

language

food

history

music

Haitian Heritage Month Celebration

Celebrating culture and building connections

TOOLKIT



cre@le
SOLUTIONS

Celebrate Haitian Heritage

Honoring Culture Promotes
Trust, Morale, and Inclusion in
the Workplace.

This toolkit helps companies
honor Haitian Heritage Month in
May by celebrating culture, which
builds employee trust and boosts
workplace morale through
meaningful engagement and
connection.



The Haitian Flag

The flag features two equal horizontal bands:

- Blue on top
- Red on the bottom

In the center, there is a white square panel that contains the coat of arms of Haiti. The coat of arms includes a palm tree, crossed cannons, and a ribbon bearing the motto: "L'Union Fait La Force" (Unity Makes Strength).



Haiti's Proud Legacy



First Black Republic

A Historic Milestone
Haiti declared independence on
January 1, 1804.



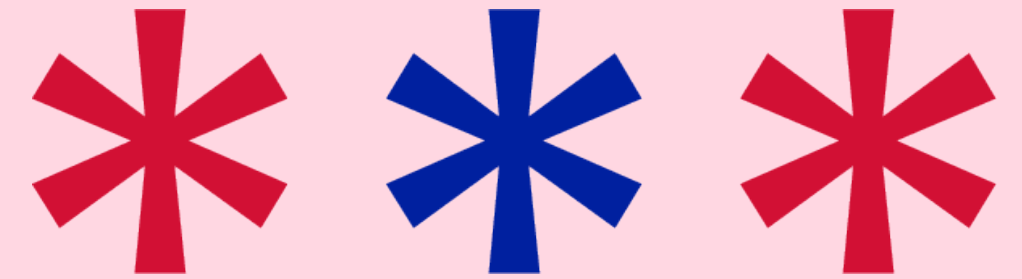
The Haitian Flag

Symbol of Identity
Created on May 18, 1803.



Global Influence

Haiti played a significant role in
supporting Latin American
revolutions for freedom.

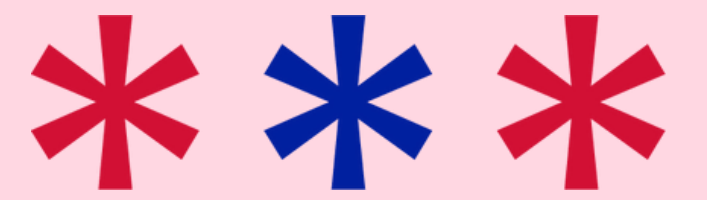


Haitian Language Insights

Learn Phrases

Embrace Cultural Expression

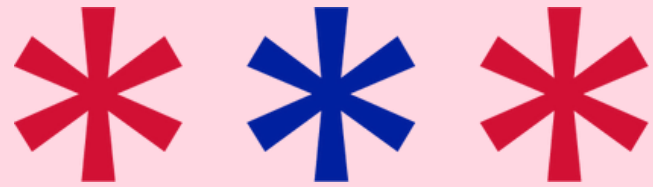
Discover meaningful phrases and proverbs to enrich your Haitian Heritage experience.



Haitian Phrases

Haitian Creole Phrase	English Translation	Description
Bonjou	Good morning	A friendly greeting to start the day.
Sa k pase?	What's up?	An informal, friendly check-in.
N ap boule!	We're hanging in there!	A positive response to "What's up?"
Kijan ou ye?	How are you?	A warm way to check in on coworkers.
Pase yon bon lannuit	Have a good evening	A friendly farewell to end the workday.
Bòn Fèt Drapo!	Happy Flag Day!	A festive greeting to celebrate May 18





Haitian Proverbs

Haitian Proverb	English Translation	Meaning / Insight
Dèyè mòn gen mòn.	Behind mountains, there are more mountains.	Life is full of ongoing challenges; overcoming one leads to another.
Piti piti zwazo fè nich li.	Little by little, the bird builds its nest.	Progress is made gradually, with patience and consistency.
Men anpil chay pa lou.	Many hands make the load lighter.	Teamwork makes tasks easier to accomplish.
Sa ou fè se li ou wè.	You reap what you sow.	Your actions determine your outcomes.
Tout moun se moun.	Every person is a human being.	A reminder of equality and shared humanity.
Lavi a se yon vwayaj, chak jou pote leson pa li.	Life is a journey; each day brings its own lesson.	Every day holds an opportunity for learning and growth.



How to Share: Haitian Creole Phrases & Proverbs

Ways to incorporate

- Share weekly in newsletters, breakrooms, or digital boards
- Start meetings with a “Phrase or Proverb of the Week”
- Encourage casual use among teams to spark connection and conversation

Suggested Communication Calendar:



Week	Phrase	Proverb
Week 1	Bonjou (Good morning)	Dèyè mòn gen mòn. (Behind mountains...
Week 2	Sa k pase? (What’s up?)	Piti piti zwazo fè nich li. (Little by little...)
Week 3	N ap boule! (We’re hanging in!)	Men anpil chay pa lou. (Many hands...)
Week 4	Bòn Fèt Drapo! (Happy Flag Day!)	Tout moun se moun. (Every person...)



