

# THE LUNAR FESTIVAL YEAR OF THE RABBIT CHINESE NEW YEAR

## WHAT IS CHINESE NEW YEAR?

- Legend says that thousands of years ago a monster named Nian (year) would attack villages at the beginning of every new year.
- This monster is afraid of loud noises, bright lights and the color red.

## WHERE IS IT CELEBRATED?

- China
- Malaysia
- Singapore
- Thailand
- Vietnam
- anywhere with large Chinese descended populations like nyc and San Fransisco

## Chinese New Year Traditions

- Eat foods that symbolize good luck to ward off the evil monster.
- Fireworks & wearing the color red.
- Children are given money in red envelopes.

## WARD OFF BAD LUCK

- Zodiac symbols are repeated once every 12 years.
- It is believed you have bad luck in your birth year because you are offending Tai Sui, the God of Age.
- Wear red and eat good luck foods to ward off the evil Nian monster.

## TRADITIONAL FOODS

- Noodles for longevity and happiness
- Nian Gao - Sticky Rice Cake for family cohesiveness
- Fish or Shrimp for prosperity
- Dumplings or Spring Rolls for wealth
- Tang Yuan for family togetherness
- Citrus Fruits for fullness and wealth



CELEBRATE THE  
YEAR OF THE  
RABBIT!