

# Cultural Nutrition Program - Research Working Document

## Cultures

- Based on a 26-week school year, we are aiming for 2x monthly cultural events on the calendar, for a total of 13 cultures to celebrate.
- Ideas for cultures to include in the calendar:
  - Haitian, Nigerian, Jamaican, Ethiopian, Kenyan, South African, Dominican Republic, Columbian, Venezuelan, Costa Rican, Mexican, India, Chinese, Thai, Moroccan, Samoan, Vietnamese (17)

## Cultural Holidays / Events

- **Haitian**
  - **Haitian Independence Day** - A combined New Year's Day and Independence Day celebration is a vibrant sight to see, incorporating a range of customs such as the eating of a special squash soup. This is a traditional Haitian dish that represents liberty and equality.
  - **Haitian Flag Day**
  - **Haiti's carnival** - Haiti's carnival is the largest cultural event in this Caribbean country, with three days full of joy, dances, parades, compares and very striking costumes.
- **Nigerian**
  - **The Carniriv** - It is an annual festival, held in Port Harcourt, Nigeria. The Carnival starts a few weeks before Christmas, and lasts for seven days. During this time, several ceremonial events are held, most of which hold some cultural and or sacred significance.
  - **New Yam Festival** - The New Yam Festival is one of the major cultural festivals in Nigeria. This annual cultural festival is common among tribes in Nigeria (Idoma, Igbo, Yoruba, etc.) It keenly observed by the people of the Middle belt, South and East of Nigeria and is a bonding factor among the Igbo communities. It is usually a period where the indigents celebrate nature and show gratitude to their creator for providence.
  - **Eyo festival** - Standing out as arguably the most popular festival in Nigeria, it is usually celebrated in the month of May and features a colorful traditional masquerade display and various manifestations of the local dance arts.
- **Jamaican**
  - **Portland Jerk Festival** - Jerk Lobster, Jerk Conch, Jerk Sausage, Jerk Pork, and Jerk Chicken are some spicy variations on traditional Jamaican dishes served alongside typical

side dishes like as rice and peas, festival, breadfruit, and yams during the annual Portland Jerk Festival.

- **Jamaican Independence Day** - Aug. 6 marks the island's independence from the UK. Each church holds a flag-raising ceremony in the morning. It's a day filled with cultural events, parades.

- **Ethiopian**

- **Ethiopian New Year** - Enkutatash, or Ethiopian New Year, is the country's most significant secular festival, and it is celebrated vigorously across Ethiopia, with a party atmosphere identical to New Year celebrations everywhere in the world.
- **Meskel** - Sept 27 (Sept 28 in leap years). This colorful spring festival, which shares its name with the yellow daisy-like flowers. The centerpiece of the festival is the burning of a massive pyre as colorful processions of priest and worshipers look on.
- **Timkat** - So few people in the world have heard of Timkat and yet it is one of the most spectacular religious festivals in the world. It is also unique to Ethiopia, where the orthodox Christian festival of Epiphany is celebrated on 19 January, or 20 January during leap years.

- **Costa Rican**

- **Palmares Festival** - People from all over the nation take off work to visit Palmares to celebrate to the rhythm of the local Costa Rican music and the performances of the different troupes (better know as "comparsas" in Costa Rica).

- **Puerto Rican**

- **Three Kings Day** - Known as *El Día de los Tres Reyes Magos*, or Three Kings Day, This island tradition calls for children to gather grass and place it in a box at the foot of their beds so that the camels of the Three Kings will have something to eat when they come to visit.
- **Ponce Carnival** - Carnaval Ponceño is one of the oldest traditions on the island. This is one of the most vibrant Carnival celebrations in the world, featuring traditional bomba and plena music — two types of percussion-driven music that derive from African influences.

- **Mexican**

- **Cinco de Mayo** - Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War.

- **Dominican Republic**

- **Epiphany/ Three kings Day** - Three Kings Day is considered the end of Christmas celebrations, representing the day the Three Wise Men gave gifts to Jesus Christ.

