

Parade

Sweet Deal! Cool Off With 22 National Ice Cream Day Freebies, Discounts and Deals

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I scream, you scream—we all scream for free ice cream!

- [Jessica Sager](#) and [Marisa Losciale](#)
- Jul 17, 2022

July is **National Ice Cream Month** and this Sunday is **National Ice Cream Day**. These two unofficially-official holidays are bringing ice cold dessert lovers super sweet deals and, in some cases, free ice cream.

These frozen freebies are simply the cherry-on-top of a week that's been filled with fast food promotions. If you missed [free fries on National Fry Day](#), [National 7/11 Day's priceless slurpees](#), or complimentary [mac and cheese](#) on [National Mac & Cheese Day](#), mark your calendars for **July 17!**

Related: [Why Verizon Is Sending Free Phones to Certain Customers](#)

Continue reading to find out which nationwide ice cream shops will let you cool down with a discounted (or free) ice cream. Ready to satisfy your sweet tooth? Here's what **National Ice Cream Day freebies, discounts and deals** are in store for 2022.

When is National Ice Cream Day?

National Ice Cream Day is the third Sunday in July each year.

When is National Ice Cream Day 2022?

National Ice Cream Day 2022 is on July 17.

When is National Ice Cream Month?

July is National Ice Cream Month.

What's the history of National Ice Cream Day?

In 1984, then-**President Ronald Reagan** declared July National Ice Cream Month and named July 15, 1984 as National Ice Cream Day.

"Ice cream is a nutritious and wholesome food, enjoyed by over ninety percent of the people in the United States," the proclamation stated. "It enjoys a reputation as the perfect dessert and snack food." Reagan implored Americans to celebrate the frozen treat with "appropriate ceremonies and activities."

The resolution was specified only for that year, but ice cream manufacturers and retailers have maintained the tradition ever since on the third Sunday (or *sundae*!) of July.

Related: Happy National Ice Cream Day! 14 Sweet Must-Haves for Your Celebration

Where to Score Deals, Discounts & Free Ice Cream on National Ice Cream Day

Baskin-Robbins National Ice Cream Day Freebies and Discounts

Baskin-Robbins is offering \$5 off any purchase of \$15 or more from Sunday, July 17 through Saturday, July 23. Just use promo code BECOOLER for online orders or scan your Baskin-Robbins mobile app during checkout at the store. For delivery, this discount will be automatically applied at checkout on orders made using **DoorDash**, **Uber Eats**, and **Postmates**.

The ice cream shop will also be celebrating its new Flavor of the Month: OREO® S'mores Ice Cream. Featuring toasted Marshmallow and Graham flavored Ice Creams stacked with OREO® Cookie Pieces and Chocolate Cookie Swirls for added crunch. Each element comes together to create an innovative, new take on nostalgic summer flavors—reminiscent of gathering around a campfire with friends and family. Available for a limited time only!

16 Handles National Ice Cream Day Freebie

Download the **16 Handles** app and score three free ounces of soft serve on National Ice Cream Day, July 17, 2022.

Jolly Llama Ice Cream National Ice Cream Day Discount

Vegans, rejoice! **Jolly Llama** offers \$0.50 off of packs of cones and sandwiches when you sign up for email updates.

Related: 39 Creamy Vegan Ice Cream Recipes to Cool Off With on Steamy Days

Alden's Organic National Ice Cream Day Freebies and Discounts

Besides getting \$1 off **Alden's Organic** brand ice cream (available at thousands of stores across the nation, including **Whole Foods** and **Kroger**) with a coupon throughout the month of July, Alden's is also taking to social media to give away 10,000 scoops of ice cream (the majority will be given away on July 17!). Follow their Instagram and Facebook for your chance to win.

And **print this coupon** to use wherever Alden's Organic is sold before Aug. 6 to save \$1 at checkout.

Clementine's Naughty & Nice Creamery National Ice Cream Day Freebie

Clementine's Naughty & Nice Creamery is offering free limited-edition t-shirts to the first 50 households at check out this National Ice Cream Day at all six of their locations. There will also be additional giveaways and other fun prizes while supplies last.

Cold Stone Creamery National Ice Cream Day Deals



Vivien Killilea/Getty Images

Cold Stone Creamery is keeping its National Ice Cream Day deal under lock-and-key, telling fans to download the app and keep a look out for a super sweet surprise that will be shared on the app this Sunday. The chain has also told customers it will be offering free delivery for all orders placed in the app from July 15 through July 17.

