Diversity

WE ARE SO EXCITED AND DELIGHTED to introduce the new Diversity and Inclusion section of the website. It is important that diversity and inclusion are practiced in every aspect of our life.

This month we celebrate and recognize two cultures.

Black History Month

Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2022 theme, “Black Health and Wellness,” explores "the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birth workers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The
2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

Read about Black dietitians’ contributions and as well as other ways to celebrate Black History Month here: https://www.eatright.org/health/lifestyle/culture-and-traditions/5-ways-to-celebrate-black-history-month?_ga=2.62294191.2062601105.1644173899-1001658758.1644173899

**Chinese Lunar Year – The Year of the Tiger**

Lunar New Year, which started on February 1, 2022, is based on the lunisolar calendar, where the first day of the year falls on the first full moon. This holiday is celebrated by many East and Southeast Asian countries, such as China, Korea, Vietnam, Singapore, Malaysia, and the Philippines. This Lunar New Year marks the start of the Year of the Tiger.

Chinese New Year (also known as the Spring Festival) is celebrated by more than 20% of the world. It’s the most important holiday in China and to Chinese people all over. Lunar New Year festivities can often last for up to 15 days, with different tasks and activities taking place over that period. The holiday marks the end of the coldest days. People welcome spring and what it brings along: planting and harvests, new beginnings and fresh starts.

Learn more about the festival here: https://chinesenewyear.net/

**Archive:**
- March 2021
- May 2021
- November 2021
- December 2021
Additional Resources:
Complimentary VN DPG Winter 2021 Vegetarian Nutrition Update

Connect with Vegetarian Nutrition Dietetic Practice Group

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