

250 YEARS of FREEDOM

A CELEBRATION GUIDE
for families

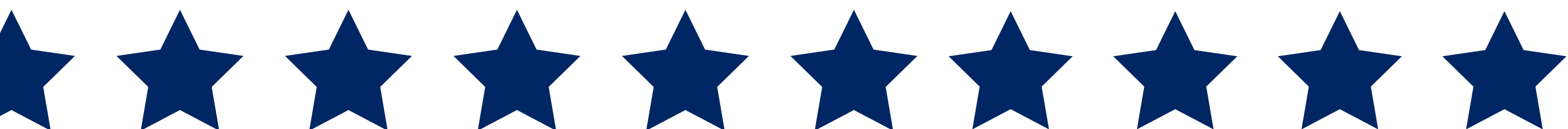




America 250

A Celebration Guide

American Heritage's mission is to educate the hearts and minds of students through faith, virtue, and academic excellence. As students discover the guiding ideals of the Declaration of Independence and the enduring lessons of American history, they are prepared to become principled leaders who preserve liberty and help shape the next 250 years of our nation.



On this Day in His-Story Lessons

[251st Anniversary of the Battle of Lexington & Concord](#)

[251st Anniversary of Continental Congress Proclaiming National Day of Prayer](#)

[250th Anniversary of Richard H. Lee Founding Father](#)

[250th Anniversary of Dr. Joseph Warren: Forgotten Patriot](#)

[250th Anniversary of The Battle of Bunker Hill](#)

[250th Anniversary of Lee, Adams, Jefferson, and the Road to Independence](#) (PODCAST)

[250th Anniversary of Independence Day](#)

[250th Anniversary of the Liberty Bell Ringing for the First Time](#)

[250th Anniversary of the Battle of Brooklyn Heights](#)

[252nd Anniversary of the First Continental Congress](#)

[250th Anniversary of Life of Nathan Hale](#)

[250th Anniversary of Charles Carroll, Signer of the Declaration of Independence](#)

[251st Birthday of the US Marine Corps](#)

[251st Anniversary of Mercy Otis Warren](#)

At-home Family Activities



- Visit your local library to pick up a "tiny activity book" with U.S. flag facts and community service ideas
- Plan patriotic movie nights featuring hopeful, optimistic films
- Create a family road-trip playlist with songs from different decades
- Interview a grandparent: How did they celebrate the 1976 bicentennial?
- Plant a red, white, and blue garden or bake patriotic treats (share photos with #America250Utah)
- Learn the meaning behind your state flag and U.S. flags and display them in your window
- Choose a family community-service project together
- Test your knowledge with the U.S. Citizenship quiz
- Explore the National Mall virtually to learn why civic spaces matter
- Create a "250 Years of Innovation" timeline featuring inventions from each decade
- Design your own state quarter: What would you put on a commemorative Utah coin?
- Host a "Founding Families" dinner where each family member researches and presents about a historical figure
- Create a family constitution: What are your household's founding principles?
- Build a mini replica of a famous American landmark using recycled materials
- Start a "Letters to the Future" project: Write letters to be opened on America's 300th birthday in 2076



Recipes

America's 250th APPLE PIE

Recipe courtesy of the Washington Apple Commission

Servings: 8 Slices
Prep Time: 45 minutes
Cook Time: 2-3 hours



Crust

- 1 cup (2 sticks) unsalted butter, frozen
- 1/2 cup ice-cold water
- 1/2 Tablespoon white vinegar
- 2 1/2 cups all-purpose flour, leveled in measuring cup
- 1 teaspoon salt
- 1/4 teaspoon baking powder
- 1 egg
- 1 Tablespoon water
- 1 Tablespoon granulated or large sugar crystals

Filling

- 6 cups mixed apples (Granny Smith and Honeycrisp), about 6 medium apples
- 1/2 cup granulated sugar
- 1/4 cup dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 Tablespoon cornstarch
- 1 teaspoon all-purpose flour



Scan QR to follow along
with a video tutorial.

1. Chop frozen butter into 1/2 inch pieces. Return to freezer. Add vinegar to ice water and place in refrigerator.

2. Add all dry crust ingredients to food processor bowl with blade attachment. Pulse a few times to combine ingredients. Add cold butter and pulse until you see pea-sized chunks of butter (about 10-15 pulses). Pour ice water/vinegar into mixture and pulse again, until the dough sticks together (about 10 pulses). It will look crumbly but not sandy or dusty.

