**Here are ideas to help you figure out what to write with every one of your social media post. These are just a starting point. Feel free to make up your own. This is to help you brainstorm with ideas. Make sure to make them your own. Add your flair and flavor of your business to these post ideas.**

**July 1-National Postal worker day**- Did you know the first post office was established in Boston in a Tavern owned by Richard Fairbanks in 1639? Can you believe it?  Postal workers have been carrying the mail for eons! Thank your postal worker with a treat or a simple Thank you as they brave the weather daily to get your items to you.

**July 2- Hop a Park Day-** Take the time today to spend with your family hopping around parks in the area.  What is your Favorite Park or park adventure? (Planning something at a local park that pertains to your business if possible.)

**July 3- Compliment Your Mirror Day**- Take the time to look in the mirror today and compliment yourself. Often the person looking back does not say nice things to you. Make sure today they are nice. Do you have a mantra to get you started each day? If so, share with us.

**July 4- Independence Day**- Happy 4th of July! How do you celebrate the 4th of July? On July 4th, **the Continental Congress formally adopted the Declaration of Independence**, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on, the 4th became the day that was celebrated as the birth of American independence.

**July 5- National Apple Turnover Day**- It is National Apple Turnover Day.  Most cultures have a sweet or savory version of the turnover as they are so handy, otherwise known as a hand pie. Turnovers have been around forever it seems, and apple is one of my Favorite.  What is your favorite turnover?

**July 6 -National Fried Chicken Day**- Did you know the Scottish immigrants brought over the idea of Fried Chicken? I always thought it was a southern thing. Try a new recipe or get your favorite Fried Chicken for dinner tonight. Who makes your favorite fried chicken? Tag a recipe or your favorite restaurant!

**July 7-National Strawberry Sundae Day-** while the oldest known record of a sundae is Ithaca, NY advertisement it is wildly debated if that is the birth of the Strawberry sundae. It is said it was invented in 1881 when ice cream sodas were prohibited on the Sabbath Sunday. Instead, they served a sundae. I do not know which is the true first sundae, all I know is they are tasty. Try one with vanilla or strawberry ice cream with all the toppings. Tag your favorite place to get ice cream sundaes!

**July 8- National Chocolate with Almonds Day-** We may not know the origin of Chocolate with Almonds Day, but it is easy to celebrate. Make dessert or pick one up from your favorite place. Better yet add ice cream or chocolate mousse to add to this delectable day! What is your favorite chocolate with almond dessert?

**July 9-** **National Sugar Cookie Day-** What a day of Sweetness as National Sugar Cookie Day! Celebrate with your favorite bakery or jump into the kitchen to make your own! What is your favorite sugar cookie? Tag your bakery or your favorite recipe.

**July 10- National Kitten Day-** What a way to destress today. Pet a kitten today to celebrate National Kitten Day. Do you have a kitten? Post your favorite picture of your kitten!

**July 11- National 7-Eleven day- It's** National 7-Eleven Day!

What better way to celebrate than by visiting your local 7-Eleven to get some free Slurpee’s? 7-Eleven is celebrating its birthday on July 11, and they're marking the occasion with free Slurpee. The offer is valid on July 11 only, while supplies last.  Is 7-Eleven your favorite frozen drink?

**July 12- National Simplicity Day-** National simplicity day is a holiday that provides an opportunity to bring more simplicity into your life.  Simplicity doesn't have to mean living with less—it can also mean living with more intention.  National simplicity day isn't about giving up everything; it's about giving up what's not working so that you can make room for something better! As a business owner we all need to simplify. What is one thing you have learned to simply your life?

**July 13- National French Fry** - It's French Fry Day!

Celebrate by making some fries or going out and eating some. What better way to celebrate than with a side of fries?

The French fry is a staple food in America and has become so popular that the day set aside for celebrating this delicious food is now celebrated worldwide. We all love French fries—whether they're steak fries, crinkle-cut fries, or curly fries (or even sweet potato or taro). But there's something about the classic straight cut that we just can't resist. And there's a reason for that: it's the perfect combination of salty and starchy goodness that makes it easy to enjoy on its own or dipped in ketchup or cheese sauce. What is your favorite dipping sauce for your French Fries?

