

# The Ingredients Project: Ice Cream

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# Outline

- ◆ Information collected on select brands of ice cream
  - ◆ Breyers
  - ◆ So Delicious
  - ◆ Halo Top
  - ◆ Ben and Jerry's
- ◆ Where can you find vegan ice cream?
- ◆ Conclusio

# Breyers Ice Cream

- ❖ Use 100% Grade A milk and cream, and the cows that they come from are not treated with artificial growth hormones
- ❖ The vanilla that goes into their products is 100% sustainable, and they work with organizations such as the Rainforest Alliance to ensure that their vanilla comes from sustainable farms in Madagascar: the efforts will benefit 4,000 vanilla bean farmers, as well as their communities and the rainforests
- ❖ Naturally sourced colors and flavors
- ❖ Have various options for all health types: non-GMO, lactose free, gluten-free, and dairy-free
- ❖ Currently, Breyers has 2 dairy-free flavors that are not derived from any animal products, they are Vanilla Peanut Butter and Oreo. Be sure to look for the non-dairy label on ice cream tubs to ensure that you are getting vegan friendly products

Source: <https://www.breyers.com/us/en>





# So Delicious Ice Cream

- ❖ Plant Based Milk: Almond, Cashew, Coconut, Oat, and Soy
- ❖ Dozens of flavors
- ❖ Each spoonful is dairy-free, Non-GMO Project Verified and Certified Vegan

Source:

<https://sodeliciousdairyfree.com/dairy-free-foods/dairy-free-frozen-desserts/>

# Halo Top Ice Cream



- ❖ 2 options: dairy and dairy-free, some options are: Birthday Cake, Candy Bar, and Peanut Butter Cup. On the top there will be a blue Dairy Free packaging on the lid.
- ❖ Some flavors are made with coconut milk
- ❖ Their ice creams are made on equipment that sometimes processes other tree nuts, milk, eggs, and peanuts
- ❖ Their dairy ice creams contain skim milk and eggs

Source: <https://halotop.com/>

# Ben and Jerry's Ice Cream



- ❖ All of Ben and Jerry's Non-Dairy flavors are 100% certified vegan (made with almond milk or sunflower butter). As of 8/2020, there are 15 flavors that are vegan.
- ❖ Even though normal Ben and Jerry's ice cream contains eggs, the eggs come from certified humane cage-free farms. The hens that lay the eggs have access to nutritious food, clean water, and enough space. All of these practices are also monitored by veterinary professionals.

Source: <https://www.benjerry.com/>



# Grocery Stores

Many grocery stores and supermarkets have options for vegan (non-dairy and free of animal products) ice creams including the following:

- ❖ Harris Teeter
- ❖ Whole Foods
- ❖ Target
- ❖ Trader Joe's
- ❖ Walmart

Also, most ice cream stores now also include vegan flavors on their menus.

The Parlour is a very popular ice cream shop in Durham that always has some vegan options.



*Disclaimer: We hereby acknowledge that the information presented within “The Ingredients Project” presentations is based on research conducted using publicly available sources in 2020. Due diligence was conducted to verify the information, based on web research and checking against the source pages noted on each presentation. Thus, the information is true and accurate based on our knowledge at that time.*

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