

Ten's Perspective

2025



JOYOUS JUNE

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Joyous June

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A B O U T T H I S M A G A Z I N E

June's Jewels & Joys

As we welcome the warmth of summer, June dazzles us with celebrations, natural beauty, and meaningful moments. This month's birthstone, the pearl, symbolizes wisdom and purity—making it the perfect gift for graduations, anniversaries, or simply to celebrate a loved one.

Father's Day (June 16) is just around the corner, and if you're still searching for the ideal gift, consider a timeless pearl accessory, Jen's Perspective Magazine is (celebrating our 1-year anniversary!) make sure you get your subscription, or a summer adventure experience in honor of National Wanna Get Away Day (June 21).

June also brings a kaleidoscope of quirky and delightful observances:

- National Pink Day (June 23) – Embrace the bold and the beautiful.
- National Sunglasses Day (June 27) – Shield your eyes in style.
- National Orange Blossom Day (June 27) – A fragrant nod to summer's floral charm.
- Summer Begins (June 20) – The longest day of the year calls for picnics, beach trips, and Summersgiving (June 25), a fun twist on gratitude in the sun.

For food lovers, June is packed with delicious celebrations:

- National Dairy Month
- World Milk Day (June 1)
- Chocolate Ice Cream Day (June 7)
- National Egg Roll Day (June 10)

Don't miss National Zoo and Aquarium Month, perfect for family outings, or World Bicycle Day (June 3) for an eco-friendly adventure. Wave your colors high on National Flag Day (June 14), and unwind on International Bath Day (June 14) with a relaxing soak. Romance blooms on National Red Rose Day (June 12), while National Soul Food Month brings hearty flavors to the table.

And let's not forget the states that shine this month— Oklahoma, New Mexico, Arizona, and Alaska, each offering breathtaking landscapes for summer escapes.

However you celebrate, may your June be filled with joy, light, and a touch of pearl elegance.

Happy Reading & Happy Summer!

A handwritten signature in a cursive script, reading "Jennifer". The signature is written in a dark brown or black ink, with a long, sweeping vertical stroke at the end.

On the longest day of the year, Summer Begins in the Northern Hemisphere. It is also known as the Summer Solstice, which happens either on June 20th, 21st, or 22nd. It all depends on the time zone in which you live.

With the Summer Solstice, the astronomical calendar marks the first day of summer as the Earth's axis is pointed toward the sun. It's rays more directly impact the Northern Hemisphere giving us more daylight and more warmth. It's a time when plants grow rapidly and animals are more active. That includes humans.

Many schools are out of session during the summer which gives families the opportunity to take vacations. Even those without children take time to explore the outdoors through camping, hiking, and biking. Community pools open, inviting everyone to cool off on hot summer days. The beaches are open, too. Water adventures in the form of kayaking, canoeing, skiing, and fishing entice us to the rivers and lakes.

There are so many ways to enjoy the beginning of summer! Whether you spend the day hiking, reading a good book on the beach or grilling some burgers, the important thing is that you celebrate summer. Spend some time outside in the fresh air. Take a long walk and visit a local park.

How will you celebrate? Let us know by using #SummerBegins to share on social media.



Gardners and farmers spend time cultivating their bounty and watching the skies for foul weather. And speaking of fouts – baseball, softball, and soccer teams take the field with cheering fans in every color of the rainbow.

There's so much to do during the summer, we try to pack it all in over weekends and short breaks. But it never seems to be enough time. Before we know it, summer is over. Though, it's only just begun.



NATIONAL WANNA GET AWAY DAY

With the summer travel season upon us, National Wanna Get Away Day celebrates our freedom to get away on June 18th.

Planning memorable trips and get-aways brings out the adventurer in all of us! These get-aways take us to family we long to see and historic places. We seek the sun, sand, big cities and the countryside, too. It is a national pastime with deep roots – one that connects all of us to the people and places most important in our lives. National Wanna Get Away Day is the perfect day for celebrating, dreaming, and planning all the adventures you will take this year and every year after!

As a resident of Florida we love our beautiful beaches, nightlife and picturesque towns. Some of the best hidden treasures in Florida are found outside of the big touristy places like Orlando, Miami, and St Augustine. Places like Destin, Pensacola, Sea Side, and even Gulf Shores, Alabama offer great views, premium culture and a relaxing stay that truly feel like an Oasis to get away from it all. I grew up just across from Panama City Beach that still offers a small town vibe.

HOW TO OBSERVE #WannaGetAwayDay

On June 18th, celebrate the freedom to travel with National Wanna Get Away Day! With so many places to go and people to see, the day gives you the opportunity to spark your travel adventures.

- Plan a dream vacation.
- Visit loved ones near and far.
- Book one, two or three mini-adventures.
- Discover faraway places.
- Invite someone to visit you.
- Book a trip somewhere new at Southwest.com.
- Share past adventures – they'll inspire new ones!

Where do you want to travel? Share your adventures using #WannaGetAwayDay on social media.

