



What's on in April?

April celebrates a several of cultural traditions that shape Canada's diverse heritage. From Sikh Heritage Month with dishes like Sarson Ka Saag and Makki Di Roti to Easter meals of Hot Cross Buns and Roast Lamb, food plays a central role of religious and cultural celebration, holidays, and international days such as World Health Day and Earth Day in April.

Passover connects Jewish Canadians to their history with Matzo Ball Soup and Brisket, while Tamil New Year (Puthandu) marks abundance with Mango Pachadi and Sakkarai Pongal. These celebrations highlight food's power to unite, honor traditions, and bridge cultures—strengthening our shared stories and connections through meals.

Heritage Month:

- Sikh Heritage Month

International Days:

- **April 7th** – World Health Day
- **April 22th** – Earth Day
- **April 26th** – Stop Food Waste Day

Cultural & Religious Celebrations

- **April 10th** – Hanuman Jayanti
- **April 12th-20th** – Passover
- **April 13th** – Vaisakhi
- **April 13th-14th** – Tamil New Year
- **April 14th-16th** – Theravada New Year
- **April 20th** – Easter

Sikh Heritage Month *April*

Sikh Heritage Month celebrates the profound contributions of the Sikh community in Canada and beyond. Since the late 19th century, Sikhs have played a vital role in Canadian society, particularly in agriculture, transportation, and social activism. Despite facing systemic racism—such as the 1914 Komagata Maru incident and ongoing challenges related to religious freedom—Sikh Canadians have shown resilience, guided by the principle of *seva* (selfless service). Today, Canada is home to one of the largest Sikh populations outside India, with strong communities in British Columbia, Ontario, and Alberta. The Punjabi language is among the most spoken in the country, further reflecting this deep-rooted presence.

Food plays a central role in the core principles of Sikh culture. One of the most significant aspects of Sikh food culture is the practice of **langar**, the community kitchen that provides free meals to all, regardless of background, religion, or social status. This tradition originated with Guru Nanak, the founder of Sikhism, and continues to symbolize the Sikh commitment to selfless service and humility. The meals served in langar are typically vegetarian, reflecting the Sikh belief in nonviolence and respect for all living beings. Popular dishes in Sikh cuisine include dal (lentils), roti (flatbread), sabzi (vegetable curries), and kheer (a sweet rice pudding). Sikh food culture emphasizes the importance of hospitality and sharing, and meals are often seen as a way to build community bonds, promote social equity, and express gratitude.



Resources

- 🔗 [About Sikhism](#) - What are Sikh beliefs?
- 🔗 [Langar](#) - Community Kitchen
- 🔗 [Punjabi Cuisine](#)



International Days

World Health Day **April 7th**



World Health Day, celebrated annually on April 7th, raises awareness about global health issues and promotes actions to improve well-being. Food plays a crucial role in health, as nutrition directly impacts physical and mental well-being, disease prevention, and overall quality of life. A balanced diet rich in fruits, vegetables, whole grains, and proteins supports immune function, reduces the risk of chronic illnesses like diabetes and heart disease, and promotes longevity. On World Health Day, organizations and individuals highlight the importance of food security, sustainable agriculture, and access to nutritious meals for all. The day serves as a reminder that healthy food choices, alongside equitable food systems, are essential for a healthier world.

Resource: [@World Health Day](#)

Earth Day **April 22nd**

Earth Day, celebrated on April 22nd, highlights environmental protection, and is a great time to reflect upon how food plays a key role in sustainability. How food is grown, produced, and consumed impacts the planet, from greenhouse gas emissions to water use. Sustainable choices like eating locally, reducing food waste, and supporting regenerative farming help protect ecosystems and combat climate change. On Earth Day, individuals and organizations promote ethical consumption and food security. By choosing seasonal, plant-based, or responsibly sourced foods, people can support a healthier planet and a more sustainable food system.

Resource: [@Earth Day and Food](#)



Stop Food Waste Day **April 26th**

Stop Food Waste Day, observed on the last Wednesday of April, raises awareness about food waste and its environmental impact. Nearly one-third of all food is wasted, contributing to climate change and resource depletion. Reducing waste through meal planning, proper storage, and composting helps support sustainability and food security. Businesses can also improve efficiency and donate surplus food. Small actions on Stop Food Waste Day can create a big impact.

Resource: [@Stop Food Waste Day 2025](#)



Hanuman Jayanti April 10th

Hanuman Jayanti, celebrated by Hindus, marks the birth of Lord Hanuman, a revered deity known for his strength, devotion, and courage. The day is observed with prayers, hymns, and offerings, and food plays an important role in the celebrations.

