

Senior Locavore Badge – Earn From Home Guide

Girls will find out how the efforts of locavores – people who are committed to eating locally grown, seasonal foods – can be an important and delicious part of healthful eating.

1. Explore the benefits and challenges of going local
2. Find your local food sources
3. Cook a simple dish showcasing local ingredients
4. Make a recipe with local ingredients
5. Try a local cooking challenge



Once you have earned this badge, you will know how to prepare a meal of seasonally and locally grown dishes.

Consumers define a local product as a product that is typically within 100 miles of their home. A local product is typically found within a consumer's state or region. A locavore is someone who is committed to eating locally grown, seasonal foods. Doing so allows for healthful eating, helping the environment, and supporting local farmers!

1. Interview Family
 - Think of a few family members who you can talk to in person, over the phone or virtually.
 - Think of 5 survey questions that you can ask your interviewees. You could ask things such as "What does the word locavore mean to you?", "Do you get any produce or meat from a local farm?", "Have you ever tried to buy local – how easy or hard was it?"
 - After interviewing a few people, think about some of the benefits and challenges about being a locavore. Create a short presentation or collage to express your opinion about what is local and why it matters!
2. Create a Food Calendar
 - For this activity you will need a piece of plain paper, a pencil, and crayons, markers or colored pencils
 - Certain foods are in season at specific times of year. Your Food Calendar can be as simple as a list of months and which foods are in season in that month, or you can let your creativity shine through and create a colorful calendar to reference as you shop locally!
 - Think of at least ten foods that grow in your area, and research when those foods are considered to be in season. On your calendar you could also include places you might be able to find those foods locally.
3. Cook a simple dish showcasing local ingredients
 - After creating your Food Calendar, consider what locally grown foods are currently in season. Knowing some of these foods, think of a meal that you love to eat that could be prepared using these locally grown items. This could be a chicken stew made with local chicken and herbs, a green bean salad, or a meat loaf with local ground beef and mashed potatoes.

- Once you have thought of what local foods you could use for your dish, you can research recipes or create your own! While cooking, notice the look, smells and flavors of your ingredients. What do you like about them? How does it taste?
 - You can prepare your dish for yourself or your family. If you choose to prepare enough for others, be sure to let them know about the fresh, local ingredients that you used!
4. Make a recipe with local ingredients
- a. Similar to the dish you just prepared, for this step we will be focusing on local ingredients! Think about your favorite dish. If a family member has a recipe for your favorite dish, ask them to share that recipe with you. If not, browse for a delicious recipe to use online.
 - b. A lot of the time, it is so easy to go to the grocery store and pick up processed items that were not locally grown or made. For example, a large chain grocery store makes it easy to grab frozen chicken for a quick meal, but that chicken is not necessarily local. For this step, using the recipe you have chosen, think about the ingredients needed. For every ingredient, try to think of a local ingredient that can replace it, as well as where you can buy that local ingredient.
 - c. Once you have gathered all of the local ingredients together, create your dish with adult supervision and enjoy!
5. A blast from the Past
- a. Pretend you are a Girl Scout from 1920. These girls worked to earn their Canner Badge. Find out what foods can be canned, dehydrated, or repurposed. This way, you can enjoy local foods all year, even when they would normally be considered out of season. Once you have researched which foods this applies to, choose one or two and try either pickling, drying fruit, making applesauce or apple butter, or even making jams or jellies.
 - b. To learn about safe preserving techniques, please visit the [National Center for Home Food Preservation](#).

Congratulations, you have completed the necessary steps to earn your Locavore Badge! Now that you have earned this badge, you can create recipes based on local, seasonal food, prepare healthy locavore meals for your family, and you can even preserve local foods, which can be given as gifts!

The Senior Locavore Badge can be purchased at our [online store](#).