NATIONAL FLAG DAY

On June 14 we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States flag on June 14, 1777.

On National Flag Day, Americans show respect for the U.S. Flag and what it represents. Representing independence and unity, the Star Spangled Banner has become a powerful symbol of Americanism and is flown proudly.



Seventeen-year-old Robert G. Heft of Ohio designed the 50-star American flag. His was one of the more than 1,500 designs that were submitted to President Dwight D. Eisenhower.

History

On May 30, 1916, President Woodrow Wilson issued a proclamation deeming June 14 as Flag Day. President Wilson stated, “It is the anniversary of the day upon which the flag of the United States was adopted by the Congress as the emblem of the Union.” He also wrote, “On that day rededicate ourselves to the nation, ‘one and inseparable’ from which every thought that is not worthy of our fathers’ first vows in independence, liberty, and right shall be excluded and in which we shall stand with united hearts.”

While Betsy Ross has been given credit for stitching together the first American flag, there isn’t any sound evidence supporting the story. At the same time, there isn’t any to disprove it, either. Part of the conflict is that there were several designs being considered at the same time, many flag makers and more than one claim to the first. During Ross’s Revolutionary time, several standards were carried bearing red and white stripes and varying symbols where the blue field and stars now reside.

Another who laid claim to the first design was Francis Hopkinson. His request for compensation for his design was denied because others contributed to the design final design.

Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.

HOW TO OBSERVE

Many people have died protecting our country. On National Flag Day, raise the flag and fly it proudly. Use #NationalFlagDay to post on social media.

National Zoo and Aquarium Month is an excellent time to plan your trip and make a donation to favorite zoo or aquarium.

Launch into summer by visiting an aquarium or zoo near you. All around the country, parks are gearing up for visitors.

They offer programs all year round regarding the wildlife they support that are educational and fun.



JUNE IS
NATIONAL
ZOO AND
AQUARIUM
MONTH

If You're planning to be in the Northwest Florida Area here are some of my favorites...



HOW TO OBSERVE

There's more than one way to explore your zoo or aquarium.

- Many zoos offer passes that are good at other wildlife parks and aquariums across the country.
- Learn about vanishing habitat and conservation while visiting the wildlife parks.
- Check out their rehabilitation programs and learn how zoologist and veterinarians help injured animals return to the wild.
- Sponsor one of your favorite creatures! Many programs offer a way to help support the wildlife we enjoy most, especially those that are endangered.
- Speaking of endangered species, learn about reduced populations and find out which ones are making comebacks.
- Which zoos have nurseries? Several wildlife programs pair up to create conservative breeding programs to help create a sustainable population. Ask if your zoo participates in Species Survival Plans.

Use #ZooAndAquariumMonth

NATIONAL SUNGLASSES DAY



Celebrated each year on June 27th, National Sunglasses Day is becoming more and more popular, especially as organizations like The Vision Council inform people about the dangers of UV exposure and why wearing sunglasses should be more than to just make a fashion statement. So in honor of the holiday—and to help you pick out a pair of your own—we present the top 10 sunglasses styles that have stood the test of time.

Most known for their appearance in the 1963 Academy Award-winning Italian film *8 ½*, these glasses are anything but old-fashioned. They were first introduced by Prada as Prada model SPRO7F, but the design has undergone some changes since the 60's. Regardless, these sunglasses might be one of the only designs that can not only be worn with a suit, but that makes a suit look so good.

FAMOUS STYLE

The original folding glasses, the Persol 714 sunglasses were introduced in the 1960s when the iconic actor Steve McQueen wore them in the film *The Thomas Crown Affair*. These glasses were based on the Persol 649 model and adapted with 10 additional manufacturing steps to allow them to fold. In 2006, a pair of Persol 714's from McQueen's personal collection were auctioned off at nearly \$70,000. Get suave with a—perhaps less expensive—pair for National Sunglasses Day.



These yellow-tinted aviator shooters were not first worn by Johnny Depp in the film *Fear and Loathing in Las Vegas*, but that is where they first became famous. The sunglasses, which have a small circle in between the lenses that is said to aid in hunting or shooting, were regularly worn by Hunter S. Thompson, the author of the novel that inspired the film. Shooters come in different color tints.

Ray-Ban Wayfarer

Round and Oversized

Ray-Ban Aviators

Clubmasters

Rose-colored Glasses

HOW TO OBSERVE NATIONAL SUNGLASSES DAY

Wear your favorite shades and protect those beautiful eyes. Get out and enjoy summer, take a selfie and use #NationalSunglassesDay to share style on social media.

International Bath Day

On June 14, celebrate International Bath Day by filling up a lovely bath for your children. Realize that bath time is a great time to discover and learn. With just a few bath toys or simple plastic cups, they will immediately begin to test the waves of their water lab. Watch and see how every child becomes a little scientist with fresh new bath time discoveries!

HISTORY

Legend has it that on this day Greek mathematician, scientist and scholar, Archimedes, discovered while taking a bath that an object's volume could be accurately measured by being submerged in water! Unable to contain his excitement, Archimedes leapt out of the bathtub and yelled, "Eureka, Eureka!" as he ran through the streets of Syracuse, Greece.

