

Ten's Perspective

2025



JUMBO SIZED JULY

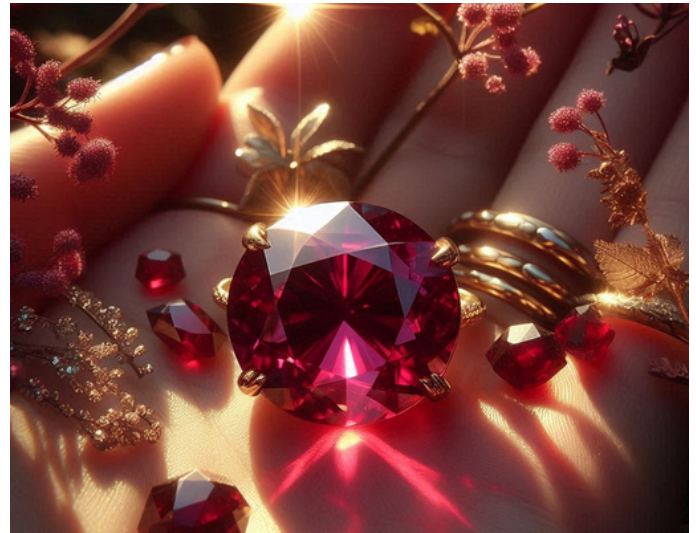
Jumbo Sized July

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

July is here, and it's packed with enough celebrations to fill the entire month—twice! From the fireworks of Independence Day to the star-spangled excitement of the coming America's 250th anniversary, we're honoring the red, white, and blue in style. But that's just the beginning. Saddle up for I Love Horses Day and the National Day of the Cowboy, then kick back with a cold treat for National Ice Cream Month. Whether you're grilling, swinging in a hammock, or binging patriotic movies, this month is all about enjoying the best of summer.

Speaking of fun, July serves up some quirky and delicious holidays too. Celebrate World Emoji Day with an emoji filled text, then blast off for National Moon Day—a nod to the Apollo 11 landing. Feeling indulgent? National Junk Food Day and National Lasagna Day (plus Jen's Lazy Lasagna recipe!) will satisfy every craving. Don't forget Tapioca Pudding Day and Eat Your Jell-O Day for a sweet throwback. And yes, there's even a day to rock your bikini or relax—because July demands both adventure and chill.

This month also shines a spotlight on remarkable history and gems. Amelia Earhart Day honors the fearless aviator, while National Cousins Day celebrates family ties. For those born in July, rubies take center stage—their fiery beauty symbolizing passion and power. Plus, we're touring America with stops in Hawaii, Delaware, Pennsylvania, and New Jersey, each offering unique summer vibes.

So grab your sparklers, your cowboy hat, or your emoji-filled texts—July is a nonstop party. Whether you're stargazing, indulging in ice cream, or paying tribute to pioneers, make every sun-soaked day count. Here's to a jumbo-sized July!

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 line extending downwards from the end of the name.



On July 22nd, relax in the shade and enjoy National Hammock Day. These portable, comfortable slings create excellent napping spaces no matter where you are!

Try some of these on you patio, porch, or in a livingroom corner. They make a great place to curl up with a good book or catch some zzz's.

A hammock, used for swinging, sleeping or resting, is a sling made of fabric, rope or netting. When suspended between two points, a hammock forms a sling used for swinging, sleeping or resting. They are made from fabric, rope or netting. Usually, a hammock suspends between two points such as trees or posts.

Though the hammock dates back thousands of years to Central America where it protected people from creatures and dirt, the netted bed didn't find Europe until explorers brought it back in the 17th century. Not long after, the hammock found its way onto naval ships, providing comfort and maximizing space.

After swaying across the oceans, the hammock eventually became a more leisurely item. Made from a variety of fabrics, it suspended between trees in backyards and at lake cabins. Easily packed into a backpack, hammocks became essential elements of survival. Hikers, campers and mountain climbers added the light and compact sleep sling to their kits.

Whether you use a hammock to take a nap or as a convenient tool in your camping kit, July 22nd second recognizes one innovative way to catch some sleep.

How To Observe

Hang up your hammock and take a nap. Use your own or borrow a hammock to celebrate. Post on social media using #NationalHammockDay.



NATIONAL MOON DAY

National Moon Day on July 20th commemorates the day man first walked on the moon in 1969. NASA reported the moon landing as being “...the single greatest technological achievement of all time.”

On July 20, 1969, Apollo 11 carried the first humans to the moon. Six hours after landing on the moon, American Neil Armstrong stepped onto the lunar surface. He spent two and a half hours outside the spacecraft. Buzz Aldrin soon followed, stepping onto the lunar surface. After joining Armstrong, the two men collected 47.5 pounds of lunar material. Their specimens would make the journey back to Earth to be analyzed.

