

Healthy Hometown

2024 Patch Program Starter Guide



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of black diamond

Prepare to Become a Healthy Hometown

Welcome to the Healthy Hometown Patch Program!

As Girl Scouts, we are leaders and changemakers. We are eager to be part of something bigger than ourselves and believe that we can make the world a better place. That's why Girl Scouts of Black Diamond Council is proud to announce our newest community service project: Healthy Hometown.

This exciting community service project will unite Girl Scouts with the Environmental Protection Agency to teach troops about being healthy and making their hometowns healthier for everyone.

Follow along as we invite your Girl Scouts to learn about personal hygiene, healthy foods, how to make a difference in their hometown and more!



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Through participating in the Healthy Hometown Patch Program Girl Scouts have the opportunity to gather an exciting skillset to help them unlock a healthier future for themselves and their community.

By participating, Girl Scouts will complete the following:

- Increase their knowledge of healthy foods.
- Foster a sense of caring, empathy and generosity towards others.
- Develop an understanding of personal hygiene and how it keeps you healthy.
- Apply critical thinking skills by collecting items to donate or planning their own community service project.

In order to complete the Healthy Hometown Patch Program, participating Girl Scouts will need to participate in the following:

- Completion of Healthy Hometown activities found in this packet to increase their knowledge about the importance of personal hygiene and healthy foods.
- Choose an age-appropriate service project and provide a minimum of two hours of service to complete the activity.



Complete the program. Earn a patch.

Once you complete the tasks listed above, complete the survey and your patches will be mailed to you!



Use the QR code or use this link: https://girlscoutsusa.ca1.qualtrics.com/jfe/form/SV_5iNMr1j5uOkPoay

Service Projects



Find an exciting way to make a difference in your community!

Ready to make a difference but unsure where to start? We have you covered! Use the following examples to help inspire your service project. Still need help? Contact our Customer Care Team at customer care@bdgsc.org or 304-345-7722.

Community Gardens

- Help plant, weed, water or harvest in a local community garden.
- Help create a new community garden in your hometown.
- Make stepping stones, bathhouses or bird house for local gardens.



Food Pantry or Backpack Program



- Have a food drive and collect items high in iron, calcium or vitamin C.
- Collect healthy snacks for a backpack or weekend meal program.
- See if your local food pantry or backpack program is hosting events you can help with.
- Design posters about healthy food choices and share with local food pantries. Check with the pantry first!



Other Ideas

- Help serve healthy snacks at community events.
- Volunteer at a local sporting event and make sure the athletes and those watching the games are staying hydrated with lead-free water.
- Help with community clean-ups including parks or heavily used areas to ensure there are safe, grassy areas where children can play.



Personal Hygiene

Good personal hygiene habits and healthy nutritional practices can limit absorption of and reduce exposure to lead.

What are personal hygiene habits that can reduce potential lead exposure? One way Girl Scouts ingest lead is through dust or soil that settles on their hands as they play. When they put their hands in their mouths, they may swallow lead-contaminated dust or soil, which can then get into their bloodstream.

Good personal hygiene habits, such as consistent handwashing, reduces the likelihood of this happening and is the best way to reduce the number of germs on a Girl Scout's hands in most situations.

All Girl Scouts and kids should wash their hands with soap several times a day using the Six Steps of Handwashing:

Step 1: Wet hands with clean, running water.

