



Snacks

Green 2 Troops – Brownie Snack Badge

Goal: Learn how to make tasty, healthy snacks while minimizing food waste, packaging waste, and energy use.

Step 1: Make a Savory Snack

Girls make a *no-cook veggie wrap* using ingredients from a local farmers market or what they already have at home.

- Use lettuce leaves or tortillas as wraps.
- Fill with shredded carrots, cucumbers, hummus, or other fridge-friendly items.

No waste tip:

- Use cloth napkins or reusable plates for serving.
- Compost veggie scraps or save them to make broth later.
- Skip pre-packaged or plastic-wrapped ingredients.

Step 2: Make a Sweet Snack

Prepare a *fruit kabob or salad* using in-season fruit.

- Use reusable skewers, sticks, or just mix in a bowl.
- Girls mix flavors and guess which fruits pair best.

No waste tip: Use fruit that's getting a little soft to prevent it from being tossed. Compost peels and cores.

Step 3: Try a New Snack

Host a *Snack Swap* where each girl brings in a snack from another culture or family tradition — homemade and unpackaged only.

- Girls explain where it's from and why it's special.
- Try one bite of each and vote on their favorite "new" snack.

Girl-led twist: Girls can lead the sharing or teach how to make the snack at home.

Step 4: Snack for Energy

Make a *build-your-own trail mix* station using ingredients from bulk bins or pantry leftovers (granola, seeds, raisins, etc.).

- Let girls mix just enough to avoid waste — no giant bags!
- Use repurposed jars, cloth bags, or snack boxes.

Optional learning: Talk about protein, fiber, and energy — what keeps us going on a hike or long Girl Scout event?

Step 5: Slurp Up a Smoothie

Make a "*Green² Smoothie*" using produce that might go bad soon (bananas, berries, spinach).

- Blend with water or a plant-based milk.
- Share in reusable cups or mason jars.

No blender? Mash and mix by hand into a yogurt bowl or fruit mash.

No waste tip: Freeze leftovers for popsicles. Compost peels and skip straws!

Green² Bonus Challenge:

Girls plan a *Zero-Waste Snack Day* at home:

- Make a snack, clean up, compost scraps, and wash reusable dishes.
- Take a photo or draw what they made.