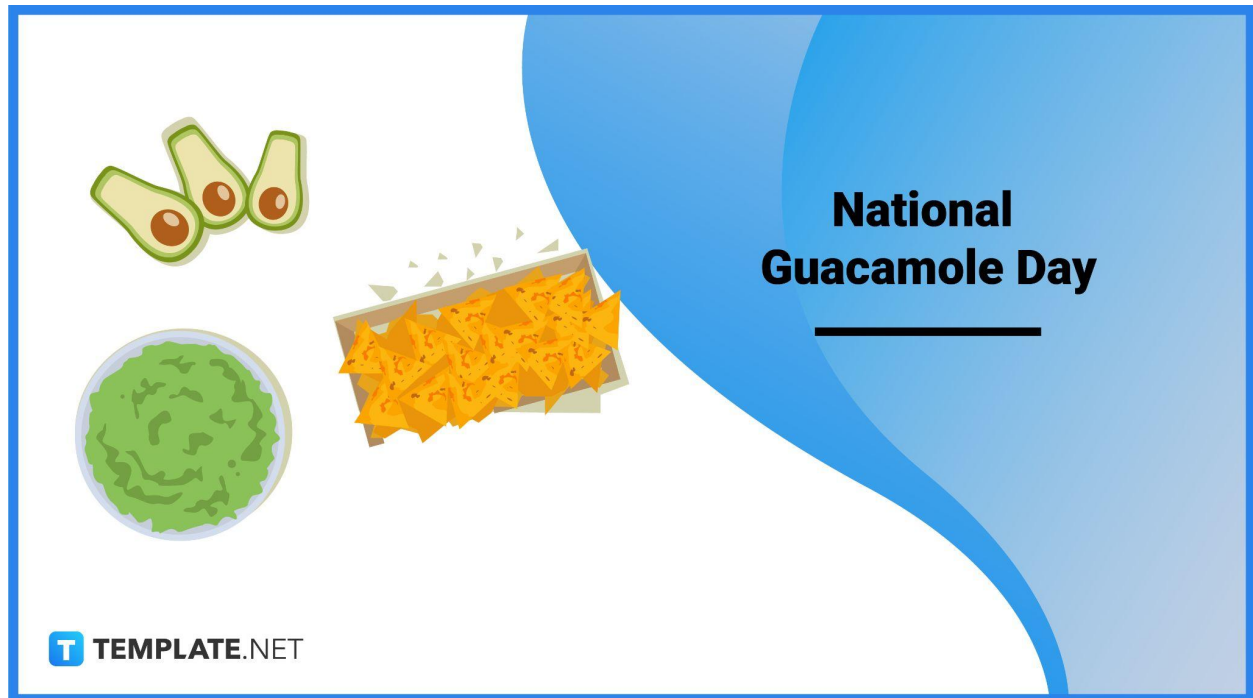


National Guacamole Day is one of many celebrations around the world that's centered around a particularly popular dish. Guacamole lovers around the globe anticipate National Guacamole Day to celebrate and appreciate their favorite green, moist, mushy delicious food that excites their taste buds.



National Guacamole Day Definition & Meaning

National Guacamole Day is an annual observance that people celebrate to express their appreciation for guacamole.

National Guacamole Day is a yearly celebration that acknowledges the healthy benefits and the pleasurable taste of guacamole.

When Is National Guacamole Day?

National Guacamole Day is celebrated by guacamole lovers on September 16 every year. It's the same date as Mexican Independence Day.

National Guacamole Day History

The guacamole was created by the Aztecs around the time of the 1500s. They created the guacamole by spreading avocados and called it "ahuaca-mullii" which means "avocado

sauce." You can consider that as the original name of guacamole. Fast forwards to 1833, the first avocado trees were planted in Florida and were cultivated in California three years later. That spearheaded the popularity of guacamole and eventually got its own day of celebration which we know as National Guacamole Day.

National Guacamole Day Purpose, Importance

Though it has no religious, holy, or patriotic significance, National Guacamole Day is an occasion worth celebrating. A mouth-watering delicacy such as guacamole deserves recognition and appreciation.

Remember the Origins of Guacamole

Not many people know about the origins of guacamole including guacamole lovers. National Guacamole Day is the perfect day of the year to educate people about how guacamole came to be. It was created by the Aztecs in the 1500s and started gaining popularity in the 1800s.

Acknowledge the Various Guacamole Recipes

Guacamole is one of the most versatile ingredients and side dishes. People can add different spices to it to give it a unique, personalized flavor. Some want their guacamole spicy, some a bit sweet, and some a bit salty. Guacamole can even be used as a sauce for pasta and as a dip for chips. Moreover, guacamole can be a tableside dish or a main dish in restaurants.

Recognize the Health Benefits of Guacamole

Not only is guacamole delicious but also healthy. Guacamole is known to have monounsaturated fat which helps improve brain function and lowers the risk of heart disease—a fitting food to eat on [World Heart Day](#). It's also quite rich in Vitamin E, Vitamin B, Vitamin K, and potassium. With those said, a fresh bowl of guacamole would be a welcome addition to everyone's health and wellness diet plan.

What's on National Guacamole Day?

