

LAO FOOD FESTIVAL

ເທດສະການອາຫານລາວ



2026



Welcome to the Lao Food Festival!

Step into a world of culinary delights and cultural richness as we invite you to indulge in a feast for the senses. Discover the intricate spices, vibrant herbs, and savory dishes that define Lao cuisine, crafted with passion and tradition.

Whether you're a seasoned food enthusiast or simply curious to explore new tastes, this festival promises an unforgettable journey through the heart of Lao culinary heritage. At this year's festival, we aim to elevate underserved businesses, entrepreneurs, and nonprofits while showcasing Laos' diverse cuisines.

This fun family-friendly festival will feature cooking competitions and demonstrations, talented artists and musicians, night concert, art exhibits, children activity center, sports tournaments, local vendors and a rich cultural experience.

Our Mission

LAOSD's mission is to inspire and empower Laotian Americans and underserved communities through comprehensive initiatives in education, social and civic engagement. We strive to promote the cultural, educational, business, financial literacy, mental health, and social values of Lao Americans, while preserving and elevating our rich heritage and immigrant legacy within the community.

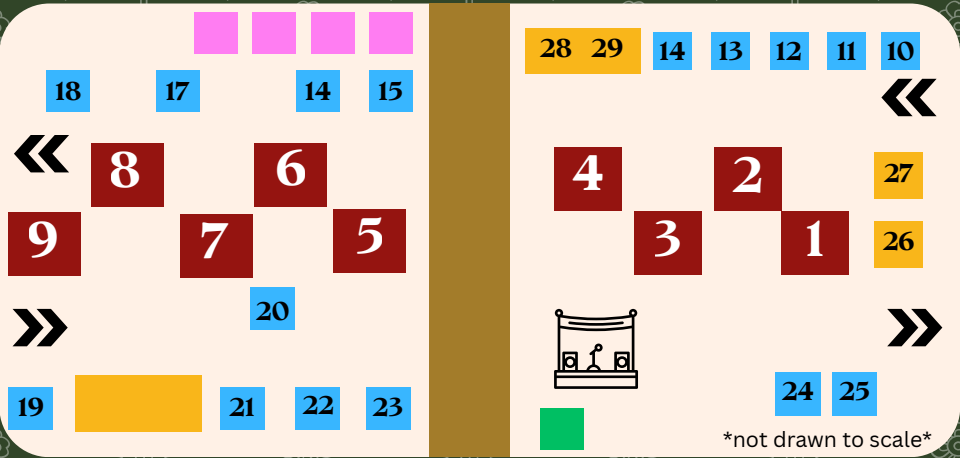


JOIN US!

EMAIL MIMIE@LAOSD.ORG

LAO AMERICANS OF SAN DIEGO (LAOSD) IS A 501(C)(3) NONPROFIT ORGANIZATION

VISITORS MAP



not drawn to scale

FOOD VENDORS

1. Flavors of Laos
2. Lao'd & Toasted, LLC
3. Happicanes
4. Taste of Lao Paradise
5. Lao Kitchen
6. Laod Jerky
7. Sue's Kitchen
8. Kim Tanghulu
9. Sr. Thai Lao BBQ / Potato Swirl

COMMUNITY BOOTHS

26. LAOSD Food Passport Booth
27. LAOSD Volunteers
28. LCCC Performing Arts
29. Lao Community Cultural Center

RETAIL VENDORS

10. Lanie Homemade Cookies
11. Tuk Tuk Box
12. SDHandicraft
13. E-Z Jewelries
14. Fong Gifts & Accessories
15. Da's Boutique
16. Lao Knowhow
17. Randall Rated Goods LLC
18. Look Yay
20. Mommy Eats Fried Grasshopper
- 21.
22. Ryce Toye & Accessories
23. EZ Scoop & Go Claw Machine
24. Rice Pantry
- 25.



Performance Stage



Entrance / Exit



Restrooms



Medic Booth



PROGRAM SCHEDULE

JUNE 20, 2026

1:00 PM	Lao Food Festival Opens
2:00 PM	Opening Ceremony
2:20 PM	Lao Blessing Dance (Fon Ouy Pon) by LCCC Performing Arts
2:55 PM	Lumvong & Line Dance Presentation
3:35 PM	Spicy Papaya Salad Demo & Eating Contest
4:35 PM	Lao Peacock Dance (Fon Huang Nok Yung) by Mikie Phouthavong
4:45 PM	Lao Shrimp Dance by LCCC Performing Arts
4:55 PM	DJ Kob
5:45 PM	DJ Price
6:35 PM	Champa Noy Dance Troupe
6:50 PM	Santhi
7:05 PM	DJ Aleko
7:55 PM	Candle Light Dance by LCCC Performing Arts
8:05 PM	DJ Chant
9:00 PM	Closing

EXPLORE THE REGIONS OF LAOS WITH FOOD



KHAO SOI
pork/tomato broth
soup with fermented
bean paste



OW LAM
pork or waterbuffalo
stew with a "sakhan"
peper vine



NAM KHAO
fried coconut curry
sticky rice salad with
fermented sour pork



KHAO LAM
coconut sticky rice in
bamboo



THUM MAK HOONG
the original papaya salad
with fermented fish sauce
and crab paste



KHAO PIAK SEN
thick chicken rice
noddle soup



KANOM KHOK
fried coconut
pancakes

PING PA/SEEN
bbq meat or fish



KHAO POON
cocnut curry noodle
soup



KHAO SOI



OW LAM



KHAO LAM



NAM KHAO



KHAO PIAK SEN



KHANOM KHOK



THUM MAK HOONG



PING PA/SEEN



KHAO POON

KEY

-  **NORTHERN**
-  **CENTRAL**
-  **SOUTHERN**
-  **VIENTIANE (CAPITAL)**

Lao Staple Must Trys

LAAB (ລາບ)

Laab is the national dish of Laos and is often served during auspicious events like during New Years, birthdays, weddings, baby showers, etc. It can be prepared with different proteins and made in many different ways; nam thok (beef), goi (fish/shrimp), sua (broth like), etc.

