



2600 Netherland Avenue,  
Bronx, NY 10463  
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# HERE COME THE HOLIDAY FOODS

Presented by

**Maudene Nelson, RDN**

Contact: Barbara Denson  
Program Specialist  
RSS, Inc.  
2600 Netherland Ave.  
(718) 884-5900

- We look forward to holidays for so many reasons – we celebrate traditions and gather with loved ones.
- But, holidays bring joy to our hearts as well as our stomachs. The parade of sweets & salads, dips & dumplings, beverages & breads, and all sorts of platters from October to January are hard to resist.
- ... btw .. this is one of my favorite movies -- 2000 – about Thanksgiving in 3 homes in Los Angeles

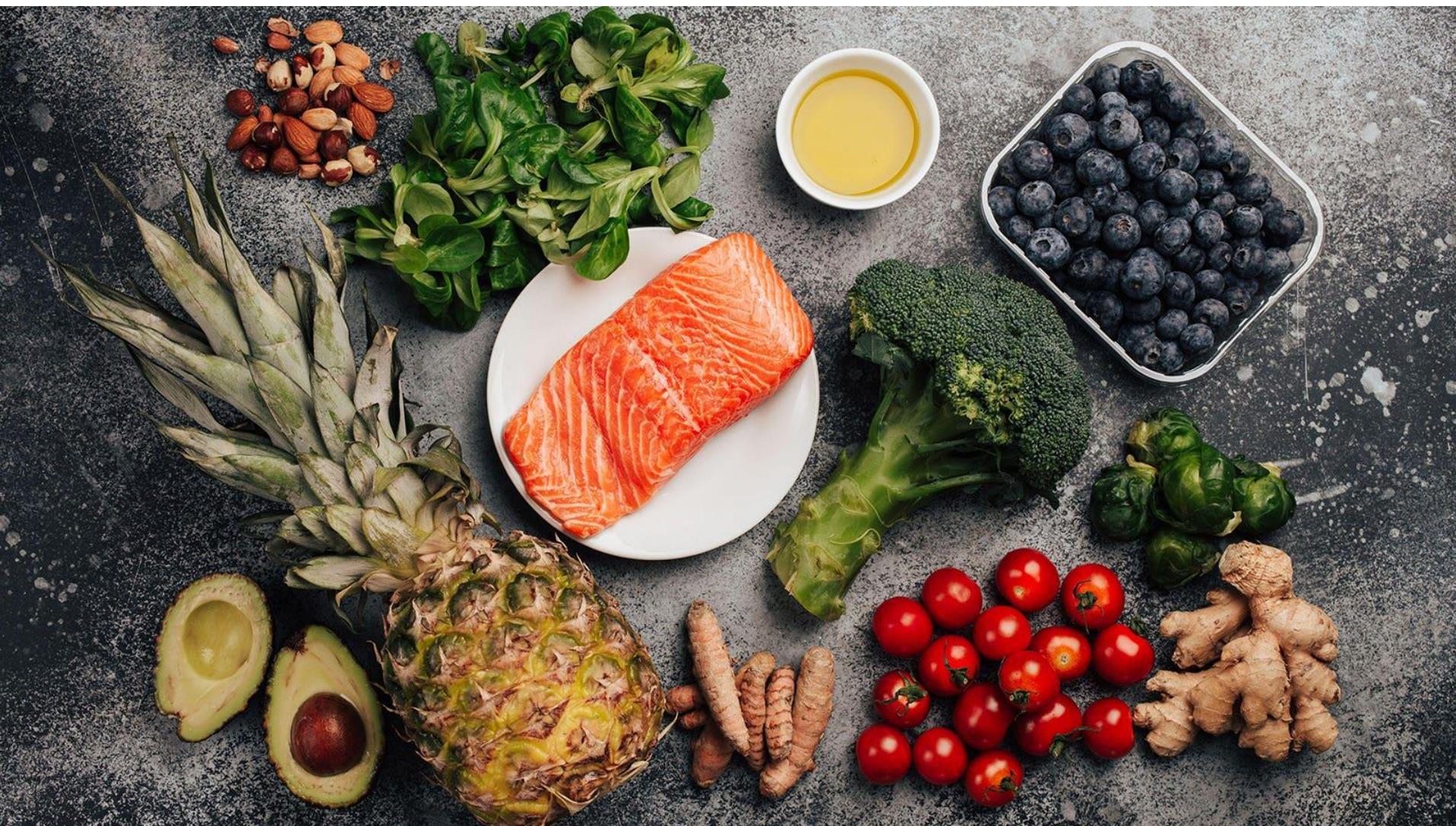


From late fall to mid-winter there are many religious & cultural holidays that are celebrated here in the Bronx and all over the world.