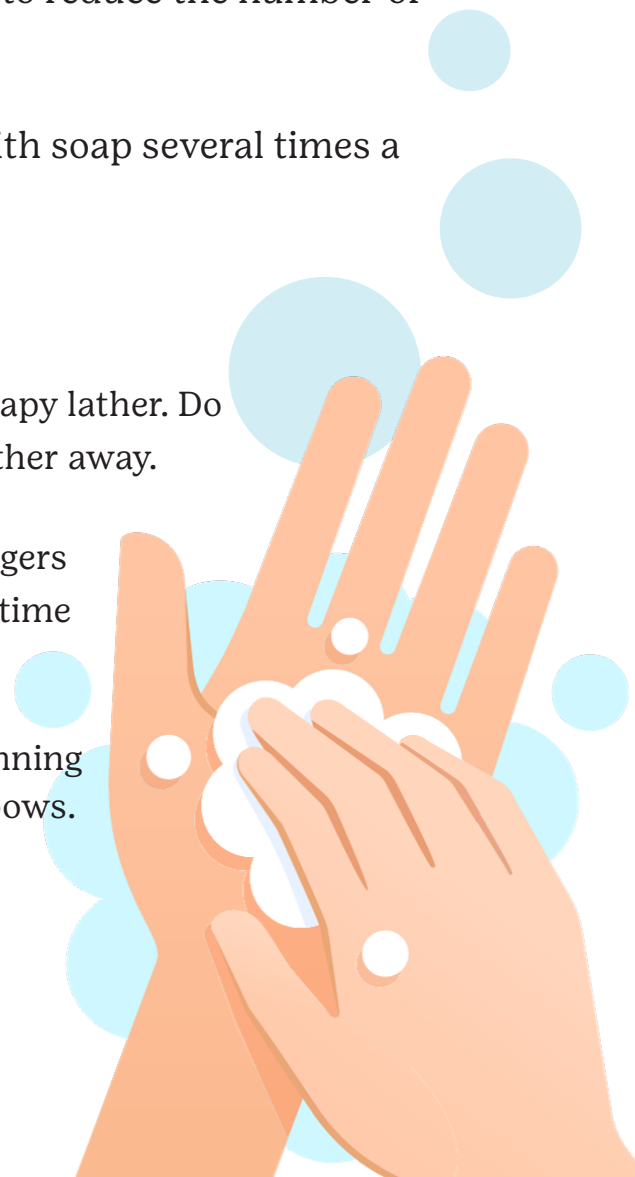
Step 2: Add soap, then rub hands together making a soapy lather. Do this *away* from the water; be careful to not wash the lather away.

Step 3: Scrub the front and back of hands, between fingers and under nails for at least 20 seconds - the amount of time it takes to sing Happy Birthday twice.

Step 4: Rinse hands from wrists to fingertips under running water. Let the water run back into the sink, not your elbows.

Step 5: Dry hands thoroughly with a clean towel.

Step 6: Turn off the faucet with the towel. Remember, *dirty hands turned on the faucet!*



Limiting Exposure

How can we reduce the potential exposure to lead while spending time in the outdoors?

Children and Girl Scouts alike may be exposed to lead in the outdoor through contaminated soil or breathing in dust containing lead. To reduce the potential of exposure while outside we can:

- Check the exterior of our homes, including the porches and fences, for deteriorating paint.
- Wash outdoor toys and playground equipment regularly.
- Use designated picnic, camping, hiking and biking areas.
- Use water from clean sources for drinking, cooking or washing.

To avoid tracking soil into your home:

- Put doormats outside and inside all entryways.
- Remove shoes before coming inside.
- Wipe pets' paws prior to bringing them indoors.



Healthy Eating

How may nutrition assist in reducing the absorption of lead?

Eating a variety of foods give Girl Scouts and kids the vitamins and minerals they need to grow healthy. When children do not have enough calcium or iron in their bodies, their bodies may absorb lead instead of these nutrients. A diet that includes foods rich in calcium, iron and vitamin C may assist in reducing the absorption of lead

Important facts to understand are:

- An overall unhealthy diet high in fat and oil may increase the rate of lead absorption.
- A child with an empty stomach will absorb more lead.

What are some meals that contain calcium, iron and vitamin C?

Check out the following suggestions!

- Oatmeal, sliced bananas and 100% orange juice
- Vegetable omelet, apple sauce and low-fat milk
- French toast, orange slices, yogurt and 100% fruit juice
- Iron-fortified cereal with low-fat milk, topped with raisins



- Turkey and tomato sandwich, coleslaw and low-fat milk
- Tuna salad sandwich on whole-grain bread and pear slices
- Lean cheeseburger on a whole-grain bun and cranberry juice
- Shrimp, squash and brussel sprouts



- Sloppy joe, watermelon and low-fat milk
- Macaroni and cheese, stewed tomatoes, melon slices
- Chicken, rice, green beans and berries
- Salmon, rice and bell peppers



Finding Healthy Food

The chart below showcases food that contain varying amounts of calcium, iron and vitamin C. This is an unofficial source that provides examples of traditional food items and items that can be found in stores. For more information, visit the U.S. Department of Agriculture's FoodData Center at <https://girlscouts.info/FoodData>.

