



Healthy Meeting Snack Guidelines and Resources For Girl Scout Troop Leaders

At Girl Scouts of South Carolina-Mountains to Midlands, Healthy Living is one of our five focus areas as a council, which means that we value the health and wellness of our volunteers and girls! Great right? Well in 2017, we want to up our game to provide you, the Troop Leader, with the resources that you need to be able to make the healthy choice the easy choice for your troop. The below guidelines and resources will help make it simple for you to incorporate healthy snack options into your next troop meeting.

Food is a big part of our culture and it may take time for you and your girls to get used to serving and eating healthier snack options but we encourage you to keep at it. If your girls don't like something you serve, ask them why? As picky as kids can be, they will usually try just about anything. I have found that adults' perception of food often impact kids' perceptions- if you have an open mind, they will too!

Remember, the girls in your troop may be eating healthy or unhealthy at home, which is why schools and after school organizations are making fresh, healthy foods a priority and troop meetings are a great setting to make this a priority as well. You teach your girls so many wonderful life skills and healthy habits are a skill set that is best taught when girls are young.

If you have any questions or would like more information regarding healthy living, I would love to talk to you. Think of me, Erin Davis-Bork, as your troops own personal health coach. I am always available by phone (864) 380-5647 or email edavis@gssc-mm.org. Thank you for all that you do!

Healthy Meeting Snack Guidelines

Beverages

Have water available at all times

I recommend you serve only water at snack time but try to make it more appealing to girls by adding a squeeze of lemon or chopped fresh fruit to give it more flavor. Save the plain milk and 100% fruit juice for meal time and limit sugar sweetened beverages all together.

Snacks

Serve whole grain crackers and breads

It can be hard to tell which crackers and breads are whole grain and which are not. I recommend you look at the first few ingredients listed on the Nutrition Facts label and steer clear of any that list Enriched Flour, High Fructose Corn Syrup, or Cane Sugar as the top ingredients.

Serve fresh fruits and vegetables

Fruits and vegetables are great to serve at snack time because they have loads of fiber which help girls stay full longer. If you're unsure of what your girls will/won't eat, have them do a taste test of a variety of fruits and vegetables to determine what they like! Taste tests are a great way to expose girls to foods they may never have tried before. You might be surprised at how adventurous they will be if you make it a competition.



Serve lean, non-processed proteins

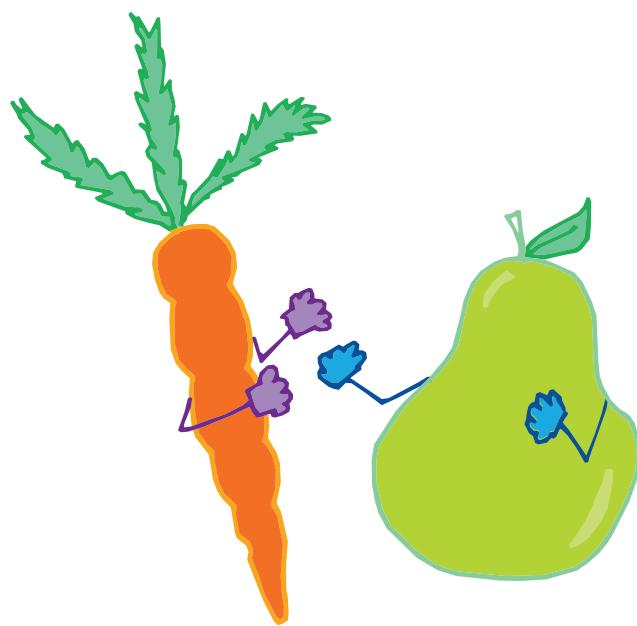
If the snack includes meat, poultry, seafood, beans and peas, eggs, processed soy, nuts or seeds, then it contains a protein. Steer clear of ground beef and chicken that has the skin on it as these are high in saturated fats. Also try to limit processed meats such as ham, sausage and deli meat, which contain added sodium.

Serve low-fat dairy products

I recommend you serve low-fat cheese and yogurt at snack time. In many yogurt products, sugar content can be high so try to find a yogurt with less than 10 grams of sugar per serving. Dairy products that are made from milk that retain their calcium content are considered healthier than those that do not, such as cream cheese, cream and butter.

Healthy and Snack Ideas

- Carrot sticks and hummus
- Whole grain crackers with cheese
- Popcorn served with a piece of fruit
- Yogurt with fruit, nuts or grains mixed in
- Apple slices with peanut butter
- Fruit kabobs with yogurt drizzled on top
- Smoothies made with yogurt or milk
- Edamame with whole grain crackers
- Guacamole with whole grain tortilla chips



Resources for Healthy Recipes

Choose MyPlate <https://www.choosemyplate.gov/>

ChopChop Mag <http://www.chopchopmag.org/recipes>

EatingWell http://www.eatingwell.com/healthy_cooking/kids_cooking