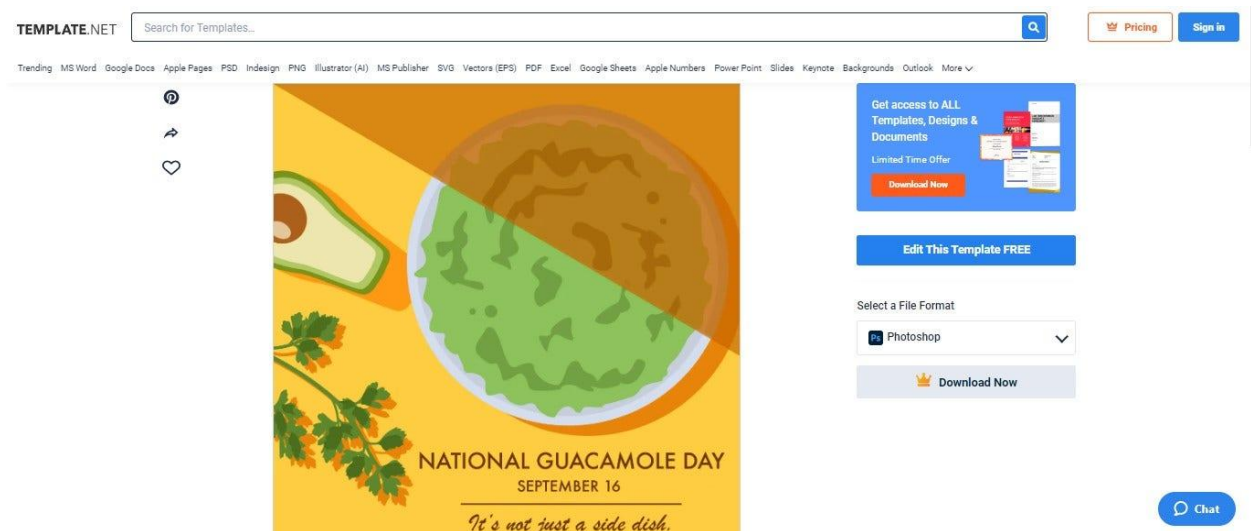
On National Guacamole Day, people will be busy in their kitchens preparing guacamole recipes. Many shoppers will be flocking to the market or grocery stores to purchase ripe avocados. In Mexico, people will be celebrating Mexican Independence Day which falls on the same day as National Guacamole Day. Many Mexicans will be celebrating both occasions by feasting on guacamole along with singing and dancing.

How to Create a National Guacamole Day Social Media Post

National Guacamole Day deserves all the recognition it can get around the world. Social media can help you spread the word about this special occasion or simply to express your love for guacamole.

