

Ice Cream Making Fun!

Everyone screams for ice cream! July is National Ice Cream Month, so it's a perfect time to cool off with a scoop of your favorite flavor (or try a new, strange flavor).

Fun facts about ice cream:

- The ice cream soda was invented in 1874.
- It takes roughly 50 licks to finish an ice cream cone.
- California produces the most ice cream in the United States.
- Vanilla is the most popular flavor of ice cream.

How to earn the Ice Cream Making Fun patch the Girl Scout way:

Steps:

1. **Discover**—Learn about the ingredients of ice cream and all the fun things that can be added to ice cream.
2. **Connect**—Visit an ice cream shop or stand.
3. **Take Action**—Make your very own ice cream.

Materials Needed:

In order to complete this patch, you'll need a few things:

- resources (You can either go online with an adult, ask a professional, or visit your public library.)
- ingredients for making your own ice cream (See Step 3.)
- an appetite for ice cream!

Step 1

What is in ice cream?

Find out the main ingredients of ice cream by either checking an ice cream container at home or find a recipe online with the help of an adult.

Step 2

Visit an ice cream shop or stand.

Take a trip to your favorite ice cream shop. Ask how the ice cream is made and what ingredients are used. How does the ice cream stay frozen? What toppings are available? What is the best-selling flavor?

Taste your favorite flavor or be daring to try a new flavor that makes you scream!



Step 3

Make your own ice cream.

Now, let's all scream for ice cream! Make your very own ice cream in a bag.

Ingredients:

- ice cubes
- 1 cup half and half
- 1/2 cup kosher salt
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract
- 1 pint-size Ziploc® bag (or other 1 pint-size, resealable bag)
- 1 gallon-size Ziploc® bag (or other 1 gallon-size, resealable bag)
- any of your favorite ice cream mix-ins

Directions:

1. Combine the half and half, sugar, and vanilla extract in the pint-size bag. Seal the bag tightly so that none of the liquid will leak out.
2. Fill the gallon-size bag halfway with ice cubes.
3. Sprinkle kosher salt over the ice cubes.
4. Insert the pint-size bag filled with ingredients into the bag of ice and salt. Seal the gallon-size bag. If the bag begins to leak, don't hesitate to reduce the mess by double bagging it.
5. Shake the bag for 5-10 minutes until the ice cream mixture begins to harden.
6. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice.
7. Open the small bag and add any desired mix-ins. Feel free to eat the ice cream right out of the bag or scoop it into a bowl.
8. Enjoy!



All done? CONGRATULATIONS!

You've completed all the necessary steps to earn the Upcycling patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.* A patch may be worn on the back of a vest, sash or tunic.

*Patch shown may be substituted with similar patch, based on availability.