Food	Calcium	Iron	Vitamin C
Almonds	X	X	
Asparagus			X
Avocado	X	X	X
Bananas	X	X	X
Beans	X	X	
Beech Nuts	X	X	X
Bell Peppers	X	X	X
Bison		X	
Blackberries	X	X	X
Blueberries	X	X	X
Bone Broth	X	X	
Breadfruit	X	X	X
Broccoli	X	X	X
Brussels Sprouts	X	X	X
Butternuts	X	X	X
Cabbage	X	X	X
Cantaloupe	X	X	X
Caribou		X	
Carrots	X		X
Cauliflower			X
Cheese	X		
Chestnuts	X	X	X
Chia Seeds	X	X	
Chicken		X	
Cinnamon	X	X	
Clam	X	X	
Cloudberries	X		X
Corn			X
Collard Greens	X		X
Cottage Cheese	X		

Food	Calcium	Iron	Vitamin C
Cow Parsnip	X	X	
Crab	X	X	X
Dandelion Greens	X	X	X
Dark Green Leafy Vegetables	X	X	X
Duck	X	X	
Edamame	X	X	X
Eggs	X	X	
Elk		X	
Fiddleheads	X	X	X
Figs	X	X	X
Fish Eggs	X	X	X
Fish Liver		X	
Garlic	X		X
Grapes	X		X
Grapefruit	X		X
Green Beans	X	X	X
Green Chile	X	X	X
Hazelnuts	X	X	X
Hickory Nuts	X	X	X
Honeydew	X	X	X
Huckleberries	X	X	X
Kale	X		X
Kiwi			X
Lamprey Eel	X	X	X
Leeks	X	X	X
Lemon	X		X
Lentils	X	X	X
Lime	X	X	X
Liver		X	
Maple Syrup		X	
Mesquite Beans	X	X	X
Milk	X		
Moose		X	X
Mushrooms	X	X	X
Mussels	X	X	X
Mustard Greens	X	X	X
Nettles	X	X	
Non-Dairy Milk	X	X	

Food	Calcium	Iron	Vitamin C
Oats	X	X	
Okra	X	X	X
Oranges	X		X
Oysters	X	X	
Parsnips		X	X
Peaches		X	X
Peanut Butter	X	X	
Pears	X	X	X
Peas	X	X	X
Pima Lima Beans	X	X	
Pine Nuts	X	X	
Pistachios	X	X	
Plums	X	X	X
Popcorn		X	
Potatoes			X
Prairie Turnips	X	X	X
Prickly Pear	X	X	X
Pumpkin/Squash Seeds	X	X	X
Quail		X	X
Quinoa	X	X	
Rabbit		X	
Raisins	X	X	X
Ramp/Wild Leek	X	X	X
Raspberries	X	X	X
Rhubarb	X	X	X
Salmon, Fresh		X	
Salmon, Canned	X	X	
Sardines	X	X	
Scallops		X	
Sea Cucumber	X	X	
Sea Urchins	X	X	X
Seaweed/Lettuce	X	X	X
Sesame Seeds		X	
Shrimp	X	X	
Snails		X	
Spinach	X	X	X
Squash	X	X	X
Squid	X	X	X

Food	Calcium	Iron	Vitamin C
Squirrel		X	
Strawberries	X	X	X
Sunflower Seeds	X	X	
Sweet Potatoes	X	X	X
Tangerine	X		X
Tofu	X	X	
Tomatoes	X	X	X
Trout	X		
Tuna Fish		X	
Turkey		X	
Turnip	X	X	X
Venison		X	
Watercress	X		
Watermelon	X	X	X
White Beans	X	X	
Whole Wheat Bread	X	X	
Wild Raspberries	X	X	X
Wild Rice		X	
Yams	X	X	X
Yogurt	X		

