









Juneteenth

100 HEARTFELT WAYS TO CELEBRATE JUNETEENTH - JUNETEENTH FOODS AND ACTIVITIES

Celebrate Freedom, History, and Culture By The Calendar

-  January 15 – Martin Luther King Jr. Day
-  February – Black History Month
-  March 1 – Zero Discrimination Day
-  April 4 – Martin Luther King Jr. Memorial Anniversary
-  June 19 – Juneteenth
-  December 10 – Human Rights Day

1. **Community Picnic:** Gather with friends and family for a picnic in the park, enjoying delicious food and good company.
2. **Juneteenth Parade:** Participate in or watch a lively Juneteenth parade featuring music, floats, and cultural performances.
3. **Historical Tours:** Explore local museums, landmarks, or historical sites that highlight African American history and heritage.
4. **Freedom Run/Walk:** Join a community run or walk event to commemorate freedom and promote health and wellness.
5. **Outdoor Concert:** Attend an outdoor concert or music festival featuring live performances of jazz, blues, gospel, or other African American musical genres.
6. **Juneteenth BBQ Cook-Off:** Compete or judge in a barbecue cook-off celebrating Juneteenth with delicious grilled favorites.
7. **Family Reunion:** Plan a family reunion or gathering to reconnect with relatives and celebrate your heritage together.
8. **Art and Craft Fair:** Browse or showcase artwork, crafts, and handmade goods created by local artists and artisans.
9. **Cultural Workshops:** Attend workshops or seminars focused on African American culture, history, and traditions.
10. **Film Screening:** Organize or attend a screening of films or documentaries exploring African American stories and experiences.

11. **Freedom March:** Participate in a peaceful march or demonstration advocating for social justice and equality.
12. **Community Potluck:** Host or attend a community potluck dinner where everyone brings a dish to share and enjoy.
13. **Storytelling Circle:** Gather around for storytelling sessions where elders share stories and wisdom passed down through generations.
14. **Juneteenth Art Exhibition:** Visit an art gallery showcasing works by African American artists or create your own artwork inspired by freedom and empowerment.
15. **Youth Talent Show:** Showcase the talents of young performers in singing, dancing, poetry, or other artistic expressions.
16. **Juneteenth Pageant:** Attend or participate in a pageant celebrating African American beauty, talent, and culture.
17. **Freedom Day Brunch:** Host or attend a special brunch featuring traditional African American dishes and lively conversation.
18. **Community Service Projects:** Volunteer for community service projects focused on improving local neighborhoods and uplifting underserved communities.
19. **Juneteenth Dance Party:** Join a dance party or street festival celebrating freedom and unity through music and dance.
20. **Cultural Cuisine Cooking Class:** Take a cooking class to learn how to prepare traditional African American dishes and desserts.
21. **Juneteenth Poetry Slam:** Attend a poetry slam event featuring spoken word performances that explore themes of freedom and resilience.
22. **African Drum Circle:** Join or organize a drum circle where participants come together to drum and celebrate African heritage.
23. **Freedom Art Mural:** Collaborate on creating a community art mural that depicts themes of liberation and unity.
24. **Juneteenth Book Club:** Start or join a book club focusing on literature written by African American authors or exploring African American history and culture.
25. **Liberation Yoga and Meditation:** Participate in a yoga and meditation session focused on themes of freedom, mindfulness, and inner peace.
26. **Barbecue Ribs:** Juicy, tender ribs slathered in a flavorful barbecue sauce.
27. **Collard Greens:** Slow-cooked greens seasoned with smoked meat for a rich flavor.
28. **Red Velvet Cake:** Moist and velvety cake with a rich cream cheese frosting.
29. **Fried Catfish:** Crispy, golden-brown catfish fillets seasoned to perfection.
30. **Cornbread:** Buttery and slightly sweet cornbread, a Southern staple.
31. **Sweet Potato Pie:** Creamy sweet potato filling in a flaky, buttery crust.
32. **Watermelon Salad:** Refreshing salad featuring juicy watermelon, feta cheese, and mint.
33. **Jambalaya:** Spicy Creole rice dish with sausage, chicken, and shrimp.
34. **Black-Eyed Peas:** Tender black-eyed peas simmered with onions, garlic, and spices.
35. **Peach Cobbler:** Warm, comforting dessert with sweet peaches and a buttery crust.
36. **Honey Butter Biscuits:** Fluffy biscuits slathered with sweet honey butter.
37. **Macaroni and Cheese:** Creamy and cheesy baked macaroni with a golden crust.
38. **Fried Chicken:** Crispy, juicy fried chicken seasoned with herbs and spices.
39. **Hush Puppies:** Crispy, deep-fried cornmeal batter balls, perfect for snacking.
40. **Okra Gumbo:** Hearty stew featuring okra, tomatoes, and sausage in a flavorful broth.
41. **Coconut Cake:** Moist coconut cake layered with creamy coconut frosting.

