

# AUGUST 2020 Back to School Month

## WEEKLONG/MULTI-DAY EVENTS

- » International Assistance Dog Week (Aug. 2-8)
- » National Farmers Market Week (Aug. 2-8)

## MONTHLONG EVENTS

- » Children's Vision and Learning Month
- » National Back to School Month
- » National Immunization Awareness Month
- » National Panini Month
- » National Peach Month
- » National Sandwich Month
- » National Water Quality Month

2020

## SINGLE-DAY EVENTS

- » Francis Scott Key's Birthday (Aug. 1)
- » National Mustard Day (Aug. 1)
- » National Ice Cream Sandwich Day (Aug. 2)
- » National Watermelon Day (Aug. 3)
- » Louis Armstrong's Birthday (Aug. 4)
- » Neil Armstrong's Birthday (Aug. 5)
- » Anniversary of the Voting Rights Act of 1965 (Aug. 6)
- » Matthew Henson's Birthday (Aug. 8)
- » National S'mores Day (Aug. 10)
- » National Middle Child's Day (Aug. 12)
- » National Left-Handers' Day (Aug. 13)
- » Alfred Hitchcock's Birthday (Aug. 13)
- » Julia Child's Birthday (Aug. 15)
- » National Tell a Joke Day (Aug. 16)
- » Davy Crockett's Birthday (Aug. 17)
- » Meriwether Lewis' Birthday (Aug. 18)
- » National Aviation Day (Aug. 19)
- » National Lemonade Day (Aug. 20)
- » National Waffle Day (Aug. 24)
- » Leonard Bernstein's Birthday (Aug. 25)
- » National Dog Day (Aug. 26)
- » Mother Teresa's Birthday (Aug. 26)
- » 1963 March on Washington and "I Have a Dream" Speech Anniversary (Aug. 28)



# AUGUST 2020



## WHAT

### *National Sandwich Month*

Do you know the origin of today's sandwich? Legend has it that in the 18th century John Montagu, a British statesman who was the 4th Earl of Sandwich, would spend hours at the gambling table, and he wanted something he could eat without having to leave. One day he was provided with

slices of bread, which soon became a trend, and the sandwich was born. It is hard to imagine where we would be today without the versatile sandwich as an option for breakfast, lunch, dinner or even a snack in between!

## WHAT

### *National Water Quality Month*

Water is essential for everyday life, but many people don't fully appreciate where their water comes from. With more than half of the U.S. population living within 50 miles of a coast, many Americans get their water from one of 54,000 local water providers. To keep the clear stuff running through your pipes, you can keep water sources clean by picking up after your pets, using trash cans instead of drains and picking up litter near waterways.



## IDEA

### *National Watermelon Day (Aug. 3)*

National Watermelon Day is the perfect way to celebrate summer. Go beyond simply serving this pink fruit, and celebrate with a new watermelon-inspired recipe, create some fun food art with leftover watermelon rinds, play a guessing game with the number of seeds in a jar or have a watermelon trivia contest.



## WHAT

### *International Assistance Dog Week (Aug. 2-8)*

These helpful, hardworking, four-legged critters are heroes for those whom they aid. Assistance dogs help individuals mitigate their disability-related limitations through their own skills and training. These pooches transform lives. International Assistance Dog Week recognizes these hardworking, furry individuals; raises awareness about them and the people they assist; and sheds light on the work of their dedicated human trainers.



## WHAT

### *National Farmers Market Week (Aug. 2-8)*

Farmers markets add a lot of value to their communities. The week is ideally timed to coincide when summer produce will be at its peak, so a bountiful harvest of fruits and vegetables will be at your disposal. Farmers markets support local economies and farmers, increase access to fresh produce, promote sustainability and enable individuals to taste the real flavors of produce. Invite a local farmer to come into your cafeteria for a fun talk!

## FACT

### *55th Anniversary of the 1965 Voting Rights Act (Aug. 6)*

This landmark piece of legislation prohibited racial discrimination in voting in the United States and was signed into law by President Lyndon Johnson during the height of the civil rights movement in America, after passage of the Civil Rights Act of 1964. It secured the right to vote for racial minorities in the U.S. and contained numerous provisions that regulated elections on the national, state and local levels, such as the suspension of literacy tests, that were historically used to suppress

racial minorities from voting along with other forms of widespread election fraud that were extremely difficult to litigate at the time. Protests and voting rights marches that ended in violent clashes against police brutality, generating outrage across the nation, were the impetus for this legislation that was introduced in March 1965 and has since been amended five times to expand its protections in 1970, 1975, 1982, 1992 and 2006.



## WHO

### *Julia Child's Birthday (Aug. 15)*

Julia Child was a very tall and famous American celebrity chef, cooking teacher, author and television personality who popularized French cuisine in America through her award-winning cookbooks and television shows. Even though she would sometimes make mistakes on live TV, the audience loved her funny and quirky style. She studied at the famous Le Cordon Bleu in Paris and was awarded the French Legion of Honour and the Presidential Medal of Freedom.



## IDEA

### *National Tell a Joke Day (Aug. 16)*

Everyone loves a good joke, as they have the power to brighten anyone's day. The internet is filled with great, kid-appropriate jokes, that even adults will appreciate! To observe this fun and simple holiday, just tell a joke! You can share a joke with a student or colleague or include jokes with grab 'n' go meals! We don't know what you'll come up with—but we know it'll be grape!



LINQ Nutrition