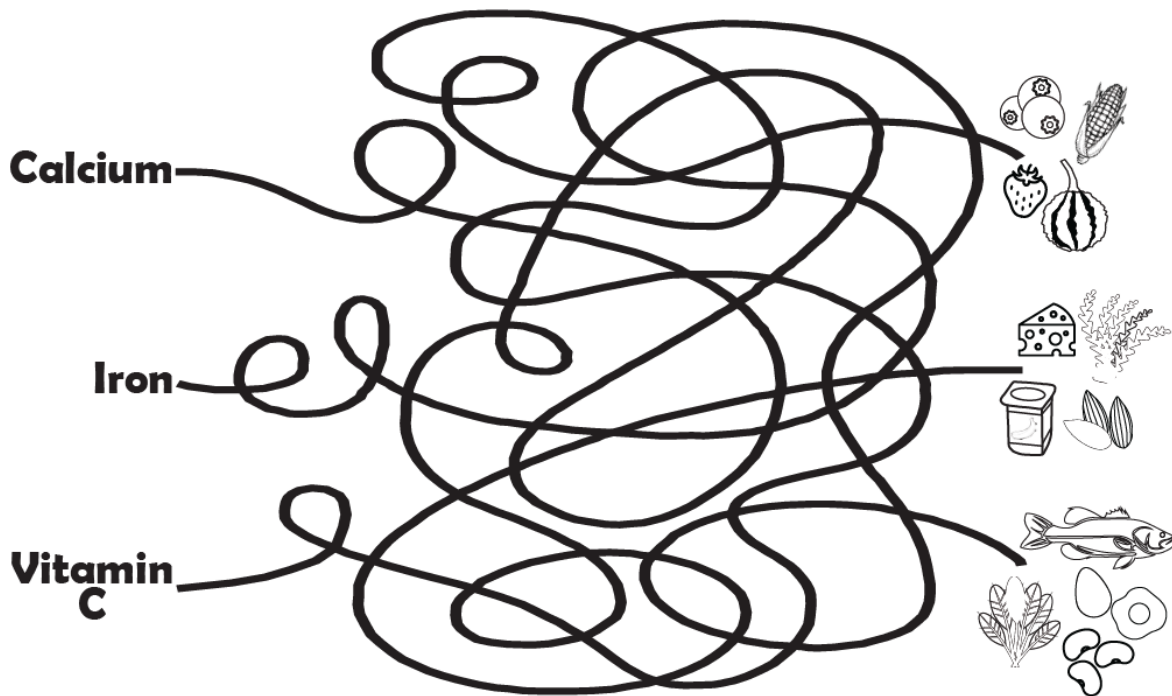


Testing Your Skills

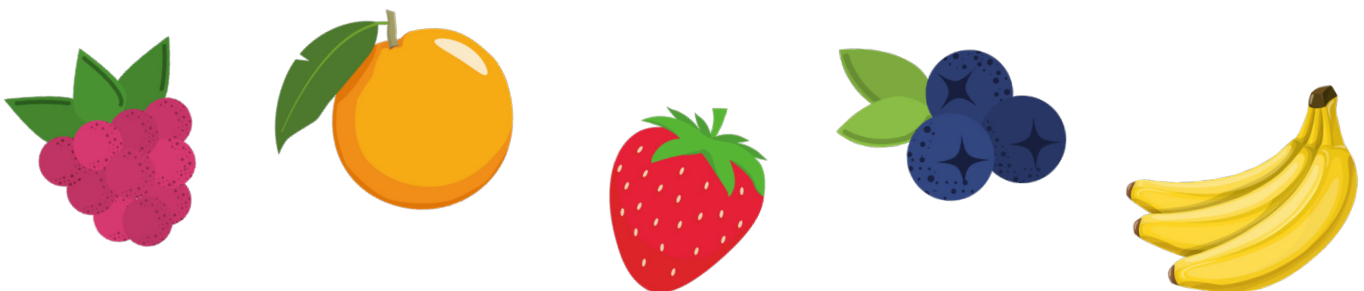
Does your Girl Scout have what it takes to make their town a Healthy Hometown? After reviewing this booklet, engage your troop - as well as family and friends - to complete the following tasks and put their knowledge to the test!

Follow the Trail

Healthy foods with calcium, iron and vitamin C help our bodies grow! Follow the trails below to find delicious foods with calcium, iron or vitamin C.



Vitamin C: Strawberries, blueberries, corn, squash
Calcium: Cheese, yogurt, almonds, seaweed
Iron: Beans, fish, spinach, eggs



Word Search

Calcium, iron and vitamin C are found in all kinds of fruits, vegetables and other healthy foods. Can you find all of the food items listed below in this Healthy Hometown word search? Circle all the food items that have calcium, iron and vitamin C.



Almond

Berries

Clams

Orange

Venison

Apples

Broccoli

Corn

Seaweed

Yogurt

Beans

Cheese

Raisins

Squash

Ready for adventure?

Once complete, rally your troop and prepare to take on more exciting projects through additional Patch Programs!

From getting outdoors, to learning about courageous women or boosting your mental health, Girl Scouts of Black Diamond Council is proud to offer a wide range of Patch Program opportunities to our troops.

Learn more by visiting <https://girlscouts.info/PatchPrograms> or by using a smartphone and scanning the QR code.



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