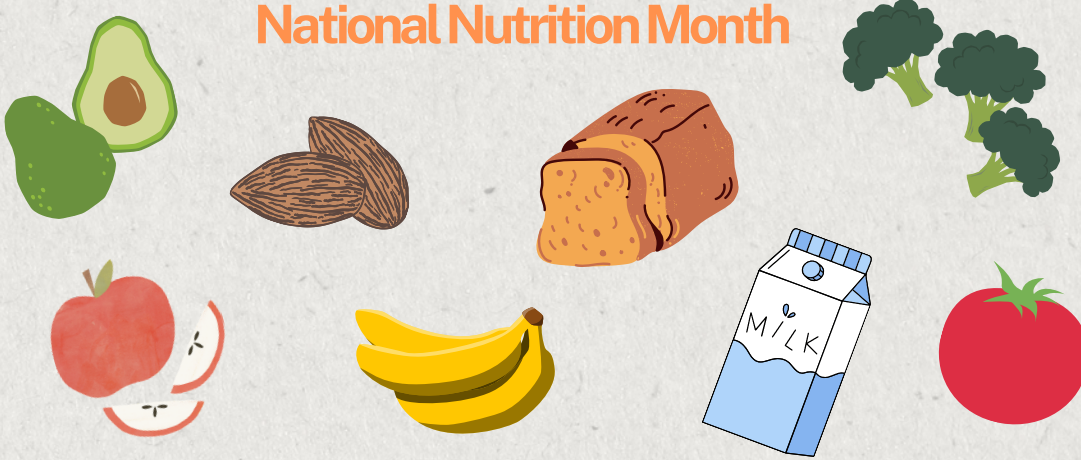


# The EDUPress

Martin Luther King Jr. Center for Public Health SPA 5 & 6  
Education Liaison Monthly Newsletter

## National Nutrition Month



National Nutrition Month is celebrated every March and is sponsored by the Academy of Nutrition and Dietetics in the United States. National Nutrition Month focuses on helping people to make correct food choices as well as developing good eating and exercising habits.

1973 saw the launch of Nutrition Week by presidential proclamation (from Richard Nixon), and by 1980 it had been transformed to cover the entire month of March. Federal and state governments as well as the American Dietetic Association (as the Academy of Nutrition and Dietetics was then known) enthusiastically embraced National Nutrition Month as an excellent vehicle to promote healthy eating and also as a way to educate the public.

National Nutrition Month is centered around a different theme each year, and during the years 1977 to 1980, Nutribird, who had a bright green cabbage for his head and a bold orange carrot beak, was the character who acted as the sponsor for the month.

Themes for National Nutrition Month have included:

- 1973. Invest in Yourself — Buy Nutrition
- 1978. Nutribird Says: Eat a Balanced Diet Every Day
- 1989. A Lifetime Decision — Choose Good Nutrition
- 1994. Nutrition Fuels Fitness
- 2002. Start Today for a Healthy Tomorrow
- 2014. Enjoy the Taste of Eating Right

Food can be an exciting adventure and National Nutrition Month serves to help people discover this by focusing on healthy cooking and eating during this month. Get ready to celebrate National Nutrition Month.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various ways we eat and includes sustainability.

For more information: <https://www.daysoftheyear.com/days/nutrition-month/>

### In This Issue:

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2. Compton Library March Calendar
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# Benefits of Healthy Eating for Children

Keeps **skin, teeth, and eyes** healthy



Supports **brain development**



Supports **muscles**



Supports **healthy growth**



Helps achieve and maintain a **healthy weight**



Boosts **immunity**

Strengthens **bones**



Helps the **digestive system** function

TO LEARN MORE VISIT  
[cdc.gov/healthyweight/healthy\\_eating](https://cdc.gov/healthyweight/healthy_eating)





# HEALTHY SCHOOL SNACKS

Here are delicious and nutritious snack ideas for kids to bring to school. Snacks like these will help them grow healthy and strong, while staying energized and ready to learn.

## Beverages

- Water
- 100% fruit juice with no added sugar
- Fat-free or low-fat milk

## Savory Snacks

- Nut or seed butter (serve with fruit/whole grain crackers or bread)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers (serve with fruit or low-fat cheese)
- Hummus (serve w/ vegetables or whole grain crackers)
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low-fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Whole grain cereal bars
- Baked chips (small portions)

## Sweet Snacks

- Fresh fruit and vegetables
- Yogurt parfaits (plain yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits — freeze your own fruit (frozen grapes make a great summer treat!)



## Healthy Celebration Snacks

- Fruit smoothies
- Fruit or veggie kabobs
- Angel food cake with fresh fruit
- Fruit cups
- Fresh apples with yogurt/caramel dip
- Fruit salad
- Yogurt parfaits
- Fruit or vegetable platter



**Compton Library**

240 W Compton Blvd  
Compton  
310.637.0202

  @ComptonLibrary

**LIBRARY HOURS:**

Tue - Wed 12 - 8 pm  
Thu - Sat 10 am - 6 pm  
Sun - Mon Closed

**HOLIDAY/CLOSURE:**

Thursday, March 7  
Staff Development Day

*featured event...*



Design Your Own Insect  
Wednesday, March 13, 4 - 5 pm



Attendance is limited and advance registration is suggested for all programs and required for Smarty Pants Storytime. To sign up, see library staff, or register online at [Visit.LACountyLibrary.org/events](https://www.lacountylibrary.org/events).

**For Children**

**Baby Band Practice**

**Saturday, March 2, 10:30 – 11 am**

Build your baby's pre-literacy, cognitive, and motor skills while enjoying songs, rhymes, and movement.

