

Fast & Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.

[A Reflection on Lenten Fasting](#)

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

More information on fast and abstinence can be found below.

More Information

For members of the Latin Catholic Church within the United States, please see the USCCB's [Pastoral Statement on Penance and Abstinence](#) and the [complementary norm to canon 1253](#).

[Code of Canon Law \(cc. 1249-1253\)](#)

[Questions and Answers About Lent](#)

[CRS Rice Bowl](#) is one way Catholics can enhance their Lenten fasting practice by giving up meals and donating the cost of those meals to [Catholic Relief Services](#) in order to help those who do not have enough to eat.