

Girl Scouts at GCM

call 336.574.2898 to schedule!



Snacks!

Description	Make great snacks for yourself and your friends. Research fruits and vegetables in the garden (Step 1), and then work together to make a variety of sweet and savory snacks (Steps 2-5). Please Note: This menu may contain gluten, dairy, nuts, and seeds. Notify us of any allergies.
Pathway	This event will complete the Snacks Brownie Legacy: Cook Skill-Building Badge from the Brownie – The Girl’s Guide to Girl Scouting handbook.
Cost	\$30 per girl
Min/Max	10/12
Location	Greensboro Children’s Museum
Duration	2 hours. Following the program, Brownies are invited to play in the museum.
Program Level	Brownie Program

Brownie Cook Skill-Building Badge Requirements: (Must complete one activity from each of the 5 steps.)

Step 1: Jump into the world of snacks. One of the easiest snacks is just a washed fruit or vegetable! But when you make a snack, you combine ingredients. So how do you know which ones are best? Find out in this step.

- Is the food good for the earth? Make a report for one fruit or vegetable. Draw a picture of it. Write why it’s good for you, how it grows, and tell if it’s ready to eat. Then go to the grocery store or farmers’ market and ask where it travels from to get to your area.

Step 2: Make a savory snack. A savory snack is one that’s not sweet- it might be salty or spicy. Try one of these!

- Make a veggie face. Using your favorite vegetables, make a funny face on your plate. With an adult’s help, cut up veggies such as cucumbers, celery, carrots, peppers, and broccoli. Then create a veggie face. Don’t forget to eat it!

Step 3: Try a sweet snack. If you like desserts, you’ll like these snacks. Sweet snacks are best to eat on special occasions.

- Make your own cookies. There are thousands of cookie recipes out there, but why not make it your own? Find a basic chocolate chip cookie recipe, but instead of chocolate chips, add what you like best! You could try dried fruit, candy bits, or marshmallows.

Step 4: Snacks for energy. Sometimes you don’t have time to sit at home and enjoy a snack. So try some snacks that are good for you and perfect for taking along.



When you're on the go, it's important to have energy snacks that help you move and think and be strong.

- Create a snack for a group. It might be for sports teammates, your Brownie group, or even a club. Try to make a snack that is easy to carry, doesn't need silverware, and that a lot of people might like. What about a fruit kabob?

Step 5: Slurp a snack. Some snacks are best in a cup. Just because these snacks are liquid doesn't mean they're any less delicious. And they can still be great for you if you choose the right ingredients!

- Make your own fruit smoothie. Just like milk shakes, smoothies provide a lot of vitamins in a little cup. Try the recipe to build your own fruit smoothie.

Call Stephanie Ashton at 336.574.2898 ext 320 to schedule your group.

