

Let's Celebrate

October 2024

Filipino American Heritage Month

Educate

- Learn about the achievements, influences, and impacts, of Filipino American people, including the first Filipino American Executive Chef of the White House.
- Filipino Americans have shaped the country in many ways. Learn about their cultural influence, history, and heritage via Google Arts & Culture.
- Batok, the traditional Filipino tattoo, is an important part of Filipino American culture and heritage. Learn more about it here.
- Listen to an episode of This Filipino American Life podcast and host a virtual lunch or networking circle to discuss what you learned.



Take Action

- Host a Filipino cuisine cook-off or potluck with your facility or incorporate Filipino-inspired dishes to residents/patients throughout the month with these popular recipes.
- Visit a museum (virtually) to learn more about Filipino history, culture, art, and traditions.
- Try a new type of folk dancing, Tinikling, a traditional Philippine dance.
- Shop Filipino owned businesses this month and every month.



Chapters

In addition to the tools and resources listed above, chapters can take further action to celebrate Hispanic Heritage Month at the state level:

- Host a Kamayán, a Filipino feast during your chapter's next in-person event or within your facility.
- Make a chapter-to-chapter connection with a local chapter, Filipino American National Historical Society (FANHS) to learn more about Filipino Americans or educate your members.
- Host a virtual roundtable discussion about incorporating Filipino flavors/dishes into your menu planning while meeting nutritional needs of your residents.
- Share ANFP's social media posts and toolkits, and encourage members to do the same!

