



# HONORING HISPANIC HERITAGE

SEPT. 15 – OCT. 15

## HISTORY OF HISPANIC HERITAGE MONTH

Hispanic Heritage Month is a time to celebrate and honor people of Hispanic heritage who have influenced America in a monumental way and learn about their impact on American culture.

This observance started as a week in September 1968. Representative Esteban E. Torres proposed the month-long observance in 1987 to *“properly observe and coordinate events and activities to celebrate Hispanic culture and achievement.”* President George Bush declared the 31-day period in 1989.



Share your photos honoring Hispanic Heritage Month on social media with **#AvamereHHM**.

**FIND OUT MORE**  
[AVAMERE.COM/DEI](https://www.avamere.com/dei)

## UNDERSTANDING CULTURAL TERMS

- The terms Hispanic, Latino, and Latinx refer to a person's culture or origin.
- Latino refers to those from Latin America, short for Latino Americano.
- Spanish is a gendered language. Therefore, the term Latino follows this convention, while Latinx is a gender-neutral and non-binary alternative term.



Educate yourself on Hispanic Heritage. Use the resources in this flyer and do some of your own research.

## WAYS TO CELEBRATE THE HISPANIC HERITAGE MONTH



Learn about Mexican Independence Day, marking the historic anniversary of the country's independence from Spain.



Support Hispanic-owned businesses.



Try some traditional Hispanic recipes – scan the QR codes below to start cooking!



### EMPANADAS

Empanadas are crescent-shaped pastries filled with a variety of ingredients from savory to sweet. Many cultures have their own spin on empanadas – here are just a few!



Argentine Beef Empanadas



Chilean Empanadas



Banana Empanadas



### ELOTES

Also called grilled Mexican street corn, this recipe takes a whole new approach to corn on the cob.



### CHURROS

Crispy on the outside, tender on the inside! Churros are long, sweet fried-dough pastries, tasty alone or served with a dipping sauce like chocolate or dulce de leche. Churros are enjoyed throughout Hispanic and Portuguese-speaking countries, including Argentina, Columbia, Mexico, Spain, and more.



### ROPA VIEJA

Put this traditional Cuban dish in the slow cooker in the morning and have dinner cook itself! Serve over white rice with a side of black beans and sweet plantains.



Ropa Vieja



Sweet Plantains

Recipe links are unsponsored. Consult your doctor before making any dietary changes.