

# Fun Facts About Ice Cream

Ice cream is a favorite summer treat, and it's consumed by most people in the country. Consider these interesting facts about ice cream and frozen dairy desserts.

- \* U.S. ice cream consumption is highest in June and July.
- \* Ice cream and related frozen desserts are consumed by over 98 percent of households in the U.S.
- \* The top five flavors of ice cream in the U.S. are: vanilla, chocolate, strawberry, butter pecan, and Neapolitan.
- \* The most popular ice cream toppings are: hot fudge, chocolate fudge, butterscotch, caramel and strawberry.
- Here's some storage and handling tips for ice cream products.
- \* Store ice cream tightly covered at 0°F or colder.
- \* To avoid drying out the ice cream after the carton has been partially used, cover the surface of the ice cream with plastic wrap before reclosing and return to freezer immediately. For longer storage, enclose the carton in freezer wrap.
- \* If partially melted, ice cream can develop a coarse texture when refrozen. Partial melting can also cause the ice cream to shrink in volume.
- Follow these tips when serving ice cream and related frozen dairy products.
- \* To soften, transfer ice cream to the refrigerator before serving. Allow about 10 minutes for pints and 20 minutes for half-gallons.
- \* When using half-gallon containers, scoop ice cream from the center to the side of the carton.
- \* To prevent ice cream from sticking to the scoop, rinse the scoop in running tap water.

# These Folks Love Ice Cream

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still selling well. New novelties are flooding the market designed especially for baby boomers. It takes premium ice cream packaged in small bars or balls so that a diet-conscious consumer can indulge in a bite of ice cream instead of consuming what is normally considered a serving — but it still requires willpower not to consume more than one.

Francis Cutrona of Lewes, Del., was licking an ice cream cone. "I must watch my fats, so I don't eat it everyday," she said.

Her husband shrugged. "I don't care about cutting back on fat. One day they say this is bad for you and the next day it'll be good for you. I figure you are going to die anyway so you might as well eat what you like."

Carmella and Charles Esterly of Pottstown each purchased an ice cream cone. Although Carmella is a diabetic, she still eats ice cream although she searches for lower

sugar varieties.

Her husband, on the other hand, always eats ice cream. "I'm not willing to give up ice cream, no matter what," he said. "There is hardly a food I don't eat that is not a dairy product. I'm 71 years old and I've never been told that I have high cholesterol. I must be eating something right."

While you can purchase your favorite flavor of ice cream at most stores, homemade ice cream is the best summertime treat for the fam-

ily. It's relatively easy to prepare and provides family entertainment too.

Art Good is one of those people who thinks nothing beats homemade ice cream. Although he was licking an ice cream cone, he said, "It doesn't compare with the ice cream I made this weekend — vanilla with fresh strawberries on top."

Whatever flavor — ice cream promises to be a favorite for a long time.

# July Ice Cream Facts

DID YOU KNOW . . .

\*\* More ice cream is consumed on Sunday than any other day of the week.

\*\* An average scoop of ice cream has only 160 calories, the same as a banana.

\*\* Most ice cream is eaten in households where the main grocery shopper is between the ages of 35 and 54. Children ages 2-17

and adults 45 and over, eat the most ice cream per person.

\*\* Though chocolate and strawberry rank high as consumer favorites — it's still plain old vanilla that leads the way in ice cream sales.

\*\* Ten percent of the total milk produced in the U.S. is used in ice cream products.

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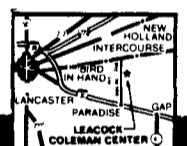
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