Archimedes' exact date of birth is not known, only the year (287BC) so the day chosen to commemorate is the day that he leapt out of the bathtub, June 14th. How was this date determined? The ancient Greek legend says that it was exactly one week before the beginning of summer. The calendar in those days was astronomical and seasons were determined due to the 23.5-degree tilt of the Earth's rotational axis in relation to its orbit around the sun. Summer began (then and today) on June 21st so a week before is June 14th and this was the date set.



Explore More...

Bubble Bath Day

Shower with a Friend Day

Bathtub Party Day

Rubber Ducky Day

International Bath Day

Bath Safety Month

Kitchen and Bath Month

HOW TO OBSERVE

Make bath time fun and full of discovery! Like Archimedes, children can learn the basic properties of physics such as empty versus full, floating, sinking, weight, and cause and effect all while having FUN in the tub! Use #InternationalBathDay to share on social media.

PEARL: JUNE'S TIMELESS BIRTHSTONE OF LOVE AND PURITY

PEARLS, THE LUMINOUS BIRTHSTONE OF JUNE, HAVE CAPTIVATED HEARTS FOR CENTURIES WITH THEIR DELICATE BEAUTY AND TIMELESS ELEGANCE. UNLIKE OTHER GEMSTONES FORMED WITHIN THE EARTH, PEARLS ARE CREATED BY LIVING CREATURES—OYSTERS AND MOLLUSKS—MAKING THEM TRULY UNIQUE. THEIR SOFT, IRIDESCENT GLOW SYMBOLIZES PURITY, INNOCENCE, AND INTEGRITY, MAKING THEM A CHERISHED GIFT FOR THOSE BORN IN JUNE. BEYOND THEIR PHYSICAL ALLURE, PEARLS CARRY DEEP ROMANTIC MEANINGS, REPRESENTING LOVE, LOYALTY, AND EMOTIONAL CONNECTION.

IN MANY CULTURES, PEARLS ARE ASSOCIATED WITH LOVE AND MARRIAGE. ANCIENT GREEKS BELIEVED PEARLS WERE THE TEARS OF THE GODDESS APHRODITE, EMBODYING ETERNAL LOVE AND PASSION. BRIDES OFTEN WORE PEARLS ON THEIR WEDDING DAY TO ENSURE A HAPPY UNION AND PROTECT AGAINST SORROW. EVEN TODAY, PEARLS REMAIN A POPULAR CHOICE FOR ENGAGEMENT RINGS AND ANNIVERSARY GIFTS, SIGNIFYING A BOND THAT IS PURE, ENDURING, AND UNBREAKABLE. THEIR UNDERSTATED ELEGANCE MAKES THEM A PERFECT SYMBOL OF DEVOTION.

AS JUNE'S BIRTHSTONE, PEARLS REMIND US OF THE BEAUTY FOUND IN SIMPLICITY AND THE POWER OF LOVE. THEY ARE MORE THAN JUST GEMS—THEY ARE TREASURES OF THE SEA, CARRYING CENTURIES OF MEANING AND EMOTION. WHETHER GIVEN AS A TOKEN OF ROMANCE, A CELEBRATION OF A MILESTONE, OR SIMPLY TO HONOR A JUNE BIRTHDAY, PEARLS SPEAK A SILENT LANGUAGE OF DEVOTION, MAKING THEM ONE OF THE MOST MEANINGFUL AND ENCHANTING GEMSTONES IN THE WORLD.



PEARLS COME IN A VARIETY OF COLORS, EACH CARRYING ITS OWN ROMANTIC SIGNIFICANCE. CLASSIC WHITE PEARLS REPRESENT PURITY AND NEW BEGINNINGS, WHILE PINK PEARLS EVOKE TENDERNESS AND ROMANCE. BLACK PEARLS, RARE AND MYSTERIOUS, SYMBOLIZE STRENGTH AND INDEPENDENCE WITHIN LOVE. WHETHER SET IN A NECKLACE, EARRINGS, OR A RING, PEARLS ADD A TOUCH OF SOPHISTICATION AND HEARTFELT SENTIMENT TO ANY JEWELRY COLLECTION, MAKING THEM AN IDEAL GIFT FOR A LOVED ONE.

THE ROMANTIC ALLURE OF PEARLS ALSO LIES IN THEIR RARITY AND NATURAL BEAUTY. EACH PEARL IS ONE-OF-A-KIND, MUCH LIKE TRUE LOVE, WHICH IS NEVER IDENTICAL BETWEEN TWO PEOPLE. THEIR FORMATION—A RESULT OF PATIENCE AND RESILIENCE AS LAYERS OF NACRE COAT AN IRRITANT—MIRRORS THE GROWTH OF A STRONG RELATIONSHIP, BUILT OVER TIME THROUGH CARE AND COMMITMENT. GIFTING PEARLS CONVEYS A MESSAGE OF DEEP AFFECTION, APPRECIATION, AND THE PROMISE OF A LASTING CONNECTION.