3. Place a large sheet of plastic wrap (about 16 inches long) on a counter. Transfer dough-flattened plastic wrap and form into a ball, pressing any flour bits into dough. Cut ball in half and form two discs, about 5 inches each. Place second disc on another sheet of plastic wrap (about 16 inches long). Wrap each disc with plastic and refrigerate for 1-2 hours.

4. Right after refrigerating dough, prepare filling by peeling and slicing apples, transfer to large mixing bowl. Add granulated sugar, brown sugar, cinnamon, and salt to apples. Stir cinnamon sugar mixture into apples so all apples are covered. Cover and leave out on counter for at least an hour.

5. After an hour, stir apples and pour juice into a small saucepan over medium-high heat, cook until apple juice is reduced by about 1/2 (you can also heat it up in the microwave). Remove and add back to apples. Mix apples and cinnamon sauce together. Sprinkle cornstarch and flour over apples and stir all together until apples are evenly coated.

6. Using a ceramic or glass pie pan, remove one crust disc from fridge and roll out into a 12-inch circle on the plastic wrap. Transfer to pie pan, then pour filling into pan, spreading until it's even. Place pie in freezer and then roll out the top crust out like the bottom.

7. Gently drape the top crust over the filling. Smooth out the top crust. Cut crust off that extends over pie pan lip. Crimp edge with a fork and pierce 4-5 long slits in the top crust. Return to freezer and preheat oven to 425 degrees.

8. Remove pie from freezer and brush mixed egg and water over crust. Sprinkle sugar evenly over crust. Bake at 425 degrees for 15 minutes, then decrease oven to 375 and bake for 50-60 minutes. Cover edges with foil if it gets too brown.

9. Remove from oven when crust is golden and filling is bubbly. Cool for at least 1-2 hours. Serve plain or topped with vanilla ice cream or caramel sauce!

Word Search



America's 250th Anniversary



Word Search

S	D	B	E	L	Y	T	R	A	P	A	E	T	E	A	P	R	E
E	E	M	R	S	A	R	A	T	O	G	A	D	M	S	A	R	X
M	L	M	R	I	T	S	S	O	R	Y	S	T	E	B	E	Y	I
T	A	A	I	O	T	I	E	O	C	R	B	A	P	V	T	T	Y
E	W	D	O	Q	U	A	F	L	G	X	D	O	E	I	R	A	N
C	A	I	N	D	U	Y	I	V	A	A	G	R	L	E	A	R	O
I	R	G	O	E	E	E	Q	N	M	S	L	A	F	P	C	B	T
T	E	N	L	L	Q	W	N	S	R	U	U	F	K	S	I	I	G
S	R	B	L	E	A	P	U	C	A	Q	J	Z	W	V	R	L	N
U	I	A	C	I	N	D	E	P	E	N	D	E	N	C	E	N	I
J	V	S	T	O	L	U	N	I	O	N	O	T	L	I	M	A	H
D	E	H	V	R	C	I	T	O	I	R	T	A	P	Z	A	D	S
N	R	E	V	O	L	U	T	I	O	N	X	E	K	F	W	A	A
N	O	S	R	E	F	F	E	J	A	B	R	E	N	Y	R	T	W
C	A	T	C	O	N	S	T	I	T	U	T	I	O	N	D	E	G
H	A	M	S	U	O	I	L	L	E	B	E	R	R	E	I	Q	E
X	N	O	T	O	P	H	I	L	A	D	E	L	P	H	I	A	C
H	O	N	O	R	B	P	H	I	L	A	Y	T	R	E	B	I	L

Adams
America
Britain
Boston
Betsy Ross
Constitution
Delaware River
Eagle

Equality
Flag
Free
Hamilton
Honor
Independence
Jefferson
Justice

Liberty
Patriotic
Paul Revere
Philadelphia
Rebellious
Revolution
Saratoga
Semiquincentennial

Tax
Tea Party
Union
USA
Valley Forge
Washington

Get Out and Explore!