Related: Does Dairy Cause Inflammation? Here's the Scoop on Whether or Not You Should Actually Give Up Yogurt and Ice Cream

Cosmic Bliss National Ice Cream Day Giveaway

Enter to win a dessert topping pack, tote bag and spoon from Jem Organics, 9 pints of organic and gluten-free **Cosmic Bliss** ice cream, plus a branded cooler bag, ice cream scoop and spoon, and coupons—it's all happening over on their Instagram account and the giveaway is open until the end of day on July 17.

Additionally, throughout July, you can share a video of yourself "screaming for ice cream" on social media while tagging @findcosmicbliss and using #icecreamforabetterplanet. Every video posted with that hashtag contributes toward a \$50,000 donation goal to the Rodale Institute and Regenerative Organic Alliance in partnership with 1% of the Planet. In addition, one lucky person will take home the grand prize of a year's worth of free ice cream from Cosmic Bliss!

Dairy Queen National Ice Cream Day Deal



Dairy Queen

In honor of National Ice Cream Day, **Dairy Queen** is offering \$1 off your choice of dipped cone when you download the DQ App. Offer valid at participating locations only.

Related: We All Scream for Ice Cream! The 32 Best Ice Cream Flavors—Ranked Best to Worst

Cumberland Farms National Ice Cream Day Deal

Get any flavor HyperFreeze from **Cumberland Farms**' for only 49 cents (plus tax) every Friday in July.

Marble Slab Creamery National Ice Cream Day Deal

Marble Slab Creamery offers a \$5 reward with your first purchase after signing up for their Slab Happy Rewards program.

Carvel National Ice Cream Day Deals



Carvel

Carvel is one-upping the competition by introducing a brand-new flavor and some loaded deals just for National Ice Cream Day. "The Best of Both Swirls," as the company has coined it means that on July 17, buy any small cup or cone of ANY flavor, and you'll get a second one free!

FatBoy Ice Cream National Ice Cream Day Giveaway

Enter to win a year's supply of FatBoy ice cream during National Ice Cream Month—entries close July 29 and the winner will be announced July 30.

Related: Banana Split Fluff Tastes Like The Ice Cream Shop Classic In Every Yummy Spoonful

Malai Ice Cream National Ice Cream Day Deal

Visit Goldbelly for **Malai Ice Cream**'s deal on their Choose Your Own and Signature Ice Cream bundles—now through July 17.

Dippin' Dots National Ice Cream Day Deal





George Rose/Getty Images

For the futuristic frozen treat eaters, you'll want to sprint to your local **Dippin' Dots**, as the nationwide retailer is giving up cups of its flash-frozen goodies for only two hours on July 17.

Visit the Dippin' Dots locator and click on "Shopping Center" to find a participating location near you. Each location will have its own giveaway hours, so be sure to check-in before heading out.

Related: When It's Too Hot to Function, Turn to These 31 Refreshing Fruit Sorbets

Goldbelly National Ice Cream Day Discounts

Check out Goldbelly's Annual Ice Cream Party Sale with special discounts up to 30% off on various frozen treats for one week only.

Plus, get \$15 off first purchases of \$50 or more from **Goldbelly** for National Ice Cream Day with code "GetInMyBELLY."

Monkey Joe's National Ice Cream Day Freebie

Monkey Joe's will honor National Ice Cream Day with free ice cream for kids with purchase while supplies last.

Friendly's National Ice Cream Day Freebie



Gado/Getty Images

Not exclusive to National Ice Cream Month or Day celebrations, **Friendly's** is offering a free medium ice cream sundae (and other sweet treats) to anyone who downloads the app.

Insomnia Cookies National Ice Cream Day Products

While supplies last, **Insomnia Cookies** is selling their limited-edition collection "Ice Cream As Cookies," which includes Deluxe Filled Hot Fudge Sundae, Banana Split and Root Beer Float.

Related: How to Make Rice Krispy Ice Cream Cones

Marco Sweets & Spices National Ice Cream Day Discount

Get 10% off all purchases from **Marco Sweets & Spices** when you sign up for emails.

Whole Foods National Ice Cream Day Discounts



Business Wire

Now through July 19, **Whole Foods**' ice cream and frozen novelties are up to 25 percent off, and Amazon Prime members can receive an additional 10% off!

Select Whole Foods Markets will also be celebrating National Ice Cream Day with an exclusive Taco Sunday developed by Camila Alves McConaughey.

On July 17, from 1-4 p.m. local time, the first 500 customers at each participating Whole Foods will have the opportunity to try one for FREE! These locations include: the Whole Foods on W. Olive Ave. in Burbank, California; the 3rd St. location in Brooklyn, New York; and the Whole Foods on Lamar Blvd. in Austin, Texas.