Traditional foods include laddoos (sweet flour and sugar balls), often offered to Hanuman as a symbol of devotion. In some regions, prasadam (blessed food) such as kheer (rice pudding) and pakoras (fried fritters) are prepared and shared with family and friends. These foods not only honor Lord Hanuman but also bring communities together in a spirit of devotion and celebration.

Recipes

[Kheer](#)

Swathi's Recipes

[Vegetable Pakora](#)

Swathi's Recipes

Resources

[About Hanuman Jayanti](#)



Laddoos



Kheer



Pakorras



Lord Hanuman



Matzo Ball Soup

Passover April 12th-20th

Passover (Pesach) is an eight-day Jewish festival commemorating the Israelites' liberation from slavery in Egypt. Central to the celebration is the Seder, a ritual meal featuring symbolic foods that tell the story of Exodus. Matzo, an unleavened flatbread, represents the haste with which the Israelites fled Egypt, while maror (bitter herbs) symbolize the bitterness of slavery.

Other traditional dishes include matzo ball soup, brisket, and charoset, a sweet mixture of apples, nuts, and wine that represents the mortar used by enslaved Israelites. These foods not only honor Jewish history but also bring families together in reflection, gratitude, and hope for freedom.

Recipes

[Matzo Ball Soup](#)

New York Times Cooking

Resources

[What is passover?](#)



Charoset & Matzo

Cultural Celebrations: **April**

Vaisakhi

April 13th

Vaisakhi, celebrated on April 13, marks the Sikh New Year and the founding of the Khalsa in 1699. It is a time of gratitude, community, and new beginnings, with food playing a central role in the celebrations. Traditional dishes include sarson ka saag (spiced mustard greens) and makki di roti (cornflatbread), symbolizing Punjab's rich agricultural heritage. Kada prasad, a warm, sweet semolina-based offering, is served in Gurdwaras, reflecting the Sikh values of equality and sharing.

Recipes

[Kada Prasad](#)

Dassana's Veg Recipes

[Sarson Ka Saag](#)

Dassana's Veg Recipes

[Makki Ki Roti](#)

Dassana's Veg Recipes

Resources

[Vaisakhi](#)

Makki Ki Roti



Sarson Ka Saag



Kada Prasad



Image source: Dassana's Veg Recipes

Tamil New Year **April 13th-14th**

Tamil New Year, or Puthandu, celebrated in mid-April, marks a time of renewal, prosperity, and gratitude for Tamil communities worldwide. Food plays a central role in the celebrations, with each dish symbolizing different aspects of life.

A key tradition is preparing Mango Pachadi, a sweet, sour, and bitter dish made with mango, jaggery, neem flowers, and tamarind, representing the balance of emotions in the year ahead. Other festive foods include Sakkarai Pongal, a sweet rice dish cooked with jaggery and cardamom, and Vadai, crispy lentil fritters enjoyed with chutney. Families gather to share these symbolic dishes, honoring tradition and welcoming the new year with abundance and joy.

Resources

[Tamil New Year](#)

Mango Pachadi



Jaggery



Tamarind



Cultural Celebrations: **April**



Kiribath + Sambal

Khao Chae

Theravada New Year *April 14th-16th*

Theravada New Year, celebrated in mid-April, marks the beginning of the new year for Buddhist communities in Thailand, Sri Lanka, Myanmar, Laos, and Cambodia. This vibrant festival is filled with water blessings, temple visits, and, most importantly, special foods that symbolize prosperity and renewal.

Traditional dishes include khao chae, a fragrant rice dish served with iced jasmine water in Thailand, and mont lone yay paw, sweet rice dumplings filled with palm sugar, enjoyed in Myanmar. In Sri Lanka, families prepare kiribath (milk rice), a creamy dish made with coconut milk, often served with spicy sambal. These festive foods reflect the deep cultural significance of the holiday, bringing families and communities together in celebration and gratitude.

Resources

[About Theravada New Year](#)



Easter *April 20th*

A time of spiritual reflection and celebration for many Christian communities. Easter Sunday marks the resurrection of Jesus Christ and is often observed with gatherings, special church services, and festive meals. Traditional Easter foods vary across cultures, with hot cross buns symbolizing the crucifixion, roasted lamb representing sacrifice, and chocolate eggs signifying new life. Many families also enjoy dishes like pierogis, ham, or simnel cake, depending on their heritage.

Resources

[About Easter](#)

Hot Cross Buns