DIVE INTO ITS HISTORY—FROM ANCIENT ROYALTY TO MODERN ELEGANCE—AND SHARE YOUR FAVORITE PEARL STYLES WITH [#PEARLBIRTHSTONE](#), [#JUNEGEM](#), AND [#TIMELESSELEGANCE](#). WHETHER IT'S CLASSIC WHITE, LUSTROUS BLACK, OR DELICATE PINK PEARLS, LET THEIR SERENE GLOW INSPIRE YOUR MONTH! ✨ [#PEARLPOWER](#) [#BIRTHSTONELOVE](#) [#JUNEVIBES](#)

PEARL: JUNE'S TIMELESS
BIRTHSTONE OF LOVE AND
PURITY

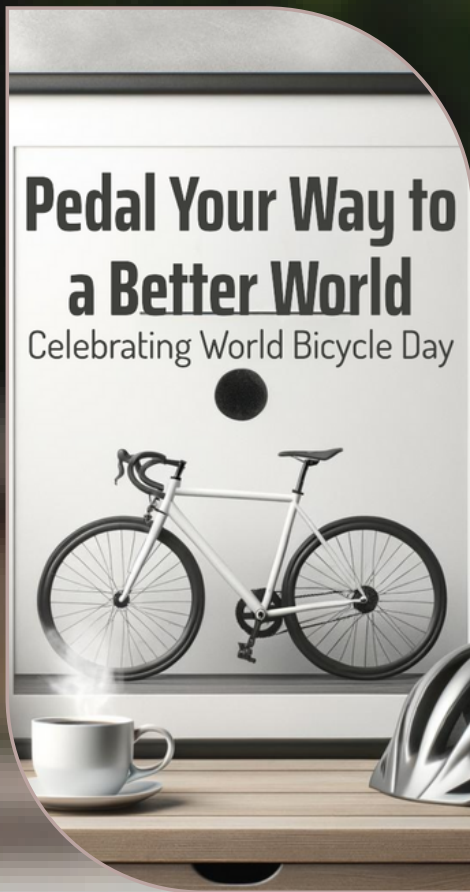


WORLD BICYCLE DAY

On June 3, World Bicycle Day targets individuals as a way to promote a healthy lifestyle, especially for those with Type 1 and Type 2 diabetes.

Organizers also target local governments to encourage them to improve road safety and integrate bicycling into transportation infrastructure planning and design.

Bicycles and the routes their riders are on the increase. They're seen as a healthier, inexpensive and convenient mode of transportation, and they're sharing the road with more traditional urban transit systems. City planners looking to alleviate the increased flow of automobile traffic encourage bicycles usage. In some cities, public transportation systems can't handle the demand, so cities are beginning to accommodate bikes with improvements such as "bicycle-only lanes" and other improvements.



Did you know that according to transportation researchers, \$50 billion is spent worldwide on bicycles each year – and that number is growing? On top of that, the U.S. cycling market is a \$5.9 billion industry. In many cities, dockless bicycle systems are fueling the popularity of bicycling. Dockless systems allow users to locate a bicycle nearby and unlock it electronically. Did you know that the fastest-growing bicycle type in the market right now is electric?

HOW TO OBSERVE WORLD BICYCLE DAY

If you own a bicycle, get on it, and see how far you can travel before getting exhausted. Then, every week, try to extend that distance.

Rent a bicycle to try a different exercise such as back road bicycling, mountain biking, or urban cruising. On social media, #WorldBicycleDay or #June3WorldBicycleDay will help you interact with others about the day.

NATIONAL ORANGE BLOSSOM DAY

National Orange Blossom Day is observed annually on June 27th. This day is set aside to enjoy Orange Blossoms for their aesthetic beauty. Orange blossoms have been used in culinary dishes, desserts, and teas worldwide. They add a slight citrus flavor to any dish!

Fragrant orange blossoms offer multiple health benefits when prepared correctly to make a tea or orange blossom water. Some of the advantages may include improved sleep, reduced anxiety and improved circulation.

Not surprisingly, the orange blossom is Florida's state flower. Not only do the flowers result in the sweet as sunshine orange fruit, but thanks to the pollinating bees, we also get to enjoy a unique honey with a faintly orange flavor a delightful treat. The blossom's scent goes into making perfumes and other fragrances for the home.



Use
#NationalOrangeBlossomDay to
share on social media.



NATIONAL RED ROSE DAY

Each year on June 12, people in the United States observe National Red Rose Day. It honors the flower that is a symbol of love and romance, the red rose.

***The June birth
flower is the rose.***

Red roses were used in many early cultures as decorations in wedding ceremonies and wedding attire. It was through this practice that, over the years, the red rose became known as a symbol of love and romance. The tradition of giving red roses as the strongest message of love is still practiced today.

In June, red roses are in bloom in flower gardens across the United States, and their beauty and sweet scent fill the air with happiness.