THUM MAK HOONG (ຕໍ່ໝາກບຸ່ງ)

Thum Mak Hoong, commonly known as papaya salad, packs a punch with its spice, sweetness, sour, and umami flavor. In Laos alone, there are many different versions on papaya salad like Thum Mak Thang (cucumber), Thum Khaopoon (vermicelli noodles), Thum Luang Prabang, etc.

NAM KHAO (ແໝມເຂົ້າ)

Nam khao is a dish from the Lao capital of Vientiane. It is a crispy rice salad containing herbs, spices, lime, and fermented cured pork. This dish is served communal style and accompanied with lettuce and other herbs.

PING SEEN (ປິ່ງຊິ່ນ)

Ping Seen encompasses all types of Lao barbecue meats like chicken, beef, pork, meatballs, etc. It is often seasoned with oyster sauce and accompanied with a spicy dipping sauce, also known as jeow along with sticky rice and thum mak hoong.

SAI OUA (ໄສ້ອົ່ວ)

Sai oua is a dish coming from the ancient capital of Luang Prabang, also known as Lao sausage, has its uniqueness unlike western sausages. Sai oua is a more meaty and herbaceous sausage containing exotic herbs and spices like galangal, kaffir lime leaf, and lemongrass. There are two types of sai oua, one being more savory and the other being sour.

Lao Staple Sweets/Sides/Drinks

KHAO NIEW (ເຂົ້າໜຽວ)

Khao Niew (stick or glutinous rice) is a staple in every Lao household. It is accompanied with almost every Lao meal and a huge part of the Lao-identity. Laos grows almost 85% of the world's sticky rice and has the most diversity in the varieties of sticky rice than any other country. Lao people are known as “Look khao niew” which translates to “children of sticky rice”.



KHAO NIEW MAK MUANG (ເຂົ້າໜຽວໝາກມ່ວງ)

Khao Niew Mak Muang, also known as mango sticky rice, is a popular dish eaten for dessert. It combines the grains of Lao long-grain sticky rice mixed with coconut milk and sugar paired with a ripe mango.



JEUN GOI (ກ້ວຍຈີນ)

Jeun Goi, also known as “fried banana” is a popular street food snack/dessert. Bananas (or plantains) are cut and dipped into a rice flour batter mixed with coconut milk, sugar, and sesame seeds and deep fried till crispy.



NAM OY (ນໍ້າອ້ອຍ)

Nam Oy is a popular drink that is extracted from a sugarcane stalk that is sweet and refreshing. This drink can be supplemented with passionfruit, mango, and various other fruits to add a more unique flavor.



KA FE YEN (ກາຟເຢັນ)

Ka Fe Yen is an iced coffee drink made from the beans of the Bolaven Plateau in southern Laos. It is a dark, rich, and chocolately coffee sweetened with condensed and evaporated milk served over ice.



MEET THE LAOSD

Ambassadors



**MALISSA
PATHOOMVANH**



**WINTER
SENKET**



**THEPTIDA
PHOMTHAVONG**



**ANGELA
PHIMMASOUK**

volunteerwithlaosd@gmail.com

Thank You to our Vendors!



Lanie Homemade Cookies | Tuk Tuk Box
SDHandicraft | E-Z Jewelries |
Fong Gifts & Accessories | Da's Boutique
Lao Knowhow | Randall Rated Goods LLC
| Look Yay | Mommy Eats Fried
Grasshoppers | Ryce Toye & Accessories |
EZ Scoop & Go Claw Machine
Rice Pantry

**THANK YOU TO OUR
PERFORMERS**

**LCCC Performing Arts
Champa Noy Dance Troupe**

Mikie Phouthavong

Santhi

DJ Kob

DJ Price

DJ Aleko

DJ Chank

SPECIAL THANKS TO

EPIC
MUSIC FESTIVAL

Thank You to our Sponsors, Partners, & Donors



Edna Keokongchack

Ruby & Felipe Badillo



THANK YOU TEAM



PIDA KONGPHOUTHONE
MARGARET MARSHALL
BOBBIE OUDINARATH
STEVEN KHAMPHOUY
MIMI ONEPHONESY BUAKONG
AMANDA PATHOOMVANH
PHINY PHIASIVONGSA
BRIANNA PHINSAVANH
MIKIE PHOUTHAVONG

JUNY PRICE

JUSTIN SITH

SANDY SPACKMAN

JOHN SOUPHALITH

CONTACTS

laofoodfestival@gmail.com

www.laofoodfestival.org

@lao_sd

& ALL OF OUR LAOSD
VOLUNTEERS!