

Let's Celebrate

October 2025

Polish American Heritage Month

Educate

- Check out the Polish Museum of America's online collection of photos, archives, and other interesting objects.
- Learn about traditional Polish customs including dances, music, and celebrations.
- Take a virtual walking tour of Krakow, Poland and see notable landmarks and sights or explore other towns and cities throughout the country.
- View the many forms of Polish art, from the widely-recognized folk art to modern pieces.
- Read a book on Polish American and Polish history and culture to better understand Polish culture.



Take Action

- Try a traditional Polish dish or host a potluck with staff using these traditional Polish recipes.
- Sharpen your sheering skills and learn how to make Wycinanki, the traditional Polish art of paper cutting.
- If you are of Polish decent, you can trace your Polish heritage here.
- Attend a local Polish (American) festival or parade in your town or city.



Chapters

In addition to the tools and resources listed above, chapters can take further action to celebrate Polish American Heritage Month at the state level:

- Serve a Polish themed meal at your chapter meeting.
- Invite those of Polish heritage to share their lived experience as well as traditions and customs at your next chapter meeting. (A great opportunity to engage members of Polish heritage!)
- Share ANFP's social media posts and share our toolkit.
- Host a recipe swap of Polish or Polish influenced dishes to serve in your facility.