Enjoy the pleasant scent of a rose. Use
#NationalRedRoseDay to share on social
media.



National Pink Day is observed annually on June 23rd. This day is set aside for the color pink and all it represents.

First used as a color name in the late 17th century, pink is a pale red color which got its name from a flower of same name.

According to surveys in both the United States and Europe with results indicating that the color pink combined with white or pale blue is most commonly associated with femininity, sensitivity, tenderness, childhood and the romantic. Pink, when combined with violet or black is associated with eroticism and seduction.

Dating back to the 14th century, “to pink” (the verb) means “to decorate with a perforated or punched pattern.”

It would have been curious to find pink used in fabric or decor during the Middle Ages. Occasionally it was seen in women’s fashion and religious art. In the 13th and 14th century, the Christ child was sometimes portrayed dressed in pink, the color associated with the body of Christ. Pink was mainly used for the flesh color of faces and hands during the Renaissance.

The Rococo Period (1720-1777) was the golden age for the color pink. Pastel colors became very fashionable in all the courts of Europe during this time. Madame de Pompadour (1721-1764), the mistress of King Louis XV of France, was known for wearing the color pink, often combined with light blue. At one point in time, Ms. Pompadour had a particular tint of pink made specifically for her.

Pink ribbons or decorations were worn by young boys in 19th century England. The men in England wore red uniforms and since boys were considered small men, boys wore pink.

Pink became much bolder, brighter and more assertive in the 20th century and 1931, the color “Shocking Pink” was introduced.

In the pink – To be in top form, in good health, in good condition.

To see pink elephants – To hallucinate from alcoholism.

Pink slip – To be given a pink slip means to be fired or dismissed from a job. First recorded in 1915 in the United States.

Pink-collar worker – Persons working in jobs conventionally regarded as “women’s work.”

Pink Money – the pink pound or pink dollar is an economic term which refers to the spending power of the LGBT community.

Tickled pink – means extremely pleased.

Use #NationalPinkDay in social media.



On July 5th, 1908, the community gathered in honor of the men lost in the mining accident. They assembled at Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church, in Fairmont, West Virginia.

On the third Sunday in June, Father's Day honors the role fathers play in the family structure and society. The day recognizes not just fathers, but the father figures in our lives. These are the men we look up to who set solid examples for us and guide us throughout our lives.

Many families dedicate the day to their fathers and grandfathers. Whether they are first-time fathers just learning to change a diaper, or experienced fathers offering sage advice, the day celebrates everything a father is. Fathers from family to family play a variety of roles. They may be a caregiver, provider, or advisor. Some fathers are the strong, silent types. And yet others tell us stories for days. Fathers teach, guiding small hands as they hammer a nail or sail a kite.

We only look up to our fathers for so long. At some point, we begin to see things a little differently. But that's not when we stop looking up to them. It's at that point, we turn and look forward together.

FATHER'S DAY HISTORY

After the success of Mother's Day, this special day and its observances began to appear around the United States and the world. However, the road to this national observance was not an easy one.

First Recorded Father's Day

The first recorded celebration of Father's Day happened after the Monograph Mining Disaster in West Virginia. The disaster killed 361 men and left around 1,000 children fatherless in December of 1907. Grace Golden Clayton suggested a day honoring all those fathers to her pastor, Robert Thomas Webb.

HOW TO OBSERVE FATHER'S DAY

Celebrate your father. Explore his favorite hobbies or encourage him to share a story or two. Play a game or take him to one. Enjoy your time with your father and celebrate him. Share images of you with your father on social media and be sure to use #FathersDay too!

Explore More...

[National Father's Day](#)

[Parents Day](#)

[National Birth Mother's Day](#)

[Grandparents Day](#)

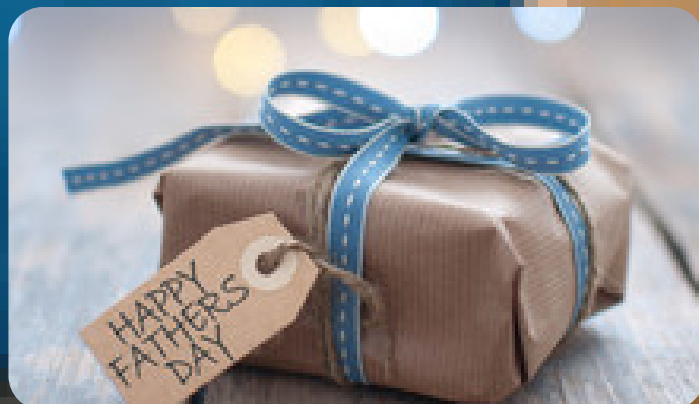
[Foster Care Day](#)

[World Adoption Day](#)

[National Family Day](#)

[Family Fun Month](#)

[Family Stories Month](#)



