

# FEBRUARY 2021 Black History Month

## MONTHLONG EVENTS

- » American Heart Month
- » **Black History Month**
- » Canned Food Month
- » Frederick Douglass' Birth Month (Feb. 1818)
- » **National Bake for Family Fun Month**
- » **National Grapefruit Month**
- » **National Children's Dental Health Month**
- » National Hot Breakfast Month

# BLACK HISTORY MONTH

February

## SINGLE-DAY EVENTS

- » National Freedom Day (Feb. 1)
- » Groundhog Day (Feb. 2)
- » Elmo's Birthday (Feb. 3)
- » Elizabeth Blackwell's Birthday (Feb. 3)
- » World Cancer Day (Feb. 4)
- » **World Read Aloud Day (Feb. 5)**
- » National Wear Red Day (Feb. 5)
- » Super Bowl LV (Feb. 7)
- » National Pizza Day (Feb. 9)
- » Ethel Hedgeman Lyle's Birthday (Feb. 10)
- » Chinese New Year—Year of the Ox (Feb. 12)
- » **National Cheddar Day (Feb. 13)**
- » Valentine's Day (Feb. 14)
- » **Richard Allen's Birthday (Feb. 14)**
- » Daytona 500 (Feb. 14)
- » President's Day (Feb. 15)
- » Evelyn Lowery's Birthday (Feb. 16)
- » Mardi Gras (Feb. 16)
- » Toni Morrison's Birthday (Feb. 18)
- » John Lewis' Birthday (Feb. 21)
- » Nina Simone's Birthday (Feb. 21)
- » **W.E.B. Du Bois Birthday (Feb. 23)**
- » National Chili Day (Feb. 25)
- » Winifred Atwell's Birthday (Feb. 27)

## WEEKLONG/MULTI-DAY EVENTS

- » National School Counseling Week (Feb. 1-5)
- » Pride in Foodservice Week (Feb. 1-5)
- » **National Eating Disorder Awareness Week (Feb. 23 - Mar. 1)**

# FEBRUARY 2021

## WHAT

### *Black History Month*

Since the 1970s, the month of February has commemorated the lives, contributions and achievements of the Black community. Celebrated across the United States, Germany, the United Kingdom, Canada and the Netherlands, the story of this iconic month can be traced to Carter G. Woodson who was dubbed the Father of Black History Month. You can celebrate this month by supporting Black-owned businesses, reading up on Black historical figures and remembering that Black history is global history.



## WHAT

### *National Bake for Family Fun Month*

Engage in activities that foster a love of baking! Bake For Family Fun Month was established to help promote the family ritual of baking and how it teaches math, science, reading and more. Family members of all ages

can contribute to baking and more than creating a delicious end product, it creates great family memories, too.

## FACT

### *National Grapefruit Month*

Good news, it's citrus season! That means February is the best time of year to add a little grapefruit to your diet because the fruit is ripe and extra juicy. Grapefruits are a hybrid between a pomelo and a sweet orange. Grapefruits grow in clusters, similar to grapes, and are an excellent source of vitamin C, vitamin B6 potassium, thiamin, and niacin and contain the antioxidant lycopene.



## FACT

### *National Children's Dental Health Month*

Kids and adults alike tend to skimp on flossing and dread dental visits. Attempt to sway negative opinions with fun Dental Health Month facts:

- » Dental floss was first manufactured in 1882.
- » If you floss once per day, you will use approximately five miles of floss over your lifetime.
- » Just like fingerprints, everyone's tongue print is different.
- » In America, the Tooth Fairy exchanges an average of \$3 per lost tooth.



## WHAT

### *National Eating Disorder Awareness Week (Feb. 23 – Mar. 1)*

Anyone can suffer from an eating disorder and surveys suggest that about 30 million Americans—regardless of age, gender or socioeconomic status—can develop an eating disorder at some point during their lives, according to the National Eating Disorders Association (NEDA). Eating disorders are serious but treatable mental and physical illnesses, but they are often misunderstood, and recovery and support are often inaccessible. If you or someone you love struggles with an eating disorder, reaching out to NEDA for support is a place to start and there are many other resources available online.

## FACT

### *World Read Aloud Day (Feb. 5)*

For 10 years, World Read Aloud Day (WRAD) has called attention to the importance of sharing stories by challenging participants to grab a book, find an audience and read aloud together. This highly valued best practice fosters language development, genre awareness, literary and informational



knowledge and social-emotional well-being. Let's celebrate the profound power of the spoken word!



## IDEA

### *National Cheddar Day (Feb. 13)*

While it may be cheesy, today is the day to go hog wild with all things cheese. Just about everyone thinks cheese is grate as it offers a hefty dose of flavor, texture and protein to nearly any meal. You can get up to no gouda with cheese-related puns, because how can you be bleu when cheese is around? Serve up cheesy sandwiches or pasta—guaranteed kid favorites. And words of advice: When in doubt, sprinkle cheese on top!



## WHO

### *Richard Allen's Birthday (Feb. 14)*

Born into servitude in 1760 in Philadelphia, Richard Allen purchased his and his brother's freedom in 1780. Preacher, abolitionist and educator, Allen recognized that former slaves

and freed men needed education and opened a day school for Black children and a night school for adults. He penned many articles attacking slavery and colonialism, and his house and church were two stops on the Underground Railroad. His legacy lives on today through the work of the African Methodist Episcopal Church.

## WHO

### *W.E.B. Du Bois' Birthday (Feb. 23)*

American sociologist W.E.B. Du Bois was a civil rights activist, writer and editor. Du Bois was the first African American to receive a doctorate degree from Harvard (1895) and worked in higher education as a professor. As a writer and activist, Du Bois wrote about the Black experience and co-founded the National Association for the Advancement of Colored People (NAACP).

