other Questions? Email the office (lea@etzchayim.org)