- **South African**
  - **Heritage Day**- A day that celebrates South Africa's roots, their rich, vibrant, and diverse cultures. Its goal is to nurture and embrace South African culture for what it truly is, accepting all races and genders.
- **Chinese**
  - **Chinese New Year** - Tied to the Chinese lunar calendar, the holiday is traditionally a time to honor household and heavenly deities as well as ancestors. It is also a time to bring family together for feasting.
- **Indian**
  - **Holi** - A popular ancient Indian festival, also known as the "Festival of Love", the "Festival of Colors", and the "Festival of Spring". It is considered as one of the most revered and celebrated festivals of India, and is celebrated in almost every part of the country.
- **Thai**
  - **Lantern Festival** - One of the most spectacular festivals in Thailand, the Yi Peng festival takes place in the legendary city of Chiang Mai which was once the capital of the Lanna kingdom. It continues to hold cultural significance for its worn-out fortifications and moats that speak of a foregone era.
- **Other**
  - **Kwanzaa** - An African-American holiday started in 1966 to reflect on their heritage, their community, and their connection to Africa.
  - **International Mother Language Day** - Annual observance to promote awareness of linguistic and cultural diversity and promote multilingualism. Linguistic diversity is increasingly threatened as more and more languages disappear.

## Cultural Foods / Meals

- Traditional Diets (<https://oldwayspt.org/traditional-diets/>):
  - Mediterian Diet -
    - artichokes, arugula, beets, broccoli, brussels sprouts, cabbage, carrots, celery, cucumber, eggplant, fennel, kale, leeks, lettuce, mushrooms, mustard greens, okra,

- onions (red, sweet, white), peas, peppers, potatoes, radishes, scallions, shallots, spinach, sweet potatoes, turnips, zucchini
  - avocados, apples, cherries, clementines, dates, figs, grapefruit, grapes, lemons, melons, olives, oranges, peaches, pears, pomegranates, pumpkin, strawberries, tangerines, tomatoes
  - barley, buckwheat, bulgur, couscous, durum, farro, freekeh, millet, oats, polenta, rice, wheat berries
  - almonds, beans (cannellini, chickpeas, fava, green, kidney), cashews, hazelnuts, lentils, pine nuts, pistachios, sesame seeds (tahini), split peas, walnuts
- African Heritage Diet
  - black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas
  - black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas
  - amaranth, barley, couscous, fonio, injera, Kamut®, maize/ corn, millet (pearl, finger), rice, sorghum, teff, wild rice
  - asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, radish, scallions, squashes, yam bean (jicama), zucchini
  - breadfruit, cassava, plantains, potatoes, sweet potatoes, yams, yucca
  - beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress
- Latin American Heritage Diet
  - Cabbage, carrots, chard, chiles, eggplant, garlic, jicama, kale, lettuce, corn, nopales (cactus), onion, okra, peppers, potatoes, spinach, yams, yucca, zucchini
  - açai, agave, avocados, bananas, breadfruit, cacao, caimito (star apple), cherimoya (custard apple), coconut, grapefruit, guava, lemons, limes, mangoes, melons, oranges, pineapple, plantains, pomegranate, pumpkin, sugarcane, tamarind, tangerines, tomatillos, tomatoes
  - arepas, amaranth, rice, tortillas, chile, cilantro, cinnamon, garlic, oregano, parsley
  - almonds, Brazil nuts, beans (black, garbanzo, kidney, pinto), cashews, peanuts, pine (piñon) nuts, pecans, pumpkin seeds (pepitas)
  - queso fresco, asadero, cotija,
- Asian Diet Diet -
  - Bamboo shoots, bean sprouts, bok choy, broccoli, cabbage, carrots,, eggplant, leeks, lettuce, lotus root, kale, kombu, mushrooms, mustard greens, peppers, seaweed, snow peas, spinach, sweet potatoes, turnips, water chestnuts, yams, basil (Thai), cardamom, chiles, clove, coriander, curry leaves, fennel, garlic, ginger, ginseng, lemongrass, mint, parsley, pepper, scallion, turmeric, wasabi,
  - apricots, bananas, cherries, coconut, dates, grapes, kiwifruit, kumquat, lemons, limes, mandarins, mangoes, melons, oranges, papaya, pears, pineapple, plums, pumpkin, tangerines, yuzu
  - barley, breads (dumplings, chapatis, mantou, naan, roti), buckwheat, millet, noodles (rice, soba, somen, udon), rice
  - almonds, cashews, hazelnuts, peanuts, sesame seeds
  - beans (adzuki, edamame, mung, soy), lentils, miso, tempeh, tofu
- Vegetarian/Vegan Diet

- Meal ideas:
  - Arepas (Venezuela) - chicken option & veggie option
  - Casado (Costa Rica) -  
<https://blog.amigofoods.com/index.php/costa-rican-foods-drinks/casado/>
  - Jamaican Jerk Chicken - <https://www.foodandwine.com/recipes/jamaican-jerk-chicken>
  - African Heritage recipes
    - Hearty Pumpkin or Squash Soup
    - Delicious Rice and Bean Medleys
    - Stewed Tomatoes and Okra
    - Healthy Potato Salad and Cornbread