



Green² Troop Senior “Locavore” Badge

Step 1: Explore the benefits and challenges of going local

Goal: Understand why eating local is good for your health, the environment, and your community and the hurdles involved.

Option 1: Produce Passport Challenge

- Create a “produce passport” from scrap paper or recycled cardstock.
- Visit a local farmer’s market and identify fruits/vegetables grown within 100 miles.
- Use reusable bags and track items that were completely package-free.

Option 2: Waste Audit Comparison

- Do a side-by-side comparison of the packaging waste from a grocery store vs. a local food co-op or farm stand.
- Discuss emissions, energy, and waste impact.
- Display results using recycled materials (like old cardboard for charts).

Step 2: Find your local food sources

Goal: Identify and connect with local farmers, producers, and markets.

Option 1: Local Food Scavenger Hunt

- Use an online map or city directory to locate farmers’ markets, urban farms, food forests, and local grocers.
- Assign each girl a few locations to research and plot on a large, reused poster board map.

Option 2: Interview a Local Grower (or Chef!)

- Interview a local farmer, CSA manager, or chef who uses local ingredients.
- Conduct the interview virtually or in person using reusable notebooks or a digital recorder.
- Prepare 3 questions about food waste prevention in their business.

Step 3: Cook a simple dish showcasing local ingredients

Goal: Learn how to prepare a meal that is both local and waste-free.

Option 1: No-Packaging Challenge

- Plan and cook a dish using only items purchased without packaging (bulk bins, produce, fresh bread, etc.).
- Bring reusable containers to source ingredients and compost any scraps.
- Share the recipe in a digital troop recipe book.

Option 2: Solar Cooking Picnic

- Use a solar oven (DIY with a pizza box or borrowed from a local library) to make a seasonal dish outdoors.
 - All ingredients must be local and waste-free.
 - Use compostable or reusable dishware for serving.
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Step 4: Make a recipe with local ingredients

Goal: Take it a step further. Work in small teams or solo to create an original or adapted recipe.

Option 1: “Trash-Free Test Kitchen”

- Challenge each girl to come up with a recipe using local ingredients and nothing that comes in packaging.
- Ingredient scraps go in the compost, and all measuring/serving tools are reusable.
- Host a waste-free tasting party with labeled dishes.

Option 2: Foraged & Farmed

- Incorporate one foraged item (with guidance) or hyper-local farm item into a new recipe.
 - Think: wild herbs, backyard tomatoes, or neighbor’s backyard eggs.
 - Share recipe cards made from old paper bags or recycled cardstock.
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Step 5: Try a locavore meal

Goal: Put everything together in a full meal experience.

Option 1: Troop Zero-Waste Potluck

- Everyone brings one dish made with local ingredients and no disposable packaging.
- Encourage cloth napkins, reusable containers, and pitchers for drinks.
- Award a “Waste-Free Chef” ribbon made from scrap fabric or old badges.

Option 2: Cook & Serve for a Local Food-Insecurity Program

- Partner with a local food pantry or shelter to prepare a fresh, local, waste-free meal.
 - Use donations from a local farm or community garden and deliver in reusable containers.
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Optional: Community Service Project (Waste-Free Focus)

"Backyard to Table Starter Kits"

- Create waste-free starter kits for families who want to grow their own herbs or veggies.
- Kits can include reused containers, compost starter, seed packets from local farms, and DIY guides printed on reused paper.
- Distribute at food pantries, libraries, or community centers.

OR

“No Waste Local Food Fair”

- Host a mini community fair that showcases local farms, waste-free cooking demos, and sustainable food education.
- Booths made from repurposed materials.
- No single-use items allowed; everything reusable or compostable.
- Encourage visitors to bring their own cups or containers for tasting.