Father's Day Finds



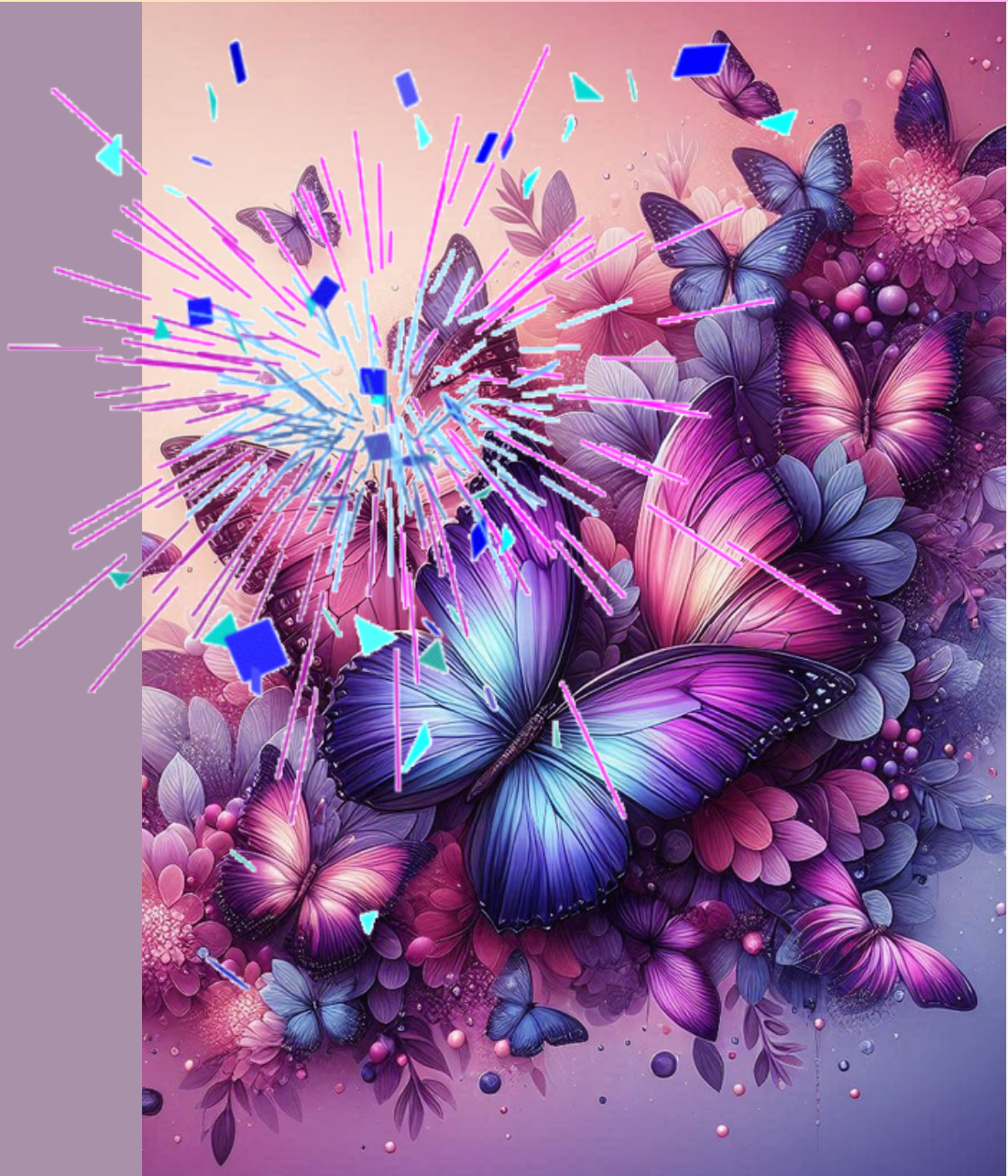
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JEN'S PERSPECTIVE MAGAZINE

Celebrating 1 Year



Established June 2024

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12 issues a year filled with reasons to
laugh, live and love, while making lasting
memories.

Something for
Everyone

From Family, Holidays, Food, Pets,
Heritage, Making a Positive Difference and
movies, music and books to try. Find
something new every month.

June 20, 2025

The Saturday after the Summer Solstice, gather your friends and family to celebrate Summersgiving! This day is designed to combine all the fun of summer with America's favorite Thanksgiving food. It's a celebration of life, rooted in gratitude, to be shared with the friends and food that make life fun.

Everyone has a favorite holiday food or tradition, and Summersongiving provides the opportunity to bring them all together under the sun and stars for one big celebration. Make a feast and share the dishes that mean celebration with a broader crowd of friends and family. Let the joy and fun memories grow year after year!



SUMMERSGIVING HISTORY

Around the year 2009, Robert Solomon created a Thanksgiving BBQ with his best friends to celebrate summer and all the food he thought he could only have at Thanksgiving. He loves turkey and all the rich side dishes that come with it. They drank cranberry martinis into the night, and Summersgiving was born from a love of great food, great drinks, and great friends.

HOW TO OBSERVE #Summersgiving



Grab the turkey (what Thanksgiving dinner would be complete without one) and serve it with all your favorite holiday foods and eat them in celebration of the day. Or, reinvent the holiday classics and share your Summersgiving favorites on social media with #Summersgiving. Be sure to invite all your friends and family and tell everyone it's time to party Summersgiving style.

