

# Badge Blueprints

## Life Skills Badge

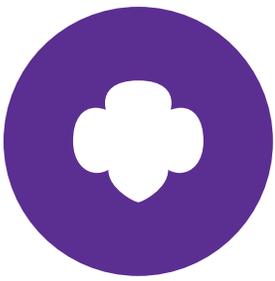
Junior-Ambassador | Grades 4-12

Earning badges is a great way for Girl Scouts to explore their interests and learn new skills. Badge Blueprints takes volunteers and Girl Scouts step-by-step through all the requirements to earn the badge. This resource covers badges for Girl Scout Juniors through Ambassadors.

Each month, the Emerson Resource Center will offer a new lineup of Badge Blueprints. For this month, check out these badges centered around food and cuisines! After completing all required steps, make sure to check out the Girl Scouts of Eastern Missouri Shop to purchase the grade-level specific badge.

**Note to Adult:** This Badge Blueprint is intended for use by the Girl Scout adult leading the activity. The tone and information provided helps the adult speak to the Girl Scouts who are participating in this Badge Blueprint.





# Simple Meals Badge

Junior | Grades 4-5

**Purpose:** When I finish this badge, I will learn basic cooking skills, explore foods from different places, and discover how to make meals that are both tasty and healthy.

---

## Step 1: Explore a Kitchen

Tour a kitchen—at your school, a friend’s house, or your own. Look around to see what **tools**, **utensils**, and **appliances** are used to prepare food. Ask an adult to show you how some of the equipment works safely, like measuring cups, stove tops, or blenders.

## Step 2: Make a Breakfast

Plan and prepare a breakfast that includes **eggs**, a **protein**, and **bread**. You can make each item separately—like scrambled eggs, bacon, and toast—or combine them into one dish, such as a **breakfast sandwich** or **egg burrito**.

## Step 3: Discover International Sandwiches

Explore how people around the world make sandwiches! Research a few types—like a **banh mi** from Vietnam, a **torta** from Mexico, or a **croque monsieur** from France. Choose one you’ve never made before, then prepare and taste it.

## Step 4: Try a Healthier Twist

Pick one favorite recipe and make it twice.

- The first time, follow the original recipe.
- The second time, substitute **healthier ingredients**—such as whole-grain flour, low-fat dairy, or natural sweeteners.

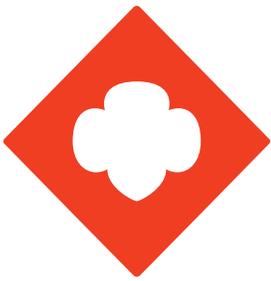
Compare the two versions. Which one do you like better? Which is better for you body?

## Step 5: Time Your Cooking

Plan and prepare a **complete meal** with three foods:

- A **protein** (like chicken or beans)
- A **starch** (like rice or potatoes)
- A **vegetable** (like carrots or broccoli)

Each food will cook for a different amount of time—practice your timing so everything finishes together and can be served hot and fresh!



# New Cuisines Badge

Cadette | Grades 6-8

**Purpose:** When I finish this badge, I will have expanded my knowledge of food by making dishes from around the world.

---

## Step 1: Learn What Makes Food Taste Good

Plan a field trip to an **international food store** or explore the international section of your grocery store. Choose one ingredient that you've never cooked with before and create a dish using it.

## Step 2: Be Inspired — Try a New Cookie or Dish

Research a cookie or dish that is popular in another part of the United States. Find out what makes it special. (Hints: **Hush Puppies**, **Manhattan Clam Chowder**). Discover more examples and learn why they're unique. Then, make one of these recipes yourself.

## Step 3: Honor Your Past

Ask a relative or family friend about their favorite food from childhood. Why was it special to them? Does a recipe exist, or is it made from memory? Try making this food if you can.

## Step 4: Explore Alternatives

Pick an alternative to a common ingredient, like beans or rice. Make a dish using the original ingredient, then make the same recipe again using your alternative. Taste both and compare—which one do you like better? Give each a rating.

## Step 5: Be My Guest!

Host a **dinner party** featuring one or more of the new recipes you've made for this badge. Invite friends or family to try the dishes and ask for their feedback on taste, creativity, and presentation.





# Locavore Badge

Senior | Grades 9-10

**Purpose:** When I complete this badge, I will know how to prepare a meal using locally grown foods that are in season.

---

## Step 1: Buy Local!

Research **local community farmers' markets** and visit one to learn:

- What types of food are available for purchase
- How the food gets to the market
- When different foods are in season

## Step 2: Market Day!

Make a list of 10 food items from your home pantry or refrigerator. Search for locally grown alternatives for each item at a farmers' market or local farm stand. Create a **comparison chart** showing:

- Which items are available locally and which are not
- When they are in season

Then, plan a **tour of a community farmers' market** near you and note what's being sold that day.

## Step 3: 100% Local

Plan and prepare a **meal made entirely with ingredients** from your chosen farmers' market.

- Ask vendors about how their products were grown or made.
- Take photos or write notes about your meal to share with others.

## Step 4: Sourcing Local

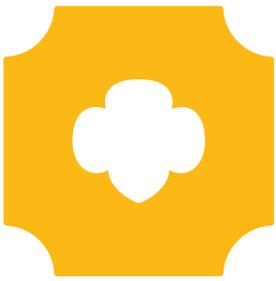
Choose a **favorite recipe** from a friend or family member and remake it using **at least one (or more) locally produced ingredients**.

- Take with your family about how using local food supports your community.

## Step 5: Share Your Knowledge

Host a **three-course potluck dinner** for friends or family.

- Invite each guest to bring a dish made with **locally sourced ingredients**.
- Share what you learned about seasonal and local foods and why they matter!