In the command module, a third astronaut waited. Pilot, Michael Collins, remained alone in orbit until Armstrong and Aldrin returned.

Caught up in the thrill of the adventure, millions of Americans watched the mission from Earth. Televisions around the world tuned in to the live broadcasts. The astronauts had a worldwide audience. As a result, all witnessed as Armstrong stepped onto the moon's surface and described the event as “one small step for [a] man, one giant leap for mankind.”

Unquestionably, putting men on the moon became a tangible achievement in the space race. It placed the United States in a role to go forth and explore into the deeper reaches of the universe, too. In the months and decades that followed, NASA and the Soviets stepped up their missions.

The day doesn't just celebrate the landmark mission. It also celebrates future missions. Private expeditions are taking humans further into space. Armstrong's “one small step for man” inspired imaginations and sparked innovation, too, for generations to come. Even future moon missions are planned including manned landings.

Explore More...

[National Near Miss Day](#)

[National Meteor Watch Day](#)

[National Space Day](#)

[Global Sleep Under the Stars Night](#)

[National Astronaut Day](#)

[National Star Wars Day](#)

[Star Trek Day](#)

[International Dalek Remembrance Day](#)

INDEPENDENCE DAY

That title is more important to everyday Americans. The regular families. Parents who work both white and blue collar. Children to carry on your family traditions. Growing up our holidays like this were spent with great family, plenty of food, and the pyrotechnics show given in almost every town, large and small across the country. Swimming pools, sunscreen, and BBQ scents fill the air. Lawn chairs, watermelon, ice cream and red, white, and blue can be seen everywhere.

Laughter, squeals, and firework pops are audible over the playlists of classic rock, Souza marches, and songs of Americana heritage. Everyone born here, or legally immigrated should take this opportunity to give thanks for being here. Give thanks to the men and women of our armed services who protecting our freedoms.

With the advent of social media we are all familiar with the policies swirling through current events. To agree or disagree is not the important question here. Recognizing that we have the right to disagree, we all must learn to get along and live together. All who stand within our shores should be proud to be an American. Our Flag, Government, and our values shape this great place we call home. Never let anyone tell you that you are unlucky to be here. We do not live in fear of imprisonments, torture, and many of the horrors, we see abroad. Is all fair and just here? No, but looking around the world today, you could do much worse.



As we Celebrate the founding of this nation, on July 4, we remember those who came before. Immigrant, native, man, woman, and child. Let us focus on the positives, and work toward solutions that resolve our arguments. This July 4th, as we spend time with family and friends, bbq or take-out, enjoy the time and festivities.

If you find yourself in a quiet moment, add a special song to your playlist, wave the flag and proudly display what makes up the best part of our country, We The People.



Please drink responsibly and remember that alcohol and fireworks can be a bad combination.

Celebrate your independence in America on July 4th!



Celebrating the 250th anniversary of the signing of Declaration of Independence

Our Journey to 250

On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. The journey toward this historic milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.

Our mission and vision

America250's mission is to celebrate and commemorate the 250th anniversary of the signing of the Declaration of Independence, marking America's Semiquincentennial. We aim to inspire our fellow Americans to reflect on our past, strengthen our love of country, and renew our commitment to the ideals of democracy through programs that educate, engage, and unite us as a nation. America250 will foster shared experiences that spark imagination, showcase the rich tapestry of our American stories, inspire service in our communities, honor the enduring strength, and celebrate the resilience of the United States of America.

About America250

America250 is a nonpartisan initiative working to engage every American in commemorating the 250th anniversary of our country. This multi-year effort, from now through July 4, 2026, is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.

Calendar of Events

World Emoji Day



July 17th recognizes World Emoji Day and many of the world's symbolic icons for digital calendars. The day encourages us to use emojis to send unique messages.

Before the emoji, there were emoticons. Emoticons (emotion + icon) was developed as an expression of emotions in the cold hard texts that were devoid of them.

Emoji, a Japanese expression, roughly means "picture word" and was created by Shigetaka Kurita in 1990. While working for the Japanese telecom company NTT Docomo, Kurita would design these picture words as a feature on their pagers to make them more appealing to teens.

The release of the first iPhone by Apple in 2007 had an emoji keyboard embedded into the phone to nab the Japanese market. While not intended for U.S. users to find, they did and quickly figured out how to use it.

The release of the first iPhone by Apple in 2007 had an emoji keyboard embedded into the phone to nab the Japanese market. While not intended for U.S. users to find, they did and quickly figured out how to use it.

Every year new emojis (both emoji and emojis are acceptable plural forms of the word) are developed. The emojipedia.org keeps track of all the emoji updates across all platforms and operating systems. Over 1800 emojis cover much more than just emotions. From transportation, food, an assortment of wild and domesticated animals to social platforms, weather, and bodily functions, emojis virtually speak for themselves.

