

CELEBRATING

ASIAN AMERICAN AND PACIFIC ISLANDER
HERITAGE MONTH

EXPLORING AND LEARNING FROM THE **DIVERSE**
EXPERIENCES OF THE AAPI COMMUNITY



INCLUSION & DIVERSITY

TRANG NGUYEN

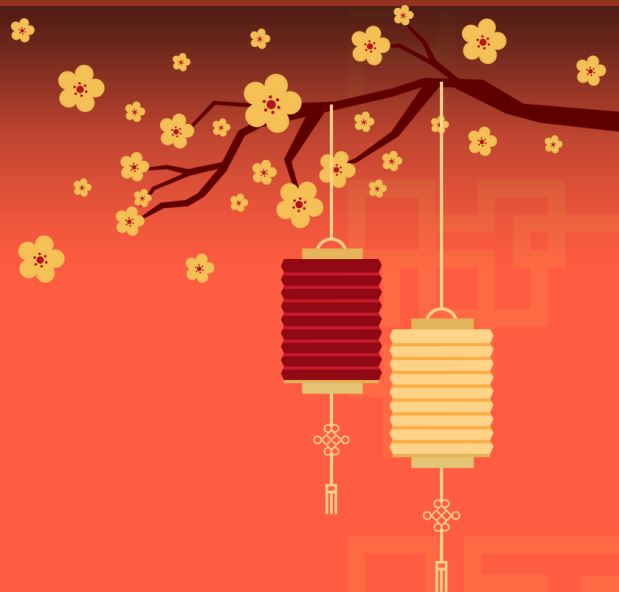
How do you celebrate important festivals or holidays associated with your AAPI heritage?

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"I celebrate cultural holidays with family and friends. We really enjoy getting together to share and enjoy our traditional food and culture."



-Trang Nguyen



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Can you share a favorite recipe or dish from your cultural background?

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"Embracing my Vietnamese heritage, I take great pleasure in savoring Pho, a popular beef broth noodle soup. This delectable dish is not only rich in flavor but also offers significant protein content and health benefits. Pho exemplifies the essence of Vietnamese cuisine and highlights the value of cultural traditions."

-Trang Nguyen



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How do you keep your culture alive within your family and community?

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"I speak our language to my daughter and also celebrate traditional holidays so preserve our culture within our family. I also read Vietnamese newspapers and magazine and follow up with news to keep track with what's happening in the Asian community. I often take my daughter to the temple to pay respect to our religion and to introduce her to traditional costume that people would wear on holidays at the temple."

-Trang Nguyen

