

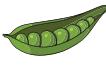
Through the Oldways African Heritage & Health program, we celebrate year-round with our signature classes: *A Taste of African Heritage* and *A Children's Taste of African Heritage*. These classes highlight the vibrant flavors and traditions of the African Diaspora, helping individuals and families reconnect with ancestral ways of eating that are both healthy and delicious.

Explore the Culinary Treasures of the African Diaspora!

This month, discover the four regions that shape this heritage: West and Central Africa, the Caribbean, South America, and the American South. Each region brings unique ingredients, techniques, and stories that celebrate the resilience, creativity, and cultural wealth of African-descended peoples.

CELEBRATE WITH US ALL MONTH LONG!

Oldways invites you to celebrate Black History Month every day with recipes and activities from our Black History Month Celebration Calendar! Each day offers a unique way to engage with African heritage, from delicious recipes and cooking tips to cultural activities and health insights.

1 Find an ATOAH Class Near You Explore classes happening nationwide this February! Check out the ATOAH Class Directory	2 Browse the African Heritage & Health Glossary Pick an ingredient from our Glossary to add to your dinner plate.	3 Try a New African Restaurant Support local African or African-inspired restaurants in your area. 	4 Sign Up for Our Newsletter Stay updated with recipes, events, and tips. Go to Newsletter Signup .	5 Sign Up for Our ATOAH E-Course You get the full experience of our cooking series from your own home and on your timeline.	6 Host an ATOAH Group Potluck Celebrate with friends and family by sharing dishes inspired by the curriculum's Potluck Guide	7 Set Up Your African Heritage Kitchen Organize your kitchen to make heritage cooking easier with the Kitchen Guide .
8 Explore the Spice Aisle Visit your local grocery store or farmers market to discover a new spice you don't own: Grocery Store Tour Guide .	9 Use a Heritage Spice from Your Pantry Search your pantry for a heritage spice or seasoning—have you tried harissa or berbere ?	10 Plan a Spring Garden Research Black-owned seed banks, pick up heritage seeds, and start growing your own produce.	11 Try a New African Heritage Whole Grain Explore Whole Grains like millet, sorghum, teff, quinoa, or brown rice.	12 Make an African Heritage Stew Try Black-Eyed Peas and Okra Stew (Red Red) or Mafe (Sweet Potato Peanut Stew) .	13 Create an African Heritage Salad Try Cold Blac-Eyed Pea Salad , Hoppin' John , or Cucumber Salad . 	14 Snack While Watching a Black History Film Pair your favorite show or movie, like <i>High on the Hog</i> , with Yuca Fries .
15 Prepare Okra in a New Way Have you tried blackened okra ? Explore new ways to enjoy this versatile ingredient.	16 Check Out an African Heritage Cookbook From Bryant Terry to Toni Tipton-Martin, there are so many delicious titles to dive into.	17 Serve an African Heritage Rice Dish Jambalaya , Jollof Rice , and Rice and Peas all have roots in the African Diaspora. 	18 Explore the Oldways African Heritage Diet Pyramid Introduce our Pyramid to your community to this time-honored way of eating with our posters, brochures, and demo kit.	19 Swap in a Meatless Meal Black-eyed peas, red beans, lentils, and chickpeas are all plant-based protein sources to bulk up a meal.	20 Jazz Up Fruits for Dessert Sprinkle melons or berries with nuts or coconut to end your meal on a sweet note .	21 Take an After-Dinner Stroll Walking with friends and family can nourish both the body and the soul.
22 Make a Mash Tubers and winter vegetables, like sweet potatoes or yucca, taste great in mashes and mix-ups. Try our Oldways Kenyan Vegetable Mashed Potatoes . 	23 Turn Up the Volume Make a cooking playlist featuring artists from the African Diaspora.	24 Visit a Farmers Market or Specialty Store If local farmers markets aren't in season, some specialty grocery stores carry African heritage ingredients.	25 Lead a Grocery Store Tour Use our Grocery Store Tour Kit to lead an event in your own community. 	26 Drink to Your Health Add crushed fruits or splashes of 100% fruit juice to sparkling water.	27 Travel with Your Taste Buds Try a Caribbean or South American restaurant or recipe for a taste of Afro-Latin American flavors.	28 Donate African Heritage Staples to a Local Food Pantry Check Our Events Page for Black History Month Events 29 