



# 2021 Cultural Holidays

## January

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### January:

1/1 - New Year's Day (Latin America, Russia)\*

1/6 - Orthodox Christmas Day (Ethiopia, Russia)\*

1/6 - Epiphany (Latin America)\*

### February:

2/10 - 2/16 - Lunar New Year (Vietnam)\*

### March:

3/28 - 4/3 - Semana Santa (Latin America)\*

### April:

3/28 - 4/3 - Semana Santa (Latin America)\*

4/12 - 5/12 - Month of Ramadan (Somalia, Ethiopia)\*

### May:

4/12 - 5/12 - Month of Ramadan (Somalia, Ethiopia)\*

5/2 - Orthodox Easter (Russia, Ethiopia)\*

5/13 - Eid al-Fitr (Somalia, Ethiopia)\*

### June:

6/25 - Eastern Shoshone Powwow (Wyoming, USA)

## April

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
			2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## February

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## May

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## March

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## June

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

One Cultural Holiday

Multiple Cultural Holidays

\* Countries listed represent communities present in our service area but are not the only regions to recognize these holidays.

Quick reference of cultural holidays are listed to the left.

Full descriptions of holidays with food suggestions are listed on subsequent pages.

*Please note: This is not a comprehensive list of holidays and should be used as a supplemental reference only. Individual preferences and cultural nuances may vary.*



# 2021 Cultural Holidays

## July

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**July:**  
**7/19 - 7/23** - Eid al-Adha (Somalia, Ethiopia)\*

**September:**  
**9/11** - Ethiopian New Year  
**9/21** - Mid-Autumn Festival (Vietnam)  
**9/27** - True Cross Celebration (Ethiopia)

## October

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**October:**  
**10/11** - Indigenous People's Day (USA)

**November:**  
**11/1** - Día de Muertos (Latin America)

**December:**  
**12/12 - 1/6** - Navidad (Latin America)  
**12/12** - Feast of Our Lady of Guadalupe (Latin America)  
**12/25** - Christmas Day (Latin America)\*

## August

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## November

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## September

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## December

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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- One Cultural Holiday
- Multiple Cultural Holidays

\* Countries listed represent communities present in our service area but are not the only regions to recognize these holidays.

Quick reference of cultural holidays are listed to the left.  
 Full descriptions of holidays with food suggestions are listed on subsequent pages.

*Please note: This is not a comprehensive list of holidays and should be used as a supplemental reference only. Individual preferences and cultural nuances may vary.*

## Annual Cultural Holidays

### January

**Navidad:** (12/12/21 - 1/6/22) Beginning with the Feast of Our Lady of Guadalupe and ending on Three Kings' Day, Latin American Catholic Christmas festivities last nearly a month. Many traditional regional foods are prepared during this time. In Mexico, tamales are a special staple and are made using a masa flour dough wrapped around a savory filling and then steamed in corn husks (or plantain leaves in parts of Mexico and Venezuela.) Fillings typically include pork, beef, or occasionally chicken thighs/ legs alongside cheeses and/ or vegetables.

**Russian New Year:** (1/1/21) Secular New Year celebrations on January 1st often include red or black caviar, citrus fruits (especially tangerines), pickled vegetables, "Olivier" potato salad, and baked duck with apples and pears.

**Ethiopian Christmas:** (1/6/21) Leading up to the holiday, Orthodox Christians observe a 43-day fasting period beginning on November 25th. During this time, animal products such as meat, cheese, butter, and eggs are not consumed. On Christmas, the fast is commonly broken with a meat and egg stew.

**Russian Christmas:** (1/6/21) As the Russian Orthodox Church keeps to the Julian Calendar, Christmas is celebrated on January 6th with traditional preparations of aspic (gelled meat), meat pies, savory dumplings, fish, and pickled vegetables. A period of fasting prior to Christmas day eliminates meat, dairy, and oil from Orthodox diets. The 12 fasting foods usually served on Orthodox Christmas Eve include barley, honey, stewed prunes, pierogi, sauerkraut, potatoes, lima beans, garlic, Lenten bread, mushroom soup and salt.

### February

**Lunar New Year:** For up to 15 days on either side of the Lunar New Year (2/12/21), Chinese, Vietnamese, and many other families of Southeast Asian heritage will celebrate and take time away from work. In addition to several traditional festivities and observances, large quantities of food are cooked and shared between families and friends. The specific dishes prepared vary depending on the region, but Vietnamese feasts sometimes feature a dish of pork belly simmered overnight and served with an egg and Jasmine rice. In Vietnamese culture, platters of dried fruits and nuts are offered to guests and family alongside savory *bánh chưng* cakes made out of pork, mung beans, glutinous rice, and banana leaves.

### March

**Semana Santa/ Holy Week:** (3/28/21 – 4/3/21) Many people from Latin America and Spain observe Semana Santa, a week-long Catholic holiday where most meats are not consumed due to religious restrictions. During this week, consider offering alternative sources of protein like eggs, milk, fish, legumes, or grains. Traditional recipes vary by country or region but may include dishes such as vegetable or bean filled tamales, cod or other white fish soups, sweet or savory fried wheat pastries, rice pudding, and fresh fruit drinks.

### April

**Semana Santa/ Holy Week:** (3/28/21 – 4/3/21) Many people from Latin America and Spain observe Semana Santa, a week-long Catholic holiday where most meats are not consumed due to religious

restrictions. During this week, consider offering alternative sources of protein like eggs, milk, fish, legumes, or grains. Traditional recipes vary by country or region but may include dishes such as vegetable or bean filled tamales, cod or other white fish soups, sweet or savory fried wheat pastries, rice pudding, and fresh fruit drinks.

