



Locavore



Badge Overview

A locavore is someone committed to eating locally grown, seasonal foods. The efforts of locavores can be important - and delicious - steps toward healthful eating, helping the environment, and supporting local farmers. Ready to try it out?

Badge Components

1. Explore the benefits and challenges of going local

There are many steps for produce to get from the farm to your fork, and oftentimes that produce literally travels hundreds of miles through the step. Earn this step by watching this [video](#) to learn more about the food supply chain.

- While watching, think about what aspects would be an advantage or a disadvantage to those that want to focus on keeping produce local.

2. Find your local food sources

Many people define “local” as produce within 100 miles of their home. Earn this step by finding 10 different types of produce or food products (think eggs, milk, cheese, meat, herbs etc.) that you can buy knowing they are sourced within 100 miles of your home.

- You could find them through a local grocery store, a farmer’s market, or a local farm, orchard, ranch, dairy, or mill.

3. Cook a simple dish showcasing local ingredients

Earn this step by creating a simple salad and/or a smoothie with as many locally sourced ingredients as possible, start with those you discovered in step 2.

- Your salad can be any kind-greens based, pasta based, etc. Your smoothie can include fruits, vegetables, milk, juice, etc.
- Do you notice a difference in taste when using local ingredients?

4. Make a recipe with local ingredients

Earn this step by creating your favorite meal with as many locally sourced ingredients as possible!

- Do you enjoy pizza? Try to locally source your cheese and make your own sauce using local vegetables and herbs.
- Are you more of a tacos person? Try to use locally sourced meat, make your own tortillas with local ingredients, and use local produce to make a homemade salsa.

5. Try a local cooking challenge

For hundreds of years, people have been using techniques like canning, pickling, and dehydrating to preserve their food, which can also create yummy new ways to eat something! Earn this step by first checking out the webpage for the National Center for Home Food Preservation to learn more about the different techniques and how to do them safely.

- Then, try it yourself to preserve a local product of your choice. You could dry fruit, pickle a cucumber, or make a berry jam or jelly.

Materials

- Access to internet
- Something to write with
- Ingredients for the recipes you pick to make

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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