When it comes to celebration emojis, the designers created a variety to make sure we could express our excitement. Whether we celebrate the arrival of a new baby, an anniversary, or a birthday, there's something for every celebration.

WORLD EMOJI DAY HISTORY

In 2014, Emojipedia founder Jeremy Burge created World Emoji Day. The date of July 17th has been intrinsic to the iconic red and black Apple calendar emoji since its launch in 2002.

HOW TO OBSERVE #WorldEmojiDay

Explore emojis. Send them to your friends. if they it! Use #WorldEmojiDay to share on social media.

NATIONAL AMELIA EARHART DAY



EACH YEAR ON JULY 24TH, NATIONAL AMELIA EARHART DAY HONORS THE ACHIEVEMENTS OF THE AVIATION PIONEER ON THE DATE OF HER BIRTH.

Author and American aviation pioneer, Amelia Mary Earhart was born on July 24, 1897. One of Earhart's most impressive achievements took place on May 20th, 1932. In 1927, Charles Lindbergh completed the first solo flight across the Atlantic. He flew from New York to Paris in 33 hours and 30 minutes.

Earhart took off from Grace Harbor, Newfoundland four years to the day Lindbergh completed his flight. Throughout the flight, she faced many technical difficulties. Her goal was to land in Paris, France. The previous year, Ruth Nichols also attempted to fly solo across the Atlantic. Had she succeed, she would have been the first woman to do so. However, Nichols' crashed while attempting to land for refueling in New Brunswick, Nova Scotia.

Due to Earhart's challenges in flight, she landed the red Lockheed Vega 14 hours and 16 minutes later in Derry, Ireland. All in all, the flight was a success. She became the first woman pilot to complete the journey. Following Earhart's record-setting accomplishment, she earned the United States Distinguished Flying Cross.

In 1937, Earhart attempted to circumnavigate the globe. Unfortunately, her Purdue-funded Lockheed Model 10 Electra disappeared over the Pacific Ocean near Howland Island in July.

Today, her successes continue to draw women around the globe to the world of aviation. Fascination with her life, career, and disappearance continues to this day. Whether or not the mystery will ever be solved remains to be seen.

MORE EARHART FACTS

- Broke many other records
- Wrote best-selling books about her flying experiences
- Instrumental in the formation of The Ninety-Nines (an organization for female pilots)
- Joined the Purdue University aviation department faculty in 1935 as a visiting faculty member to counsel women on careers and help to inspire others with her love for aviation.
- Member of the National Woman's Party
- Supporter of the Equal Rights Amendment

Celebrate the day by researching and reading more about this famous female aviator. Add to your research other women aviation pioneers that led the way such as Bessie Coleman and Louise Thaden. Another way to celebrate includes exploring other amazing firsts in flight. You can also cast your doubts or share your wonder by using #AmeliaEarhartDay on social media.



National Cousins Day on July 24th recognizes the lifelong relationships that grow among cousins. Our first friendships often form with cousins as young as infants and endure a lifetime.

Whether cousins grow up together in close-knit families or only see each other occasionally, they share common memories through grandparents, aunts, and uncles. At family gatherings, cousins entertain each other and get into trouble together, too. They celebrate birthdays and might even blow out the other's candles to their cousin's annoyance. When their siblings irritate them, cousins become an ally. Sometimes cousins seem more like siblings, especially if they're only children.

As cousins grow up, watching their children grow reminds them of their youth. And that's when the cycle begins anew.

The day celebrates every age of cousins – new baby cousins and cousins whose babies are all grown up!

NATIONAL COUSINS DAY

EXPLORE MORE...

- Parents Day
- Grandparents Day
- Sons and Daughters Day
- Aunts & Uncles Day
- American Family Day
- National Family Day
- National Daughter's Day
- International Daughter's Day
- Family Fun Month
- Siblings Day
- Brother's Day
- Sister's Day
- Foster Care Day
- Foster Care Month
- National Adoption Day
- National Adoption Month
- World Adoption Day
- Family Stories Month

HOW TO OBSERVE #NATIONALCOUSINSDAY

Gather up your cousins and take a photo. Send a text to your cousins who are too far away. If you need to hear their voices, give them a call. Reminisce over the good times. Be sure to laugh about those things that didn't seem so funny at the time. Post photos on social media using #NationalCousinsDay.

Cousins are like built in best friends, so cherish yours.

The Allure of Rubies: July's Birthstone of Passion and Power

Rubies, the dazzling red gemstones associated with July birthdays, have captivated hearts for centuries with their fiery beauty and rich symbolism. Known as the "King of Gemstones," rubies are a variety of the mineral corundum, prized for their deep red hues ranging from vibrant scarlet to rich burgundy. Historically, rubies have been treasured by royalty and warriors alike, believed to bring protection, prosperity, and invincibility in battle. Today, they remain a symbol of love, courage, and vitality, making them a perfect gift for those born in July or anyone seeking a gemstone with timeless allure.



