

Ten's Perspective

2026



JUBILANT IN
JULY

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Jubilant in July

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

As we welcome the sun-drenched days of July, we invite you to dive into this month's issue of Jen's Perspective Magazine, aptly titled "Jubilant in July." This edition is a celebration of not only the vibrant ruby, July's birthstone, but also the spirit of independence that resonates deeply throughout this month. The ruby, renowned for its fiery red hue, symbolizes love and passion, making it a fitting representation of the warmth and joy we experience during this summer month. We explore the rich symbolism and romantic meanings of rubies, with stories that reflect the essence of love and connection.

July is not just about gemstones; it's a month filled with significant celebrations and holidays. As we commemorate Independence Day on the 4th, we've curated a delightful menu to inspire your holiday gatherings. From classic barbecue favorites to refreshing summer desserts, our 4th of July menu will help you celebrate America's 250th anniversary in style. We also encourage you to create a July bucket list, filled with activities that capture the spirit of summer, whether it's enjoying the outdoors or hosting gatherings with loved ones.

In addition to the festivities, we shine a light on important observances this month, including Disability Independence Day. This day serves as a reminder of the ongoing journey toward inclusivity and accessibility. We invite you to reflect on the progress made, as well as the work still to be done, ensuring that everyone can enjoy the joys of summer and independence.

To further enrich your July experience, we've compiled a list of patriotic movies and a playlist of songs that embody the spirit of our nation. Whether you're spending time with family or enjoying a quiet evening at home, these selections will set the perfect tone for your summer celebrations. Additionally, we celebrate various national days this month—such as National Grilling Month and National Peach Month—encouraging our readers to indulge in the flavors of summer.

Lastly, we take a moment to appreciate the regions that embody the spirit of July. From the tropical vibes of Hawaii to the historical richness of Delaware, Pennsylvania, and New Jersey, these states offer unique experiences that capture the essence of summer. So, grab your favorite ruby-inspired treat, kick back, and immerse yourself in the jubilant spirit of July. We hope this issue inspires you to make the most of this vibrant month!

A handwritten signature in a dark brown, cursive script that reads "Jennifer". The signature is fluid and elegant, with a long, sweeping underline that extends to the right.



July

Activities & Bucket List

Try a new ice cream flavor

Dip your feet in the water

Go to an outdoor concert

Celebrate July 4th and 250th anniversary

Sunrise picnic on the beach

Go to A Farmers Market

Stargaze in your backyard

Make homemade Lemonade and Sun tea

Go on an Ice Cream Date

Nap in a Hammock

Make homemade ice cream

Pick berries or fruit

TOP 10 HOLIDAYS IN JULY

- 1 **Independence Day** (JULY 4TH) 
- 2 **Canada Day** (JULY 1ST) 
- 3 **Bastille Day** (JULY 14TH) 
- 4 **World Chocolate Day** (JULY 7TH) 
- 5 **International Day of Friendship** 
- 6 **Parents' Day** (FOURTH SUNDAY) 
- 7 **National Ice Cream Day** (THIRD SUNDAY) 
- 8 **Hammock Day** (JULY 22ND)
- 9 **Moon Landing Anniversary** (JULY 20TH)
- 10 **International Tiger Day** (JULY 29TH)

National Disability Independence Day on July 26th commemorates the signing of the Americans with Disabilities Act (ADA) on July 26th, 1990.

The ADA provides protection from employment discrimination as well as better access to goods, services, and communications for people with disabilities.

As of 13 years ago a burst aneurysm cost me my mobility. As a wheelchair dependent person I can tell you from experiences, more needs to be done.

Like most of us I never gave the ADA adaptations much thought. As someone who uses them now most don't go far enough. Have you ever considered something as easy as signing a receipt, or cutting something for dinner. Regular tables, counters, are the wrong height or impossible to get to.

Have you ever tried to do something as simple as an eye exam, dentist appointment or a Gyn? It can't be done if you can't transfer by yourself to thier equipment or chairs. I've even encountered Dr's offices that cannot accommodate even some attached to hospitals. I sometimes feel like I lost not only my mobility but my rights to be anything resembling an independent person.

