

# JULY 2021

## National Blueberry Month

### WEEKLONG/MULTI-DAY EVENTS

- » **Comic-Con International (July 22-25)**
- » Lumberjack World Championships (July 29 - 31)

### MONTHLONG EVENTS

- » **National Blueberry Month**
- » **National Culinary Arts Month**
- » **National Grilling Month**
- » National Ice Cream Month
- » National Parks and Recreation Month
- » Social Wellness Month

### SINGLE-DAY EVENTS

- » Anniversary of the First U.S. Zoo (July 1)
- » Princess Diana of Wales Birthday (July 1)
- » **World UFO Day (July 2)**
- » Tour de France Begins (July 2)
- » Thurgood Marshall's Birthday (July 2)
- » **Independence Day (July 4)**
- » **Frida Kahlo's Birthday (July 6)**
- » Arthur Ashe's Birthday (July 10)
- » E.B. White's Birthday (July 11)
- » World Population Day (July 11)
- » Henry David Thoreau's Birthday (July 12)
- » Bastille Day (July 14)
- » **Shark Awareness Day (July 14)**
- » Woody Guthrie's Birthday (July 14)
- » Ida B. Wells Birthday (July 16)
- » Nelson Mandela's Birthday (July 18)
- » Anniversary of the First Moon Landing (July 20)
- » Ernest Hemmingway's Birthday (July 21)
- » Amelia Earhart's Birthday (July 24)
- » Beatrix Potter's Birthday (July 28)
- » Jacqueline Kennedy Onassis' Birthday (July 28)
- » "The Lord of the Rings" Publishing Anniversary (July 29)
- » National Chicken Wing Day (July 29)
- » National Support Public Education Day (July 30)
- » Henry Ford's Birthday (July 30)



# JULY 2021



## FACT

### *National Blueberry Month*

These flavonoid-rich berries are abundant in a natural plant chemical called anthocyanin which gives these berries their namesake color. Blueberries may help protect vision, lower blood sugar levels and keep the mind sharp by improving memory and cognition. Did you know that the deeper the color of a blueberry, the richer they are in antioxidants, vitamins and medicinal perks? Treat yourself to blueberries all month long, since July is the peak of the season and the prices are the lowest of the year!

## WHAT

### *National Grilling Month*

Time to showcase your skills, try out new recipes, and let everyone know who the grill master is! Use these grilling tips to ensure health and safety when grilling:

- » Wash your hands. Use hand sanitizer when clean water isn't readily available.
- » Keep foods cold until you are ready to put them on the grill. Letting them sit at room temperature 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. Bacteria from raw food will contaminate a freshly cooked meal.
- » Keep hot food warm (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.



## IDEA

### *National Culinary Arts Month*

As the prevalence of pre-packaged convenience foods rises, it seems that more families opt for these shelf-stable staples instead of whipping up a home-cooked meal. Cooking, once considered an essential life skill, is falling out of style. You can help reverse

that trend! Although most schools are closed this month, you can volunteer to teach a summer school or evening adult education class on simple, scratch-cook recipes for kids and their parents to make at home. Similarly, your summer feeding sites can feature culinary skills-building activities with participants. You can also make "takeout fake-out" by recreating favorite pre-packaged or restaurant meals.

## IDEA

### *World UFO Day (July 2)*

Grab your tinfoil hat because the aliens are taking over! On this fun day, go wild celebrating the last frontier—stars, planets, rocket ships and alien creatures are great decorations. (And tin foil hats for staff wouldn't go amiss, either!) Give your students an out-of-this-world menu with aptly named fun options like these:

- » Flying Saucer Burgers
- » Planetary Pizza
- » Moon Rocks (aka Tater Tots)
- » Big Bang Beef & Broccoli
- » Close Encounter Corn Dogs
- » Extraterrestrial Enchiladas
- » Fruit Kebab "Rockets"



## FACT

### *Independence Day (July 4)*

We may celebrate the Declaration of Independence of the United States on July 4, but did you know that July 2, 1776 was actually the date that the U.S. Continental Congress declared independence from Great Britain? So what did happen on July 4? Congress approved the final wording of the Declaration after two days of edits and changes. Celebrate in the days leading up to this quintessential American holiday with simple decorations and foods in red, white and blue—with versatile strawberries and blueberries in season, there is plenty of room for creativity!

## WHO

### *Frida Kahlo's Birthday (July 6)*

This famous Mexican painter was known for her many portraits, self-portraits, and works in a colorful folk-art style

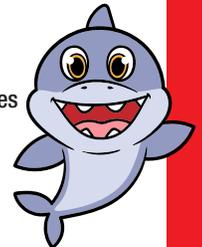


that was inspired by the nature and artifacts of Mexico and the country's popular culture. Disabled by polio as a child, a severe bus accident at 18 derailed Kahlo's plans for medical school and she turned to art during her recovery, which was lifelong. She was the first Mexican artist to be featured in a collection at the Louvre in France, and while relatively unknown during her time, her work was rediscovered in the late 1970s and today is celebrated internationally as emblematic of Mexican national and indigenous traditions and by feminists as an authentic depiction of the female experience. Learn more about the artist at [www.frida-kahlo-foundation.org](http://www.frida-kahlo-foundation.org).

## WHAT

### *Shark Awareness Day (July 14)*

While the fierce reputation of this prehistoric species typically conjures up fear in people, in actuality you have a better chance of being struck by lightning than attacked by a shark, as sharks are not programmed to be our enemy. Millions of sharks are killed each year due to commercial fishing and for their fins, but sharks are a vital component of the ecosystems of the world's oceans and raising awareness of their importance helps ensure they will be around for future generations. Why not celebrate Shark Week instead of just one day?



## WHAT

### *Comic-Con International (July 22-25)*

Founded in 1970, this phenomenon is a multi-genre entertainment convention held annually in San Diego. Attendees don elaborate costumes of favorite characters and revel in science fiction, fantasy, comics and popular arts in general—ranging from meta TV shows like *The Big Bang Theory* to heightened dramas like *Bates Motel*. Comic-Con is a chance for devoted followers to get together and share their enthusiasm in a positive, inclusive forum. San Diego Comic-Con has been so successful that other iterations have spawned all across the country, with New York Comic-Con eclipsing San Diego in size while other forums like Katsucon in D.C. have emerged, encouraging freaks and geeks to let their fandom flags fly.

