



THE PALEY CENTER FOR MEDIA

Celebrating Juneteenth with Family

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Michiel Perry



Host of Food Network's *The Juneteenth Menu* and Founder of Black Southern Belle

RECIPE AND PHOTO CREDIT: MICHEL PERRY

There are so many ways to celebrate Juneteenth with the family. The holiday is the perfect time to learn about African American history and traditions while exploring your heritage and family history. Here are a few family-friendly activities we enjoy that you might too.

Make the day feel extra special by decorating your home in Juneteenth traditional red, green, and black. Sharing our culture is essential, so we like to fill a basket with handmade cards, delicious treats, and Black-owned products and gift it to a neighbor or friend.

Juneteenth has always been a day to gather together with food, including traditional red foods. Bring the entire family in the kitchen to cook the holiday meal. I learned at a young age to cook, and I want to pass those same memories to my children. All skill levels welcome! Even the little ones can get involved by mixing dry ingredients for red velvet cake or fish fry seasonings.

My kids love running around when we entertain. For Juneteenth, I plan on making a kid-friendly mix of summer favorites.

Add an educational element to the holiday by reading a Juneteenth book and watching a Juneteenth series online. If you are looking for delicious food ideas and some Juneteenth history, tune in for my new series with Food Network, *The Juneteenth Menu* at [FoodNetwork.com/JuneteenthMenu](https://www.foodnetwork.com/juneteenth-menu) every Friday and Wednesday from June 4 through June 18 or on @FoodNetwork IGTV/FB on Saturday and Wednesday from June 5-19.

No matter how you celebrate Juneteenth, celebrate together with family!

For other recipes and more, visit paleycenter.org/juneteenth