I am glad some more things are being done as technologies advance. As a Floridian I was glad to see things like beach mats that allow a chair closer to shore. I hope the future brings even more advances for those of us who need them. I am so thankful for my family who support me advocating for myself. My husband is my biggest and sometimes loudest advocate, especially if you try trampling on my health, care, or rights.



The day not only celebrates the anniversary of the ADA but it also serves several other purposes. First, the law first broke down barriers individuals with disabilities faced every day. It also marked a timeline of change that soon developed. Over time, common barriers such as narrow doors and small bathroom stalls became accessible to wheelchairs. Other examples include braille signs and crosswalks for the vision impaired. The changes improved mobility and safety.

I urge people to take a look around and keep improving these. I hope this draws more awareness to it. ADA compliant is no where near the standards that are needed to actually accommodate those of us who are now disabled.

HOW TO OBSERVE #DisabilityIndependenceDay

If you are an employer or designer, consider how accessible your business is to people with disabilities. The ADA empowers people with disabilities to stand up for their rights, too. Give shout outs to accessible businesses and organizations. On July 26th, unite with them and use #DisabilityIndependenceDay to share on social media.

HAPPY 4TH OF JULY

This Independence Day feels different — quieter in some corners, more deliberate in others — because we stand on the cusp of a milestone: the 250th anniversary on July 4, 2026. The usual comforts remain — backyard cookouts, flag-waving kids, the boom of fireworks — but this year those familiar rituals carry an extra weight, an invitation to look beyond spectacle and into the story those sparks trace across time.

I find myself remembering small, ordinary moments that have always made the holiday feel like home: the familiar playlist that resurfaces every year, the neighbor who brings the same potato salad, the slow walk to watch distant fireworks. These habits tether us. They are how history becomes personal and how grand ideals like liberty and self-government land in our daily lives. On July 4, 2026, let those small rituals help us listen more closely to what independence has meant — and must mean — for everyone.

Honoring a 250th anniversary is more than commemoration; it's a moral inventory. The Declaration promised equality and rights. Reverence for this milestone asks us to celebrate courage and aspiration while also acknowledging the long work still ahead, making space for all voices.

Community is where ideals are tested and remade. This Independence Day, consider acts that deepen civic life — volunteering, attending a local meeting, or simply checking in with neighbors who might be alone. These quiet, consistent commitments are the everyday labor that turns abstract principles into lived reality. If we treat the 250th anniversary as a prompt rather than a final chapter, we keep the experiment of self-government alive.



There is power in memory that is honest and generous. Let July 4, 2026 be a day of stories: family recollections, local histories, and the uncovering of lesser-told narratives. Listening to one another — and to the records that create our national tale — enriches our celebration and grounds our hopes in reality.

So celebrate with joy, but carry reflection with it. Let the fireworks mark both gratitude for what has been achieved and resolve for the unfinished work. On this Independence Day, and as we approach the 250th anniversary on July 4, 2026, may our patriotism be measured not only by pride, but by humility, responsibility, and the steady commitment to make freedom more real for all.

A festive 4th of July menu card with a background of fireworks, stars, and American flags. The title "4th of July MENU" is prominently displayed at the top. Below the title, a list of ten menu items is presented, each on a separate line with a dashed horizontal line above and below it. The items are: Fall off the Bone Baby Back Ribs, Black and Blue Burgers, Loaded Potato Salad, Sweet Potato Fries, Broccoli Bacon Salad, Ceasars Salad, Bourbon Baked Beans, Corn on the Cob, Homemade Buttermilk Biscuits, All-American Berry Flag Cake, Homemade Vanilla Ice Cream, and Red, Blue & Cheesecake Fruit Salad. The card is decorated with red, white, and blue stars and fireworks.

