



# ICE CREAM IN A BAG

Camp Food at Home

## GATHER INGREDIENTS AND SUPPLIES

BEFORE YOU GET STARTED, MAKE SURE YOU HAVE ALL YOUR INGREDIENTS AND SUPPLIES.

- 1 cup Half and Half (Or substitute a dairy/lactose free milk)
- 1.5 tsp Vanilla Extract
- 1 tbsp Sugar
- Ice
- 1/4 cup salt (any kind will do, but rock salt works best).
- 1 large plastic bag
- 1 small plastic bag
- Duct tape

## PREPARE THE ICE CREAM MIXTURE

### IN THE SMALL PLASTIC BAG

In the small plastic bag combine the Half and Half, Vanilla Extract, and Sugar. Seal the bag and double seal it with duct tape.

## CHILL IT

### IN THE LARGE PLASTIC BAG

In the Large plastic bag add a handful of ice and the salt. Put the sealed small bag with the ice cream mixture inside the large bag. **Don't pour the ice cream mixture into the ice, just put the sealed bag in.** Put more ice on top. Seal the larger bag and reinforce it with duct tape.

## SHAKE IT

### SHAKE THE BAG

Shake the bags for six minutes. You may want to wear gloves as it will get cold. You can toss it back and forth with someone else, or put it inside a large bucket or pot and shake that.

## FINISHING TOUCHES

### REMOVE THE SMALLER BAG FROM THE ICE BAG.

Remove the ice cream bag from the ice bag. Keeping the smaller ice cream bag sealed, gently rinse the bag in cold water, especially near the opening of the bag to remove any salt. Open the bag and split into two bowls. Add any toppings like sprinkles or chocolate chips, and enjoy!

## BUT HOW DOES IT WORK? WAS SCIENCE INVOLVED?

### WHY DID WE NEED SALT?

In the winter they put salt mixtures on the roads and sidewalks to prevent things from icing up. We're doing something very similar here. By adding salt to the ice, we're lowering the freezing point. Which makes the ice colder and allows the ice cream mixture to get colder faster.

The larger pieces of salt (like rock salt) take more time to dissolve, which helps our ice cream to get even colder.

Want a to do a science project? Try adding different amounts of salt, or even try doing it with different types of salt. Find out what makes the best ice cream in a bag.