Shrove Tuesday is celebrated in English-speaking countries, e.g., the UK, the USA, New Zealand or Australia, every Tuesday preceding Ash Wednesday (Środa Popielcowa). It is therefore the final day before the commencement of Lent (Wielki Post), a Christian festival leading up to Easter Sunday (Niedziela Wielkanocna). Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February and 9 March.

In the UK, Shrove Tuesday is also known as Pancake Day (or Pancake Tuesday to some people) because it is the one day of the year when almost everyone eats a pancake. Pancakes are eaten on this day because they contain fat, butter and eggs which are forbidden during Lent.

In many villages in England Pancake Races are held. They involve running a certain distance with a frying pan on which the pancake is.

Three Food Facts about Shrove Tuesday:

1. Throughout Europe most people celebrate Shrove Tuesday with pancakes.
2. Pancakes are associated with the day before Lent because it is a way to use up ‘rich foods’ such as eggs, milk, & sugar, before the 40 day’s fast begins.
3. The word ‘shrove’ refers to an old English word shrive meaning ‘confess’.

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