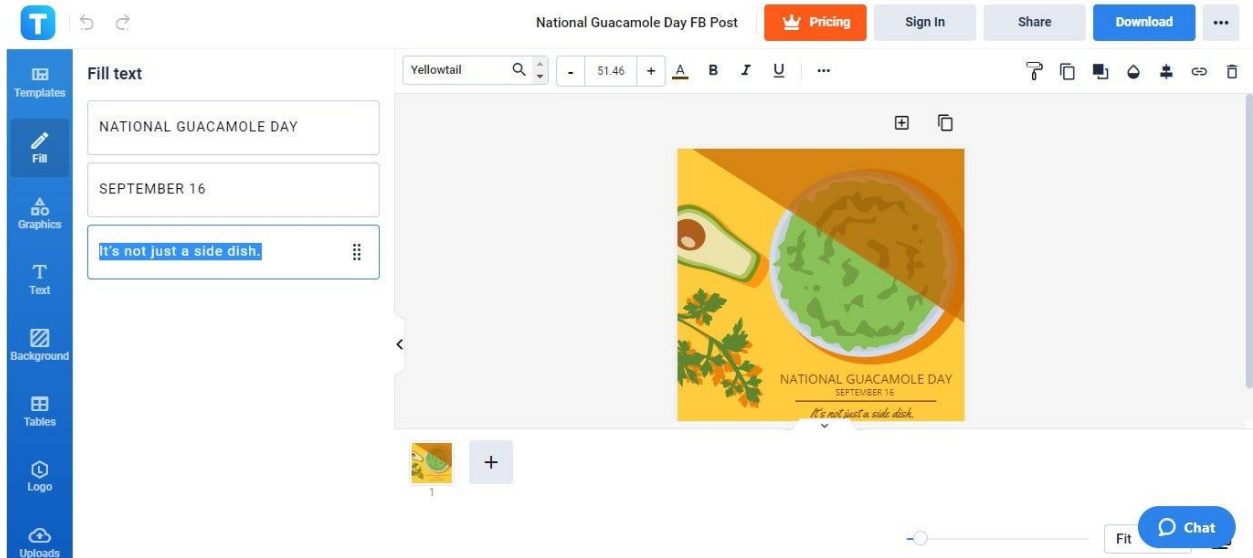
Facebook

1. Use the [National Guacamole Day FB Post](#) Template.



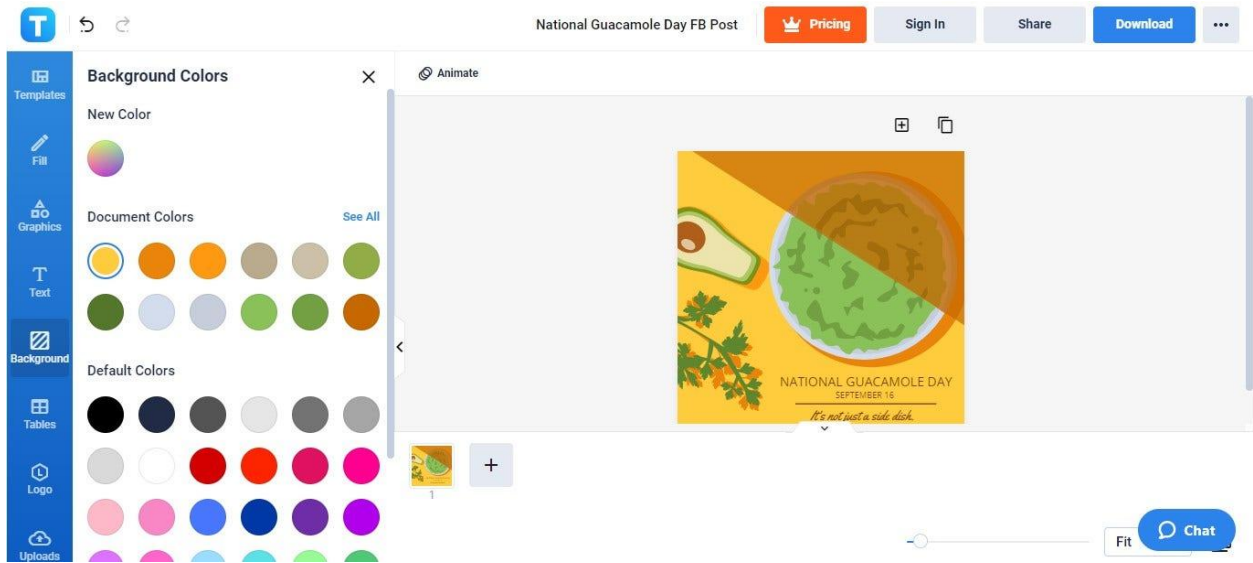
Use the attractive National Guacamole Day FB Post Template. Its design sports the theme of Guacamole Day and it'll look good on Facebook timelines. Click the "Edit This Template FREE" button to start customization.

2. Customize the text of the Guacamole Day FB post template.



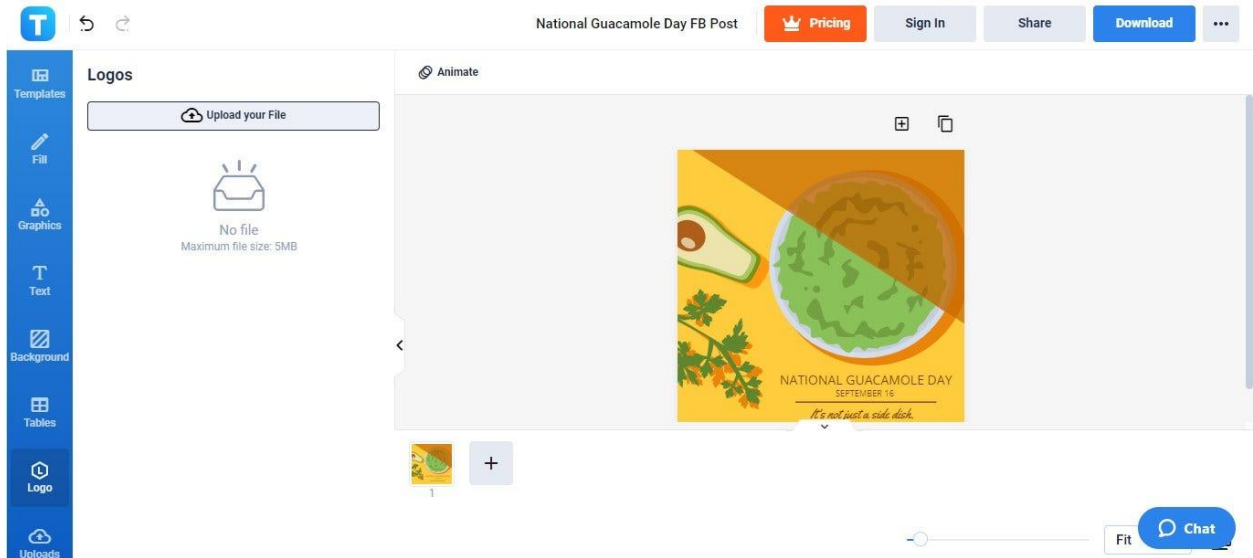
Feel free to change the text of the FB post template. Open the Fill tab of the Editor tool and change the content of the Fill Text boxes. Anything you write in the Fill Text boxes will appear on the template. Write your Guacamole Day greeting, messages, or quotes.

3. Shift to a different background color if you want.



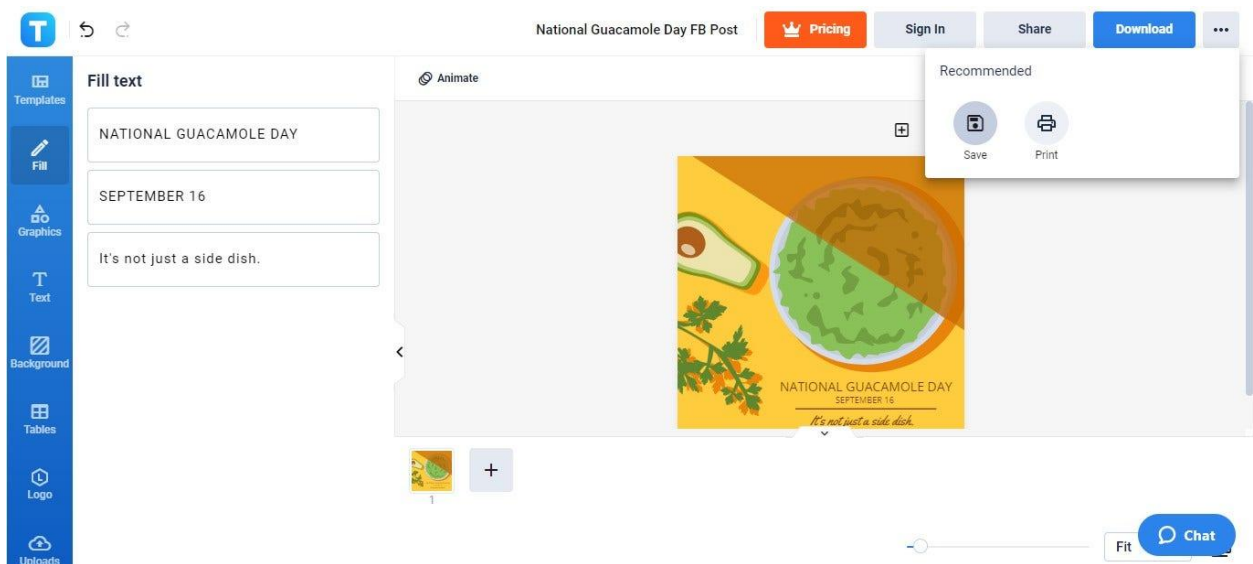
You may change the background color if you want. Head to the Background tab and click "See All" in the Colors section. Browse through the different colors and choose one that you fancy. Just click the color and it'll automatically apply as the background of your post.

