

2024

Asian American Native Hawaiian Pacific Islander Heritage Month



There are 24 million people in the United States who identify as Asian, Native Hawaiian, or Pacific Islander. These diverse communities have enriched this country for generations—from human rights to art and cuisine to STEM—and are critical to our future success. Asian American Native Hawaiian Pacific Islander (AANHPI) Heritage Month gives us an opportunity to recognize the unique identities, experiences, traditions, and contributions of people living in these communities. Click [here](#) to learn about the key historical moments that led to the origin of this observance and how it became an [official celebration](#).

“The power of visibility can never be underestimated.”

Margaret Cho

Here are some suggestions for celebrating AANHPI heritage throughout May and beyond

Learn the differences between Asian Americans, Native Hawaiians, and Pacific Islanders

- One of the most impactful actions we can take is understanding and respecting one’s identity. The U.S. Census defines Asian Americans as those with origins in the Far East, Southeast Asia, or Indian subcontinent. The six largest sub-groups of Asian Americans are from China, Japan, Korea, Vietnam, the Philippines, and India. Native Hawaiians and other Pacific Islanders are those with origins in the U.S. jurisdictions of Melanesia, Micronesia, and Polynesia. Click [here](#) for maps, definitions, and additional resources.
- We can take this a step further by making a conscious effort to learn one’s given name. If you’re not sure how to pronounce the first or last name of someone with AANHPI heritage, simply ask!

Explore the breadth and depth of AANHPI voices

- We deepen empathy and awareness when we move past stereotypes and see people for who they are at their core. The [Asian Diaspora Project](#) is a social media series that seeks to expand the media narrative about Asians in the West and highlight stories of those making incredible contributions to their communities. Canwen Xu addresses Asian American stereotypes in her TED talk, [I Am Not Your Asian American Stereotype](#). For unfiltered discussions around the Asian American experience, check out the [AuthEthnic](#) podcast hosted by Jen Lee and Yonsoo Kang.

Create art and cuisine inspired by AANHPI cultures

- Get creative with inspired crafts and dishes of your own. Try your hand at Chinese [calligraphy](#) or the folding art of [origami](#). Learn how to make staple recipes such Korean [kimchi fried rice](#), Vietnamese [summer rolls](#), Polynesian [doughnuts](#), or Hawaiian [lau lau](#).
- These museums offer virtual opportunities to explore the artistry of AANHPI cultures: [Asian Art Museum](#) in San Francisco, [Wing Luke Museum](#) in Seattle, [Smithsonian’s National Museum of Asian Art](#) in Washington, DC, and [Museum of Chinese in America](#) in New York.

Looking for more? Great places to check for events are local colleges and universities, museums, or cultural institutions. As always, contact CCA@YourService for personalized resources, referrals, or other support you may need any time, any day.

PHONE:
800-833-8707

WEB:
www.myccaonline.com