Rubies and Romance: The Stone of Love

Rubies have long been linked to romance, rivaling even diamonds in their association with deep, enduring love. Their rich red hue evokes the intensity of passion, making them a popular choice for engagement rings and anniversary gifts. In some cultures, rubies were exchanged as tokens of affection, believed to strengthen the bond between lovers. The gem's fiery energy is said to ignite desire and commitment, making it an ideal symbol for couples who share a profound connection. Whether set in a vintage-inspired ring or a modern pendant, rubies add a touch of timeless elegance and heartfelt sentiment to any jewelry collection.

Symbolism and Meaning of Rubies

Beyond their striking appearance, rubies carry profound meanings across cultures. In ancient times, they were thought to hold the power of life due to their blood-like color, symbolizing strength and passion. Eastern traditions associated rubies with prosperity and good fortune, often placing them in temples and royal jewelry. In metaphysical beliefs, rubies are said to energize the heart chakra, enhancing motivation, confidence, and emotional well-being. Whether worn as a statement piece or a subtle accent, rubies embody power, devotion, and a zest for life.

Celebrating July Birthdays with Rubies

For those born in July, rubies are more than just a birthstone—they're a personal emblem of courage, love, and vitality. Whether gifted as jewelry or kept as a talisman, rubies carry a legacy of strength and beauty. Their versatility allows them to shine in both classic and contemporary designs, making them a favorite among gemstone enthusiasts. If you're looking for a meaningful and luxurious gift, a ruby piece is sure to delight any July-born loved one. With their rich history and enchanting allure, rubies truly are a gemstone that transcends time, making every wearer feel regal and adored.



THE ALLURE OF RUBIES:
JULY'S BIRTHSTONE OF
PASSION AND POWER



NATIONAL I LOVE HORSES DAY

On July 15th we recognize the love of one magnificent creature on National I Love Horses Day!

With over 200 breeds, these spirited animals give humans much to love. Their loyalty and devotion throughout history may only be a fraction of the reasons to love them. Not just a means of transportation, horses cleared fields, fought wars, and moved cattle. Beyond their utility, their companionship was indispensable on long lonely trails. Cattlemen, pioneers, and more recognize horses as cornerstones of survival in a burgeoning nation.

HORSE BREEDS

The tallest horse breed is the Shire. The stallions of this draft horse breed tower at 17 hands above the tiny Falabella, which grows to only eight hands and is the smallest breed of horse.

The phrase "Don't look a gift horse in the mouth," is a reminder to be grateful for the gifts, opportunities or kind gestures that come our way. The phrase comes from inspecting a horse's teeth to determine its health and value. If the horse was a gift, such an inspection would be considered an insult.

The quarter horse, named for its speed on a short track, is one of the three fastest breeds of horses. Thoroughbreds follow quarter horses for longer distance, but Arabians outlast both breeds for endurance on the longest races.

HORSE FACTS

A horse can see almost 360° at once. Because of this, it's difficult to sneak up on a horse. Their only blind spots are directly behind them and in front. However, don't approach a horse from behind; their powerful hind legs can do serious damage if they decide to defend themselves with a kick. Because horses have such an excellent range of vision, they can be easily distracted or startled. Trainers will place blinders or blinkers on their harness to block the horse's view from the side. The small piece of leather helps the horse to focus their vision forward.



Just like human hair and fingernails, a horse's hooves are made of the same protein – keratin. Farriers specialize in caring for horses' hooves. They not only fit horses with shoes, but they trim their hooves and make recommendations for hoof care and foot health. Since horses spend an enormous amount of time on their feet, the care a farrier provides is instrumental to their overall health.

HOW TO OBSERVE #NATIONALILOVEHORSESDAY

Celebrate by visiting a local stable for a horseback ride. Seek a view of wild horses in a national park. Spend time riding your own horse if you have one.

POST ON SOCIAL MEDIA USING #NATIONALILOVEHORSESDAY

NATIONAL DAY OF THE COWBOY

National Day of the Cowboy on the fourth Saturday in July recognizes the stoic, hardworking symbol of the American West.

The era of the cowboy began after the Civil War in the heart of Texas. Cattle were herded long before this time, but in Texas, they grew wild and unchecked. As the country expanded, the demand for beef in the northern territories and states increased. With nearly 5 million head of cattle, cowboys moved the herds on long drives to where the profits were.



The draw of riches and adventure mixed with tales of violence. Among the grand backdrop of the Great Plains, the mythological image of the cowboy emerged.

