

MAY 2021 National Strawberry Month

MONTHLONG EVENTS

- » **Asian/Pacific American Heritage Month**
- » Celiac Disease Awareness Month
- » Food Allergy Action Month
- » Lyme Disease Awareness Month
- » Mental Health Month
- » National Allergy and Asthma Awareness Month
- » National Barbecue Month
- » National Egg Month
- » National Electrical Safety Month
- » National Foster Care Month
- » National Physical Fitness and Sports Month
- » National Salad Month
- » National Salsa Month
- » **National Strawberry Month**
- » Older Americans Month
- » Skin Cancer Awareness Month

WEEKLONG/MULTI-DAY EVENTS

- » National Pet Week (May 2-8)
- » Children's Book Week (May 3- 9)
- » National Teacher Appreciation Week (May 3-7)
- » National Women's Health Week (May 9-15)
- » **National Police Week (May 9-15)**

SINGLE-DAY EVENTS

- » School Principals' Day (May 1)
- » Lei Day (May 1)
- » Mary 'Mother' Jones' Birthday (May 1)
- » Star Wars Day (May 4)
- » Nellie Bly's Birthday (May 5)
- » **Cinco de Mayo (May 5)**
- » **School Lunch Hero Day (May 7)**
- » Johannes Brahms' Birthday (May 7)
- » **Mother's Day (May 9)**
- » Irving Berlin's Birthday (May 11)
- » **National School Nurse Day (May 12)**
- » Florence Nightingale's Birthday (May 12)
- » Eid al Fitr (May 12-13)
- » Armed Forces Day (May 15)
- » Anniversary of Brown Vs. Board of Education (May 17, 1954)
- » Malcolm X's Birthday (May 19)
- » **Anniversary of the American Red Cross (May 21)**
- » Sir Arthur Conan Doyle's Birthday (May 22)
- » Harvey Milk Day (May 22)
- » National Missing Children's Day (May 25)
- » Ralph Waldo Emerson's Birthday (May 25)
- » National Sunscreen Day (May 27)
- » Birthday of Amnesty International (May 28)



MAY 2021

FACT

National Strawberry Month

Did you know that these slightly tart and sweet berries aren't even berries? Strawberries belong to the rose family and reproduce from runners, not seeds. There are over 400 different varieties, and strawberries are the only fruit with seeds on the outside (around 200 on each berry!). A nutrition powerhouse, they are rich in vitamin C, flavonoids, potassium, fiber, folic acid, and folate, as well as being delicious in everything from salads to smoothies. Mix it up with a new strawberry recipe this month!



WHAT

Asian American and Pacific Islander Heritage Month

With a rich and diverse heritage dating back thousands of years and numbering more than 20

million, Americans of Asian and Pacific Islander descent continue to make an indelible mark on American history and society, from business and politics to literature and the arts. Encompassing all of the Asian continent and numerous Pacific islands, this event originated in Congress in 1978 as a weeklong celebration to commemorate the immigration of the first Japanese in May 1843 and mark the anniversary of the completion of the transcontinental railroad on May 10, 1869.

IDEA

Cinco de Mayo (May 5)

Surprisingly, Cinco de Mayo, or the fifth of May, is actually not Mexico's Independence Day, which is celebrated on September 16. This event commemorates the Mexican army's unlikely victory over the French at the Battle of Puebla in 1862. For a simple and inexpensive festive touch, add streamers in the colors of Mexico's flag: red, white and green to your serving area. Try to incorporate authentic Mexican dishes with a healthy, regulations-friendly twist, such as tomato salsa with cucumber chips, salsa verde enchiladas or healthy tacos with fresh veggies.



IDEA

School Lunch Hero Day (May 7)

This annual event on the first Friday in May is inspired by and in partnership with children's author and illustrator Jarrett Krosoczka, who created the famous "Lunch Lady" graphic novel series after returning to his old school and finding his childhood lunch lady remained and remembered him. Find celebration ideas and fun ways to engage students and the community in thanking the heroic efforts of K-12 foodservice employees to fuel students for success at schoolnutrition.org/slhd.



WHO

J.M. Barrie's Birthday (May 9)

The Scottish-born author of *Peter Pan*, James Matthew Barrie, was well-acquainted with flops and bad reviews. He wrote whimsically, contrasting an ideal childhood with stark adulthood and outdated Scottish values. It was his friendship with the Davies family and their five boys, for whom he conjured his first imaginings of *Peter Pan* while entertaining them in Kensington Gardens, that led to his success. When their parents passed within four months of each other in 1907, "Uncle Jim," as he was known, became guardian of the five boys and wrote both a play and novel version in their honor.



FACT

Mother's Day (May 9)

This celebration – observed in many parts of the world—honors the mother of the family, as well as motherhood, maternal bonds and the influence of mothers on society. It all started with Anna Jarvis. Her mother, Anne, was a peace activist who created Mother's Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and 1908 she held a memorial for her mother at St. Andrew's Methodist Church in Grafton, W.V., which was the first Mother's Day.



WHAT

National School Nurse Day (May 12)

Since 1972, National School Nurse Day, celebrated on the Wednesday within National Nurse Week, has been set aside to recognize these healthcare professionals and foster a better understanding of the role of nurses in an educational setting. Often the first place a student thinks to go when they don't feel well or have been hurt, school nurses provide more than band-aids for playground scrapes—they are first responders for medical concerns, administer medications and check for fevers at the first sign of illness. Learn more at nasn.org.



WHAT

National Police Week (May 9-15)

During this week law enforcement agencies from across the nation come to Washington, DC for a number of observances to honor police officers who have died in the line of duty, including an annual candlelight vigil at the National Law Enforcement Officers Memorial and National Peace Officers Memorial Day services at the U.S. Capitol. Help build positive relationships with local law enforcement in your community by inviting them to serve lunch, eat with students and discuss safety topics whether at home, school or in the community.



FACT

Anniversary of the American Red Cross (May 21)

The American Red Cross touts more than 130 years of serving people in need. Started by Clara Barton in 1881, the organization's first domestic and overseas disaster-relief efforts, aided by the United States military, were conducted during the Spanish-American War. Today, the organization aids Americans and those around the world who have been affected by disasters, runs blood drives, performs international relief and development, provides health education and supports members of the military and their families.

