

In Celebration of AAPI
May, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Day 1	Day 2	Day 3	Day 4	Day 5	Chef Deuki Hong Makes Avocado Miso Toast
7	8	9	10	11	12	13
Molly Kitamura's Favorite Freezer-Friendly Sauce	Day 6	Day 7	Day 8	Day 9	Day 10	Christine's Super Simple Sesame Noodles
14	15	16	17	18	19	20
Christine Yi's Soothing Smoothie	Day 11	Day 12	Day 13	Day 14	Day 15	Reem Assil Makes Mana'eesh
21	22	23	24	25	26	27
Molly Kitamura Makes Parasite's Ram-Don	Day 16	Day 17	Day 18	Day 19	Day 20	
28	29	30	31			
Backstage Baking Cake Inspired by Chinese Floral Vase		Day 21				

[The 21-Day Racial Equity Habit-Building Challenge © AAPI Heritage Month](#)

The goal of the Challenge is to assist each of us to become more aware, compassionate, constructive, engaged people in the quest for racial equity, and specifically to learn more about the Asian American and Pacific Islander communities.

The Challenge invites participants to complete a syllabus of 21 short assignments (typically taking 15-30 minutes), over 21 consecutive days, that includes readings, videos, or podcasts. It has been intentionally crafted to focus on the Asian American and Pacific Islander (AAPI) experience in honor of AAPI Heritage Month. The assignments seek to expose participants to perspectives on elements of AAPI histories, identities, and cultures, and to the AAPI community's experiences of racism in America.