Walk250 Challenge:

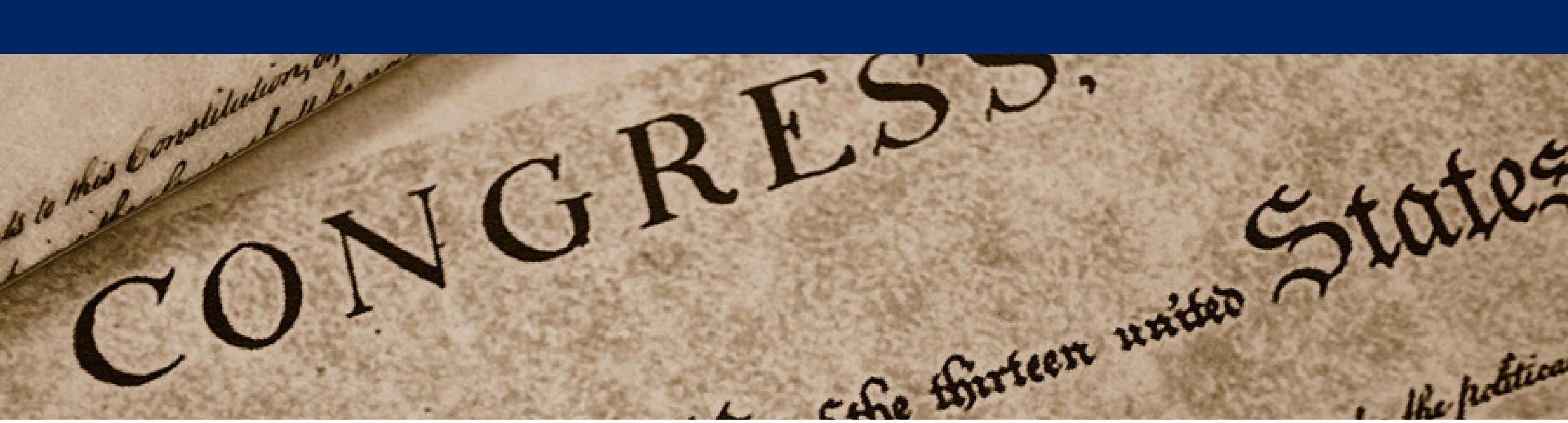
Complete 250 miles of outdoor exercise from July 2025–July 2026

- Explore Utah's deserts, mountains, and rivers
- Learn about the Domínguez-Escalante 1776 expedition route
- Earn printable certificates and stickers
- Host a neighborhood potluck on July 5, 2026 for America's Potluck
- Visit The Pen is Mightier exhibit (statewide + Utah Capitol, January 2026)
- Attend a Scan & Share event to record your family history
- Create a State History Scavenger Hunt visiting local historical markers and monuments
- Take photos at each Walk250 milestone (50, 100, 150, 200, 250 miles) and create a photo journey book
- Visit a local veterans memorial and leave flowers or a thank-you note
- Organize a neighborhood "Clean Up for 250" event
- Plan a camping trip to a Utah state park and learn about its geological history
- Create nature art using only materials found on your hikes (leave no trace!)
- Document wildlife you see on your walks and create a family nature journal

Helpful Links:

- America250 Utah Education: <https://america250.utah.gov/education/>
- Walk250 Challenge: <https://america250.utah.gov/walk250/>
- America's Potluck: <https://america250.utah.gov/americaspotluck/>
- Service Challenge: <https://america250.utah.gov/service/>
- Utah State Parks: <https://stateparks.utah.gov/>
- National Park Service - Utah: <https://www.nps.gov/state/ut/>





Ongoing Activities & Competitions

- National Civics Bee

An annual civics competition that encourages middle school students to deepen their civic knowledge and community engagement.

- National History Day

A year-round academic program for grades 4–12 in which students conduct historical research and compete at regional, state, and national levels.

- Founding Forward

Offers ongoing immersive educational experiences, classroom resources, and programs that bring American history and civics to life for elementary through high school students.

- United States Senate Youth Program

An annual leadership program for outstanding high school juniors and seniors, with two student delegates selected from each state.

- Poetry Out Loud

An annual national competition that develops public speaking skills, confidence, and appreciation for poetry.

- Bill of Rights Institute – MyImpact Challenge –

An annual civic engagement competition for students ages 13–19 that recognizes impactful service projects and civic leadership.



Participate in the United States Fast of Gratitude for Religious Liberty

July 5, 2026



Click the image to watch the video

Begin by watching the following video. As you do, consider questions like these:

- How do the Declaration of Independence and the US Constitution help accomplish God's purposes for His children?
- What do you learn from President Christofferson and Elder Cook about why the Lord values religious freedom?
- What else stands out to you from their message?
- What does their message inspire you to do?

After watching the video, share your thoughts with each other.

[churchofjesuschrist.org](https://www.churchofjesuschrist.org)