42. **Sweet Tea:** Refreshing iced tea infused with sugar and served over ice.
43. **Pulled Pork Sandwiches:** Tender pulled pork piled high on a soft bun with barbecue sauce.
44. **Potato Salad:** Creamy potato salad with tangy mustard and crunchy celery.
45. **Candied Yams:** Sweet potatoes baked with butter, brown sugar, and warm spices.
46. **Shrimp and Grits:** Creamy grits topped with plump, seasoned shrimp.
47. **Baked Beans:** Slow-cooked beans in a savory, smoky sauce with bacon.
48. **Southern Fried Okra:** Crispy okra slices coated in seasoned cornmeal and fried to perfection.
49. **Pecan Pie:** Rich and gooey pecan filling in a flaky, buttery crust.
50. **Fried Green Tomatoes:** Tangy green tomatoes coated in cornmeal and fried until crispy.
51. **Juneteenth T-Shirt:** Customized t-shirt with Juneteenth-themed designs and slogans.
52. **Freedom Quilt:** Patchwork quilt featuring symbols and colors representing freedom and unity.
53. **Juneteenth Banner:** Handmade banner with vibrant colors and empowering messages for Juneteenth celebrations.
54. **Unity Bracelets:** Beaded bracelets in red, black, and green colors symbolizing unity and liberation.
55. **Juneteenth Flag:** DIY Juneteenth flag made from fabric and adorned with meaningful symbols.
56. **Emancipation Day Cards:** Handcrafted cards with uplifting messages to commemorate Emancipation Day.
57. **Juneteenth Garland:** Festive garland made from colored paper or fabric to decorate Juneteenth gatherings.
58. **Liberation Crown:** Decorative crown adorned with feathers, beads, and symbols of freedom.
59. **Juneteenth Lanterns:** Paper lanterns in red, black, and green hues to illuminate Juneteenth festivities.
60. **Freedom Fan:** Hand-decorated handheld fan featuring Juneteenth motifs and colors.
61. **Juneteenth Bunting:** Fabric bunting in red, black, and green colors to adorn indoor or outdoor spaces.
62. **Liberty Collage:** Collage artwork featuring images and words symbolizing liberty and justice for all.
63. **Freedom Earrings:** Handmade earrings crafted with beads or charms representing Juneteenth themes.
64. **Unity Wreath:** Wreath adorned with ribbons, flowers, and symbols of unity for Juneteenth celebrations.
65. **Juneteenth Mural:** Community mural project depicting historical events and celebrating African American culture.
66. **Emancipation Proclamation Scrolls:** Handwritten scrolls featuring excerpts from the Emancipation Proclamation.
67. **Sankofa Art:** Artwork incorporating the Sankofa symbol, representing learning from the past for a better future.
68. **Juneteenth Pinwheel:** Colorful pinwheel featuring Juneteenth colors to symbolize freedom and progress.

