

Green² Troops: Cadette New Cuisines Badge

Purpose: Discover new foods and cultures while cooking sustainably, minimizing waste, and sharing meals that nourish both people and the planet.

Overall Green² Strategies

- Ingredients: Shop local, seasonal, and package-free when possible.
 - Prep & Cookware: Use reusable utensils, cloth napkins, and eco-friendly storage.
 - Serving: Avoid disposables—opt for washable plates and utensils.
 - Leftovers: Plan to repurpose extras and compost food scraps.
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Step 1 – Make a Dish From Another Country

Goal: Explore international cuisine and culture.

- Choose recipes that use whole, fresh ingredients (no prepackaged sauces or mixes).
 - Source ingredients in bulk or from a local international market.
 - Serve the dish on reusable plates with cloth napkins for a zero-waste experience.
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Step 2 – Create a Dish From Another Region of the U.S.

Goal: Celebrate the diversity of American cuisine.

- Explore regional dishes like Cajun gumbo, Pacific Northwest salmon, or Midwestern corn-based meals.
 - Use ingredients from local farmers markets or food co-ops.
 - Cook in teams and share equipment to avoid wasteful duplication.
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Step 3 – Whip Up a Dish Using a New Technique

Goal: Try a cooking method you've never used before.

- Bake, ferment, sauté, or steam using reusable tools and non-electric options if possible (like solar ovens or camp stoves).
 - Avoid single-use parchment or foil—use silicone mats or cast iron pans.
 - Clean up with cloth towels instead of paper.
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Step 4 – Cook a Meal Outdoors

Goal: Prepare and serve a full meal outside.

- Use troop-owned camp stoves, Dutch ovens, or solar cookers.
 - Bring zero-waste trail meals: mason jar salads, DIY granola bars, or wrap sandwiches in beeswax wraps.
 - Compost scraps or take them home to avoid food litter.
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Step 5 – Share Your Heritage or Favorite Food

Goal: Celebrate your culture and values through food.

- Make a traditional family dish using sustainable swaps (e.g., plant-based options, package-free produce).
- Present your story and recipe digitally—no printed handouts.

- Host a no-waste potluck with reusable containers and serving utensils.
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At-Home & Family Connection

- Cook one of the badge meals with your family using waste-free strategies.
 - Interview a family member about a traditional food and how it was made before single-use packaging existed.
 - Start a compost bin at home for kitchen scraps.
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Waste-Free Wrap-Up

- Reflect as a troop: What was your favorite low-waste meal to make?
- Compile a troop digital cookbook of recipes and eco-cooking tips.
- Share your experience with younger girls through a food demo or service project.