



Various flours and their average weight to require Hafrashas Challah*

It is preferable to weigh the flour in Grams, as it is more precise.

Written By:
Rabbi Nissan Zibell



Spelt Flour

- ✗ Separate with No Bracha:
 - 1175 Grams
 - 2 lbs 9 oz
- ✓ Separate with a Bracha:
 - 1640 Grams +
 - 3 lbs 10 oz +



Rye Flour

- ✗ Separate with No Bracha:
 - 1040 Grams
 - 2 lb 5 oz
- ✓ Separate with a Bracha:
 - 1391 Grams +
 - 2 lb 14 oz +



Whole Wheat Flour

- ✗ Separate with No Bracha:
 - 1417 Grams
 - 3 lbs 2 Oz
- ✓ Separate with a Bracha:
 - 1927 Grams +
 - 4 lbs 4 oz +



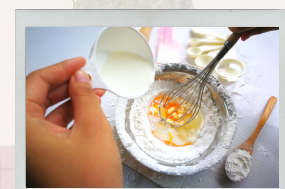
Oat Flour

- ✗ Separate with No Bracha:
 - 890 Grams
 - 1 lb 15 oz
- ✓ Separate With a Bracha:
 - 1179 Grams +
 - 2 lbs 10 oz +



Barley Flour

- ✗ Separate with No Bracha:
 - 1050 Grams
 - 2 lb 5 oz
- ✓ Separate with a Bracha:
 - 1419 Grams +
 - 3 lb 2 oz +



Cake Flour

- ✗ Separate with No Bracha:
 - 1095 Grams
 - 2 lbs 7 oz
- ✓ Separate with a Bracha:
 - 1483 Grams +
 - 3 lbs 4 oz +

*According to the opinion of Rabbi Avraham Chaim Na'eh Z"l





Measuring Challah by Volume Instead of Weight:

The volume needed for Hafrashas Challah is 2,500cc [I.e. 2,500 ml or 2.5 liters].

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One should note, as discussed in halacha, that the preferable and most precise way to measure flour for Hafrashas Challah is to measure by volume.

Keeping it Simple: How to Measure by Volume

Take a bowl or container which holds 2,500 milliliters (or 2.5 liters) of water, or use a bigger vessel, and fill it with 2.5 liters of water. Draw a line at that mark and fill it with flour leisurely until it reaches the mark without pressing the flour down or shaking the container. If there is enough flour to reach the mark of 2,500 cc, or even if it is slightly below that, then challah is separated without bracha. This applies to flour from all types of grains and all varieties of flours.

To separate challah with a bracha, one should shake the bowl lightly to have all the flour settle properly and spread it out evenly. Then very lightly press down on the flour to make sure it is left without any air pockets. If it reaches the mark then a bracha is recited. This applies to flour from all types of grains and all varieties of flours.