4th of July

MENU

Fall off the Bone Baby Back Ribs

Black and Blue Burgers

Loaded Potato Salad

Sweet Potato Fries

Broccoli Bacon Salad

Ceasars Salad

Bourbon Baked Beans

Corn on the Cob

Homemade Buttermilk Biscuits

All-American Berry Flag Cake

Homemade Vanilla Ice Cream

Red, Blue & Cheesecake Fruit Salad

Patriotic Party Music

Star Spangled Banner

America The Beautiful Ray Charles

Born in The USA Bruce Springsteen

Stars and Stripes Forever

God Bless America Irving Berlin

American Patrol Glenn Miller Orchestra

If I Had A Hammer

All Summer Long Kid Rock

Where the Stars and Stripes and the Eagle Fly
- Aaron Tippin

Battle Hymn of the Republic

God Bless The USA Lee Greenwood



Living in America James Brown

American Pie Don McLean

Take Me Home Country Roads John
Denver

Ballad of the Green Berets

Only in America - Brooks & Dunn



★ Patriotic Movies ★

— FOR EVERY AMERICAN —

- ★ Saving Private Ryan
- ★ Glory
- ★ American Sniper
- ★ Apollo 13
- ★ Patton
- ★ Hacksaw Ridge
- ★ Black Hawk Down
- ★ Lincoln
- ★ Top Gun
- ★ Band of Brothers
- ★ The Patriot
- ★ Flags of Our Fathers
- ★ 13 Hours
- ★ We Were Soldiers
- ★ Zero Dark Thirty



NATIONAL REFRESHMENT DAY

National Refreshment Day on the fourth Thursday in July celebrates fun at the hottest time of the year. July 23, 2026 toasts those moments of ice, cold refreshment, especially a nice cold beer. These are the simple pleasures that we all love and cherish.

Whether you're at the beach or wrapping up a long day of work, it's nice to know there's a glass waiting for you somewhere. The dog days of summer call for coolers full of ice. Long weekends and vacation days beckon, too. Take a day and celebrate.

HISTORY

Traveler Beer Company founded National Refreshment Day in May 2015 to highlight the refreshing flavors of summer. The Traveler Beer Company was a craft beer venture based in Burlington, Vermont.

HOW TO OBSERVE #NATIONALREFRESHMENT DAY

Turn the fan on high, grab your bathing suit, and ice down the beer. Make the most of the dog days and raise a glass to Refreshment! Give a shout out to your favorite brewery or craft beer. You can also thank a server for their dedication and buy them a refreshing beverage. Share in the holiday by using **#NationalRefreshmentDay** on social media.

EXPLORE MORE

[National Beverage Day](#)

[Lemonade Day](#)

[Iced Tea Day](#)

[Pina Colada Day](#)

[National Juice Slush Day](#)

[National Punch Day](#)

[National Mojito Day](#)

[National Daquari Day](#)

[National Cocktail Day](#)

[Sour Appletini](#)

[Mojito Sherbert Punch](#)





COLLECTOR CAR APPRECIATION DAY

Each year in on the second Friday in July we celebrate Collector Car Appreciation Day. This day recognizes the vital role automotive restoration and collection plays in American society.

Americans have had a fascination with automobiles since the first U.S. horseless carriage was demonstrated in 1893 by the Duryea Motor Wagon Company. The romance of the motor took us from rough country roads to iconic highways and byways. We were also able to stretch our legs and cross the country more independently than ever before. The urge to go faster, fleeter and finer were inspirations for design and ingenuity. Additionally, assembly lines made cars more affordable.

The appeal of the automobile influenced the American sense of adventure. Nostalgia, perseverance, and exploration are the topics of the day. Surprisingly, the automobile and the horse shared the road for a time causing much confusion. Stop signs and signal lights were non-existent. Rules of the road were not yet established. Still, motor companies began to tailor their designs to a public demanding a particular style.

Today, the collectors of these bygone eras keep history and memories alive. They restore and maintain old metal, engines, and blinkers. Crank, push-button, or throttle starters once rusting in a barn rev to life. Specialists take great care to find the right part or color, and skilled artists put their hard labor to work restoring a single collector car. They spend hours on end painting, repairing, rebuilding, and welding to recreate the final result of a pristine collector car.

