**National Blueberry Month Social Captions and Blueberry Recipe Links**

National Blueberry Month

**Suggested caption:** Have you gotten your boost of blue today? July is National Blueberry Month, and it’s time to celebrate! Blueberries are delicious, nutritious and so versatile. You can enjoy them at breakfast, lunch or dinner – and any time in between. Just rinse for a quick snack or to use in your favorite sweet and savory recipes. Now that’s refreshing!

URL Option:

[Spring & Summer Recipes - Blueberry.org](https://blueberry.org/recipe/type/spring-and-summer/)

Blueberries and Summer

**Suggested caption:** Hot days call for cool boosts. Refreshing blueberries are delicious and so easy … just rinse and go! You can enjoy any time, from an early breakfast to a late-night snack. Even better, healthy blueberries are a good source of fiber and vitamin C – for just 80 calories per cup. Keep your fridge stocked with blueberries this summer for an anytime boost of blue!

URL Options:

[Blueberry Aperol Spritz - Blueberry.org](https://blueberry.org/recipes/blueberry-aperol-spritz/)

[Beverage, Drink and Cocktail Recipes - Blueberry.org](https://blueberry.org/recipe/type/beverages-and-cocktails/)

[Spring & Summer Recipes - Blueberry.org](https://blueberry.org/recipe/type/spring-and-summer/)

National Blueberry Month Contest Post 1

*DISCLAIMER: Any of the below social media posts promoting the recipe contest must include the italicized rules located below each caption.*

**Facebook -****Suggested caption:** Contest alert! This July, you have the chance to win several amazing prizes in The Great Blueberry Recipe Showdown – just enter your favorite blueberry recipe. The grand prize is $10,000 and the opportunity for a NYC trip to meet Chef Christina Tosi and tour Milk Bar’s flagship location. Enter today … and grab a healthy, tasty boost of blue while you’re at it!

*Open only to legal residents of the 50 U.S./D.C., 18+. Enter Promotion before 7/31/23 at 11:59 pm ET. Subject to full Official Rules, including prizes, judging criteria, and all details:* [*https://bit.ly/3MhVc6q*](https://bit.ly/3MhVc6q)*. Void where prohibited. Sponsor: U.S. Highbush Blueberry Council.*

**Instagram - Suggested caption:** Contest alert! This July, you have the chance to win several amazing prizes in The Great Blueberry Recipe Showdown – just enter your favorite blueberry recipe. The grand prize is $10,000 and the opportunity for a NYC trip to meet Chef Christina Tosi and tour Milk Bar’s flagship location. Enter today … and grab a healthy, tasty boost of blue while you’re at it!

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**Twitter - Suggested caption:** Contest alert! This July, you have the chance to win several amazing prizes in The Great Blueberry Recipe Showdown – just enter your favorite blueberry recipe. The grand prize is $10,000 and the opportunity for a NYC trip to meet Chef Christina Tosi and tour Milk Bar’s flagship location. Enter today … and grab a healthy, tasty boost of blue while you’re at it!

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URL Option: BlueberryShowdown.com

National Blueberry Month Contest Post 2

*DISCLAIMER: Any of the below social media posts promoting the recipe contest must include the italicized rules located below each caption.*

**Facebook - Suggested caption:** Have you entered the National Blueberry Month contest for the chance to win cash prizes up to $10,000? Just submit your favorite blueberry recipe! In addition to $10K, the grand prize also includes the opportunity for an NYC trip to meet Chef Christina Tosi and tour Milk Bar’s flagship location. Now that’s a boost! Enter now – and enjoy your daily dose of delicious, nutritious blueberries.

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**Twitter - Suggested caption:** Have you entered the National Blueberry Month contest for the chance to win cash prizes up to $10,000? Just submit your favorite blueberry recipe! In addition to $10K, the grand prize also includes the opportunity for an NYC trip to meet Chef Christina Tosi and tour Milk Bar’s flagship location. Now that’s a boost! Enter now – and enjoy your daily dose of delicious, nutritious blueberries.

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URL Option: BlueberryShowdown.com