Where the dust settles reveals much of the stoic truth of the American cowboy and cowgirl. The life of a cowboy required a particular ability to live in a frontier world. To do so requires respect, loyalty, and a willingness to work hard.

In the words of former President George W. Bush, "We celebrate the Cowboy as a symbol of the grand history of the American West. The Cowboy's love of the land and love of the country are examples for all Americans."

NATIONAL DAY OF THE COWBOY HISTORY

According to the National Day of the Cowboy Organization, this day "...is a day set aside to celebrate the contributions of the Cowboy and Cowgirl to America's culture and heritage." The NDOC continuously pursues national recognition of National Day of the Cowboy. Currently, 14 states recognize this day. The first celebration was in 2005.

HOW TO OBSERVE #NationalDayOfTheCowboy

Celebrate with a cowboy you know and post on social media using #NationalDayOfTheCowboy. Enjoy a western novel or movie, attend a rodeo, and embrace the cowboy way of life.

Patriotic Movie List

American patriotic movies celebrate the spirit, history, and values of the United States, often highlighting themes of courage, freedom, and national pride. These films span various genres, from war epics like **Saving Private Ryan** and **American Sniper** to inspiring dramas like **Forrest Gump** and **The Pursuit of Happyness**, all showcasing resilience and the American dream. Whether depicting real-life heroes, pivotal historical moments, or fictional tales of patriotism, these movies stir emotions and reinforce a sense of unity and pride in the nation's ideals. This list explores some of the most iconic and uplifting films that honor the heart and soul of America.

Glory

Pearl Harbor

Mr. Smith Goes To Washington

Saving Private Ryan

Forest Gump

Independence Day

Platoon

Casablanca

The American President

Sergeant York

1917

Airforce One

1776

The Darkest Hour

Hacksaw Ridge

No Time For Sergeants

Act of Valor

The Longest Day

The Green Berets

Flags of Our Fathers

Top Gun

13 Hours

Lone Survivor

Top Gun Maverick

The Tuskegee Airmen

The Six Triple Eight

Independence Day Resurgence

Dunkirk

Zero Dark Thirty

The Patriot

Red Tails

The Last Full Measure

Patton

Midway

American Sniper

National Treasure 2

Book of Secrets

National Treasure

National Bikini Day

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.

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.

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](#)



