



Daisy Friendly and Helpful Petal - Cooking/Snacks

Pillar: Outdoor and Civic Engagement/Life skills

Outcomes: Strong Sense of Self, Healthy Relationships

1. Plan a Snack or Meal
 - a. Help your parent or caregiver plan and create a fun snack or dinner for your family. Make it something healthy and delicious if you can!
2. Set the Table
 - a. Set the table before dinner and help clear the plates and clean up after you eat. There are lots of dishes to do when everyone is at home all day! <https://www.youtube.com/watch?v=H0nht8vwRd0>
3. Choose a friend or loved one who may be home alone and have a virtual dinner party. Use FaceTime or another video service to eat together!

If your family is able, purchase a few extra food items at the store to help people in need during this difficult time. Research items your local pantry may need.

Online additional resources:

- <https://www.pinterest.com/gprograms/daisy-resources/healthy-snacks-kids-can-make/>
- <https://tasty.co/>

When you're finished:

Check in with your troop leader to see if she /he has your petals or you can order your petal set by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/Daisy-Petals-Set>