This day recognizes those individuals dedicated to preserving a piece of American history. We associate each era with a certain car. Whether we ride in a Prohibition-era Cadillac Sedan, a 1950s era muscle car, or in our grandfather's pickup truck, they take us back.

COLLECTOR CAR APPRECIATION DAY

Give a shout out to a dedicated restorer you know. Recognize their talent and knowledge. Attend a collector car event or show. Share your tips and videos. While you're celebrating, take a ride in your classic car. Post photos of your collector car on social media using #CollectorCarAppreciationDay.

Ruby: July Birthstone — Symbolism & Romantic Meaning

The ruby, July's birthstone, has symbolized passion, protection, and power for millennia. Valued for its vivid red hues and remarkable durability, the ruby remains a timeless choice for romantic gifts and heirloom jewelry.

What Is a Ruby?

Ruby is a red variety of corundum prized for its deep crimson tones, high brilliance, and a 9 Mohs hardness that makes it ideal for everyday jewelry. The finest rubies—often called “pigeon’s blood”—come from historic mining regions and command premium prices for their color and clarity.

Symbolism and Meaning of the Ruby

Across cultures, rubies have represented life, vitality, courage, and protection. In ancient India rubies were called “ratnaraj” (king of gems) and were believed to ensure safety and wisdom. The stone’s red color naturally links it to blood and fire, making it a powerful symbol of strength and endurance.

Ruby and Romance — Why Rubies Are a Romantic Gift

Red is the universal color of love and desire, so rubies have long been used as tokens of devotion. From royal betrothals to modern engagement rings and anniversary gifts, rubies communicate passion, fidelity, and emotional warmth—perfect for July birthdays and milestone celebrations.

Historical Legends and Famous Rubies

Rubies have shaped myths and royal histories worldwide. Sourced historically from Myanmar and other notable regions, famous rubies often traveled along trade routes into Europe and Asia, becoming royal heirlooms and objects of legend tied to status, protection, and romantic lore.



Explore More...

The January Birthstone: Garnet

National Black Diamond Month

February Birthstone Amethyst

The March Birthstone Aquamarine

National Jewel Day

April Birthstone and A Girls Best Friend

Are you green? Emerald that is!

June Birthstone Pearl's Gift from the Sea

Ruby: July Birthstone

August Birthstone Peridot

September Birthstone: The Enigmatic Sapphire

October Opal – The Gem of Rainbows

The November Birthstone: Citrine

December's Blue Topaz Birthstone

Jewelry... To Give or Not To Give. That is the question

July Birthstone



AMERICA 250

America250 honors the Semiquincentennial as a once-in-a-generation national commemoration—led by the U.S. Semiquincentennial Commission and the organization America250—designed to engage every American from local block parties to national hallmark initiatives until July 4, 2026.

America Innovates, a multi-day showcase celebrating 250 years of American ingenuity with tech expos, on-stage conversations, and a national startup competition to inspire the next generation of innovators, and America's Block Party, a synchronized, nationwide Fourth of July celebration with large-scale concerts (including a Los Angeles benefit show and national broadcast events), are signature highlights (america250.org).

America250 has put together partnerships and public initiatives to strengthen cultural reflection and civic engagement: Events and logistics are powered throughout the year by partnerships with institutions and corporate supporters (such as automotive brand collaborations and cultural organizations), while programs like America Waves invite coordinated moments of national participation. (america250.org)

Civic- and history-focused features include the recently sealed “America’s Time Capsule,” which compiles letters, artifacts, and records to be preserved for 250 years and will be buried in Philadelphia ahead of July 4, 2026—part of broader commemorative programming that ranges from military honors and parades to community service campaigns like America Gives. (america250.org)

Through a calendar of events, including parades, educational programs, museum exhibitions, and volunteer opportunities, America250 encourages state and community commissions to participate both locally and nationally. This allows individuals, schools, and civic organizations to reflect on the country's past and create a common vision for the next 250 years. (america250.org)



So join the party. As it's a once a generation celebration its definitely something to commerce. As this experiment in self government has proven itself to be both a positive influence and an enduring formula. While we are not perfect and debates still thrives, the ideas, these foundations of freedoms in this nation have not only endured here, but have been an idea that others around the world aspire to.

