



Brownie Snacks Badge

Pillar: Civic Engagement/Life Skills

Outcomes: Strong Sense of Self, Community Problem Solving

Make great snacks for you and your friends!

1. Jump into the world of snacks.

- a. 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?
- b. What's in a snack? Go on a scavenger hunt in your kitchen and find three packaged snacks. Look at the list of ingredients. Are there ones you don't recognize? Team up with an adult and figure out what they are and if they're good for you.

2. Make a savory snack.

- a. Savory snacks are not sweet - it might be salty or spicy! Make your own restaurant snack. When you make a snack at home it's often healthier for you than when you eat it in a restaurant. Restaurants may use more oil, butter, sugar, and salt! Find a recipe for a favorite snack, like potato skins, cheese sticks, or nachos and make it yourself. **OR** Make a funny face from your favorite veggies!

3. Try a sweet snack.

- a. If you like desserts, you'll like these snacks. 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.

4. Snack for energy.

- a. When you're on the go, it's important to have energy snacks that help you move and think and be strong. Try making no-bake energy bars. For more fun, make an energy snack into jewelry - you could string pretzels or licorice together for a yummy hiking necklace.

5. Slurp a snack.

- a. Some snacks are best in a cup. Just because snacks are liquid, doesn't mean they are any less delicious. Make your own milkshake or fruit smoothie. Fruit smoothies prove a lot of vitamins in a little cup. Try different recipes and see which you like best.

Online additional resources:

- <https://www.pinterest.com/gprograms/brownie-resources/brownie-badge-snacks/>
- <https://tasty.co/>

When you're finished:

Congratulations, you've earned your badge! You can purchase your new badge by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/BROWNIE-SNACKS-BADGE>

Free shipping applies for both options

