

Italian Heritage Month

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Hang an Italian flag inside/outside your home	2 Watch an Italian movie	3 Learn 3 Italian words
4  Make a batch of homemade tomato sauce	5 Have an aperitivo	6  Have a cannoli for dessert	7  Look for an easy tiramisu recipe	8 Practice double cheek kisses	9  Listen to Italian music	10 Dance la tarantella
11 Attend Mass	12 Eat dinner at 9pm!	13 Make lasagna for dinner	14 Listen to Eros Ramazzotti songs	15 Find out where in Italy your family is from	16 Make tarali	17  List the regions of Italy (there are 20!)
18  Have an espresso	19 Read up on Amerigo Vespucci	20 Look up what “capicola” means	21 Besides the Mona Lisa, look up a painting by da Vinci	22  How many canals does Venice have? (Over 150!)	23 Learn 3 more Italian words	24  Read a book by an Italian-American author (e.g. Adriana Trigiani)
25 Make polenta	26 List the fishes you eat on “La Vigilia di Natale”	27 List three Italian words found on a Starbucks menu	28 Have some Nutella!	29  Drink a glass of wine	30 Wear something red, white, or green!	31 Answer the door dressed as an Italian!