February 2019

**IDF Military Colleges**

Dear \_\_\_\_\_

We are happy to offer you this souvenir – a challah cutting board.

Challah is a special kind of [bread](https://en.wikipedia.org/wiki/Bread) in [Jewish cuisine](https://en.wikipedia.org/wiki/Jewish_cuisine), usually braided and typically eaten on ceremonial occasions such as [Sabbath](https://en.wikipedia.org/wiki/Shabbat) and major [Jewish holidays](https://en.wikipedia.org/wiki/Jewish_holiday). The challah is also considered ceremonial bread in some European countries, and is even popular amongst Israeli Arabs and Muslim residents.

The challah is braided from three equally long strips of dough. During the process of braiding, the strips are fit within one another, thus creating the challah’s unique shape. For this reason the challah is considered a symbol of unity between all people, of equality and brotherhood amongst the nations.

Jews say a blessing before eating the challah: *Baruch atah, Adonai Eloheinu, Melech haolam, haMotzi lechem min haaretz.*

It translates as: Blessed are You, Adonai our God, Sovereign of all, who brings forth bread from the earth.