4. Include your group's logo.



If you're part of a company or health and wellness group, include its logo in your FB post. To do that, go to the Logo tab of the Editor tool, select the "Upload Your File" button, upload an image file of the logo, and attach it to the FB post draft.

5. Save your National Guacamole Day FB post draft.



When every element on your National Guacamole Day FB post draft is set, make sure to save it. Click the button with a three dots icon in the upper right corner and click Save. For now, keep your post draft and wait until National Guacamole Day to upload it to Facebook.

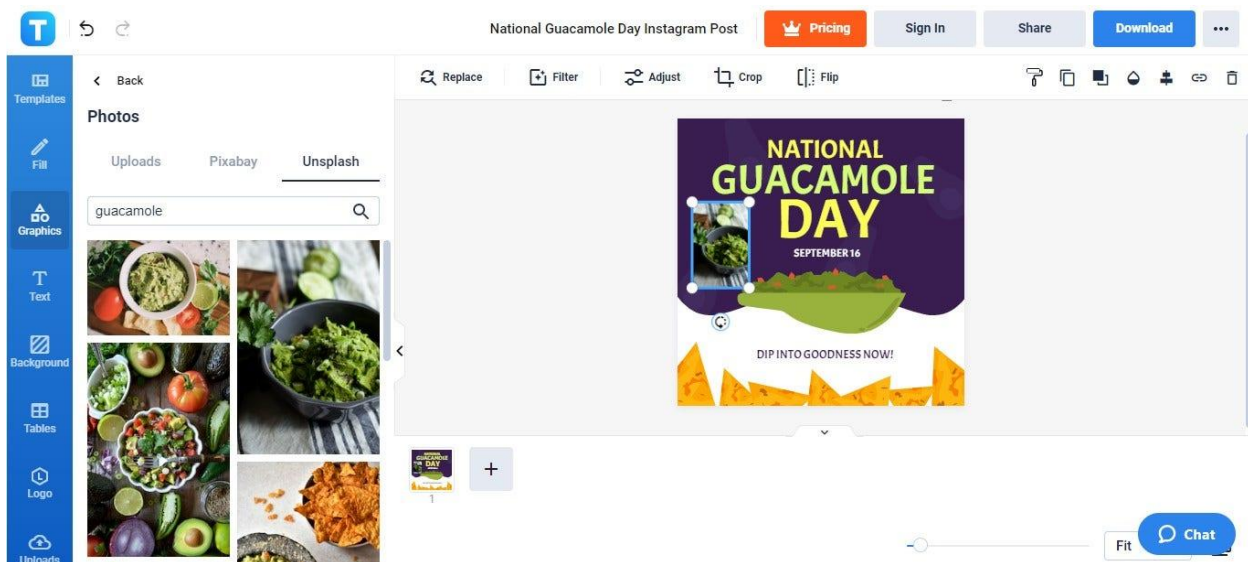
Instagram

1. Use the [National Guacamole Day Instagram Post Template](#).



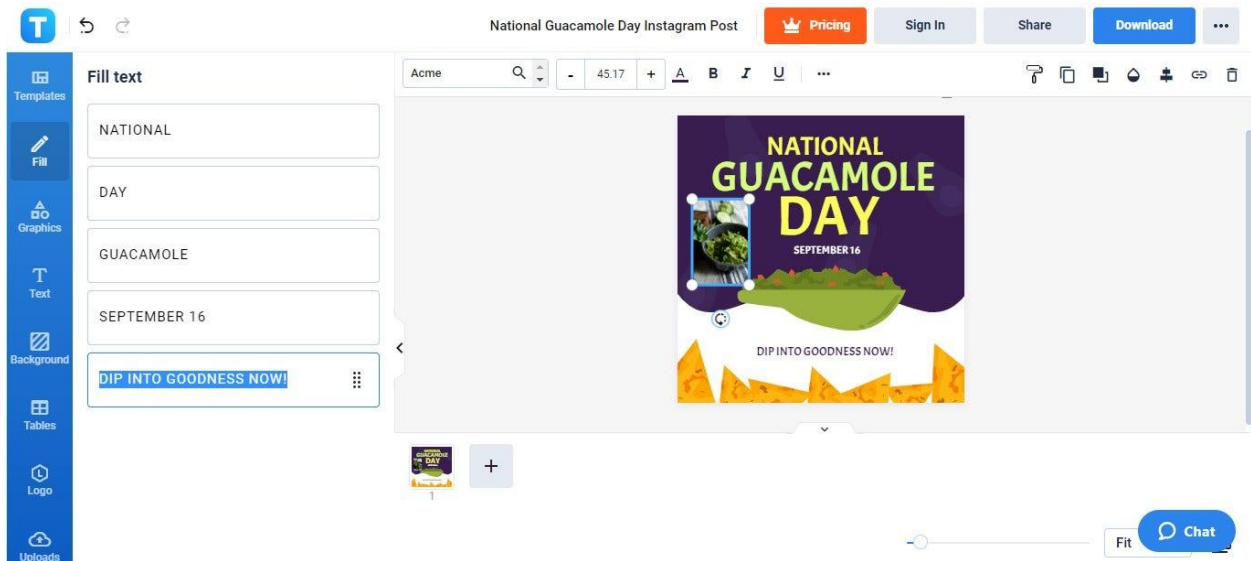
Take advantage of this elegant National Guacamole Day Instagram Post Template. It's made for Instagram and will definitely impress your Instagram followers who happen to be guacamole lovers. Open it in our Editor tool to start editing it. Click the "Edit This Template FREE" button.