International Tiger Day



July 29th is International Tiger Day — a global moment to celebrate one of the planet's most iconic predators and to focus attention on the urgent need to protect it. Tigers are symbols of strength, beauty, and ecological balance; their presence in a landscape signals healthy forests and functioning ecosystems. Observing this day reminds us that, despite their majesty, tigers remain vulnerable and dependent on human action for their survival.

Tigers face a combination of threats that have driven many populations to the brink. Habitat loss from deforestation and land conversion fragments their range and reduces prey; illegal poaching and the wildlife trade destroy individuals and destabilize populations; human-wildlife conflict further threatens survival as tigers and people increasingly share shrinking spaces. Each of these pressures interacts with the others, making coordinated conservation responses essential.

Beyond ecology, tigers carry deep cultural and spiritual significance across Asia. They appear in folklore, religious iconography, and local identities, inspiring art, festivals, and community traditions. This cultural connection can be a powerful tool for conservation: when people feel pride and ownership in their wildlife heritage, they are more likely to protect it. International Tiger Day is therefore also an opportunity to celebrate and revive those cultural ties in ways that support protection.

Conservation today blends science, policy, and community action. Effective approaches include protecting and reconnecting habitats through corridors, strengthening anti-poaching law enforcement, supporting landscape-level prey recovery, and promoting coexistence strategies that reduce conflict (compensation schemes, livestock protection, community patrols). Equally important are education, scientific monitoring, and funding for local organizations that implement on-the-ground solutions. International cooperation and long-term commitments from governments, NGOs, businesses, and citizens are essential to reverse declines.

How to observe and support International Tiger Day:

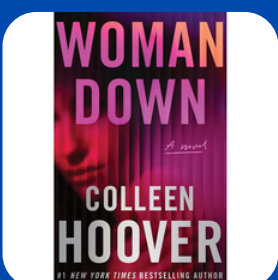
Raise awareness by sharing responsible facts and stories on social media; support reputable conservation organizations financially or through volunteering; choose sustainably sourced products that reduce habitat loss; attend or organize local events, talks, or school programs on July 29th; and advocate for stronger wildlife protection policies with your local representatives. Small actions—donations, informed consumer choices, education, and civic advocacy—collectively make a measurable difference for tigers and the ecosystems they sustain.