1. Halloween on October 31<sup>st</sup>
2. Dia de los Muertos from October 31<sup>st</sup> to November 2<sup>nd</sup>
3. All Saints Day on November 1<sup>st</sup>
4. All Souls Day on November 2<sup>nd</sup>
5. Diwali from to November 1<sup>st</sup> to November 4<sup>th</sup>
6. Thanksgiving on November 25<sup>th</sup>
7. Hanukkah from November 28<sup>th</sup> to December 6<sup>th</sup>
8. Winter Solstice on December 21<sup>st</sup>,
9. Christmas on December 25<sup>th</sup>
10. Kwanzaa from December 26<sup>th</sup> to January 1<sup>st</sup>
11. New Year on January 1<sup>st</sup>,
12. Chinese New Year on February 2, 2022.

... let's talk about some  
favorite holidays and  
foods & their origins ...





# Day of the Dead

- A sacred, joyous time that includes food & flowers, visits with family members, prayers, and stories about those who have died.
- Day of the Dead began as a traditional Mesoamerican celebration in southern Mexico meant to guide the spirits of departed loved ones in the afterlife..... serve chocolate, tamales, candied pumpkin, atole, and sugar skulls



# All Souls Day

- Soul cakes are an old English traditional cake, sometimes known simply as 'souls'.
- The tradition of giving out soul cakes on All Hallows' Eve dates back to the Middle Ages
- children went door-to-door saying prayers for the dead
- On All Hallows' Eve, All Saints' Day & All Souls' Day, children went 'souling', asking for soul cakes quite possibly a precursor to trick or treating.
- In the Catholic Church, "the faithful" refers specifically to baptized Catholics; "all souls" commemorates the church penitent of souls in purgatory, whereas "all saints" commemorates the church triumphant of saints in Heaven.



# Diwali

- It is Hindu but widely celebrated by Indians around the world ... is an official holiday in Fiji, Guyana, Malaysia, Singapore, Myanmar, India Mauritius, Sri Lanka, Nepal, Trinidad, & Jamaica.
- A festival of light – celebrating victory of light over darkness – and – it is the goddess Lakshmi's birthday on the new moon; decorate with colorful paper + prayers, gift giving, fireworks
- Most known for sweets made with vegetables, nuts, ghee, milk ... and sugar.



# Thanksgiving

- If one were to create a historically accurate feast “first Thanksgiving” shared by the pilgrims & Wampanoag at Plymouth Colony in 1621: wildfowl (duck or pigeon & maybe wild turkey) stuffed with onions, herbs & chestnuts, corn (as bread or porridge), deer and feasted for 3 days.



There was no wheat or butter ...

# Today's Thanksgiving

- Thanksgiving holiday took root in the mid-19th century a Boston clergyman (Alexander Young) declared the feast the first Thanksgiving.
- by the 1850s, most states & territories were celebrating Thanksgiving
- Sarah Josepha Hale, editor of the popular women's magazine *Godey's Lady's Book*, was a leading voice in establishing Thanksgiving as an annual event.
- Abraham Lincoln made Thanksgiving a national holiday.
- Most foods reflect harvest abundance.



# Hanukkah –

## Festival of Lights

- The miracle is about a night's supply of lamp oil that provided light for eight nights, which took place during the rededication of the Holy Temple of Jerusalem.
- Most of these traditional foods are fried in oil, symbolic of the oil that lasted eight days. Others contain cheese to celebrate Judith's victory.
- Three popular foods eaten on the Jewish holidays include loukoumades, pancakes, and latkes



# Traditional Foods Served During Hanukkah



Latkes: potato pancakes fried in oil



Sufganiyot: deep-fried, jelly-filled doughnuts



Brisket: slow-braised cut of meat

# Latkes (levivit)

- In the Jewish tradition, dairy foods are eaten during Hanukkah in honor of Judith, who saved her village from an invading army; the original latke was just a cheese pancake. Potato latkes gained popularity in the 1800s thanks to a mass planting of potatoes—which were cheap and easy to grow—in Eastern Europe after other crops had failed. Many different cultures have their takes on the latkes and brought those traditions over to the U.S. to not only help celebrate Hanukkah, but Christmas as well.



# Winter Solstice

... in China for *Dongzhi* ...

- Dumplings to protect ears from frostbite
- Glutinous Rice Balls (Tangyuan) to celebrate family reunions
- Mutton Soup

... in Korea ... Red bean porridge to exorcize devils

... in Seattle a town feast

... In Japan for Touji ...

many eat the foods which have "N" sounds -- carrot, radish, lotus root, ginkgo nut and more.



# Christmas

- Reflect foods that are comfort – desserts, meats, lots of sides
- Reflect seasonal availability
- Similar to  
Thanksgiving



# Fruitcake

... are just cakes with candied or dried fruit, nuts, & spices. The modern version was likely from the Middle Ages, when dried fruits & nuts were expensive.

- Because of the price of ingredients & the time & effort that went into making the dessert, it's likely that December festivities were the best time most worthy of the effort.