2. Insert images of guacamole.



Because this is for Instagram, it would be nice to insert images of guacamole. In the Editor tool, go to the Graphics panel, click "See All" in the Photos section, and type "guacamole" in the search box of Unsplash or Pixabay. Multiple cool images of guacamole will show up. Simply click, drag, and drop your selected guacamole image into the template. You can add two or more to create a sort of collage.

3. Change the text if you want.



You can modify the default text of the template in the Fill Text boxes found in the Fill tab. You can add the word "Happy" to the National Guacamole Day text and change its font style. Just make sure not to make the text overly long as that might affect the post's quality.

4. Modify the background.



The template's background is also customizable. So if you wish to change the background color, go to the Background tab and choose any color in the Colors section. Just click the icon of the color to set it as a background. See to it to choose a color that highlights the content of your post.

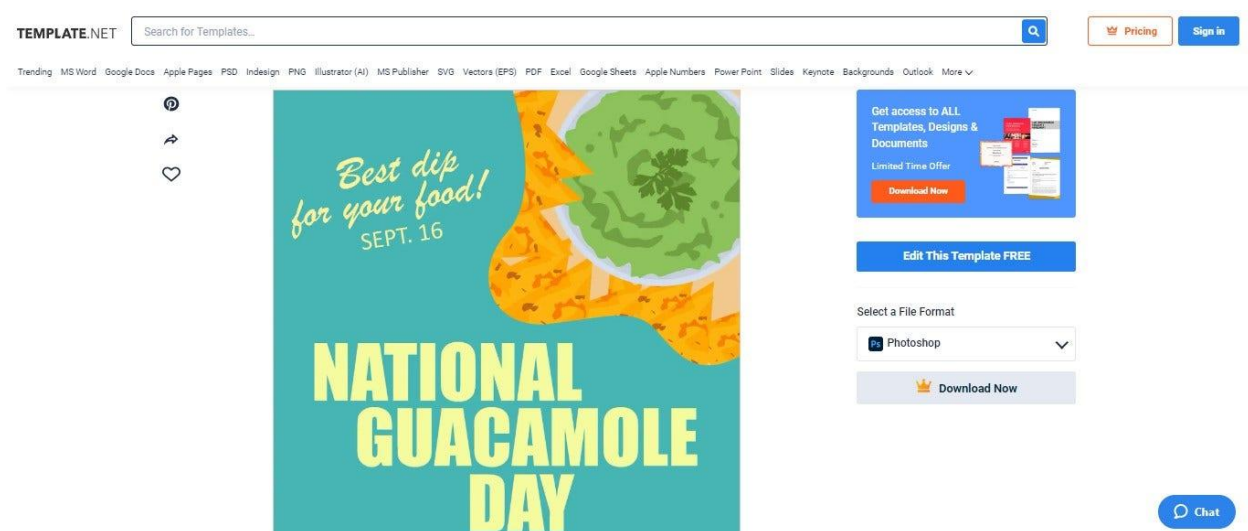
5. Save your National Guacamole Day Instagram post draft.



If you're finished editing, don't forget to save your National Guacamole Day Instagram post draft. Select the button in the upper right corner and click the Save button with a floppy disk icon. Upload it to Instagram once National Guacamole Day arrives.