Amazon Back to School



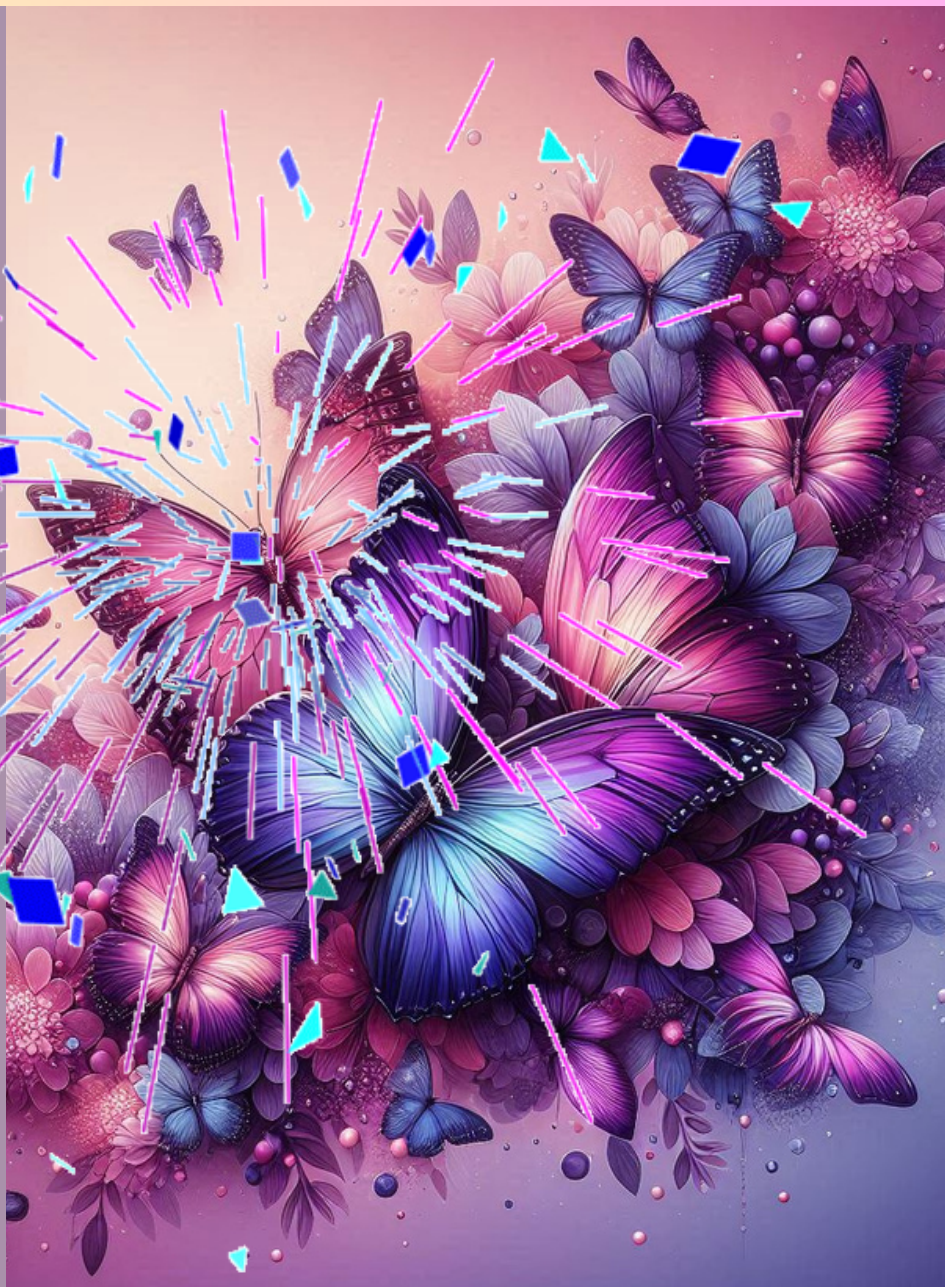
Walmart Back to School



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

Celebrating 2 Years
of Publishing



Established June 2024

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memories.

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Everyone

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something new every month.

NATIONAL PEACH MONTH



National Peach Month recognizes the fuzzy stone fruit that provides us with a bounty of sweet goodness all summer long!

As an industry, the peach plays a mighty role in our food supply and economy. From orchard to factory, restaurants to bakeries and grocers, this fruit delivers. We enjoy them fresh off the tree and baked into our favorite desserts. Well-thumbed recipes leap off the page ready to be made as soon as the peaches are ripe.

Generally speaking, there are two types of peaches – freestone and clingstone. The flesh determines the type of peach. How the flesh comes away from the stone or the pit in the middle of the peach gives it the name. When the meat comes away freely from the stone, the peach is a freestone peach; if the flesh clings to the peach, it's a clingstone.

While Georgia may be the first state to come to mind when we think of peaches, California actually leads the nation in production. In the United States, 20 states produce peaches commercially. Besides California and Georgia, the other two top producers are South Carolina and New Jersey. Pennsylvania and Washington grow a lot of peaches, too.

This sweet stone fruit makes delicious ice cream when it's very ripe and full of peachy juices. However, you don't have to use fresh peaches to make this ice cream. Buy frozen peaches if the grocery or farmer's markets don't have them in yet. The family will love making homemade ice cream together. The best part will be eating up the finished product on a hot summer day.

All season long, the peach juices are running. Whether we are canning, baking or freezing, or even sending the family out for more, we can't get enough of peaches!

HOW TO OBSERVE
#NATIONALPEACHMONTH

Enjoy your favorite peach recipes during the height of the peach season. Share some with us! Use #NationalPeachMonth to share on social media.

