



CWD Healthy Update

CWD Nutrition
Services Department

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National Ice Cream Month

In 1984, President Reagan designated July as National Ice Cream Month.

According to the International Dairy Foods Association's website, about 1.54 billion gallons of ice cream and related frozen deserts were produced in the US in 2015. Many ice cream companies are family-owned businesses and over two thirds market their products regionally. The industry contributes over \$39 billion to the economy and employs over 188,000 Americans.



The Average American consumes more than 23 pounds of ice cream annually. Summer is the

season for consuming ice cream. Production peaks in June and remains strong through August.

Vanilla is the most popu-

lar ice cream flavor, possibly due to its versatility as it mixes well with other toppings. America's top five favorite individual flavors are: vanilla, chocolate, cookies & cream, mint chocolate chip, and chocolate chip cookie dough.

US standards require that ice cream contains a minimum of 10% milk fat and 20% milk solids. A gallon of ice cream must weigh a minimum of 4½ pounds.



Weekly Produce Update

Oranges—demand exceeds supply on all sizes & grades.

Apples—small sizes are limited.

Blueberries—supply & quality is excellent.

Strawberries—quality is good & supplies excellent.

Broccoli—quality is good & supplies abundant.

Cauliflower—quality nice.

Grapes—Quality is excellent.

Lettuce—supply is good & overall quality is favorable.

ProduceNews.com

Celebrate July!

- National Baked Bean Month
- National Blueberries Month
- National Hot Dog Month
- National Ice Cream Month
- National Pickle Month

