Friendships, whether old or new, are something to be cherished. You can always count on your friends to be there to see you through the joys and sorrows that life brings.

In fact, in 1935, the US Congress proclaimed the first Sunday in August “National Friendship Day.” This year, August 7 is the day to carry on this 70-year-old tradition and show your friends just how much they mean to you.

But why wait for one day to celebrate when you can delight your friends everyday? With popcorn, you can have a special “friendship” treat – popcorn! Popcorn is a whole grain, good-for-you, versatile food, making it the perfect accompaniment to any fun-time event.

For get-togethers at home, have a movie day, and indulge in some old classics or new favorites. Team a Hepburn-Bogart marathon with piping-hot popcorn and soda pop from the bottle for a retro event. Or have a Brad Pitt viewing extravaganza, complete with spicy popcorn and specialty martinis. Hanging out with friends for a picnic or barbeque? A savory popcorn snack mix is the perfect pack-along for enjoying these delicious kernels.

Want a terrific “I’m glad you’re my friend” indulgence to give to friends? Popcorn and Peanut Truffles are a yummy Popcorn, peanut and chocolate confection sure to pamper your friends’ taste buds. Add something from the best sellers list or gift card to a local coffee hot spot, and your friends are sure to know how much their friendship means to you.

For more great popcorn recipes, visit www.popcorn.org.