

Cultural Celebrations: **October**

Latin American Heritage Month

Latin American Heritage Month is a celebration that recognizes the the culture, history and people of Latin American descent. The Latin American community in Canada is diverse, with individuals originating from various countries, including Mexico, Colombia, El Salvador, Brazil, Venezuela, and Chile. Latin Americans make up approximately 3.3% of the Canadian population.

This month is often celebrated with traditional foods that vary across regions; such as tacos, empanadas, arepas, tamales, ceviche, and feijoada, offering a delicious way to experience cultural heritage and share it with the wider community.

Resources & Recipes:

 [22 dishes from Latin America to try](#)



Canadian Islamic Heritage Month

October is recognized as Islamic Heritage Month in Canada, a time to honour the history, culture, and traditions of Muslim communities. Celebrations often highlight art, music, and storytelling, as well as the diverse foods that are central to Islamic cultures.

From community feasts to cooking demonstrations, the month invites Canadians to learn, share, and connect through the flavours and traditions that shape Muslim life in Canada.

German Heritage Month

German Heritage Month is celebrated in October to recognize the contributions of Canadians of German descent to the country's culture, society, and economy. It highlights German traditions, language, arts, and community life, celebrating the rich heritage that German Canadians bring to the multicultural fabric of Canada. Food connection: German cuisine is an important part of the heritage, with foods such as sausages (bratwurst), schnitzel, pretzels, sauerkraut, breads, and traditional desserts like strudel or Black Forest cake. Sharing these dishes is a way to honor traditions, bring communities together, and celebrate cultural identity.

Resources & Recipes:

 [Traditional German Recipes](#)



Cultural Celebrations: **October**

Dussehra October 20th

Dussehra, also known as Vijayadashami, is a major Hindu festival celebrated across India and by Hindu communities worldwide. It marks the victory of good over evil, commemorating the triumph of Lord Rama over the demon king Ravana and the goddess Durga's victory over the buffalo demon Mahishasura. The festival typically involves vibrant processions, dramatic reenactments of the Ramayana (called Ramlila), the burning of Ravana effigies, and prayers and rituals at temples.

Dussehra and Food

Food plays an important role in Dussehra celebrations, as families and communities come together to prepare and enjoy special dishes. Traditional sweets and snacks, such as ladoos, jalebis, kheer, and samosas, are often made to mark the festival, symbolizing joy and prosperity. Many people also prepare feasts with seasonal fruits, vegetables, and savory dishes to share with family, friends, and neighbors.

Resources & Recipes:

[!\[\]\(de95854c7ee024cfadc48187bbb781b2_img.jpg\) Why do we celebrate Dussehra?](#)



Samosa



Kheer



Pumpkin Pie

Canadian Thanksgiving October 12th

Canadian Thanksgiving is celebrated on the second Monday in October and is a time to give thanks for the harvest and the blessings of the past year. Rooted in both Indigenous harvest traditions and European settler practices, it often brings family and friends together to share a meal. A traditional Thanksgiving table in Canada includes turkey, stuffing, potatoes, seasonal vegetables, and pumpkin pie, reflecting the country's autumn harvest. Unlike the U.S., Canadian Thanksgiving is more closely tied to the changing seasons and the celebration of local food.

Resources & Recipes:

[!\[\]\(83bbbd261710c59db0214aa27b2edc0d_img.jpg\) Traditional Foods Served at Canadian Thanksgiving](#)



Roast Turkey



Cultural Celebrations: **October**

Navrati *October 31st*

Navratri is a Hindu festival celebrated over nine nights and ten days, honouring the divine feminine and, in many traditions, the goddess Durga. The festival represents the triumph of good over evil and is a time for prayer, reflection, renewal, and celebration. Navratri is observed in different ways across India, with regional traditions including music, dancing, fasting, and colourful celebrations.

Food is also an important part of Navratri. Many people observe a fast or follow a special vegetarian diet during the festival. Common foods include fruits, potatoes and sweet potatoes, yogurt, nuts, and ingredients such as buckwheat, amaranth, and tapioca, while grains, meat, and certain other foods may be avoided.

Halloween *October 31st*

Halloween, celebrated on October 31st, is a popular festival in Canada and many other countries. It has roots in ancient Celtic traditions, particularly the festival of Samhain, when people believed the boundary between the living and the dead was thin. Today, Halloween is celebrated with costumes, trick-or-treating, pumpkin carving, haunted houses, and festive decorations. While it has become a largely secular and commercial holiday, it also serves as a cultural celebration that brings communities together through creativity, play, and shared experiences.

Halloween is known for costumes, trick-or-treating, and spooky fun - but food is at the heart of the celebration. From candy and chocolate to pumpkin treats and baked goodies, sharing seasonal foods brings communities together and adds a festive flavor to the holiday.

