



Green² Plan – Junior Simple Meals Badge

Purpose: Learn how to prepare healthy, tasty meals while keeping your cooking process sustainable and waste-free.

Overall Green² Strategies

- Choose locally grown, in-season produce to cut down on packaging and transportation waste.
 - Supplies: Use reusable utensils, mixing bowls, and containers—no single-use plates or cutlery.
 - Food Waste: Plan recipes that use all parts of the ingredient and compost scraps.
 - Cleaning: Use washable cloths instead of paper towels.
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Step 1: Step Into a Chef's Shoes

Goal: Learn what makes a balanced meal.

- Watch a free online cooking demonstration instead of printing recipes.
 - Discuss with your troop how to use every part of a vegetable (stems, leaves, skins).
 - Visit a local farmers market and talk to farmers about seasonal cooking.
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Step 2: Whip Up a Snack

Goal: Make a healthy snack using minimal packaging.

- Prepare fruit kabobs with reusable skewers.
 - Make trail mix from bulk-bin ingredients and store in jars.
 - Blend smoothies using rescued “ugly” produce from a market.
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Step 3: Fix a Healthy Lunch or Dinner

Goal: Create a main meal that's healthy and eco-friendly.

- Cook a veggie stir-fry using seasonal vegetables.
 - Make wraps using cloth napkins as “plates” to avoid disposables.
 - Serve water in reusable cups instead of bottled drinks.
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Step 4: Create a Delicious Dessert

Goal: Make a sweet treat while reducing waste.

- Bake cookies or muffins in reusable tins (no cupcake liners—use greased pans).
 - Make fruit salad with honey drizzle instead of packaged candy or ice cream.
 - Freeze homemade fruit pops using reusable molds.
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Step 5: Make Your Own Meal Plan

Goal: Plan a meal that could be made again at home.

- Choose recipes with minimal packaging ingredients.
 - Plan to use leftovers from one meal in another (e.g., roasted veggies become soup the next day).
 - Share recipes digitally with the troop instead of printing.
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At-Home & Family Connection

- Cook one waste-free meal for your family using the badge techniques.
 - Teach your family how to shop bulk bins and local markets.
 - Start a compost bin for your household food scraps.
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Waste-Free Wrap-Up

- Reflect as a troop: Which waste-free cooking tips were easiest?
- Compile a digital troop cookbook of everyone's recipes.
- Share your tips with younger Girl Scouts during a badge-earning event.