

Family Food & Activity Ideas based on the Liturgical Year

(May 2025)

Using food and simple activities is a great way to introduce your family to the saints and to live the liturgical year. Serving the foods each year establishes traditions and connections for talking about the saint/liturgical event. In addition to the food, on the given day, end your grace before that meal with, “Saint X, pray for us”. Each day also has a link with more information attached.

May 1-St. Joseph, the Worker ([link](#))

In addition to the yearly feast of St. Joseph-Spouse of the Virgin Mary (March 19), this celebration recalls the dignity of work lived out by this carpenter of Nazareth. In his honor **Eat Dinner with Wooden Spoons.**

May 2-St. Athanasius ([link](#))

St. Athanasius was born in Alexandria, Egypt, and was exiled 5 times as he battled against Arianism. In honor of the “white martyrdom” he endured, serve your family **Donuts with White Filling.**

May 3-Sts. Philip and James ([link](#))

In honor of these two lesser-known Apostles, and especially remembering Philip’s role in the conversion of the Ethiopian in Acts 8:27-40 have some **Ethiopian Cuisine.**

May 4-3rd Sunday of Easter & First Communion in our Parishes ([link](#))

In honor of our First Communicants who will be receiving bread that has been changed into the Body, Blood, Soul, and Divinity of Jesus, serve your family some **Hot Homemade Bread.**

May 10-Saint Damien de Veuster ([link](#))

Remembering this Belgian priest who ministered to a leper colony in Hawaii before later developing leprosy himself, have **Belgian Waffles** for breakfast.

May 11-Good Shepherd Sunday ([link](#))

As we read from the Gospel of John, Chapter 10 and reflect upon Jesus as the Good Shepherd, serve your family **Shepherd’s Pie.**

May 13-Our Lady of Fatima ([link](#))

Recalling the miracle of the dancing sun and Mary’s appearance to three peasant children in Fatima, Portugal, have a snack of **Sunflower Seeds.**

May 14-St. Matthias ([link](#))

Since the Apostles “drew straws” (or cast lots) to select St. Matthias as Judas’ replacement, serve **A Drink with a Straw in It.**

May 15-St. Isidore ([link](#))

Recalling the Spanish heritage of this farmer, whose wife, Maria de la Cabeza, also became a saint, have **Churros, Paella or Other Spanish Cuisine** for dinner.

May 17-St. Paschal Baylon ([link](#))

This poor Spanish shepherd is a patron of Eucharistic congresses because he would spend all his spare moments praying before the Blessed Sacrament. To remember this Franciscan brother, who was not only the porter, but also the cook and gardener, have a **Fresh Garden Salad**.

May 21-St. Christopher Magallanes ([link](#))

Remembering this martyred priest and his companions, who lived in Mexico during the Cristero War, have **Mexican Cuisine** for dinner.

May 22-St. Rita of Cascia ([link](#))

In honor of the patron of difficult marriages and impossible causes, whose two wild sons were involved in a feud and whose wild husband was killed in a brawl have some **Wild Rice** as a side for your dinner.

May 26-St. Philip Neri & Memorial Day ([link](#))

St. Philip Neri is known as “The Apostle of Rome’s Revival”. In honor of his work in the Eternal City, serve the traditional Roman classic, **Cacio et Pepe (Cheese & Black Pepper Pasta)**, for your dinner.

May 27-St. Augustine of Canterbury ([link](#))

Have some **Fish & Chips**, another traditional English meal, in honor of the “Apostle of England” who left Rome to evangelize the Anglo-Saxons.

May 29-St. Pope Paul VI ([link](#))

Prior to his election as pope, Giovanni Battista Montini was Archbishop of Milan. In his honor, have the Milan classic, **Minestrone Soup**.

May 30-St. Joan of Arc ([link](#))

Since St. Joan of Arc was born in Domremy, in the Lorraine region of France, have some **Quiche Lorraine** for dinner.

May 31-The Visitation of the Blessed Virgin Mary ([link](#))

On this last day of May, we recall how Mary left her home to visit her cousin Elizabeth, whose son, John the Baptist, leapt in her womb in the presence of the unborn Jesus. Recalling the traditional blue color associated with Our Lady, serve some **Blueberry Muffins** for breakfast and pray the second decade of the Joyful Mysteries of the Rosary.