**July 14- National Mac and Cheese Day -**This is the day to celebrate one of our favorite comfort foods: mac and cheese.

Macaroni and cheese is probably the most popular American dish, and with good reason! It's full of carbs, it's creamy, and it tastes amazing. What more could you ask for?

Many people have their own way of making macaroni and cheese—some add bacon, others use milk instead of cream—but whatever your recipe, know that today is a day to celebrate your favorite mac and cheese recipe. Tag your favorite recipe below

**July 15- National give something away day**- It is always better to give than receive. Today is the day to go through your things and give freely to others. You can give more than just items, give your time, your mentorship, your expertise. Give a gift of you today freely with no strings attached!

**July 16- National Corn Fritters Day- Happy** National Corn Fritters Day!

Fritters are a delicious and easy way to get your family to eat their vegetables. They're also a great way to use up leftover corn, for a tasty treat. Get creative with this holiday by adding different ingredients or making your own batter from scratch. You could even try making a dessert fritter, maybe a fruit fritter. What is your favorite type of fritter? Post your favorite recipe below or tell us your favorite type.

**July 17-National Ice Cream Day** It's National Ice Cream Day! Let's celebrate with a bowl of your favorite ice cream. What is your favorite way to have ice cream?

If you're feeling adventurous, try making your own ice cream at home! It's easy. All you need is some heavy cream (or half-and-half), sugar (or other sweetener), vanilla extract (or other flavoring), and an ice cream maker. Once you've got those ingredients ready to go, just combine them in an ice cream maker according to the manufacturer's instructions and watch as your delicious homemade treat begins to form!

And if all else fails? Just go out for ice cream with friends or family! Tag your favorite ice cream or where you got your favorite ice cream!

**July 18-National Get out of the Doghouse Day -**National Get out of the Doghouse Day.

It's a day to get out of the doghouse, but it's also a day to make sure you don't get into the doghouse in the first place. Make sure to use this day to remind your significant other or your family that you love them.

**July 19- Stick out your Tongue Day -** It's Stick Out Your Tongue Day!

Happy Stick Out Your Tongue Day, everyone! It's a day to celebrate the many ways you can express yourself. What better way to celebrate than by sticking out your tongue?

The origins of this holiday are unclear. Some believe it originated in Germany as part of a pagan festival honoring Odin, the Norse god who hung from Yggdrasil for nine days and nights to acquire wisdom from higher powers. Other theories suggest it has ties with ancient Roman rituals to Jupiter, or that it was brought to America by German immigrants who settled in Pennsylvania during colonial times.

On this day, you can stick out your tongue at anyone—your boss, your teacher, your spouse—without fear of reprisal or punishment because it's "just" Stick Out Your Tongue Day! Just make sure you tell them and show them what today is. Who do you plan to stick your tongue out at today?

**July 20- National Moon Day -** National Moon Day is a day to celebrate the moon. It is a way to recognize the importance of the moon in our lives.

The moon is one of the most beautiful sights in nature, and it affects our daily lives more than we realize. By celebrating National Moon Day, we can remind ourselves of how important it is to appreciate this natural wonder every day.

We'll be celebrating by taking some time out of our busy schedules to sit outside and look up at the night sky. What is your favorite phase of the moon? Comment below.

**July 21- Get to know your customer day- Hello**!

We're so excited about getting to know you better. We'd love to hear about your recent experiences, your favorite features, and what we can improve. Please tell us about the last time you visited us. We want to know you better to better know how to serve you in the future!

**July 22- National Hammock Day-** National Hammock Day is an opportunity to take a break, kick back, and relax.

It's also a chance to celebrate the incredible invention of the hammock.

While this day is normally celebrated with a nice long nap, we think it deserves more than that. After all, hammocks aren't just for napping—they're also great for reading, writing letters or emails, listening to music and podcasts, or even watching movies. And they're not just for one person! You can share your hammock with friends and family members (or even pets) on National Hammock Day.

**July 23- National Hot Dog Day-** National Hot Dog Day is a day for people to celebrate America's favorite food: hot dogs!

