The word "Kwanzaa" comes from the phrase,

As an African American and Pan-African holiday celebrated by millions throughout the African community worldwide, Kwanzaa brings a cultural message which speaks to the best of what it means to be African and human in the fullest sense. "matunda ya kwanza" which means "firstfruits."Kwanzaa was created as an expression of African values to introduce and reinforce the seven principles. In addition, to reaffirm communitarian values and practices which strengthen and celebrate family, community and culture.

The seven values are:

Umoja = Unity

Kujichagulia = Self-determination

Ujima = Working Together & Responsibility

Ujamaa = Supporting Each Other

Nia = Purpose

Kuumba = Creativity

Imani = Faith

The central reason for Kwanzaa's being seven days is to stress the Nguzo Saba and through this introduce and reaffirm communitarian values and practices which strengthen and celebrate family, community, and culture.

Source: http://www.officialkwanzaawebsite.org/index.shtml



