

Blessing of Easter Foods

[1701]

The custom of blessing food for Easter arose from the discipline of fasting throughout Lent and the special Easter Fast during the Easter Triduum. Easter was the first day when meat, eggs, and other foods could again be eaten.

[1702]

According to custom, food may be blessed before or after the Easter Vigil on Holy Saturday or on Easter Sunday morning for consumption at the first meal of Easter, when fasting is ended and the Church is filled with joy.

[1708]

The leader greets those present in the following or other suitable words.

Before the Easter Vigil:

For our sake Christ became obedient, accepting even death, death on a Cross. Therefore God raised him on high and gave him the name above all other names. Blessed be God forever.

R/. Blessed be God forever.

After the Easter Vigil:

Christ is risen. Alleluia.

R/. He is risen indeed. Alleluia.

[1710]

One of those present or the leader reads a text of sacred Scripture: Deuteronomy 16:1-8—*The passover of the Lord*; or Isaiah 55:1-11—*Come all you who are thirsty*; or Luke 24:13-35—*They knew Christ in the breaking of the bread*.

[1716]

The leader says the prayer of blessing with hands joined.

God of glory,
the eyes of all turn to you
as we celebrate Christ's victory over sin and death.

Bless us and this food of our (first) Easter meal.
May we who gather at the Lord's table
continue to celebrate the joy of his Resurrection
and be admitted finally to his heavenly banquet.

Grant this through Christ our Lord.

R/. Amen.

—From Book of Blessings

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