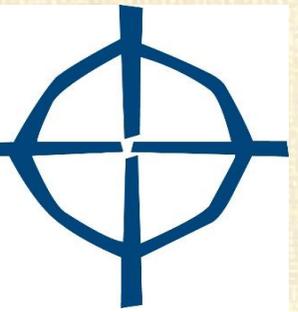


# Shrove Tuesday

BRADFORD  
CATHEDRAL



For Christians, Shrove Tuesday is the day before Lent begins on Ash Wednesday.

It is also known in this country as Pancake Day, as many people like to make and enjoy pancakes on this day.





This year Shrove Tuesday  
is on February 16th.

People of all faiths and no faith  
enjoy eating pancakes  
on this day.



# Why is it called Shrove Tuesday?

In past times, Christians went to church on Shrove Tuesday to say sorry for their sins and to be forgiven.

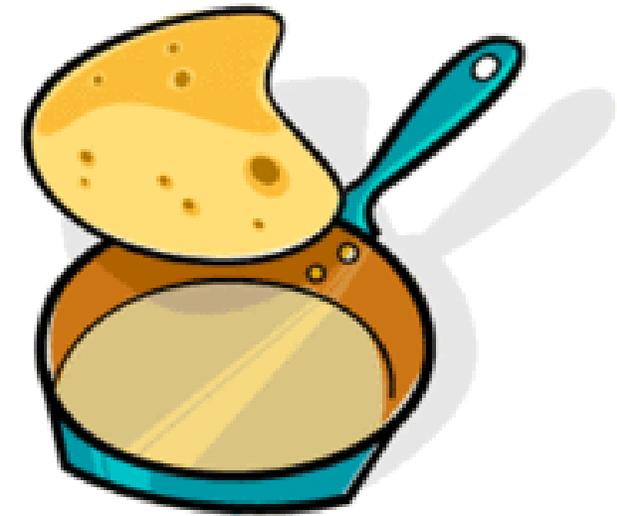
This was called being “shriven” and it is where the word “shrove” comes from.



# Why do we have pancakes on this day?

In the days when most people gave up meat, eggs and dairy food during Lent, it was the last chance to use up eggs and fats.

Pancakes were the perfect way of using up these ingredients, with just a little bit of flour.



Some people like to have pancake races on Shrove Tuesday.

The choristers at Bradford Cathedral enjoy taking part in pancake races on this day.



Here are some of them during a pancake race inside the Cathedral on Shrove Tuesday 2020.



## **What do other countries do on Shrove Tuesday?**

In Spain, Shrove Tuesday is “Omelette Day”.

In Madeira, Portugal, and Hawaii people eat special cakes that are a bit like doughnuts.

In Norway, Sweden and Denmark people also eat a special type of bun or pastry on this day.





In Iceland it is called Bursting or Exploding Day!  
People like to eat salted meat and peas.

In Finland and Estonia people often eat green pea soup and a whipped-cream pastry- but not at the same time!

It is also a special day for children to go sledging in these countries.

In some countries there are big festivals and parades on this day, because it is the last day before Lent begins.



These are called **Mardi Gras** celebrations.

Mardi Gras means “Fat Tuesday” in French. In past times, people used up their sugar, fat and eggs on this day.



**HAPPY SHROVE TUESDAY!**

# Acknowledgements



**These sites were helpful in researching Shrove Tuesday:**

Church of England

Historic England

This Is Church