

# Vegetarianism

**Post by “Don” of January 8, 2025 at 5:59 PM**

One thing that seems to be coming up in my research is that meat-eating was not nearly as prevalent in ancient Greece as we think of it now. That's one reason religious/civic festivals were so popular. Everyone got meat from the sacrificial animals roasting on the altar. The gods got the "choice" bits 😊 (fat, entrails, etc. - [See here for a fascinating article](#)) and the roasted meat was shared among all the celebrants. The ancient Greeks were not a "meat and potatoes" kind of people; more generally-speaking like a "bread and vegetables" people.