Swim Wear



Tap to Shop

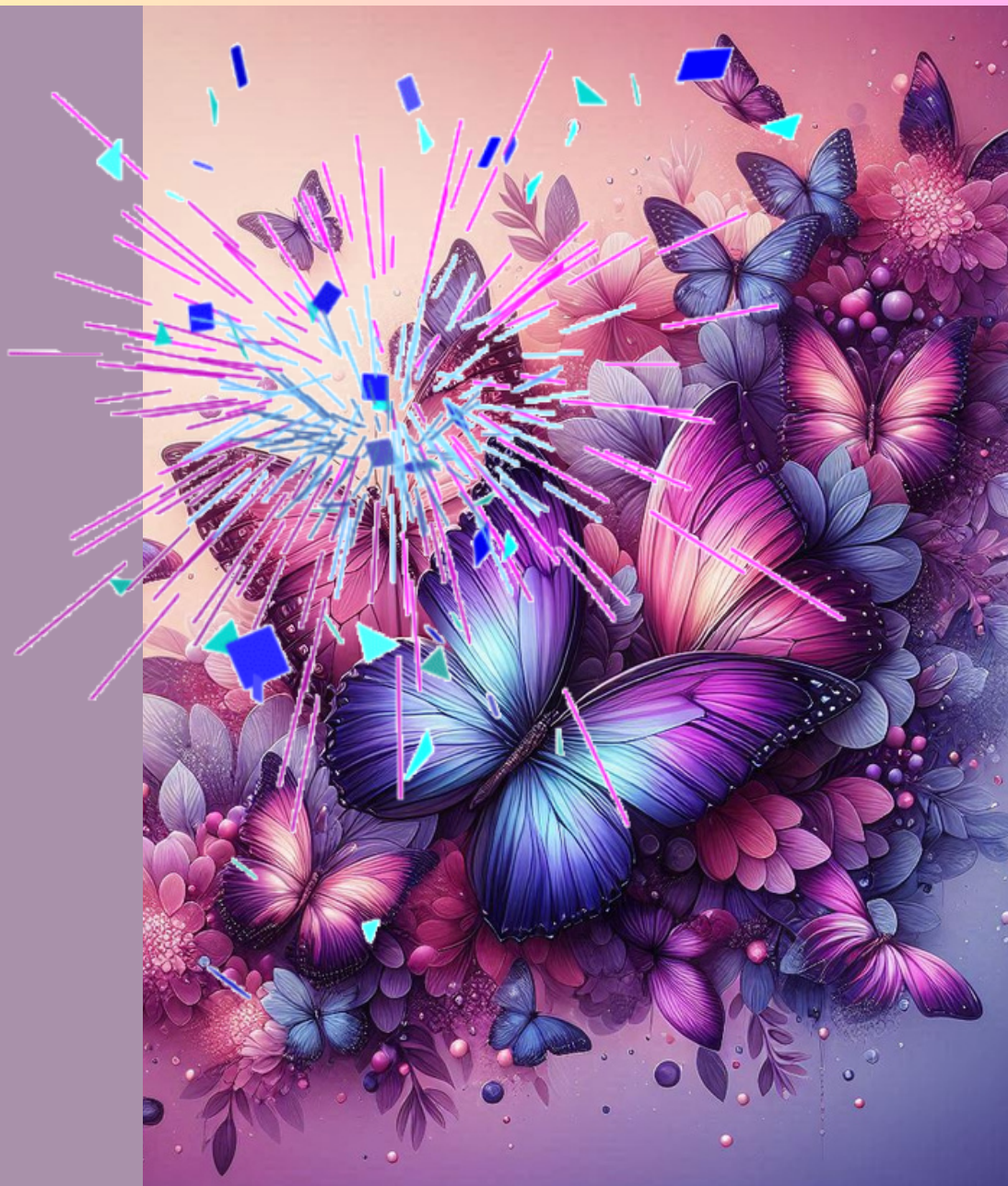
Outdoor Living



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

Celebrating 1 Year



Established June 2024

Join us with a
subscription today.

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.

NATIONAL

GRILLING

MONTH

Summer is the time for the best outdoor cooking, so it is no surprise July is National Grilling Month.

Burgers, hotdogs, ribs, brats, chicken, Brisket, or steak, when done on the grill makes a lot of great foods taste even better.

July 4th is a great time for a barbecue. Check out some of these great reasons to grill this month or any other.

Don't let improperly prepared food ruin your summer. Use these grilling tips keep you grilling and enjoying the beautiful weather all season long.

- Wash your hands. Use hand sanitizer when clean water isn't readily available where you are grilling.
- Keep food cold until you are ready to put them on the grill. Letting them sit allows bacteria to grow.
- Don't mix raw and cooked foods. Keep raw foods separate from each other. Once cooked, use a clean dish to place your final masterpiece. The bacteria from the raw food will contaminate the freshly cooked meal.
- Keep hot food warm to at least 140 degrees Fahrenheit until ready to be placed in a cooler with ice or refrigerator to prevent bacteria growth. For salads and cold foods, keep them chilled on ice.



EXPLORE MORE...

[National Barbecued Spareribs Day](#)

[National Hot Dog Month](#)

[National Hot Dog Day](#)

[National Hamburger Day,](#)

[National Brisket Day](#)

HOW TO

OBSERVE

Invite some friends over and throw something delicious on the grill. Be sure to have some cold beverages and play some upbeat music. The weather is fine! Use #NationalGrillingMonth to share on social media.

What makes I scream, and you scream! We all scream for ice cream of course! July is national ice cream month, and what a perfect time to cool off with a scoop of your favorite flavor (or try what other weird flavors that exist out there).

Like with other foods, the exact origin of ice cream is unknown. What we do know, however, is that the origin of ice cream likely dates back a long time ago. For example, Nero of Rome was said to have enjoyed harvesting ice or snow, then flavoring it with honey or other flavorings. Alexander the Great supposedly enjoyed icy drinks that had flavorings such as honey or nectar.



The first instance of ice cream being in the United States, however, was in a letter in 1744 (the author of the letter was a guest of Governor William Bladen.). Early presidents also had a liking towards ice cream. In the summer of 1790, George Washington spent approximately \$200 for ice cream (keep in mind that back then \$200 was a fairly good sum of money).

Thomas Jefferson actually made his own recipe of ice cream too! Dolly Madison, the wife of President James Madison, served ice cream at the second inaugural ball. For a while, ice cream was only an occasional special treat, mainly for the rich.

In 1843, Nancy Johnson patented the hand crank ice cream maker. About 8 years later, in 1851, Jacob Fussell built the first ice cream factory. The invention of mechanical refrigeration helped keep large amounts of ice cream cool. Improvements and new inventions in technology helped ice cream spread towards the general public.

HOW TO OBSERVE

Check out all the fun flavors during July. July 1 is National Creative Ice Cream Flavors Day. In the middle of the month, National Peach Ice Cream Day brings some refreshing fruitiness to the month. The end of the month is rounded out with good old National Vanilla Ice Cream Day. What's your favorite? Don't forget Chocolate Ice Cream Day in June too.

Use #NationalIceCreamMonth to share on social media.

Explore More...