National Dairy Month in June celebrates the many contributions of the dairy industry to our health and economy.

Dairy products contribute to our health in numerous ways. An 8-ounce glass of milk has more nutrients than the same serving size of juice. It's packed with protein, too. And cheese is udderly delicious!

Here's a list of popular dairy products you might find during Dairy Month:

Milk (whole, skim, 2%, lactose-free, flavored)

Cheese (cheddar, mozzarella, Swiss, provolone, feta, blue cheese)

Yogurt (plain, flavored, Greek yogurt, yogurt drinks)

Butter (salted, unsalted, clarified butter)

Ice cream (various flavors and varieties)

Cream (heavy cream, whipping cream, sour cream)

Cottage cheese

Cream cheese

Ricotta cheese

Mascarpone cheese

Buttermilk

Condensed milk

Evaporated milk

Flavored milkshakes

Sherbet

Sour cream

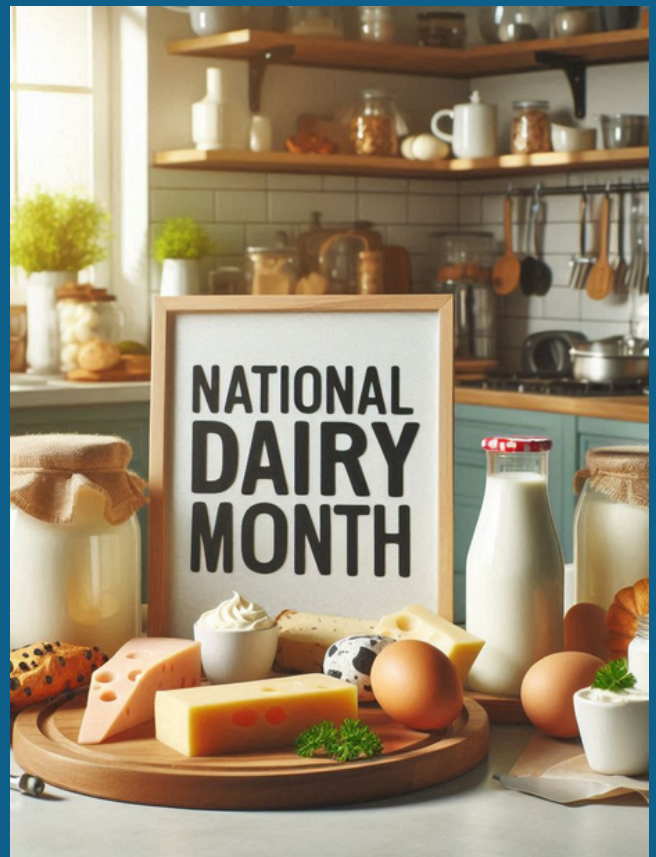
Whipped cream

Yogurt-based desserts (parfaits, yogurt bowls, smoothies)

Dairy-based spreads (cheese spreads, cream cheese spreads)

Dairy-based dips (ranch dip, spinach dip, queso dip)

These are just a few examples of the dairy products you might come across during Dairy Month. Keep in mind that availability may vary depending on your location and personal preferences.



Beyond the benefits that go into our bodies, the dairy industry fuels our economy. From the farmer and cheese production to distribution and the grocers who stock their shelves with products there's a non-stop demand for all the delicious ways we enjoy dairy products.

HOW TO OBSERVE

Savor the recipes made with dairy all month long. Visit a dairy farm and thank a farmer. Pick up your favorite cheeses or have some frozen yogurt. Learn the difference between whipping cream and half and half. Take a tour of an ice cream factory. What's your favorite dairy?

Use #NationalDairyMonth to share on social media.

WORLD MILK DAY



Real milk takes the spotlight on World Milk Day, always on June 1. The day is intended to bring attention to activities connecting the dairy sector.

The annual observance is marked with events across the globe: milking demonstrations and farm visits; games and competitions; concerts; distribution of milk products; and conferences, seminars and information sharing.

Did you know:

The dairy sector supports more than one billion people's livelihoods.

More than six billion people globally consume dairy products, making it a \$413.8 billion market.

China is the fastest-growing dairy market. Europe, the United States, New Zealand, Australia, and Argentina are the primary dairy-producing countries.

However, drinking milk in the U.S. has been on the decline since about 2000. In the 1980s, more than 50 percent of the dairy products regulated by the USDA was beverage milk. By 2015, that had dropped to 33 percent. Prompting the downward trend, according to market watchers, is the annual decline in the market consumption of ready-to-eat cereals. (source: American Farm Bureau)

HOW TO OBSERVE WORLD MILK DAY

Watch for local promotions of dairy products in your area and take advantage of specials. Visit the website <https://worldmilkday.org/> to learn more about the day. Use the social media tags #WorldMilkDay, #RaiseAGlass to be part of the trending popularity on World Milk Day.

