



Snacks



Badge Overview

Make great snacks for yourself and your friends. When you eat them, they'll give you the energy to think, hike, run around, dress up—and do all the other activities you love to do!

Badge Components

1. Find out about different types of snacks

Earn this step by completing this [worksheet](#).

- Pick your favorite fruit or vegetable, draw it, find out how it grows, and find what healthy vitamins and minerals are inside!

2. Make a savory snack

Savory snacks are those that aren't sweet—they might be salty or spicy! Earn this step by making your own savory snack with the help of a parent. Check out the recipe links below for some savory snack mixes or find your own!

- [Cheerios Savory Snack Mix](#)
- [Land O Lakes Savory Snack Mix](#)
- [Hidden Valley Savory Ranch Party Mix](#)

3. Try a sweet snack

Sweet snacks may taste great, but be sure to eat them in moderation! Earn this step by making your own sweet snack with the help of a parent. Check out the recipe links below for some different cookie options, or find your own!

- [Edible Chocolate Chip Cookie Dough](#)
- [Peanut Butter-Chocolate No-Bake Cookies](#)
- [S'mores Blossom Cookies](#)

4. Snack for energy

It's great to find snack options that can give you a boost of energy in the afternoon. Earn this step by making your own version of the popular "ants on a log" snack with the help of a parent!

- This [link](#) has some great ideas of what to use for your "log," filling, and "ants."

5. Slurp a snack

You can make a snack that you can drink by blending up a smoothie! This [link](#) offers different recipes, or you can find/create your own.

- Smoothies typically include a liquid base of any kind of milk or juice, and fresh or frozen fruits and/or vegetables. You can add ice to help thicken it if needed, and yogurt can help add flavor and creaminess!
- Try to use your favorite fruit or vegetable from the step 1 activity!
- BONUS!** You can turn your smoothie into a frozen treat with a popsicle mold! Don't have a mold? Check out this link for other "mold" options.

Materials

- Access to internet
- Something to write with
- [My Fresh Healthy Snack Worksheet](#)
- Ingredients needed to follow the recipes you want to try

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida's educational standards.



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