

# JANUARY 2021 National Soup Month

## SINGLE-DAY EVENTS

- » New Year's Day (Jan. 1)
- » NHL Winter Classic (Jan. 1)
- » National Spaghetti Day (Jan. 4)
- » National Trivia Day (Jan. 4)
- » National Bird Day (Jan. 5)
- » **National Bean Day (Jan. 6)**
- » National Technology Day (Jan. 6)
- » Joan of Arc's Birthday (Jan. 6)
- » Orthodox Christmas (Jan. 7)
- » Elvis Presley's Birthday (Jan. 8)
- » **Fanny Jackson Coppin's Birthday (Jan. 8)**
- » Alexander Hamilton's Birthday (Jan. 11)
- » National Dress Up Your Pet Day (Jan. 14)
- » Martin Luther King's Birthday (Jan. 15)
- » Appreciate a Dragon Day (Jan. 16)
- » **National Quinoa Day (Jan. 16)**
- » Benjamin Franklin's Birthday (Jan. 17)
- » Martin Luther King Day (Jan. 18)
- » **National Popcorn Day (Jan. 19)**
- » National Hug Day (Jan. 21)
- » National Pie Day (Jan. 23)
- » National Peanut Butter Day (Jan. 24)
- » **National Compliment Day (Jan. 24)**
- » National Croissant Day (Jan. 30)
- » National Hot Chocolate Day (Jan. 31)
- » Backwards Day (Jan. 31)

## MONTHLONG EVENTS

- » Be Kind to Food Servers Month
- » Cervical Cancer Awareness Month
- » **Financial Wellness Month**
- » National Braille Literacy Month
- » **National Get Organized Month**
- » National Hot Tea Month
- » National Personal Self-Defense Awareness Month

- » National Slow Cooking Month
- » **National Soup Month**
- » National Thank You Month
- » National Volunteer Blood Donor Month
- » **Oatmeal Month**
- » Poverty in America Awareness Month
- » Thyroid Disease Awareness Month

## WEEKLONG/MULTI-DAY EVENTS

- » National Folic Acid Awareness Week (Jan. 3-9)
- » 65th NHL All-Star Weekend (Jan. 29 -30)

# JANUARY 2021

## IDEA

### *Financial Wellness Month*

Start the New Year in a good financial place! You can help alleviate financial stress among your team members with these tips:

- » Use an inservice for a financial wellness session;
- » Keep books on this subject in your office, free for the use of employees;
- » Schedule a day for a financial advisor to visit and consult with employees; or
- » Identify and share suggested money-managing apps, like Mint.



## WHAT

### *National Get Organized Month*

Getting better organized is a New Year's resolution many of us deem worthy as the average American spends one year of their

life looking for lost or misplaced items, according to *U.S. News and World Report*. Whether you go through a drawer, a closet or your whole domicile, resolve to de-clutter in 2021!

## WHAT

### *National Soup Month*

Now deep in the winter season, bowls of soup provide warmth and comfort. Soups are great vehicles for vegetables and nutrient-rich proteins, and can be creamy, chunky, brothy, herby and beyond!

Whip up your favorite or try a new recipe—a side of crusty bread for dipping is optional but strongly encouraged.



## IDEA

### *Oatmeal Month*

Skip the sweet stuff and menu savory oatmeal for a change: Combine oats with an egg, sautéed mushrooms and a sprinkling of cheese. But if students prefer a sweet

profile, make it more interesting by adding Greek yogurt, a little honey and fresh or frozen berries. Or remake the classic sandwich in porridge form with dollops of peanut butter and strawberry jam.



## FACT

### *National Bean Day (Jan. 6)*

Celebrating this holiday is easy, simply eat beans! Did you know there are around 40,000 varieties? The date of January 6 is thought to commemorate the death of plant geneticist Gregor Mendel in 1884, who used bean and pea plants to test his theories. By 1863, he had tested over 28,000 plants and found that crossbreeding different types created new types of plants, beans and pods.



## WHO

### *Fanny Jackson Coppin's Birthday (Jan. 8)*

Born into slavery in 1837 in Washington, D.C., her freedom was purchased by an aunt. Coppin always advocated for her own education and enrolled at Oberlin College. She became the first

black student to teach in its preparatory department and later became principal of a school in Philadelphia—the first black woman to head an institution of higher learning.

## FACT

### *National Quinoa Day (Jan. 16)*

First celebrated in 2019, this day grew out of the rising popularity of quinoa (pronounced KEEN-wah) as a superfood—one of the few plant sources that contain all nine essential amino acids.

Originating more than 3,000 years ago in the Andean regions of Bolivia, Peru and Colombia, it was sacred to the Inca, who traditionally used a solid gold planting stick for the first seed.



## WHAT

### *National Popcorn Day (Jan. 19)*

Whether you prefer it salty, sweet, cheesy (or a combination of all three!), this munchy snack is a whole-grain powerhouse. To celebrate, you can pop up some kernels for a snack for your customers, but you can also string those popped kernels together for a bird-friendly snack, too!



## IDEA

### *National Compliment Day (Jan. 24)*

“Compliment” is derived from the Latin word *complementum*, “that which completes,” and the Italian word *complimento*, “expression of civility.” Put the two together by completing someone's day (a friend, coworker, family member or customer) with an expression of civility—it doesn't have to be spoken! Use a food-safe marker to write kind words on bananas, decorate plastic containers with positive thoughts or offer employees “encourage-mints.”