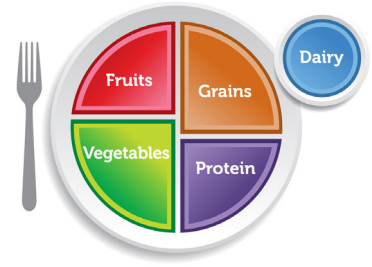




A Pioneering Area Agency on Aging

# Holidays Around the World



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There are many holidays and traditions that are celebrated around the world. These celebrations may be unique with special festivals, rituals, and foods. Let's explore a few of these holidays and their common foods.

## Hanukkah

Hanukkah is an eight-day Jewish holiday that is celebrated with a nightly menorah lighting, songs and games, and fried foods. It occurs between November and late December. Hanukkah commemorates a second century miracle in which a one day's supply of oil burned for eight days in the Temple's menorah. The menorah holds nine candles. One is used to light the others, and each day a candle is lit to represent the day of the holiday. Households may light a menorah and display it in a doorway or window.



Since the ancient story involves oil, it is customary to eat fried foods during the holiday. A popular food is the latke; a special pancake topped with applesauce or sour cream. Another popular food is called the sufganiyot (a jelly donut).

## Kwanzaa

Kwanzaa is an African holiday that brings a message of reaffirming and restoring culture, family and community. There are seven principles of Kwanzaa: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. The holiday is observed December 26 to January 1; each day representing a different principle.

Traditional food of Kwanzaa includes mazao and vibunzi. Mazao includes fruits, nuts and vegetables that are symbolic of hard work from the African harvest. Vibunzi is ears of corn that represent fertility and symbolize the hopes of the family. Each ear symbolizes a child in the family and is placed on the table.

## St. Lucia Day

St. Lucia Day is a festival of lights that is celebrated in Sweden, Norway and Finland on December 13. The holiday commemorates St. Lucia, a patron saint of the City of Sicily. It is said that she would secretly bring food to the persecuted Christians in Rome. She would wear candles on her head to be able to carry more food. This holiday is currently celebrated by a girl dressing in a white gown with a red sash and a crown of candles. The popular food is called Lussekatts, which is a sticky bun flavored with saffron and topped with raisins.



## Chinese New Year



The Chinese New Year is considered to be the most important social and economic holiday in China. The date will vary based on the Chinese Calendar.

One of the most important aspects of the Chinese New Year is the feasting. On New Year's Eve, family will gather around the table for a meal that includes fish symbolic of abundance and therefore not meant to be eaten. In the first five days of the New Year, people eat long noodles to symbolize long life. On the 15th and final day of the New Year, round dumplings are shared as a sign of the family unit and perfection.

There are many different holidays that are celebrated around the world, each with their own unique traditions and food. Learning about these different traditions can expand our knowledge on different traditions and backgrounds.



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Lussekatts



Sufganivo



# Foods Around the World

S R N X W V S O I J Q K K M Q  
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 K I C T W Z T H O E E F R N L  
 V T S U Z S W W G M D W V Y K

- DUMPLINGS
- FISH
- LATKE

- LUSSEKATTS
- MAZAO
- NOODLES

- SUFGANIYOT
- VIBUNZI



Latke



Mazao

