

15 New Year's Good Luck Traditions From Around the World to Borrow For Your Celebration

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We could all use a little more luck in 2021. So, no matter how you choose to celebrate New Year's Eve, be it with a lavish New Year's Eve dinner that spans two years, a quiet quarantine New Year's Eve at home, a cozy night watching New Year's movies or a plan for an achievable resolution, see if you can take some time to squeeze in one of these New Year's good-luck traditions as well.

Every culture has its own ways to ring in a lucky new year. In some countries, what you're wearing when the clock strikes midnight is so important, it'll affect your luck, wealth, health and love life for the next 12 months, so plan that outfit wisely. In other cultures, it's not what you're wearing, but what you're doing when the clock strikes midnight that matters — get ready to jump off a chair, break some crockery or hit the waves. And, of course, food traditions are always a favorite. Whether you like beans, pomegranates, fish or grapes, there are ways to incorporate these and other good-luck foods into your December 31. Hopefully, these all mean that there are plenty of good things in store!

It's said that anyone who makes this dish of black-eyed peas, pork and rice on January 1 will experience luck and peace for the rest of the year. And maybe prosperity, too: According to History.com, "Hoppin' John was, and still is, often eaten with collard greens, which can resemble paper money, and 'golden' cornbread. The peas themselves represent coins. Some families boost the potential of their Hoppin' John by placing a penny underneath the dishes — or adding extra pork, which is thought to bring more luck."

Don't like pork? Fish is considered another good New Year's entrée, since fish only swim in one direction — forward, like the movement of time. (If you're not a fan of ham or fish, there are plenty of other good-luck New Year's foods, too.)

Brazil makes it easier too choose your New Year's Eve outfit — everyone wears white for good luck and peace. Plus, matching outfits make for good photos!

Also in Brazil, if you head to the beach, you can increase your luck by heading to the water and jumping over seven waves. You get one wish for each wave.

In Denmark, broken dishes are a good thing — people go around breaking dishware on the doorsteps of their friends and family. The more shards there are in front of your home the next day, the luckier and more well liked you are (unless you're the one who has to sweep). But try to keep it on the doorstep: "I once threw a cup at my friend's house," a reveler told the University of Copenhagen's *University Post*. "The cup didn't

break – his window did instead!”

Yes, exactly 12, one at each stroke of midnight. That's what they do in Spain — pop one grape for every month of the New Year. According to *Atlas Obscura*: "Eating one grape at each of midnight's 12 clock chimes guarantees you a lucky year — if and only if you simultaneously ruminate on their significance. (Each grape represents an upcoming month.) If you fail to conscientiously finish your grapes by the time the clock stops chiming, you'll face misfortune in the new year." Now, that's a lot to chew on!

You've heard of this one before: When the clock strikes midnight, you're supposed to kiss someone you love. It's not just about stealing a smooch: According to the *Washington Post*, this is borrowed from English and German folklore, which stated that it's "the first person with whom a person came in contact that dictated the year's destiny." Choose your partner wisely!

Also in Denmark, people stand on their chairs and "leap" into January at midnight to bring good luck and banish bad spirits. Couldn't hurt! (Unless you break the chair.)

Pack Light

In fact, pack nothing at all. In Colombia, people take empty suitcases and run around the block as fast as they can. It's supposed to guarantee a year filled with travel, which will hopefully be possible in 2021. If not, there's nothing wrong with getting some brisk January air. One writer for the *Tampa Bay Times* tried it with her Colombian husband in her Florida neighborhood: "Upon seeing two silhouettes tearing down the street at midnight with backpacks in their arms, our neighbors who were outside to watch fireworks made a beeline to their front doors. We worried they were calling the police." The writer did, however, travel to Colombia that year.

In upstate New York, they sell special peppermint pigs all throughout the holiday season. Everyone gets to take a turn hitting it with a special candy-size hammer and eating a piece for good fortune in the coming year. The peppermint is very strong, so only take a small piece — but at least you'll start the year with fresh breath!

Keep the Windows Open. Doors too!

It's a common superstition that opening the doors and windows will let the old year out, and the new year in unimpeded. (Let's hope this old year goes out as quickly as possible, please.)

Certain countries, especially in Latin America, believe that the color of your underwear can bring good things to you in the next 12 months. Yellow is for luck, red is for love and white undies bring peace.

Look out below! In Puerto Rico, they believe that dumping a bucket of water out the window drives away evil spirits. If that seems a little too unfair to the people who might be passing by, Puerto Ricans also sprinkle sugar outside their houses to invite the good

luck in, which is a little sweeter (if you can forgive the pun).

In Germany and Austria, there are a few different lucky symbols that you'd gift to friends and family to bring them good fortune. These include pigs, mushrooms, clovers and chimney sweeps. You can buy little tokens of these lucky charms at a Christmas market — or get edible ones in fun combinations made out of marzipan. Yum!

Or, instead of burning the wishes, you can have everyone write down a resolution, goal, wish or note to their future selves, put it in a jar, then save it for the year. On the next New Year's Eve, you can retrieve the jar and read the notes to see how far everyone has progressed.