National Ice Cream Day

Ice Cream Soda Day

National Sundae Day

Ice Cream Cake Day

National Ice Cream Sandwich Day

National Dairy Month

Banana Split Day

National Baked Alaska Day

Ice Cream for Breakfast Day

NATIONAL LASAGNA DAY

The best way to join in National Lasagna Day on July 29th is to bake up a pan of the Italian pasta dish. Another way to celebrate is by getting a table at your favorite Italian restaurant.

Due to lasagna's broad noodles, the pasta lends itself to layering. A variety of ingredients such as cheeses, meats, vegetables, and sauces create a delicious blend of savory baked layers. For individual servings, roll similar elements into the pasta noodles. A fun twist is white lasagna. Made with chicken, mushrooms, alfredo sauce and white cheeses.

Since lasagna is one of the oldest kinds of pasta, cooks have developed quite a selection of recipes. From vegan to seafood and dessert, lasagna fills recipe books around the world. Even the sauces come in a wide variety.

Unsurprisingly, many families create unique recipes that are passed down from generation to generation. Sometimes the sauce makes the lasagna special, too. Other families make their sausage from scratch. Fresh-picked tomatoes, onions, and herbs are often a cook's secret. Others will claim the best lasagna makers use a specific kind and number of cheeses.

Overall, most lasagna recipes call for mozzarella, parmesan, and ricotta. However, lasagna is not limited to those three kinds of cheese. Italian seasonings such as garlic, basil, and oregano bring that delicious flavor, too. Try this super easy lasagne made in the crockpot too. Lazy Lasagna has all the flavor of the original with a fraction of the work. For another easy take on this classic try Lasagna Soup too. Find the variation and freezer version with keto friendly ingredients Lazy Lasagna recipe.



For the low carb and keto diets you can substitute strips of zucchini or even eggplant for a lower carb delight. Make your sauce from scratch to control sugars and use plenty of cheeses. Bring this classic comfort food to your healthy table too.

- The origin of lasagna is debated with varying theories.
- Initially, the word lasagna referred to the pot in which the dish was cooked rather than the food.
- A 14th-century English cookbook featured a recipe for lasagna.
- Even cartoon characters enjoy the dish. Garfield, the cat, declares his love for lasagna in the cartoon strip with his name.

HOW TO OBSERVE #NationalLasagnaDay

Have a lasagna cookoff. Invite friends and family over for an evening of lasagna tasting. While everyone tastes and compares, enjoy a bottle of wine and laughter. Meanwhile, tell stories of your first attempt to make lasagna – everyone has one. And, don't forget to get the children involved in baking, too! Lasagna is a family-friendly baking experience. They can mix ingredients and add layers before the cooking begins.

Post on social media using #NationalLasagnaDay and share your celebration.

JEN'S LAZY

LASAGNA



A new take on this classic comfort food allows for easy preparation and a fraction of the work.

The Crockpot allows you to put dinner on before leaving for work, and still come home to a home cooked meal.

I've made this with the same layering in the oven as well. Both are a great way to enjoy this favorite. The recipe can easily be customized for dietary needs and you can also make a soup with the same ingredients.

For more *Tip* click on photo to see recipe page.

Ingredients

- 1 lb ground beef
- 1 small onion diced
- 2 cloves minced garlic
- 1 1/2 tsp Italian Seasoning
- Salt & Pepper to taste
- Great Value tomato, basil, garlic sauce
- (Only 1g sugar vs Prego 9g per serving)
- Or 2 cans Red Gold tomatoes diced Italian (5g carbohydrates per serving)
- 2 packages frozen ravioli
- Frozen drained spinach if desired
- 4 cups shredded mozzarella cheese

Directions

- In large skillet or Dutch oven brown minced beef
- Drain excess fat
- Add onion, garlic, Italian Seasoning, and pasta sauce or tomatoes
- Salt and pepper if needed
- In lined Crockpot layer Meat sauce cheese, ravioli
- Repeat making about 3 layers
- Top with more mozzarella and sprinkle with Parmesan if desired

EAT YOUR JELL-O DAY

July 12 easily directs us what to do on Eat Your Jello Day! With plenty of flavors to choose from, you should have no problem finding one you like.

Trademarked in 1897 by Pearle Wait of Leroy, New York, Jell-O is the novel and fun dessert loved by millions. Francis Woodward, who later purchased the recipe and trademark, eventually made Jell-O a household name. With 21 different flavors, Jell-O satisfies every taste and can be enjoyed in numerous combinations.

Jell-O's primary ingredient is gelatin. Gelatin consists of collagen, specifically animal collagen. It's a protein extracted from the connective tissues of cows and pigs. Once the protein is broken down and extracted, the collagen is dried and ground into a fine powder.

Eat Your Jell-O Day specifically tells us to eat. So, whether it is molded, layered, or mixed with fruit, vegetables, or marshmallows, be sure to have some. It's delicious as a salad, dessert, or even a shot. Jell-O doesn't break the budget either, nor does it add too many calories. Where can you go wrong?