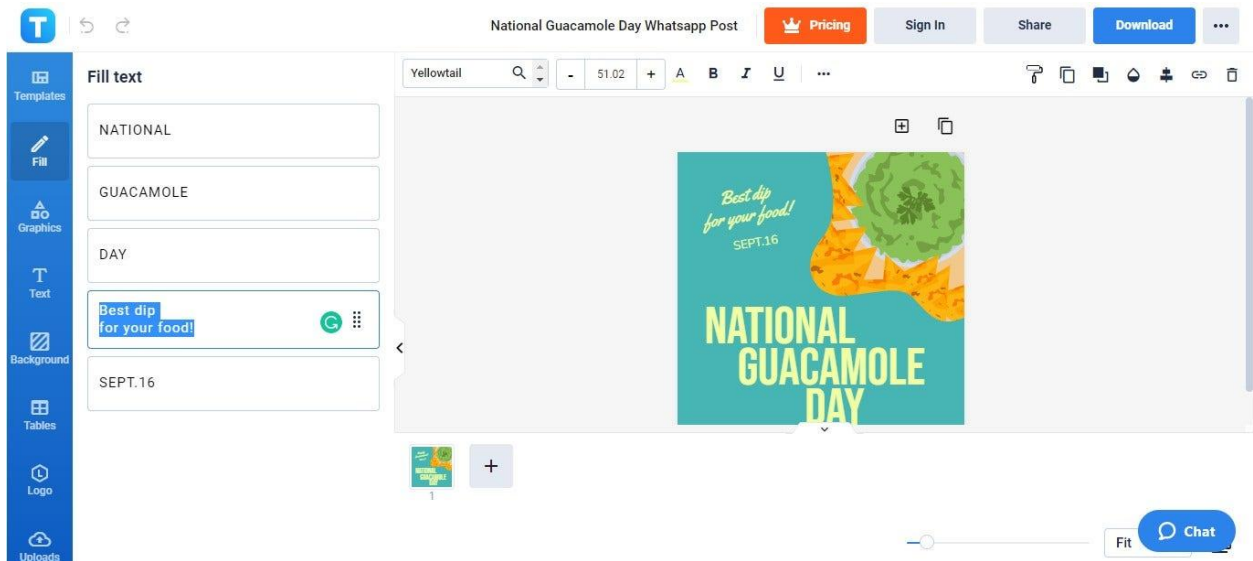
Whatsapp

1. Use the [National Guacamole Day Whatsapp Post Template](#).



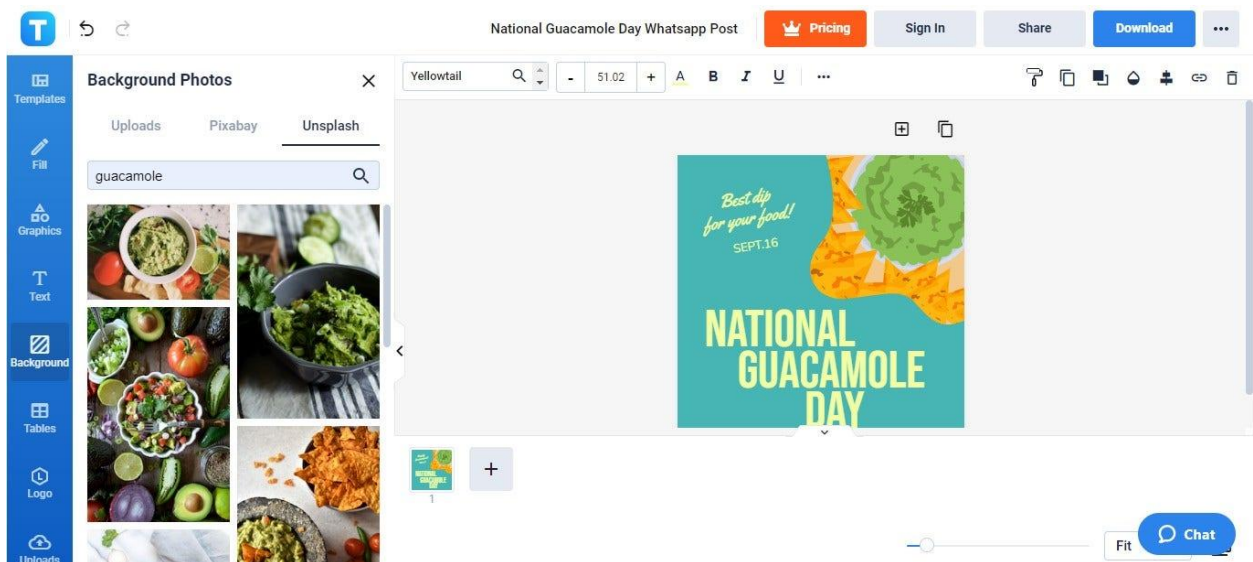
You can create the best Whatsapp post with the National Guacamole Day Whatsapp Post Template. Proceed to customize it in the Editor tool by clicking the "Edit This Template FREE" button.

2. Personalize the text of the Guacamole Day template.



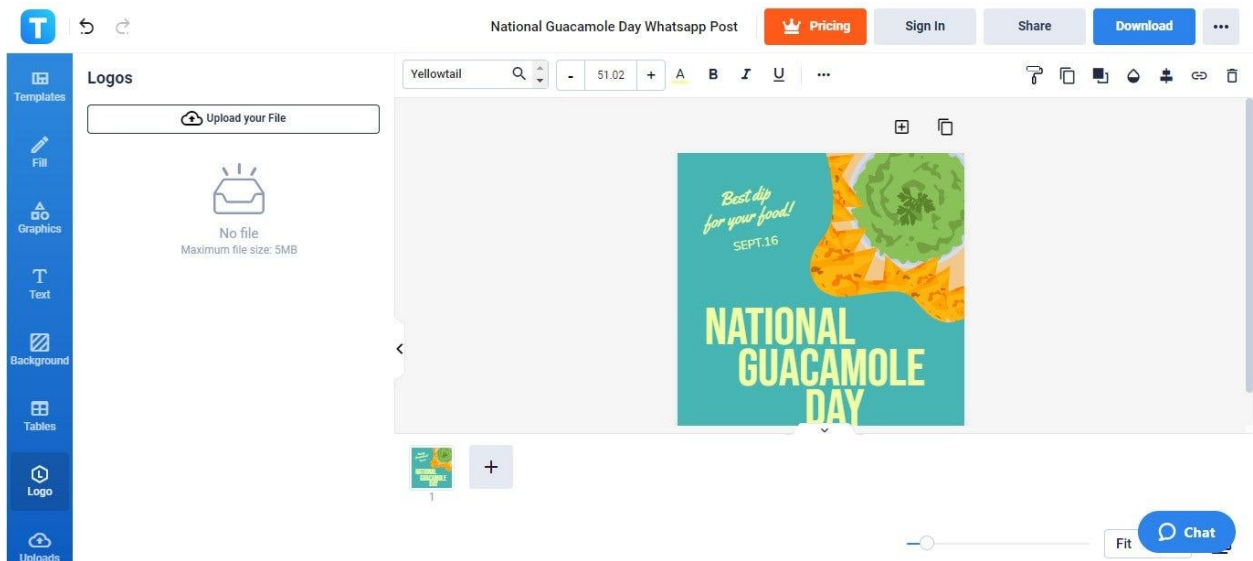
Go to the Fill tab and change the existing content of the Fill Text boxes to personalize the text. You can type in your own unique Guacamole Day greeting, wishes, and messages. You may also customize the font style if you want.

