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Black History Month

February 2025

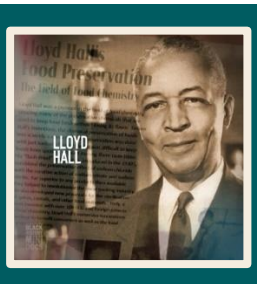
Photo and Newsletter Sources: Smithsonian American Women's History Museum, Biography.com, History.com, Tufts University, Adobe Stock, and Institute of Child Nutrition

Established by Carter G. Woodson and the Association for the Study of Negro Life and History (ASNLH) as "Negro History Week" in 1926, Black History Month is an annual celebration recognizing and honoring the achievements and contributions of African Americans. Federally recognized in 1976, Black History Month became a month-long celebration during the 1960s Civil Rights Movement.

This month and every month are the perfect time to celebrate the countless contributions made by African Americans, who have indelibly shaped our history, culture, and lives across the country and abroad. Contributions to our society in the fields of nutrition and science are just a few of many made by African Americans.

Beatrice Gray was **an African American nutritionist** and **leader combating food deserts** in the 1960s in Washington, DC. After witnessing **disparities in food quality and access** for African Americans, Gray founded **the nation's first grocery co-op**. Her guidance, research, and advocacy helped the community fight for **better food quality**, **lower prices**, and **fairer treatment**.

Frederick McKinley Jones was **a self-taught African American engineer, entrepreneur, and inventor**. At age 20, he received an engineer's license and went on to receive **more than 60 patents** during his lifetime. The **portable refrigeration units** he developed not only **helped the United States military transport food, medicine, and blood** during World War II, but completely **changed how Americans shipped, received, and kept food fresh**. Jones also developed a device to combine moving pictures with sound, paving the way for **the first "talking pictures."** The company he co-founded, U.S. Thermo Control Company, is now known as **Thermo King**.



Food for Thought: Did You Know?

African American food chemist, Dr. Lloyd Hall graduated with a master's degree in science in 1916 and a Doctor of Science degree in 1944. Known for his preservation techniques for keeping foods safe longer, Dr. Hall developed effective methods in sterilizing spices, cereals, and other foods and pharmaceuticals.

SNAP Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

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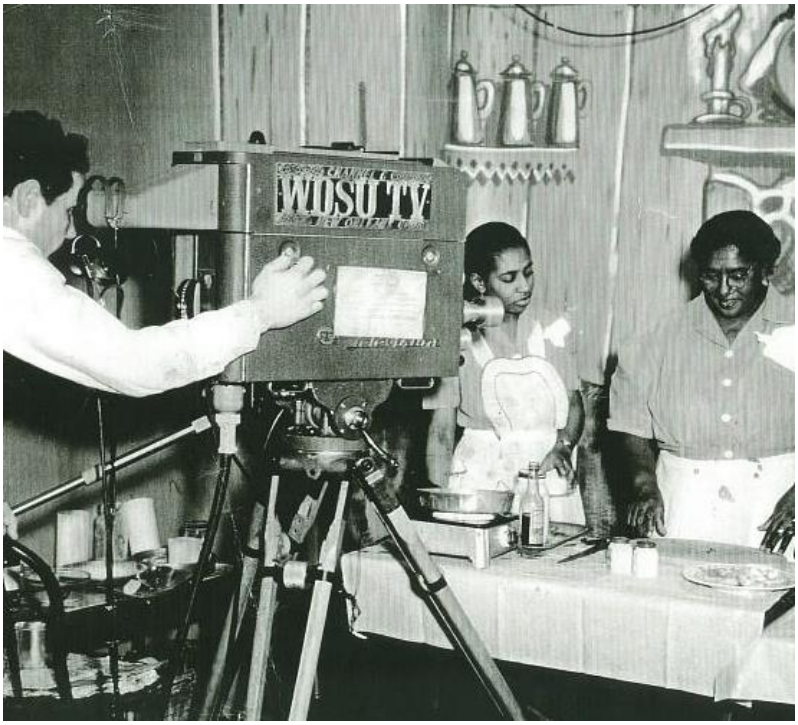


Celebrity Chef: Lena Richard

Lena Richard was a renowned chef, author, television host, and owner of a catering business, fine dining restaurant, frozen food business, and cooking school for Black students.

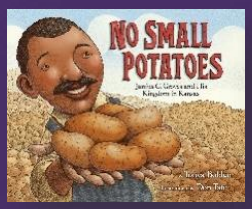
Host of the country's first television program starring a Black chef, "Lena Richard's New Orleans Cookbook," Richard was also the first African American author of a published cookbook on Creole cuisine. As quoted by the Smithsonian American Women's History Museum, "White cookbook authors writing about Creole cuisine had often downplayed or ignored the role of Black culinary professionals. Richard's cookbook broke down harmful stereotypes by emphasizing the labor, time, and training that went into her work."

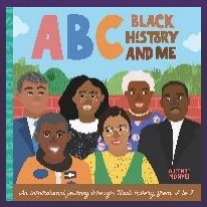
Celebrate by introducing your class to these...

Activities

Recognize and commemorate African American history and culture this month and all yearlong with these **Black History Month Activities for Preschoolers**.

Books





Check out these culturally relevant and celebratory books:

- **"No Small Potatoes: Junius G. Grove and His Kingdom in Kansas" by Tonya Bolden**
- **"ABC Black History and Me: An Inspirational Journey Through Black History, From A to Z" by Queenbe Monyei**

Recipes

Celebrate Black History Month with this Whipped Sweet Potatoes Recipe for **childcare centers and schools** or **family childcare homes**.

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