

# Grab a Boost, Give a Boost with Blueberries

This July, help USHBC raise up to \$50K in donations for No Kid Hungry!



July is National Blueberry Month and, while we know you love blueberries year round, we're using these sunny summer days to celebrate grabbing a boost of blue – all for a good cause. Join us for this fun, meaningful challenge to get you feeling good and doing good when you grab a boost of blue!

**HOW DO I JOIN THE FUN THIS JULY?** Simply share how you grab (and give) your boosts of blue on social media. For each post, the U.S. Highbush Blueberry Council will donate \$1 to No Kid Hungry.

Just tag @blueberries on Instagram, Facebook, Twitter or TikTok, to help raise up to \$50,000 and 500,000 meals for kids in need.



## A FEW WAYS TO GRAB YOUR BOOST OF BLUE THIS SUMMER

- 1 Enjoy blueberries at every meal for National Blueberry Day...just boosts of blue all day on July 8, from breakfast to dinner and dessert, plus everything in between.
- 2 Switch up your summer grill game with Blueberry Barbecue Sauce. Don't sleep on Blueberry Barbecue Baked Beans, either!
- 3 Pick your own fresh blueberries and other produce. Find a local blueberry U-pick farm for an experience you won't forget!
- 4 Soak up the sunshine for at least 15 minutes daily for a vitamin D mood boost. Just don't forget the sunscreen – or your water, best served with blueberry ice cubes.
- 5 Summer is a great time to slow down and be mindful of your mental and physical health. Do some homework on the benefits of blueberries and other fruits and vegetables that can inspire you year-round.

You deserve to enjoy the delicious taste and healthy benefits of blueberries every day – and the only thing better than grabbing a boost of blue is giving one!

GrabABoostOfBlue.com