Explore More...

[National Milk Day](#)

[National Ice Cream Day](#)

[National Vanilla Milkshake Day](#)

[Don't Cry Over Spilled Milk Day](#)

[National Chocolate Milk Day](#)

[National Dairy Month](#)

NATIONAL SOUL FOOD MONTH



Welcome to the month of June, a time when we celebrate the rich and flavorful cuisine that has become an integral part of American culture: soul food. National Soul Food Month provides us with a wonderful opportunity to explore the history, diversity, and mouthwatering delights of this beloved culinary tradition. So, grab a seat at the table, and let's embark on a journey through the heart and soul of soul food!

While soul food and southern cooking may often be compared, African-American slaves developed soul food's distinct character by creating outstanding meals from less-than-desirable cuts of meat and produce.

Whether the meal consisted of fried meats and vegetables or bbq and baked goods, the meals served to nourish the body and the fellowship that accompanied it nourished the soul.

Fried Chicken

Gumbo

Cornbread

Chicken Fried Steak

Black-eyed Peas

Okra

Jambalaya

Macaroni and Cheese

Sweet Potato Pie

HOW TO OBSERVE

Take a tour through soul food heritage. Graze the flavors and spices of the heritage. Have a conversation while you're at it and feed your soul. Listen to the history of the food, where it's traveled, how it's changed through the years. Use #NationalSoulFoodMonth to share your favorites on social media. Visit culinaryhistorians.org to learn more.

NATIONAL EGG ROLL DAY



Roll out the red carpet for one of the country's ultimate comfort foods. National Egg Roll Day on June 10th delivers one American Dream story and satisfies a craving (you're craving one now, you know it) at the same time.

The egg roll began as a Chinese-American tradition that extended to Vietnamese immigrants reaching for the American Dream. These traditions grew from the unfailing dedication of families in chop suey palaces serving hungry workers. Restaurants across the country perfected their own versions of the egg roll with a variety of finely chopped ingredients – pork, shrimp, cabbage, onions, bamboo shoots, water chestnuts and seasonings, all rolled up in a thin pastry wrap and deep fried.

Not only is the egg roll a satisfying snack or an exciting part of a meal at home or away, but it's played an essential role in making dreams come true for several generations of immigrants in the United States. And it continues to be in many ways.

Our ability to celebrate the egg roll is as close as our freezer, telephone, restaurant, or even our own recipe. The egg roll is versatile, too. Our love of the egg roll has evolved it to meet strict diets, exotic flavors, and so much more! What more could we ask for a celebration?

Explore More...

[National Egg Roll Day](#)
[National Tempura Day](#)
[International Tea Day](#)
[National Fried Rice Day](#)
[National Chop Suey Day](#)
[National Chopsticks Day](#)

HOW TO OBSERVE

Celebrate the hard-working history of the egg roll. Pick up a pack of Van's Kitchen's artisan batch egg rolls found in hundreds of grocers and convenience stores across the country on your way home and enjoy them with your favorite someone. Use [#NationalEggRollDay](#) to share on social media.

NATIONAL CHOCOLATE ICE CREAM DAY

To observe National Chocolate Ice Cream Day on June 7 all you need is chocolate ice cream. Who says you have to stop there, though? You can have it in a cone or make it from scratch. Add sprinkles or syrup or whipped cream.

Chocolate ice cream is the second most common flavor, surpassed only by vanilla. The chocolate flavored ice cream has been in existence well over a hundred years and has been popular in the United States since the late 19th century.

Cocoa powder is blended in with eggs, cream, vanilla and sugar to make chocolate ice cream. The cocoa powder is what gives the ice cream a brown color. Other flavors, such as rocky road or triple chocolate chunk, use chocolate ice cream in their creation.

HOW TO OBSERVE

Enjoy a bowl, Cone or sundae. Share with family and friends or keep the whole cpint to yourself....

Use #ChocolatelceCreamDay to post on social media.



Explore More...

[National Ice Cream Month](#)

[National Ice Cream Day](#)

[National Creative Ice Cream Flavors Day](#)

[National Black Cow Day](#)

[National Rocky Road Day](#)

[Ice Cream for Breakfast Day](#)



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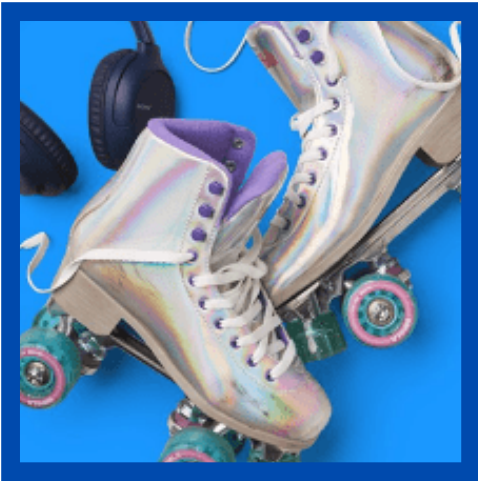
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