NATIONAL BLUEBERRY MUFFIN DAY



National Blueberry Muffin Day on July 11th gives us a great reason to get up in the morning and celebrate! Americans love their blueberry muffins so much, it's their number 1 favorite muffin flavor. Whether it is for breakfast or a snack, blueberry muffins are melt-in-your-mouth delicious.

While enjoying a delicious blueberry muffin, consider the powerhouse the blueberry is. This once wild berry became domesticated during the early 1900s thanks to the observations of Elizabeth Coleman White and the research of Dr. Frederick V. Coville. Before their efforts, wild blueberries were never successfully transplanted and raised in any farming operation for personal or commercial production. The only way to enjoy fresh blueberries was to seek them out where they grew naturally.

Today we can enjoy the abundant potassium, vitamin C and B6, and other health benefits of the blueberry much more readily than they did 120 years ago. We bake them into muffins and eat them by the handfuls. They are so likable that we celebrate blueberries as a popsicle, cheesecake, pie, and a popover day, too! Don't forget, July is also National Blueberry Month.

HOW TO OBSERVE #HazelnutCakeDay

While celebrating the day, be sure to make a few for co-workers and family, too. It's not a celebration if you don't share. It is America's favorite muffin after all.

Give making your own a try! If you don't bake, be sure to stop by your favorite bakery and pick up a few. Give them a shout out, too.

Use #BlueberryMuffinDay to share and follow on social media.

More to Explore....

National Muffin Day

National Oatmeal Muffin Day

Raspberry Popover Day

Blueberry Popover Day

Yorkshire Pudding Day

National Chocolate Eclair Day

Strawberry Shortcake Day

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.

- [National Barbecued Spareribs Day](#)
- [National Hot Dog Month](#)
- [National Hot Dog Day](#)
- [National Hamburger Day](#)
- [National Brisket Day](#)

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.

Use [#NationalGrillingMonth](#) to share on social media.



NATIONAL VANILLA ICE CREAM DAY

National Vanilla Ice Cream Day on July 23rd tips its hat at the second most popular flavor in America. Take a bow, vanilla. I scream, you scream, we all scream for...VANILLA ICE CREAM!! Of course, the day is part of National Ice Cream Month and not too far behind National Ice Cream Day.

Since Americans love vanilla ice cream so much, it shouldn't come as a surprise that vanilla is the most common flavoring in North America for ice cream. In fact, many people consider vanilla ice cream to be the default flavor.

Many may be familiar with Thomas Jefferson's vanilla ice cream recipe. The third president of the United States may have discovered vanilla flavor while visiting France. While he wouldn't have been the first to savor the delicious taste of vanilla ice cream, Jefferson enjoyed jotting down recipes. The same applied to ice cream. He also produced a handwritten copy of a vanilla ice cream recipe in the 1780s. Only ten copies remain. In fact, the Library of Congress houses one copy that has a cookie recipe on the flip side. Today, the ice cream parlor at Mt. Rushmore in South Dakota serves the same recipe so that anyone can have a taste.



HOW TO OBSERVE #VANILLAICECREAMDAY

Make your own old fashioned homemade vanilla ice cream to enjoy! While you're at it, invite some friends to enjoy it with you. Maybe, go out for some vanilla ice cream. Scoop up a dish full from the ice cream in your freezer. Will you add chocolate syrup or caramel? Oh, and don't forget the sprinkles!

Post a photo on social media using #VanillaIceCreamDay to encourage others to do the same.

EXPLORE MORE...

[National Ice Cream Day](#)

[Creative Flavors Ice Cream Day](#)

[Banana split day](#)

[Ice Cream Soda Day](#)

[Frozen Yogurt Day](#)

[Hot Fudge Sundae Day](#)

[Ice Cream for Breakfast Day](#)

[Ice Cream Cone Day](#)

[National Ice Cream Month](#)



Observed each year on July 9th, National Sugar Cookie Day honors the ever-popular and delicious sugar cookie.