# Eggnog

- a festive history as a staple for the British aristocracy. It's based on a medieval drink called *posset*, which consisted of milk, often eggs, and some form of alcohol
- all the ingredients were expensive at the time, it became a drink of the wealthy.
- In the winter, the wealthy would drink warm milk & egg drinks with exclusive spices & liquors.



# Pasteles

- Pasteles are a classic Christmas dish in Puerto Rico.
- requires time & patience.
- the inner portion is a mixture of ground pork & an adobo blended spice sauce and the outer portion is made using a special masa dough made of grated green bananas, yautía, and spices.
- After allowing the dough to sit for a few hours, the masa is placed on banana leaves, the pork filling is added, and it's wrapped.



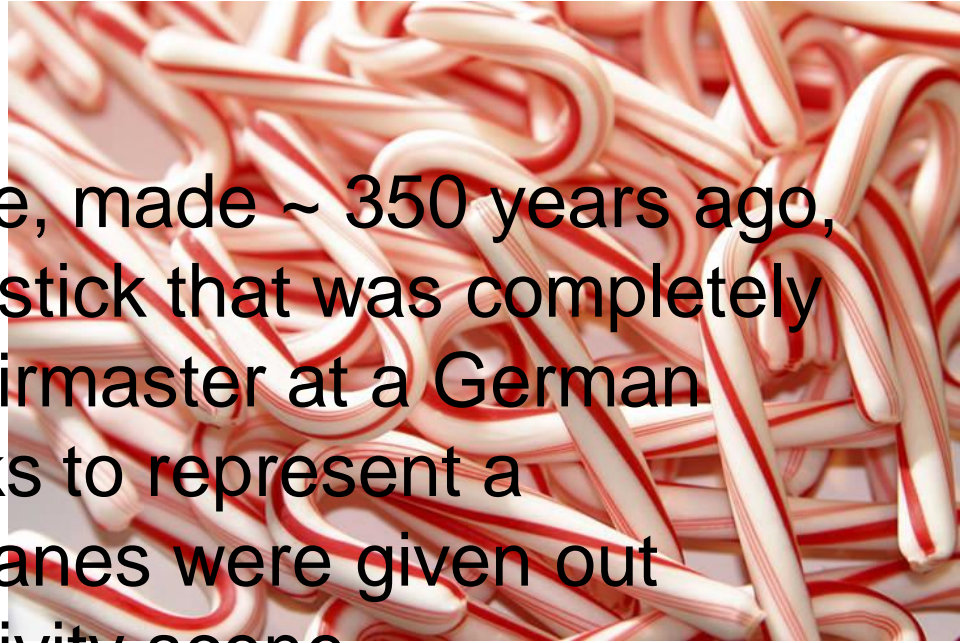
# Gingerbread

The first-known recipe of the sweet treat is said to be from Greece in 2400 BCE. The formula was developed & remixed through several cultures and eventually made its way to England, where Queen Elizabeth I was credited with the idea of decorating the cookies. The designs got so elaborate that they became a symbol of elegance.



# Candy Canes

- The original candy cane, made ~ 350 years ago, was an all-white sugar stick that was completely straight. In 1670, a choirmaster at a German cathedral bent the sticks to represent a shepherd's staff. The canes were given out to children during a nativity scene.
- The candy arrived in America sometime during the 19th century -- ~ that time the refining process for sugar had gotten to the point where it could be pure white, and the development of better food dyes could create that strong red for the stripe



# Figgy Pudding

- It's really not pudding but a cake that contains figs & is topped with brandy
- has been an English

Christmas dessert since the mid-1600s.

- it was banned by English Puritans because of the large amount of alcohol content. Some believe that a Medieval custom dictated that pudding could only be made on the 25th Sunday after Trinity Sunday and that it was originally comprised of 13 ingredients to represent Christ and his 12 apostles.



# Kwanzaa

## The first fruits of the harvest

- Cultural (not religious) with goals important to self and community
- Food is symbolic of family members
- Feast us similar to Christmas & ingredients reflect mainly southern styles & foods (often traced to African origins)



# What are our challenges?

Holiday foods are rich in ...

- sugar ... sweetness is a love language
- fat ... which fats are body friendly?
- generous portions ...
- frequent opportunities to eat special foods



For **all** of these holidays & observances we prepare and serve our favorite foods. We look forward to give & receive many delicious treats. The fabulous foods of feasts will fit into your nutrition plan and keep you fit if you use **the plate method** ... and ...

**Plan Your Portions**

**Portion Guide**

- Non-starchy vegetables (Green)
- Starchy vegetables (Orange)
- Lean protein (Red)
- Fruit (Yellow)

Use a smaller plate. This is a 9-inch plate to help guide you.

Water or no-calorie drinks

**American Diabetes Association**

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1730 Poor Farmers'  
Almanac: "Eat chiefly  
from the garden, the  
Orchard, and the  
Henhouse."



Getty Images file

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