

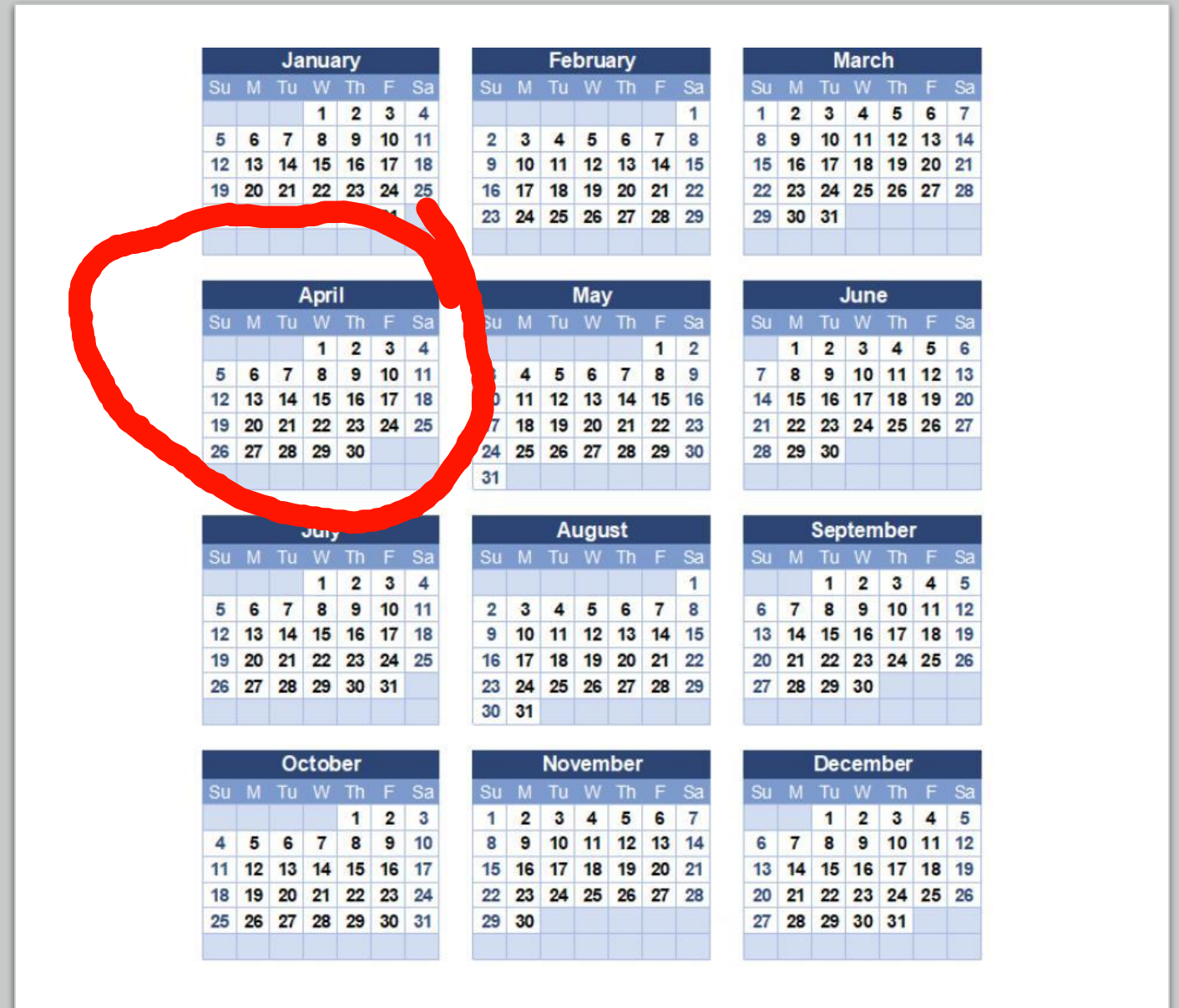
# Easter in St. Lucia

(Pâques à Sainte Lucie)



# WHEN?

- In Saint Lucia, Easter is in **April** (like the rest of the world)
- This year, Easter is on Sunday, April 17<sup>th</sup>, 2022



# What is Easter?

# What do we do?



- Easter is one of the most awaited Christian festivals and every nation has its own way of celebrating this particular time.
- We go to church on Good Friday. This the Friday before Easter Sunday.
- We stay home and watch movies.
- This year, Good Friday in Saint Lucia is on April, 15th , 2022.
- Good Friday is a holiday in Saint Lucia. This means that there is no school, and no work. Everyone is at home.

# WHAT DO WE EAT?

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- We eat **FISH CAKES** (traditional appetizers on Good Friday)

It is a mixture of flour, salt, shredded saltfish, ground pepper, parsley, chives, hot pepper, baking powder and water

- We eat **PENEPIS**



**Fish cakes**

**PENEPIS**

## Ingredients

- 2 lbs flour
- 2 lbs brown sugar
- 2-4 ozs grated ginger
- 2 cups water

## Method

1. In a pot, boil the water sugar and ginger into a thick syrup.
2. Mix the syrup with flour and grated ginger.
3. Cut the dough in pieces and roll out thinly unto a floured surface.
4. Bake in 325 degree oven until dry and brown.



# Examples of meals on Good Friday

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**Ground provisions**



**Makrel and ground provision**



**Vegetables and fish**

# Easter Sunday: What do we cook?

Easter Sunday is celebration day: we cook large meal with a variety of meat: stew, grilled or baked and lots more.



**Macaroni pie**



**Green fig salad**



**Rice salad**

# WHAT DO WE EAT?

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- We also eat **Easter chocolate**



- We eat **Jelly beans**



# Easter Sunday : what do we do?



**Family time**



**Kite flying**



# EASTER MONDAY: what do we do?



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**We have a picnic with the family**



**We go to the beach**



**We watch fireworks**

# At school, we do activities with the students



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- They wear Easter costumes
  - They decorate Easter eggs
  - They organize Easter Eggs Hunts with Easter Bunny