# Dinner Party Badge

Ambassador | Grades 11-12

**Purpose:** When I finish this badge, I will be able to plan, cook, and serve a delicious three-course meal.

---

## Step 1: Plan a Dinner Party

Create your own collection of recipes—five for each course: **appetizer**, **main course**, and **dessert**. Write each recipe on an index card, then mix and match combinations to plan a complete meal. Try out your favorite menu ideas and choose the one that works best for your dinner party.

## Step 2: Shop Smart

Make a grocery list for your chosen menu and take it on a shopping trip. Visit different stores—like a grocery store, farmers market, or specialty shop—to compare prices and quality. Use what you learn to create a **budget** that balances **taste**, **quality**, and **cost**.

## Step 3: Plan, Prep, and Practice

Timing is everything! Review your recipes and make a plan for prepping, cooking, and cleaning up. Note which dishes can be made ahead and which need to be served hot from the oven. Do a **practice run** of your menu to make sure your timing and presentation flow smoothly.

## Step 4: Make It Beautiful

Presentation makes your meal special. Decide how you'll serve each dish—maybe soup in mugs, a dessert you can sip, or chopsticks for fun. Experiment with **creative plating ideas** to make your meal memorable.

## Step 5: Host Your Dinner Party!

Plan your event—will it be a night in with friends, a birthday celebration, or a welcome home party? Choose decorations, music, flowers, tablecloths, and napkins to match your theme. Then relax and enjoy the meal you've planned and prepared—you've earned it!



# How to Get Your Girl Scout Badge

When you finish the steps to earn a badge, it's time to celebrate your hard work by getting the badge for your uniform! There are two easy ways to get your badge:

## 1. Stop by the Girl Scout Shop

Visit the Girl Scout Shop at **2300 Ball Dr., St. Louis 63146**. You'll find badges, uniforms, fun Girl Scout gear, and more!

## 2. Shop Online

Go to [girlscoutsem.org](http://girlscoutsem.org) and click the **Shop** button at the top of the page. You'll see links to the Shop hours, location, and **email orders** (includes instructions for placing an online order through the GSEM Shop).

**Tip for Leaders and Families:** You can purchase badges individually, or leaders can place a troop order to celebrate all the Girl Scouts at once.



**Junior Simple  
Meals Badge**



**Cadette New  
Cuisines Badge**



**Senior Locavore  
Badge**



**Ambassador Dinner  
Party Badge**



# Emerson Resource Center

The Emerson Resource Center (ERC), located in the Girl Scout Service Center, is dedicated to supporting volunteers and leaders, offering a variety of resources from outdoor equipment to program essentials and everything in between. The ERC is a lending library with items available to borrow such as books, kits, equipment for ceremonies, songs on CD, badge activity kits, and programs-in-a-box.

For more information on the ERC or assistance with resources, contact Kathy Dabrowski, Senior Manager, Archives and Special Collections, at 314.592.2324 or [kdabrowski@girlscoutsem.org](mailto:kdabrowski@girlscoutsem.org).

## GSEM Shop and Build-A-Bear Workshop®

Make sure to stop by the Girl Scouts of Eastern Missouri Shop to get all the essentials, explore the latest in uniforms and apparel, and everything else Girl Scouts needs to express themselves!

And, located within the Shop, the new Build-A-Bear Workshop® is now open—providing a hands-on opportunity for the community to build plush companions while fostering creativity, confidence, and joy!

### Book Your Party Today!

Celebrate birthdays, team milestones, or any special occasion with us. Our expert staff will guide your group step-by-step through the bear-making process and ensure every guest leaves with smiles (and a new cuddly companion!).

### Shop & Play

Not hosting a party? No problem! The store is open for walk-in customers to purchase bears and accessories. Stop by anytime to bring a new furry friend home.

To learn more or reserve your party, visit [girlscoutsem.org/buildabear](http://girlscoutsem.org/buildabear).

### Shop and Build-A-Bear Workshop® Hours

Monday-Wednesday: 10 am-5 pm

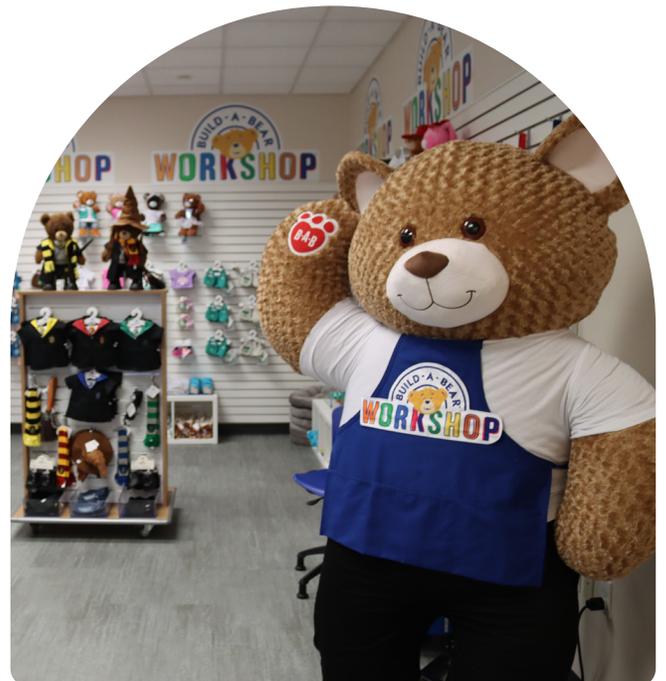
Thursday-Saturday: 10 am-7 pm

Sunday: noon-5 pm

*\*Hours subject to change*

### Shop Location

2300 Ball Drive  
St. Louis, MO 63146



girl scouts   
of eastern missouri

2300 Ball Drive | [girlscoutsem.org](http://girlscoutsem.org) | 314.592.2300