**For ages 0 - 2 with a parent or caregiver**

**Her Story Makes History: Art Activity**

**Wednesday, March 6, 4 – 5 pm**

Join us to learn about Iconic Women who have changed the world. Afterward, join us for an art activity that celebrates these women. Create and design your own Woman's History book box. For ages 5 – 12 with parent or caregiver.

**For ages 5 – 12 with parent or caregiver.**

**Smarty Pants Storytime**

**Saturdays, March 9, 16, 23, and 30, 12 – 12:30 pm**

Let's get ready for school! Enjoy books, songs, rhymes, and movement while learning school readiness skills and having fun.

**For ages 2 - 5 with their parent or caregiver**

**Design Your Own Insect**

**Wednesday, March 13, 4 – 5 pm**

A visiting teaching artist from the Friends of the Junior Arts Center comes to Compton to help you create. What's an insect? Learn about the anatomy of insects, then design your own! Registration required.

**For ages 5 - 12 with parent or caregiver**

**César Chávez Celebration**

**Wednesday, March 20, 4 – 5 pm**

Join us to learn about César Chávez's legacy as a civil rights advocate and farm labor leader. Afterwards, join us for an art activity that celebrates the legacy of César Chávez. Materials will be provided.

**For ages 5 – 12 with parent or caregiver.**

**PBS SoCal Family Math Night: Design a Stamp**

**Wednesday, March 27, 4 – 5 pm**

Join PBS SoCal at Compton Library for a Family Math Night and practice early math skills like shape recognition, location and positions words, and patterns while designing your own stamps.

**For ages 5 – 12 with parent or caregiver.**

**For Teens**

**Women's History Month: Marble Run Roller Coaster**

**Wednesday, March 13, 4 – 5 pm**

Celebrate Women's History Month and learn about the impact of women in the field of engineering. Construct and design a marble rollercoaster and race them against your friends. This program is held in partnership with the LA County Probation Department.

**For ages 12 - 18**

## For Teens

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### MBK: Make Your Own Geometric Wall Shelf\*

**Thursday, March 14, 4 – 5 pm**

Are you looking to spruce up your space? Join us to design geometric wall shelf hangers for your kitchen, living room, or anywhere you need a creative and functional mini-shelf.

**For ages 13 - 17**

### Teens Create Month: Blossom into Spring

**Thursday, March 21, 4 – 5 pm**

Welcome the new season by planting your very own Spring flowers. Join us as we learn the basics of planting and caring for potted flowers. You will also have a chance to decorate a mini ceramic terra-cotta pot using acrylic paint! **Attendance is limited and advance registration is required.**

**For ages 12 - 17**

### MBK: Art Afternoon for Teens\*

**Thursday, March 28, 4 – 5 pm**

Whether you're a seasoned painter or art novice, we've got something creative for you to enjoy. From paint and canvas to macramé or sculpting, just choose your supplies and we'll help you find inspiration to share your creative side!

**For ages 13 - 17**

\*These programs are part of the LA County Library's My Brother's Keeper mentoring program and features an MBK Peer Advocate as a co-host and youth mentor.

## For Adults

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### Coloring for Adults

**Friday, March 1, 4 - 5 pm**

Learn about Impressionist artist Mary Cassatt while coloring your own Cassatt coloring page. **For ages 18+**

### Basic Computer Skills

**Tuesdays, March 5, 12, 19, and 26, 12 - 1 pm**

Join us every Tuesday for basic computer classes where in each session you can learn and enhance a specialized computer skill. **Registration is recommended due to laptop availability. For ages 18+**

### Conversation Club

**Friday, March 8, 4 - 5 pm**

Are you learning English as a Second Language? Join the conversation club and practice your English language speaking skills in a casual and relaxed environment. Each session includes a topic of the day. **For ages 18+**

### Google Drive

**Friday March 15, 4 - 5 pm**

Learn the benefits of using Google Drive for cloud storage and file sharing. **Registration is recommended due to laptop availability. For ages 18+**

### Women's History Month: Coasters

**Saturday, March 23, 11 am - 12 pm**

Learn about amazing women in history while decorating your own coaster. All supplies are provided.

**For ages 18+**

### Horror Book Club

**Friday, March 29, 4 – 5 pm**

Join us to discuss Rachel Harrison's, *Black Sheep*. To borrow a print copy of the book, please contact Compton Library directly. **Attendance is limited, and advance registration is required. This will be used to save your spot in the program. We cannot guarantee availability for any unregistered adult. For ages 18+**

# Scholarships



## Doodle for Google

**Doodle your future**  
**THE 2024 DOODLE FOR GOOGLE THEME IS:**  
**My wish for the next 25 years**

**For Google's 25th birthday we're inviting K-12 students to imagine a future where anything is possible. This year's contest welcomes new prizes and more ways to create!**

**Enter by March 14th.**

**Win a \$55,000 college scholarship, \$50,000 in tech for your school or non-profit organization, your artwork live for 24 hours on Google.com, and more!**

Doodle for Google is an annual art contest open to students in grades K-12. Students are invited to create their own Google Doodle for the chance to have it featured on Google.com, as well as win some scholarships and tech packages for them and their schools.

Doodles are meant to surprise and delight people when they visit Google's homepage. They've often celebrated talented people, places, and culture. The Doodle for Google contest offers K-12 students an opportunity to display their own Doodle on Google.com and win big prizes to support their creativity. The contest is open for entries until **March 14, 2024 11:59 p.m.**

**PST**

For more information: <https://doodles.google.com/d4g/>

For More Scholarships in March Click Here: [March 2024 Scholarships](#)