A holiday favorite and very easy to make, sugar cookies disappear quickly once they come out of the oven. Most sugar cookies include sugar, flour, butter, eggs, vanilla, and either baking powder or baking soda. While most people have the ingredients on hand at all times, some of the ingredients should be fresh for the best outcome. Children enjoy baking and decorating anytime someone makes a batch of sugar cookies.

The sugar cookie is believed to have originated in the mid-1700s in Nazareth, Pennsylvania. German Protestant settlers created a round, crumbly and buttery cookie that came to be known as the Nazareth Cookie.

Today, sugar cookie making and decorating has become an art form for kids and adults alike. Starting with the shape of the cookie, the dough is formed with either a cookie cutter or other methods of cutting and shaping the dough. Once the cookie is baked, the cookie artist adds colored frosting or icing. Sprinkles, edible glitter, colored sugars, and additional details may be added. Some cookies receive so much detail, it's almost a shame to eat them.

HOW TO OBSERVE

#NationalSugarCookieDay

While making some delicious and beautiful sugar cookies, marvel at the skill of bakers who have mastered the skill. Learn some of their tips and tricks, or share your own. Don't forget to give a shout out to your favorite baker and let them know you appreciate their delicious cookies. Post on social media using #NationalSugarCookieDay.

Explore More...

National Cookie Day

National Pecan Sandies Day

National Shortbread Day

Homemade Cookie Day

Chocolate Chip Cookie Day

Peanut Butter Cookie Day

National Cookie Month

Oatmeal Cookie Day

Bake and Decorate Month

NATIONAL TROPICAL FRUIT DAY

On July 18 we are celebrating the delicious food holiday National Tropical Fruit Day. This fruity day celebrates the variety of exotic tropical fruit from around the world and gives us the opportunity to get a taste of some sweet facts, too.

Tropical fruits grow in regions where the weather is hot and humid in regions we call the Tropic of Cancer and Tropic of Capricorn. Asia, Africa, Central and South Americas, and the Caribbean produce some of the most delicious tropical fruits in the world.

National Tropical Fruit Day presents an opportunity to snack, cook, and sample tropical fruit all day long!

HEALTH BENEFITS OF TROPICAL FRUIT

Many people refer to tropical fruit as a superfood because they are full of vitamins and minerals. They contain protein-digesting enzymes that reduce inflammation, including kidney inflammation. Because they are also rich in potassium, eating tropical fruit helps regulate blood pressure and helps in maintaining a healthy heart. In addition, tropical fruit contains Vitamin C, which removes impurities from the body. Vitamin C also provides a natural defense mechanism to help fight off infection.

These fruits grow in Florida's subtropical and tropical regions. As a Florida girl I'm looking at my local farmers market for these festive fruits to enjoy as a summer treat.



Did you know eating tropical fruit promotes happiness? It's true! Your mind automatically feels a sense of happiness when seeing tropical fruit because the bright beautiful colors trigger excitement.

GREAT TROPICAL FRUITS TO FIND IN THE U.S.

Bananas
Coconuts
Mangoes
Pineapples
Avocados
Kiwi
Papayas
Guava
Dragon Fruit
Passion Fruit
Jackfruit
Lychee
Star Fruit
Sapodilla

Tropical fruits grow in regions where the weather is hot and humid in regions we call the Tropic of Cancer and Tropic of Capricorn. Asia, Africa, Central and South Americas, and the Caribbean produce some of the most delicious tropical fruits in the world.



Amazon Prime 30-Day Trial



Wedding Registry



Prime Try Before You Buy



Amazon Music Unlimited



Amazon Fresh



Kindle Unlimited



Gift List



Climate Pledge-Friendly



Baby Registry



Black is Remarkable



Small Business



Amazon Launchpad



New & Noteworthy.



Customers' Most-Loved



Clinique



Aéropostale



Most Wished For



#FoundItOnAmazon



Amazon Home



Amazon Devices



Internet Famous

U. S. State Days



Coming soon.



We're working hard to create a better car buying experience for customers from coast to coast. Amazon Autos is only available in specific metro areas right now, but we're adding new locations, new dealerships, new brands, and new features all the time. In the meantime, check out the Hyundai Showroom on Amazon to explore Hyundai models and features

