

Día De Los Muertos

What is Día de los Muertos?

Día de los Muertos is a Latin American holiday traditionally celebrated on November 1 and 2 to honor the memory of lost loved ones.

When is it celebrated?

October 30 and 31: Ofrendas are built.

November 1: Día de los Angelitos (Day of the little angels) – Celebrate and honor the lives of deceased children. Families add the child's favorite snacks, toys, and pictures.

November 2: Día de los Difuntos (Day of the deceased) – Celebrate and honor the lives of departed adults. People add spirits, pan de muerto, atole, and other favorites to their ofrenda. This is also the day people throw large gatherings, visit grave sites, and decorate spaces with marigolds, gifts, sugar skulls, and things the departed loved. After all the festivities, ofrendas are taken down on November 2.

Where is it celebrated?

Día de los Muertos celebrations extend throughout Mexico and into many Latin American countries. Cities in the United States with large Latinx populations, such as Chicago, Los Angeles, and New York, also hold large cultural festivities to honor the lives of loved ones.



THE OFRENDA

What is an Ofrenda?

The ofrenda is the most recognizable aspect of the Día de los Muertos celebration. Together, families build ofrendas (offerings) decorated with photos and favorite foods of their lost ones. Ofrendas are made special and beautiful with traditional tablecloths, marigolds, painted sugar skulls, monarch butterflies, and so much more. All are believed to serve as a guide for the departed to return to our hearts for one more night.

How do you build an ofrenda?

What does it look like?

- Set up a table and drape with a traditional tablecloth (in Mexico, it is customary to use a serape).
- Decorate with marigolds. The scent and colors are believed to make it easier for our lost loved ones to find their way back to us.
- Add candles.
- Add your loved one's favorite things, like food, toys, etc., as offerings.
- Decorate the ofrenda with painted sugar skulls, monarch butterflies, papel picado, and photos of your loved ones.



Sources:

Day of the Dead: <https://dayofthedeath.holiday/>

How to make an ofrenda for Día de los Muertos – NPR:

<https://www.npr.org/2022/11/01/1133041841/dia-de-los-muertos-ofrenda-altar>