HOW TO OBSERVE EAT YOUR JELL-O DAY

Give Jell-O recipes a try. Use #EatYourJelloDay to post on social media.

Jell-O has been the subject of many classroom art and science projects throughout the years. From the study of viscosity and laser beams to gelatin artwork, Jell-O inspires in and outside the kitchen.



Explore More...

[NATIONAL
GUMMI WORM
DAY](#)

National
Gummy Bears
Day

National
Creative Ice
Cream Flavors
Day

National Black
Cow Day

National Rocky
Road Day

Ice Cream for
Breakfast Day

NATIONAL JUNK FOOD DAY

July 21st dedicates a giant menu of items to National Junk Food Day. Each year, the day permits us to chow down on the foods we usually don't include in our daily diet. Junk foods, by definition, typically contain high fats, sugars, salt, and calories and very little nutritional value.

With the advent of packaged foods during the late 1800s, junk food made its way into American life. Still, home-cooked meals remained the standard for several more decades. Eventually, after World War II, the artery-clogging industry took off. Since the population ate out more, traveled more, the industry was primed to produce products at an increased rate.

From the frozen food aisle to fast food chains, a myriad of choices for consumers flooded the market. Potato chips, baked goods and so much more filled supermarket shelves, prepackaged and ready to go.

By the 1970s, junk foods earned a name and a bad one, too. Michael Jacobson, a microbiologist, is credited with coining the phrase. He also set out to curb our appetite for the high sugar, high salt, high preservative foods Americans consumed at an alarming rate.

While deep-fried, fat-laced foods increase our waistlines, cholesterol, and blood sugar numbers, an occasional indulgence shouldn't impact a healthy, diverse diet and lifestyle. Also, producers make healthy versions of our favorite junk foods to entice us to enjoy a little.

HOW TO OBSERVE #NationalJunkFoodDay

Snack a little. Chow down on your favorite chip, dip or treat. In fact, treat the family or workplace to a beverage or take out. Post on social media using #NationalJunkFoodDay. You can also celebrate by taking a walk or doing some yard work to burn off those extra calories.



NATIONAL TAPIOCA PUDDING DAY

National Tapioca Pudding Day on July 15th encourages us to dig into this pudding dish enjoyed around the world!

Tapioca is a starch derived from the cassava root. While the root looks similar in shape and color to a sweet potato, in its natural form, cassava contains cyanide. However, grinding down the root produces a flour or powder used as a thickening agent. It may also be produced into tapioca pearls. Also known as manioc or yucca, growers cultivate cassava around the world. A part of the Euphorbiaceae (spurge) family, this woody shrub is native to South America but is also grown in Asia and Africa.

Once a staple in early American households, tapioca was dehydrated to survive long sea voyages without spoilage. In a dehydrated form, tapioca earns an extended shelf life. Cooks wanting to make homemade tapioca should plan ahead. Tapioca pearls must soak overnight before using them.

For those sensitive to gluten, substitute tapioca in place of flour as a thickening agent in recipes. Try it in recipes for pancakes, cookies, and other baked goods. Tapioca also provides an excellent source of vitamin B, manganese, and iron. Turn to tapioca if you're having trouble gaining weight or have a sensitive stomach. Tapioca is a gentle ingredient and helps to add healthy weight gradually.



For those who want to enjoy tapioca more quickly, minute and instant tapioca puddings make the process easier. Make a quick parfait with layers of fruit and whipped cream. It will definitely make a perfect celebration that way. However, we also enjoy tapioca in Boba tea, a Taiwanese tea-based drink.

Explore More?

[National Tapioca Pudding Day](#)

[Banana Pudding Lovers Month](#)

[National Rice Pudding Day](#)

[National Bubble Tea Day](#)

[Crème Brûlée Day](#)

[National Vanilla Pudding Day](#)

[National Chocolate Pudding Day](#)

[National Pots De Creme Day](#)



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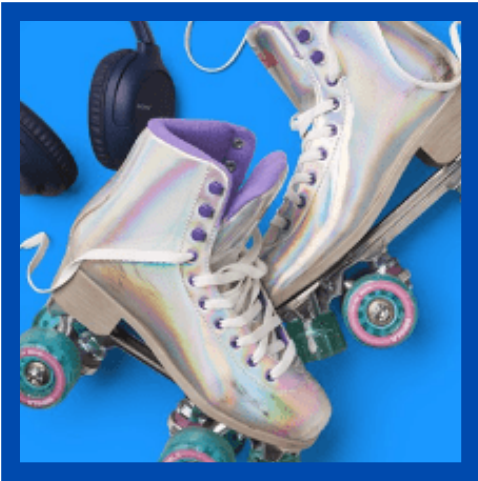
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