Did you know....
1. Vanilla is the most popular flavor of ice cream. 2nd is chocolate, followed by strawberry.
2. President Ronald Reagan designated July as National Ice Cream Month, along with the third Sunday of the month, as National Ice Cream Day.
3. One scoop of ice cream needs about 50 licks to finish.
4. Ever get a brain freeze from eating ice cream? The top of the mouth has lots of nerves. When cold ice cream comes into contact with these nerves, it causes blood vessels in the brain to dilate, giving the short headache also known as an ice cream headache.
5. To make one gallon of ice cream, you need 12 pounds of milk.

So many ways to celebrate!
1. Build your own sundae bar
2. Make a ice cream float
3. Make homemade ice cream
4. Host a ice cream party
5. Have a contest to try as many flavors as you can this month
6. Go support your local creamerries

Support Dairy Farmers....EAT ICE CREAM