




REASONS FOR CELEBRATING WITH FOOD

Social Reasons	Religious Reasons	Historical Reasons
		

EATING WITH OTHERS:

Our society's deep connection with food is reflected in the way we incorporate it into nearly every social activity, from casual meetups to grand celebrations.

FOOD AS A GESTURE OF CARE:

Food plays a central role in showing care and appreciation, as it is often used as a gift that brings people together in a meaningful way.

CREATING WELCOMING ENVIRONMENTS:

The presence of food at social gatherings fosters a positive atmosphere, making environments more welcoming and comfortable for everyone involved.

FOOD AS A UNIVERSAL CONNECTOR:

Whether it's a casual backyard BBQ or a formal wedding banquet, food serves as a universal medium that unites people across cultures and settings.

THE VALUES OF SHARING MEALS:

Sharing meals is a powerful tradition that embodies values such as hospitality, friendship, sacrifice, and compassion, while also offering opportunities for conversation, learning, and expressing gratitude.

RUMADAN

celebrated by Muslims in the ninth month of the Islamic lunar calendar, involves fasting from sunrise to sunset. The fast is broken with traditional dishes, such as tagine, featuring slow-cooked meat, vegetables, and coconut-based ingredients.

DIWALI

a five-day festival celebrated by Hindus, Sikhs, and Jains, marks the triumph of good over evil and new beginnings. Traditional foods include sweets like sheera and kheer, as well as savory dishes such as vegetarian curries and samosas.

CHRISTMAS

is an annual Christian celebration that commemorates the birth of Jesus. It is a time to reflect upon peace, love generosity and family, and is celebrated by many non christians.

HUNUKKAH

the Jewish Festival of Lights, is an eight-night celebration that honors the Jewish struggle for religious freedom. Traditions include lighting candles, playing dreidel, eating latkes (potato pancakes), and exchanging gelt (chocolate coins).

A way to honor spiritual traditions, express gratitude, and strengthen community bonds, with specific foods and rituals playing an important role in various religious observances around the world.

ANZAC DAY

April 25th, honors the bravery, unity, and sacrifice of the Australian and New Zealand Army Corps soldiers who fought at Gallipoli in 1915. The day also acknowledges the contributions of civilians, such as women who baked biscuits to support the war effort, using golden syrup as a binder when eggs were scarce.

VALENTINES DAY

celebrated on February the 14th. Where it originated is unclear. A story that has been around since the time of ancient Rome tells of a Christian priest who was sentenced to death by the Roman emperor because he performed secret marriages for the Christian soldiers.

LA TOMATINA

is a food fight festival held on the last Wednesday of August in Buñol, Spain, near Valencia, and is associated with the harvest season. The event, which dates back to around 1944 or 1945, involves thousands of participants from around the world throwing over 100 metric tons of over-ripe tomatoes in the streets.

Food is used to remember the sacrifices made by individuals or groups in times of war or struggle.

Cultural festivities allow for younger generations to gain an appreciation of history and and give the senior generations and opportunity to renew its bonds with the past.