Hot dogs are a staple of American culture, and we're proud to be celebrating it with you. If you want to get in on the action, here are some fun ways to celebrate National Hot Dog Day:

1. Try a new kind of hot dog!

2. Make your own hot dog at home—it's easier than you think!

3. Go out with friends and try some of their favorite brands of hot dogs (you can even take them blindfolded so they don't know what brand you're trying).

4. Host a hot dog party! Invite some friends over and ask them each to bring their favorite hot dog. You'll be surprised at how many kinds there are out there! If you're feeling ambitious, try making your own toppings bar so that everyone can make their own unique dogs. Tag your favorite place to eat hot dogs!

**July 24- National Parent’s Day** - What's the best way to show your parents how much you love them?

No matter what day it is, there's always a good reason to tell your parents how much you appreciate them. But this year, let's make it official: we're celebrating National Parent’s Day!

It's not just a random day on the calendar—it's a chance to make sure that your parents know how much they mean to you. So take a moment and tell them why they're so important in your life! Tag a picture of your parents for a shout to them!

**July 25- National Merry Go Round Day** - It's National Merry Go Round Day!

What better way to celebrate the day than by taking a spin on your favorite merry-go-round? Whether you're a kid, or just a kid at heart, there's nothing like getting on a spinning carousel and enjoying the ride.

So, if you're in need of some fun today, go find your local merry-go-round and get moving! Post a picture of a local merry-go-round in your area!

**July 26- Uncle and Aunt Day** - It's Uncle and Aunt Day!

We all have some favorite uncles, aunts, and cousins. They're the ones who always show up for birthdays and holidays, who love to spoil you with gifts, and who are just the best of company on a rainy day. And now it's time to show them how much they mean to us!

Uncle and Aunt Day is an international holiday that we at [company name] think should be celebrated every day because we're always happy when our uncles and aunts are around. Tag a picture of your Favorite Aunt or Uncle.

**July 27-National take your pants for a walk day-** today is the day to get out and take a walk outside. Technology has slowly taken away being outside and taking away a simple walk. There are many health benefits to taking a walk and this holiday wants to help you get back in the habit of walking. Celebrate today by taking a walk with friends and family. Encourage others to get out in the community for a walk. Where is your favorite place to walk. Tag your favorite walking path.

**July 28- National Water park Day**- It's National Water Park Day!

As we celebrate this day, let us take a moment to reflect on the importance of water parks in our lives.

Water parks are where we learn to swim. They are where we go to play with friends and family. They are where we go when we need a break from all the stress of life. And, of course, they are where we go to have fun.

So, let's celebrate this day by going out to your local water park and enjoying sometime in the sun do not forget the sunscreen! Tag your Favorite water park.

**July 29- National Chicken Wing Day** - National Chicken Wing Day is upon us!

You know what that means: it's time to get your hands messy and your face covered with sauce.

We know what you're thinking: "But I've already had wings today." Well, that's okay. It's never too late for a second helping.

In fact, we hope you make it a double order of hot ones with extra dip because we have some great news for you: National Chicken Wing Day isn't just about eating wings—it's about celebrating all things chicken. And there are plenty of ways to do that without getting your fingers sticky (and we don't mean just by using a fork).

So, whether you're a fan of the classic buffalo flavor or something more exotic like teriyaki or honey mustard, there's a way for you to get in on this holiday that doesn't involve washing dishes. Tag your favorite recipe, or where you get your chicken wings!

**July 30- National Cheesecake Day -**Hey, cheesecake lovers!

It's National Cheesecake Day!

What are you going to do to celebrate?

Maybe you'll go out and buy a slice of cheesecake from your favorite bakery. Or maybe you'll make your own. Either way, it's going to be delicious! Tag your favorite recipe, or where you will be visiting for your favorite slice! (Tag your favorite recipe. Get with a mom-and-pop in the area for a discount. Offer a free slice at your location. Discount for picture tagged with cheesecake.)

**July 31- National Avocado Day - Happy** National Avocado Day!

Did you know that avocados have more potassium than bananas? They're also a great source of fiber. And did you know that they can be used as a moisturizing treatment for your skin?

Don't forget to tag your favorite avocado dish below.