

MISHLOACH MANOS BASICS

Any combination of two kinds of food, or one food and one drink, or two kinds of drink, is sufficient. Two pieces of the same food are considered as one food. Some poskim specify that the foods be ready to eat and require no further cooking, while other poskim allow uncooked foods to be sent.

To whom to send: To any Jewish adult, wealthy or poor, with whom you are acquainted or to whom you are related. Although men should send to men only and women to women only, families may send to each other.

Mishloach manos should not be sent to a mourner during the year of mourning for his parents, or during the thirty days of mourning for other relatives. A mourner who receives mishloach manos need not return them, and the sender fulfills his mitzvah by sending those mishloach manos. It is permitted for a woman to send to the wife of a mourner. A mourner must send Mishloach manos--even if he is in the middle of shivah. A mourner should refrain from sending "items of simchah" (items that elicit laughter and merriment)