



Hispanic Latina Heritage Month



While this month is officially known as just Hispanic Heritage Month, many call it Hispanic Latino/a Heritage Month to be more inclusive. The official observance runs from Sept. 15-Oct. 15 (and there's a reason for that!) but we're taking the month of September to celebrate.

Complete at least one activity from each category at right to earn your GSCSA Hispanic Latina Heritage Month patch. Share what you learn with your troops and your friends so they can celebrate, too.

You are also welcome to add other activities to the list!

girl scouts
of southern
appalachians

GirlScoutCSA.org

Celebrate Through:

Culture	The terms <i>Hispanic</i> and <i>Latina</i> are often used interchangeably but actually refer to different ethnic backgrounds. Can you find the difference?	Lots of cultures have coming-of-age celebrations. For Latina girls, it's a special party for her 15 th birthday, called a <i>quinceañera</i> . This party is usually a blow-out! If you had one, what would your dress look like?	<i>Día de los Muertos</i> (Day of the Dead) is an important holiday in Mexican culture. Contrary to its name, Día de los Muertos is actually a celebration of life since it's a time to celebrate loved ones who have died. Who do you want to remember?	Hispanic Heritage Month officially runs Sept. 15 to Oct. 15. Crossing months is unusual but there's a reason for this! Check out the Smithsonian's National Museum of the American Latino to find out why and learn more about this observance.
The Arts	Stories are an important part of many cultures, including Hispanic and Latina cultures. Cuban American storyteller Carmen Agra Deedy brings her own stories and traditional tales to life. Check out her website to listen to her tell.	Look up traditional styles of dance including salsa, rumba, cha-cha, merengue, flamenco, and tango. Then try your hand at any and all of these styles!	<i>Papel picados</i> (cut paper flags) are traditional Mexican decorations, especially for Día de los Muertos. Check out some examples online, then make some papel picados of your own.	Create a playlist with just Hispanic/Latino artists. Start with artists such as Gloria Estefan, Rodrigo y Gabriela, Shakira, Selena, Lin Manuel Miranda, and Bad Bunny. Who else can you find?
Food	Salsa is a classic Hispanic/Latina staple. Instead of buying it, make your own! Simply dice tomatoes, onions, and jalapenos, then combine with cilantro and a squeeze of lime juice for a tasty <i>salsa fresca</i> .	<i>Tortillas</i> are an easy-to-make staple. Combine 1 cup masa (corn flour) with $\frac{3}{4}$ cup water. Take a golf ball-sized amount and press it flat with your hands or a rolling pin. Then cook on a hot griddle for a few seconds per side.	<i>Carnitas</i> are a tasty meat dish and fairly simple to make. Cover a pork loin with garlic powder, oregano, and cumin, then cover and roast at 250°F for several hours until done. Shred the meat, then broil for a few minutes to make it crisp. Use jackfruit for a veg. option!	If you like lemonade, then you'll love <i>agua fresca</i> ! This refreshing drink can be made by pureeing 4 cups of fruit (watermelon and cantaloupe are popular) with 2 cups water and 2 tablespoons sugar. Simply strain for a pulp-free version.
Geography	Monarch butterflies are an important symbol in Mexican culture. Catalina Aguado helped find their winter grounds in Mexico, proving the little fliers migrate up to 3,000 miles! See her story in the film <i>Flight of the Butterflies</i> .	Host a family movie night and watch a film highlighting different Hispanic/Latino countries. You can try <i>Rio</i> (set in Brazil), <i>Encanto</i> (set in Colombia), <i>Coco</i> (set in Mexico), or <i>Vivo</i> (set in Cuba).	South America is home to several geological record-holders including the largest river, the longest land-based mountain range, and the town at the highest altitude. Can you find these places? What other records can you find?	Dozens and dozens of indigenous people groups call Central and South America home. Visit native-land.ca and explore their interactive map to learn more.