69. **Freedom Bracelets:** Braided bracelets with beads or charms representing freedom and empowerment.
70. **Liberty Candle Holders:** Decorative candle holders painted or decorated with Juneteenth motifs.
71. **Juneteenth Tote Bags:** Customized tote bags featuring Juneteenth designs and empowering messages.
72. **Freedom Collage:** Mixed media collage celebrating freedom and African American heritage.
73. **Unity Friendship Bracelets:** Braided bracelets made with red, black, and green threads symbolizing unity and solidarity.
74. **Juneteenth Memory Book:** Scrapbook or memory book documenting Juneteenth celebrations and reflections.
75. **Freedom Mask:** Hand-decorated face mask featuring Juneteenth symbols and colors for safety and style during celebrations.
76. **Selma:** A powerful historical drama depicting the civil rights marches from Selma to Montgomery led by Martin Luther King Jr.
77. **The Color Purple:** A moving adaptation of Alice Walker's novel, exploring the lives of African American women in the early 20th century.
78. **12 Years a Slave:** A gripping film based on the true story of Solomon Northup, a free African American man who was kidnapped and sold into slavery.
79. **Harriet:** A biographical film about Harriet Tubman, showcasing her incredible journey to freedom and her work as a conductor on the Underground Railroad.
80. **Glory:** A stirring war drama that tells the story of the 54th Massachusetts Infantry Regiment, one of the first all-black units in the Civil War.
81. **Hidden Figures:** An inspiring film that celebrates the untold story of African American women mathematicians who played a vital role in NASA during the Space Race.
82. **Malcolm X:** A biographical drama chronicling the life of civil rights leader Malcolm X, from his early days to his transformation as an influential figure.
83. **Fences:** An adaptation of August Wilson's Pulitzer Prize-winning play, exploring themes of race, family, and the African American experience in the 1950s.
84. **Do the Right Thing:** Spike Lee's iconic film set on a scorching summer day in Brooklyn, exploring racial tensions and the complexities of urban life.
85. **The Butler:** A historical drama inspired by the life of Eugene Allen, a White House butler who served eight U.S. presidents over three decades.
86. **Get Out:** A chilling horror film that cleverly addresses themes of racism and social issues in contemporary America.
87. **Roots:** A groundbreaking miniseries based on Alex Haley's novel, tracing the journey of one African man's family from enslavement to freedom.
88. **The Help:** A poignant drama set in 1960s Mississippi, focusing on the lives of African American maids and their relationships with the white families they work for.
89. **Moonlight:** An Oscar-winning coming-of-age film that follows a young African American man as he navigates his identity and sexuality in a rough Miami neighborhood.
90. **Queen & Slim:** A modern-day Bonnie and Clyde story about a Black couple on the run after a fateful encounter with a police officer.
91. **The Great Debaters:** A historical drama inspired by the true story of the Wiley College debate team, led by professor Melvin B. Tolson, in the 1930s.

92. **Just Mercy:** A legal drama based on the memoir of Bryan Stevenson, a lawyer who fought for justice and equality, particularly in death penalty cases.
93. **The Birth of a Nation:** Nate Parker's film about the Nat Turner slave rebellion, highlighting the struggle for freedom and resistance against oppression.
94. **Miss Juneteenth:** A heartfelt drama that follows a former beauty queen and her daughter as they navigate life in a small Texas town during the annual Juneteenth celebration.
95. **The Hate U Give:** A timely adaptation of the bestselling novel, exploring themes of police brutality, racial injustice, and activism through the eyes of a young African American girl.
96. **Dear White People:** A satirical comedy-drama that follows a group of Black students at a predominantly white Ivy League college as they navigate racial tensions and identity politics.
97. **Remember the Titans:** An uplifting sports drama based on the true story of a high school football team's integration and journey to unity.
98. **The Last Black Man in San Francisco:** A visually stunning film that explores themes of gentrification, friendship, and the African American experience in contemporary San Francisco.
99. **Selma, Lord, Selma:** A Disney film based on the true story of Sheyann Webb, a young girl who becomes involved in the civil rights movement in Selma, Alabama.
100. **Daughters of the Dust:** A visually mesmerizing film that follows a Gullah family in the early 1900s as they prepare to leave their ancestral home for the mainland.