



Going Deeper: Easter Baskets

Easter baskets were originally used as a tradition in which people would bring their food in baskets to the Church on Holy Saturday to be blessed and prepare Easter dinner.

Since Roman Catholics and Orthodox Christians fast during Lent, none of the blessed food is eaten until after Mass on Easter Sunday. This then becomes the traditional Easter breakfast. Generally, each member of the family eats a sample of everything that is in the basket.

While tastes vary by region and family, the basket usually contains smoked meats, sausage, butter, cheese, bread, salt, and decorated, colored pysanky eggs. A white candle symbolizing Jesus, the light of the world, is placed in the basket so it can be lit during the blessing. Another local tradition is to tie two nails together in the form of a cross and place them in the basket.