3. Use a guacamole photo as a background.



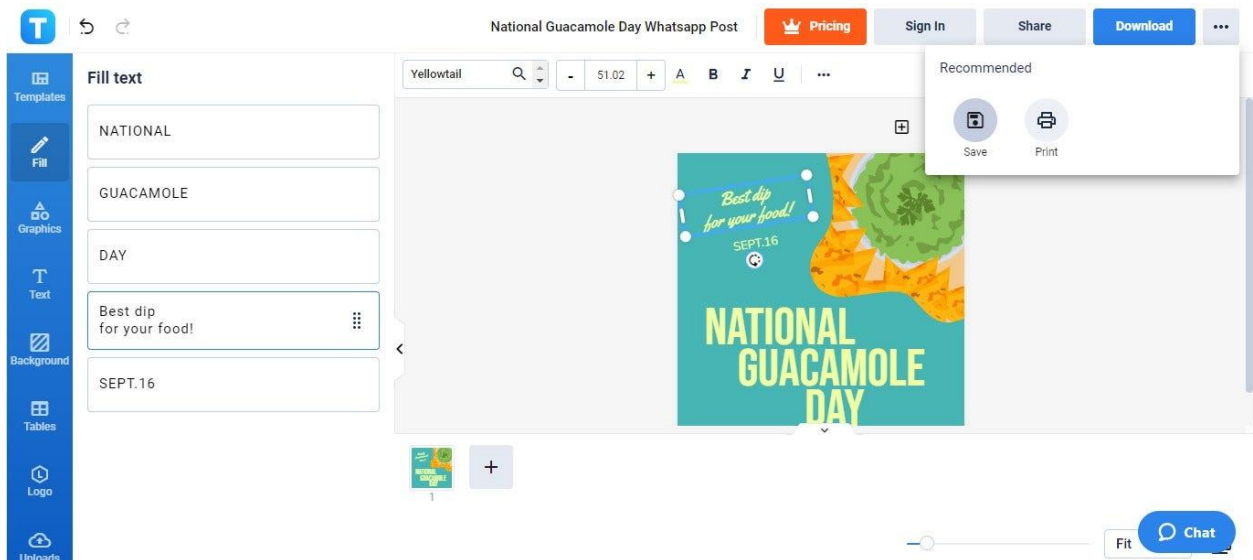
A guacamole photo would make for a decent background for your Whatsapp post. You can set one up by heading to the Background tab. Click "See All" in the Photos section and type the keyword "guacamole" in the search box of Pixabay or Unsplash. Click the photo you like to set it as the background.

4. Insert your logo.



If you want to showcase your brand on the Whatsapp post, insert your logo. Open the Logo tab and click the "Upload Your File" button to upload an image file of your logo. When uploaded, simply drag the logo to the template.

5. Save your National Guacamole Day Whatsapp post draft.



When you're finished customizing, select the button in the upper right corner of the Editor page and click the Save button. This saves your National Guacamole Day Whatsapp post draft. All that's left to do now is upload it when Guacamole Day is fast approaching.

National Guacamole Day vs. La Tomatina

National Guacamole Day is an occasion celebrated every year in appreciation of guacamole and various cooking recipes with guacamole.

[La Tomatina](#) is a food fight festival in Spain where participants throw overripe tomatoes at each other for sport.

National Guacamole Day Ideas & Examples

Guacamole lovers express their excitement for National Guacamole Day in various ways. Some of them send greeting cards, some create Guacamole Day art, and some distribute posters/flyers to invite people to their Guacamole Day event.

National Guacamole Day Greeting Card Vector Ideas & Examples

You can greet a friend with a Happy Guacamole Day with this cute [National Guacamole Day Greeting Card Vector](#).



National Guacamole Day Greeting Card Background Ideas & Examples

Guacamole lovers will certainly love this eye-catching [National Guacamole Day Greeting Background](#).

*Enjoy some tasty
Guacamole today!*



National Guacamole Day Clipart Vector Ideas & Examples

The [National Guacamole Day Clipart Vector](#) would make for a good promotional material for guacamole cooking contests.



