

FASTING FOR THE PERIOD OF THE TRIODION AND THE GREAT FAST

FEBRUARY 9 – APRIL 20

PEOPLE WHO ARE ILL OR ARE TRAVELING EXTENSIVELY DO NOT HAVE TO FAST
PARENTS SHOULD HELP THEIR CHILDREN TO FAST AS MUCH AS POSSIBLE

Clarification:

Dairy Products	-	butter, milk, cheese, eggs, etc.
Shellfish	-	oysters, shrimp, scallops, clams, etc.
Fish	-	sardines, tuna, trout, bass, catfish, etc.
Alcohol	-	wine, whiskey, beer, etc.
Oils	-	all oils if possible or just from olive oil.

WEEKS OR DAYS

THE HOLY CANONS SPECIFY THE FOLLOWING

TRIODION STARTS FEBRUARY 1st

The Sunday of the
Publican and the Pharisee

FASTING IS PROHIBITED 2/9 TO 2/15
ALL FOODS ARE PERMITTED THIS WEEK

WEEK BEFORE MEATFARE SUNDAY

FEBRUARY 8–14

The week starting
with the Sunday of the
Prodigal Son

This is a normal week. On Wednesday
and Friday shellfish, vegetables and
vegetable products and fruits are
permitted, but not meat products,
dairy products, oils and alcohol.
All foods permitted all other days of
this week.

WEEK BEFORE CHEESEFARE SUNDAY

FEBRUARY 15–21

The week starting
with Meatfare Sunday -
the last meat day
before Easter Sunday

ABSTINENCE OF:

Meat and
Meat Products

NO ABSTINENCE OF:

Dairy Products
Fish and Shellfish
Vegetables and their Products.
Fruit, Alcohol and Oils.

SUNDOWN ON CHEESEFARE

SUNDAY UNTIL PASCHA

FEBRUARY 22– 28

ABSTINENCE OF:

Meat and
Meat Products
Dairy Products
Fish
Alcohol and Oils

NO ABSTINENCE OF:

Shellfish
Fruit
Vegetables and
Vegetable Products

During this period, Orthodox Christians regulate both the amount of food they consume and the number of times they eat. In other words, no food should be eaten between meals and at mealtime only a small portion of food should be eaten.

*** SATURDAYS AND SUNDAYS THROUGHOUT THE GREAT FAST FEBRUARY 23 – APRIL 12**

* (All but Great Saturday on
which a strict fast is kept)

ABSTINENCE OF:

Meat and
Meat Products
Dairy Products
Fish

NO ABSTINENCE OF:

Shellfish
Fruit
Vegetables and
Vegetable Products
Alcohol and Oils

* Saturdays and Sundays during the Great Fast, the quantity and the number of times food may be consumed is not restricted.

FEAST OF THE ANNUNCIATION MARCH 25

and
PALM SUNDAY APRIL 5

ABSTINENCE OF:

Meat and
Meat Products
Dairy Products

NO ABSTINENCE OF:

Fish and Shellfish
Fruit
Vegetables and
Vegetable Products
Alcohol and Oils

BRIGHT WEEK APRIL 26th – MARCH 2nd
FASTING IS PROHIBITED ALL FOODS PERMITTED

These regulations for fasting have been taken from all the Holy Canons and interpretations found in the RUDDER (Pedalion), which contains all the Sacred and Divine Canons of the One Holy Catholic and Apostolic Church / The Orthodox Christian Church. Consult your priest if necessary.