healthMpowers™

National Hispanic Heritage Month is September 15 through October 15!

Photo Sources: Real Spanish, El Mensajero Católico, Union Bulletin, Canva, Adobe Stock, United States National Science Foundation, and United States Department of Agriculture

This month pays tribute to the generations of Hispanics who have positively influenced and enriched our nation and society.

National Hispanic Heritage Month runs from **September 15th to October 15th every year**. This month-long celebration honors the **histories**, **cultures**, and **contributions** of those whose ancestors came from **Spain**, **Mexico**, **the Caribbean**, and **Central and South America**. The start date of September 15th is important, because it marks the anniversary of independence for several Latin American countries, including **Costa Rica**, **El Salvador**, **Guatemala**, **Honduras**, and **Nicaragua**.

Central and South America

The agricultural heritage of many Hispanic cultures has influenced international cuisine. According to the Smithsonian, "These foods come from a rich history and culture, often the result of centuries of **Indigenous**, **European**, and **African** influences. Over time, these foods have transcended borders and are created and served across the world."

Guava

Custard Apple

Yuca

Lima Beans

Potato

Tomato

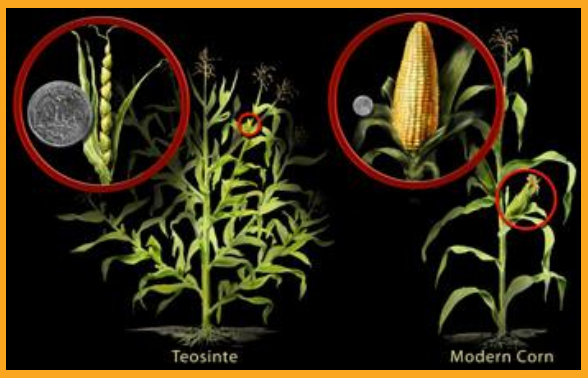
Corn

Sweet Potato

This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Learn more at: HealthMPowers.org

Fun Facts: Did You Know?



Corn was domesticated from a wild plant called teosinte.

More than 6,000 years ago, Indigenous farmers in what is now Mexico began selecting the best and biggest teosinte plants to grow. This selective breeding created what we now know as corn.*

Corn has religious significance to Mayan peoples.

According to Mayan creation beliefs, human beings were created from corn. As noted by History.com, the Mayan culture and language, originating in Mexico and Central America, is part of Central American culture today. The first Mayans **lived in large city complexes**, **built temples**, **created a calendar system**, and made strides in **astronomy**, **math**, and **agriculture**.

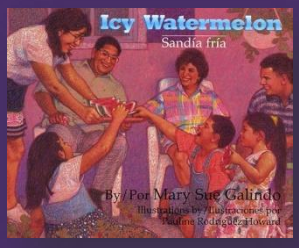
*Source: United States National Science Foundation and Adobe Stock

Celebrate by introducing your class to these...

Activities

Check out **these classroom activities celebrating Hispanic culture**.

Books



Check out bilingual children's books written by Hispanic authors.

Read "Icy Watermelon/ Sandía Fría" by Tejana author Mary Sue Galindo to your class.

Recipes

Check out the Baked Batatas and Apples recipe for **family homes** and for **centers and schools**. Batatas are white sweet potatoes native to Central and South America but are known by many other names across the region.

SNAP Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Learn more at: HealthMPowers.org

Georgia SNAP-Ed