National Guacamole Day Cartoon Vector Ideas & Examples

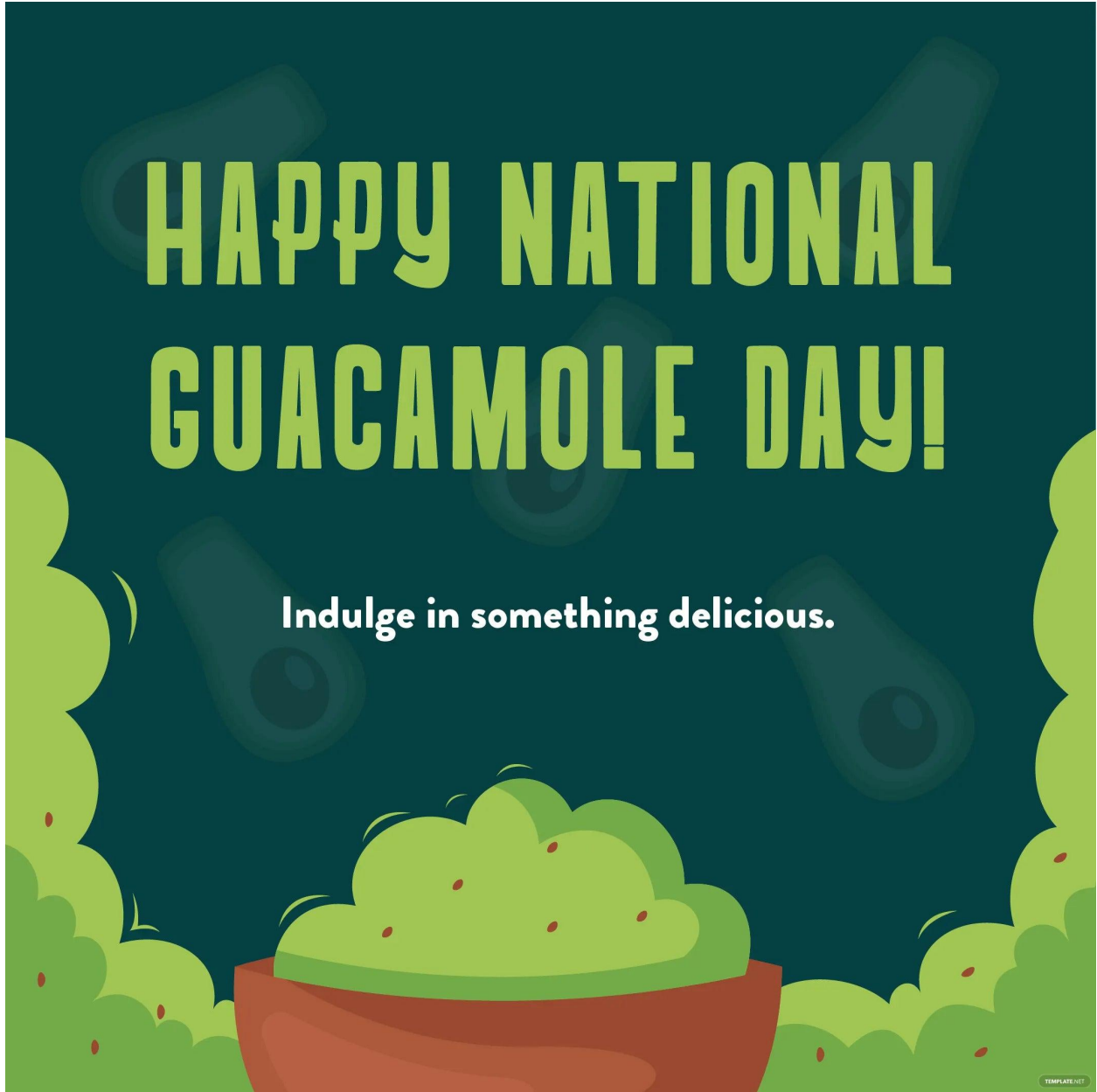
We all love cartoons so we made this stunning [National Guacamole Day Cartoon Vector](#).

NATIONAL GUACAMOLE DAY



National Guacamole Day Poster Vector Ideas & Examples

Users of the [National Guacamole Day Poster Vector](#) can build hype and excitement for their guacamole day events.



National Guacamole Day Flyer Vector Ideas & Examples

Announcing guacamole day parties is fun with this stunning [National Guacamole Day Flyer Vector](#).



National Guacamole Day Illustration Ideas & Examples

Our [National Guacamole Day Illustration](#) is one of the best guacamole digital art you can find.



National Guacamole Day



TEMPLATE 201

National Guacamole Day Wishes Vector Ideas & Examples

The [National Guacamole Day Wishes Vector](#) wishes everyone a joyous guacamole day celebration.



National Guacamole Day Banner Ideas & Examples

Vendors of avocado can use our [National Guacamole Day Banner](#) to promote their business on the day of the occasion.



National Guacamole Day Quote Vector Ideas & Examples

The [National Guacamole Day Quote Vector](#) features inspiring words from Erin Heatherton.

**"I always love a side of
guacamole with everything."**

— Erin Heatherton



FAQs

Why is National Guacamole Day celebrated?

National Guacamole Day is celebrated to appreciate guacamole recipes and their health benefits.

Who invented Guacamole Day?

It isn't clear who invented Guacamole Day but it's clear that guacamole was invented by the Aztecs in the 1500s.

How do we celebrate National Guacamole Day?

You can celebrate National Guacamole Day by purchasing avocados and preparing guacamole dishes in your kitchen to be shared with family and friends.

What do you do on National Guacamole Day?

On National Guacamole Day, you can dine in fancy restaurants offering guacamole dishes, learn new guacamole recipes, buy a guacamole cookbook, visit avocado farms, visit avocado markets, and eat guacamole dishes for breakfast, lunch, or dinner.

What is the cultural significance of guacamole?

Guacamole is a dish created by the Aztecs in the 1500s and is among the most popular Mexican dishes around the world.

When did guacamole get popular?

Guacamole started becoming so popular in the United States and around the world around the 19th and 20th Centuries when production of avocado increased and the health benefits of guacamole were recognized.

Why is guacamole important to Mexico?

Guacamole is important to Mexico because it's one of the very original dishes in Mexican cuisine.

How do you wish someone on National Guacamole Day?

On National Guacamole Day, you can wish someone a Happy Guacamole Day or wish them good health by eating healthy foods, particularly guacamole.

What does guacamole do for your body?

Among the benefits that guacamole provides for our bodies is that it boosts brain function and lowers the risk of cardiovascular diseases with its healthy monounsaturated fat—a plant-based type of fat.

What are the activities of National Guacamole Day?

Among the many activities of National Guacamole Day are guacamole cooking contests, guacamole eating contests, and avocado shopping.

Where was guacamole originated?

Guacamole originated in Central America during the time of the Aztec Empire in the 1500s.

What are the customs of National Guacamole Day?

Among the customs of National Guacamole Day are preparing guacamole, eating guacamole, and sharing guacamole dishes with family members and friends.

How to observe National Guacamole Day?

The simplest way to observe National Guacamole Day is to prepare a guacamole dish and eat it relaxingly while watching TV.