TASTE HAITIAN DELIGHTS

Host a Lunch Celebrate through Flavor

Enjoy traditional dishes like Griyo, Pikliz, and Diri Kòlè ak Pwa together.

Griyo (Fried Pork) Recipe



Ingredients:

- 2 lbs. pork shoulder (cut in chunks)
- 1 cup sour orange juice
- 1 Maggi chicken bouillon cube
- 3 tbsp. epis (Haitian seasoning)
- ¼ tsp. adobo
- 2–3 sprigs thyme
- 5–7 whole cloves
- 2 cups vegetable oil (as needed for frying)
- Salt & water (for cleaning and boiling)

Directions:

Clean pork with sour orange juice, salt, and water. Let sit for 1 hour, rinse, and drain. Marinate with sour orange juice, bouillon, epis, adobo, and thyme. Refrigerate at least 1 hour (or overnight).

Boil pork in marinade until liquid evaporates. Repeat boiling with fresh water twice (total 30–40 mins).

Fry pork pieces in hot oil until crispy and golden brown.

Drain on paper towels. Serve with pikliz (spicy slaw) or fried plantains.





Pikliz (Spicy Pickled Cabbage) Recipe:

Ingredients:

- 1/2 head shredded cabbage
- 4 medium carrots (grated)
- 1 medium onion (thinly sliced)
- 2–3 Scotch bonnet or habanero peppers
- 2 cups vinegar
- 1 lime (juiced)
- 2 tsp. adobo seasoning

Directions:

Prep and clean vegetables.

Blend vinegar, lime juice, peppers, and adobo into a sauce.

Pour over cabbage mix, toss well.

Store in a glass jar and pickle for 3 days (or enjoy fresh).



Diri Kole Ak Pwa (Haitian Red Beans and Rice) Recipe:



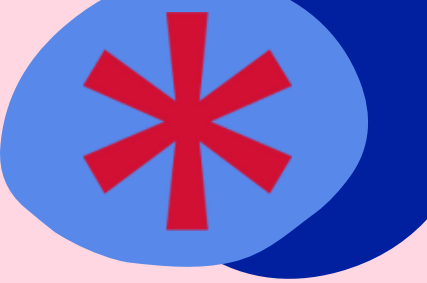
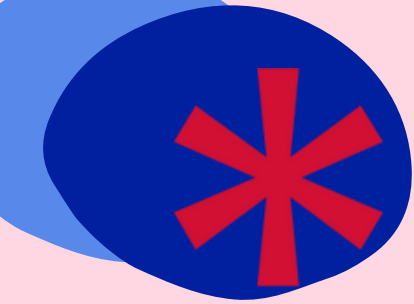
Ingredients:

- 8 cups water
(reserve 3½ cups liquid after cooking)
- 1/4 cup chopped onions
- 5–7 fresh thyme sprigs
- 5 fresh parsley sprigs
- 4 cloves garlic (minced or smashed)
- 2 tbsp. olive oil
- 1 tbsp. Jacmel seasoning
- 1 tsp. kosher salt
- 2½ cups jasmine rice (washed)

Directions:

Cook beans in an Instant Pot or on the stove. Strain and reserve 3½ cups liquid. In a pan, sauté onions and garlic in olive oil. Add beans, then rice, seasoning, and bean liquid. Stir, add herbs, cook on medium-low until liquid evaporates. Cover and cook on low until rice is tender. Fluff and serve.





Celebrate Haiti's Creativity



Celebrate Through Music

Enjoy Rich Sounds

Play Haitian Konpa, Rara, or Zouk music in breakrooms or at events.

Share playlists featuring renowned Haitian musicians like Emeline Michel, Tabou Combo, Boukman Eksperyans, and Zafèm.



Highlight Cultural Artists

Recognize Influential Creators
Honoring artists who shape Haiti's cultural landscape.

Display artwork from Haitian artists such as Hector Hyppolite, Jean-Michel Basquiat, and other contemporary creators.



Artistic Expressions Matter

Explore the powerful art that represents Haiti's rich history and identity.

Share curated playlists and Haitian cultural videos internally to highlight the richness of Haitian music and art.

Catherine Flon

Celebrating a symbol of independence, pride, and the role of women in Haitian history.

Catherine Flon sewed the first Haitian flag in 1803, representing the spirit of resilience and unity among the Haitian people.



Celebrate with Purpose



Unity

Celebrating together fosters stronger connections and a sense of belonging.



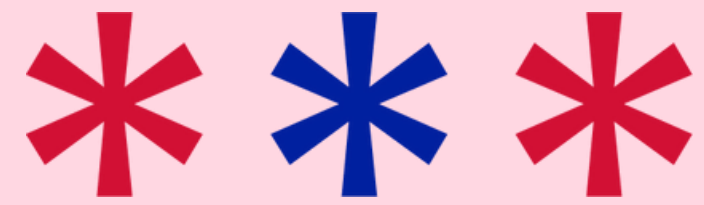
Joy

Embracing cultural heritage brings joy and pride to our community.



Pride

Recognizing our history strengthens our commitment to inclusion and diversity.



Contact Us

We'd love to support your Haitian Heritage Month celebrations — and beyond! Whether you need help customizing this toolkit, sourcing Haitian music and art, or accessing Haitian Creole language services, we're here to help.



www.creolesolutions.com



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