

Let's Celebrate

October 2026

Italian American Heritage Month

Educate

- Learn about Italian American historical and cultural figures that changed history.
- Host a film screening and discussion (can be done virtually) of iconic movies and/or documentaries.
- Choose a book by Italian American authors and host a group discussion.
- Learn about arrival of immigrants to the US.



Take Action

- Partner with or cater from local, family-owned Italian American bakeries, markets, suppliers and restaurants.
- Encourage clients/residents to share family immigration stories, photos, or heirlooms, or share their favorite family recipe with Italian roots.
- Organize an authentic regional cooking class, a pasta or pizza-making workshop, or a potluck featuring traditional dishes at your facility.



Chapters

In addition to the tools and resources listed above, chapters can take additional steps to raise awareness of Italian American Heritage Month at the chapter level:

- Host a storytelling happy hour or coffee break. Encourage members to share family immigration stories, photos, or heirlooms, or share their favorite family recipe with Italian roots.
- Host a chef demo at your next chapter meeting featuring Italian dishes and recipes.
- Include such cuisine and cultural topics at your next webinar or meeting that covers the Mediterranean and heritage diets or gluten-free adaptations of classic Italian dishes.