**The Month of Ramadan:** (4/12/21 – 5/12/21) During the month of Ramadan, people who practice Islam will fast from sunrise to sunset. Food traditions vary around the world, but both the *suhor* (pre-dawn) and *iftar* (evening) meals contain fresh fruit, vegetables, halal meats, breads, cheeses, and sweets including dates. Pork products are never consumed by followers of Islam.

## May

**The Month of Ramadan:** (4/12/21 – 5/12/21) During the month of Ramadan, people who practice Islam will fast from sunrise to sunset. Food traditions vary around the world, but both the *suhor* (pre-dawn) and *iftar* (evening) meals contain fresh fruit, vegetables, halal meats, breads, cheeses, and sweets including dates. Pork products are never consumed by followers of Islam.

**Ethiopian Orthodox Easter:** (5/2/21) Also known as *Fasika* or *Tensae*, this Christian holiday often occurs after Easter is celebrated in the West. During Lent (a 55-day fasting period prior to Easter) Ethiopian Orthodox Christians do not eat animal products like meat, cheese, butter or eggs. On the eve of Easter, it is customary to break this fast with a meat filled feast which may include many of the regional dishes served during the Muslim holiday Eid al-Adha.

**Eid al-Fitr:** (5/13/21) Eid al-Fitr, celebrated by Muslims worldwide, marks the end of the month of Ramadan and is particularly associated with the preparation of festive sweets. Ethiopian and Somali clients may celebrate Eid al-Fitr by preparing recipes using teff flour, sugar, dates, beef, butter and coffee.

## June

**Juneteenth:** (6/19/21) Celebrated by African American communities to commemorate the emancipation of slaves in the U.S. The holiday is often celebrated with family gatherings. Red-colored foods like strawberry pie, red soda water and red rice (rice with tomatoes) are often served to commemorate the blood spilled during slavery. Barbeque, collard greens, sweet potatoes and watermelon are also commonly served.

**Eastern Shoshone Powwow:** (6/25/21) Several important ceremonies occur for the Eastern Shoshone Tribe throughout the year and always are accompanied by dances and feasts. Though traditional foods including wild game meat (bison, sage chicken, elk, venison, salmon), chokecherries, and wild root vegetables are preferred, some substitutions are commonly made. Ceremonial food ingredients often include flour for making fresh bread, boiling meat and/or ham hocks, blueberries or raspberries (when chokecherries are unavailable), onions, potatoes, tomatoes, hominy, elbow macaroni, melons, and summer or winter squash. Lemons and limes are used in summertime to make fresh lemonade.

## July

**Eid al-Adha:** (7/19/21 - 7/23/21) Also known as the Feast of Sacrifice, is the second festival of the year observed by Muslims as a major holiday for a period of 3 to 4 days. Though recipes and traditional foods vary from Southeast Asia to the Middle East to Africa, most Muslims will commemorate this time by

ritually processing a whole animal for meat (usually sheep) and preparing savory meat-centric dishes for friends and family.

## August

No cultural holidays currently listed.

## September

**Ethiopian New Year:** (9/11/21) Called the “Gift of Jewels” or *Enkutatash* in Amharic, this day includes both Eastern Orthodox and secular traditions and brings extended family together for a number of special celebratory community events. Traditionally, families gather to share a morning meal of *injera* (teff flour flatbread) with varying kinds of sauces and participate in ritual coffee ceremony which lasts for several hours. Dishes that include chicken, minced beef, liver or lamb are common.

**Mid- Autumn Festival:** (9/21/21) Also known as the Children’s Festival or Moon Festival, this holiday is celebrated by many Asian cultures including China and Vietnam. The celebration occurs in either September or October depending on the Lunar Calendar. Preparations begin weeks in advance including creating decorations, practicing traditional dance, and making foods. Citrus and other fruits are especially important as symbolic table pieces and specialty items like Moon Cakes (made out of either sticky rice or a wheat flour and lard dough with savory or sweet fillings) are customarily enjoyed. Traditional foods vary by region.

**Ethiopian True Cross Celebration:** (9/27/21) One of the most important holidays for Ethiopian Christians, *Meskel* coincides with the end of the difficult rainy season and has been celebrated with many of the same traditions since at least the 13<sup>th</sup> century. Many Ethiopians travel to spend time with their families, and some groups celebrate by ritually processing either a bull (water buffalo) or goat. Though no unifying special dish is served on this day, typical meals always include flat bread (*injera*) made from teff flour as well as green coffee beans that are roasted at home and ceremonially served as fresh coffee to guests and family.

## October

**Indigenous People’s Day:** (10/11/21) Celebrated in a number of cities and states in opposition to Columbus Day, this holiday recognizes Native peoples as the first inhabitants of the lands that would later become the United States. Indigenous People’s Day aims to recognize native cultures, tribal sovereignty, and the myth of the “discovery of America” by European colonists. Many local and large-scale projects related to food sovereignty, the decolonization of foods and foodways, and the repatriation of heirloom seeds and traditional lands are highlighted on this day, though they occur year-round.

## November

**Día de Muertos:** (11/1/21) Many people throughout Latin America and the Caribbean observe Dia de Muertos, or Day of the Dead, to honor the lives of the deceased. Sweets and pastries are associated with its celebration.

## **December**

**Navidad:** (12/12/21 - 1/6/22) Beginning with the Feast of Our Lady of Guadalupe and ending on Three Kings' Day, Latin American Catholic Christmas festivities last nearly a month. Many traditional regional foods are prepared during this time. In Mexico, tamales are a special staple and are made using a masa flour dough wrapped around a savory filling and then steamed in corn husks (or plantain leaves in parts of Mexico and Venezuela.) Fillings typically include pork, beef, or occasionally chicken thighs/ legs alongside cheeses and/ or vegetables.