

# Holiday Toolkit 2023

## Introduction

This collection of celebratory dates and resources represents five globally practiced religions: Buddhism, Hinduism, Christianity, Judaism and Islam. Note: Celebratory dates can vary within a given country or culture. Similarly, food and culinary traditions vary among countries, cultures and even individuals. While this list is neither exhaustive nor definitive, it is meant to be a starting point for understanding and celebrating the experiences that shape an individual — and their eating styles and tradition! This toolkit has been edited in part by members of several Academy member interest groups: Asian Americans and Pacific Islanders (AAPI), Indians in Nutrition and Dietetics (IND) and Religion MIG (RMIG).

## Asian Americans and Pacific Islanders (AAPI)

[Asian Americans and Pacific Islanders MIG](#) empowers members to be the leaders in cultural evidence-based practices in nutrition and dietetics for people of Asian or Pacific Islander origin or those interested in learning more about these cultures.

## Indians in Nutrition and Dietetics (IND)

[Indians in Nutrition and Dietetics MIG](#) brings together practitioners of Asian Indian origin or those interested in learning more about this culture.

## Religion MIG (RMIG)

[Religion MIG](#) offers a community for Academy members from various practice areas with an interest in cross-cultural awareness and reducing health disparities, specifically as they relate to the Jewish, Muslim and Christian populations.

## Buddhism

*The Buddhist New Year is celebrated on different days depending on the Buddhist tradition one follows.*

### Celebratory Dates

January 7	<b>New Year</b> <i>Mahayana tradition</i>
April 6	<b>New Year</b> <i>Theravada tradition</i>
May 5	<b>Vesak Day</b> <i>Birth of Buddha; Also known as "Wesak Day" or "Buddha Day"</i>
December 8	<b>Bodhi Day</b> <i>Commemorates the day Buddha experienced enlightenment; This celebratory date of Bodhi Day follows a secular, Western tradition that falls on a fixed calendar date.</i>

## Hinduism

*An individual's country, state and culture influence holidays observed, celebratory dates and even the spelling of a given holiday. Holi celebrations begin at sundown.*

### Celebratory Dates

February 18	<b>Maha Shivratri</b> <i>Celebrates Shiva</i>
March 7-8	<b>Holi</b> <i>Arrival of spring</i>
September 6-7	<b>Krishna Janmashtami</b> <i>Birth of Krishna</i>
September 19	<b>Ganesh Chaturthi</b> <i>Birth of Ganesh</i>
October 24	<b>Dussehra</b> <i>Commemorates Rama's triumph over Ravana</i>
November 12	<b>Diwali</b> <i>Festival of lights</i>

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## Judaism

The [Religion MIG](#) hosts a guide to [traditional and Kosher rules](#), as well as other resources. For patients and clients interested in learning more, share the article "[6 Tips for a Healthy Passover](#)" on [eatright.org](#).

The most important day, Shabbat, or the Sabbath, begins every Friday at sundown and ends Saturday at sundown. This is a day of reflection and rest. The concluding days of Passover and the eighth day of Sukkot are especially important. For a more comprehensive list and explanation of Jewish holidays, check out this [guide](#).

All celebratory dates begin at sundown on the foremost date listed.

### Celebratory Dates

March 7-8	<b>Purim</b> <i>Reading of the book of Esther</i>
April 5-12	<b>Passover</b> <i>Commemorates the Exodus from Egypt and escape from slavery</i>
April 17-18	<b>Yom HaShoah</b> <i>Holocaust remembrance</i>
May 25-26	<b>Shavuot</b> <i>Commemorates the receiving of the Torah from Mt. Sinai</i>
September 16-17	<b>Rosh Hashanah</b> <i>Jewish New Year; beginning of 10 days of atonement</i>
September 24-25	<b>Yom Kippur</b> <i>Day of Atonement and repentance</i>
September 29-October 1	<b>Sukkot</b> <i>Feast of the Tabernacles</i>
October 7-8	<b>Simchat Torah</b> <i>Rejoicing of the Law</i>
December 7-15	<b>Chanukah</b> <i>Festival of Lights; also known as Hanukkah</i>

## Christianity

The [Religion MIG](#) hosts information related to [Lenten fasting](#) as well as other resources.

### Celebratory Dates

February 22	<b>Ash Wednesday</b> <i>Start of Lent</i>
Starts April 2	<b>Holy Week</b> <i>Commemorates the Passion of Jesus</i>
April 7	<b>Good Friday</b> <i>Commemorates the crucifixion of Jesus</i>
April 9	<b>Easter Sunday</b> <i>Commemorates Jesus' resurrection</i>
May 18	<b>Ascension Day</b> <i>Commemorates Jesus' ascension to heaven</i>
May 28	<b>Pentecost</b> <i>Commemorates the Holy Spirit</i>
December 25	<b>Christmas</b> <i>Birth of Jesus</i>

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## Islam

The [Religion MIG](#) hosts a number of resources about [fasting](#), eating a Halal diet and more. Religion MIG also has a Ramadan presentation and toolkit. For patients and clients interested in learning more, share the article "[Ramadan The Practice of Fasting](#)" on [eatright.org](#).

There are two main holidays common to Muslims all over the world: Eid al-Fitr and Eid al-Adha. Additional holidays below have spiritual meaning for all Muslims; however, they may vary in importance based on one's country and culture. All celebratory dates follow the Islamic lunar calendar and begin at sundown the day prior.

### Celebratory Dates

March 8	<b>Laylatul-bara'ah</b> <i>The night of freedom from fire; occurs between 14<sup>th</sup> and 15<sup>th</sup> day of Sha'ban</i>
March 22 - April 20	<b>Ramadan</b> <i>Month of obligatory fasting</i>
April 21	<b>Eid al-Fitr</b> <i>Festival of breaking the fast First of Shawwal; the first of the three months named as "Ashhur al-Hajj," or the months of Hajj, the pilgrimage to Mecca</i>
June 27	<b>Day of Arafah</b> <i>Obligatory act of pilgrimage to Mecca; Ninth of Dh'ul-Hijjah</i>
June 28-30	<b>Eid al-Adha</b> <i>Festival of sacrifice; tenth, eleventh and twelfth of Dh'ul-Hijjah</i>
July 18	<b>First of Muharram</b> <i>Beginning of the Islamic New Year</i>
August 28	<b>Ashura</b> <i>Tenth of Muharram</i>
September 14	<b>Rabi'ul-Awwal</b> <i>Birth Month of the Prophet Muhammad, Peace be upon him<sup>1</sup></i>

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<https://www.facebook.com/Religionmig>

<https://www.instagram.com/religionmig>

<https://www.facebook.com/RMIGMuslimsubgroupcommunity>

<sup>1</sup>"Peace be upon him" should follow the name of any prophet as a sign of respect, as dictated by the Qur'an.