

Hosted By  
**NWSA Diversity  
& Well-Being  
Committee**

# LUNAR NEW YEAR 2022

## Year of the Tiger - Colby Cafeteria Food Celebration

**“This New Year, may you find peace from within and may you be capable to spread such contentment around you.”**

Lunar New Year celebrates the arrival of spring as well as the beginning of a new lunar calendar. It is the most important and widely celebrated holiday in China and other areas of Asia. Lunar New Year is used to reunite and celebrate with family and friends. Homes and businesses are adorned with red paper lanterns and wishes for the new year. As with most holidays, a large portion of the celebration can be found around the dining table. For lunar new year, each meal represents different wishes for the year such as abundance, good luck, and fortune.

Lunar New Year is all about change and new beginnings. A lot of the celebrations and activities are centered around removing the old and welcoming the new. Changing for the better and welcoming good luck. One way some choose to celebrate this is by gifting each other new clothes to wear over the holiday, especially on New Year's Day. While there are no specific guidelines for the type of clothes worn, most will choose to wear red, which is thought of as a lucky color, while black and white are looked at as unlucky.

## EVENT DETAILS



**DATE:**  
Feb. 1, 2022



**TIME:**  
All Day



**HOW TO PARTICIPATE:**  
Join us for a celebratory meal at the Colby Campus Cafeteria that represents the culture and tradition.

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# Colby Cafeteria Menu

To honor Lunar New Year and our many caregivers who celebrate it, join us on February 1 at the Colby Campus Cafeteria where we will be offering a celebratory meal that represents the culture and tradition. Please see below for the menu.

## Colby Campus Lunar New Year Menu:

- Dumplings (represent prosperity)
- Spring Rolls (represent the coming of spring)
- Longevity Noodles
- Sweet Rice Balls (represents family togetherness)

## More Ways to Celebrate with Your Team

- Sweep your floor (signifying out with the old and in with the new)
- Buy a new piece of art to decorate your work area
- Host a virtual or socially distanced lunch with your team where you all wear red and share your goals for the next year

If you have any questions about this food celebration of Lunar New Year, please reach out to Diversity, Equity, and Inclusion Committee Member Brooke Chhina at [brooke.chhina@providence.org](mailto:brooke.chhina@providence.org)

## How to Say Happy New Year in Chinese

新 年 快 乐

Xīn

nián

kuài

lè!

