

LUNAR NEW YEAR

TRADITIONS EXPLAINED

Did you know the Chinese lunar calendar follows a 12-year cycle and each year represents one of 12 animals?

Celebrations of Lunar New Year grew from the ancient legend of a battle between a terrifying beast and the people of China. A victory was eventually won by the people who used firecrackers to scare the beast away.

Today, Lunar New Year marks the beginning of the Chinese Lunar Calendar and it remains one of the most celebrated occasions in east Asian countries.

CLEAN

A thorough cleaning of the home is important before the Lunar New Year arrives in order to "sweep away bad luck" and prepare the home to receive good luck.



NEW

It is a common tradition to purchase new clothes from head to toe to wear for the Lunar New Year to represent the fresh start and new hopes.



RED

Red is the preferred colour of choice for decorations, clothing, accents for food, and gifts.

Red has an ancient meaning for fire and symbolizes new life and prosperity.

Red is considered lucky as it is believed to bring good fortune and joy.

GIFTS

Red envelopes containing money are commonly gifted to children along with wishes of good health, fortune, and wisdom. Even numbers are favoured as luckier than odd numbers.

Other popular gifts include alcohol, tea, fruit and candies.



FOOD

Specific foods are prepared for a special meal as each dish represents its own unique meaning to bring good luck for the New Year:

Fish = prosperity
Dumplings = wealth
Oranges = fullness and wealth
Noodles = longevity and happiness



FAMILY

Lunar New Year remains the most popular time of year for many East Asians. This highly anticipated and celebrated holiday sees generations of families gathering together under one roof to reunite. In fact, the New Year's Eve feast is known as the "reunion dinner".

Families look forward to spending time together, enjoying good food, and exchanging gifts.

