

GIRL SCOUT PROGRAM DESCRIPTIONS

All programs are developed in accordance with national Girls Scouts Louisiana East standards.

Each participant will meet all requirements to earn the appropriate badge after completing our programs. Programs can be scheduled afterschool during regular scout meeting times, or on Saturdays. To reserve space, phone in or email us to schedule. A \$100 non-refundable deposit is required to secure the reservation, and single payments are accepted at time of event. (Actual badges not provided)

We are happy to accommodate dietary restrictions and children with challenges, but advance notice is necessary. SIBLINGS are WELCOME to participate at the same cost per person. If you have a small group, and cannot meet the minimum requirement, siblings can help reach that minimum.

DAISIES:

Amazing Daisy and the Daisy Flower Garden \$16 / girl (minimum \$160) 1.5 hours

Follow Amazing Daisy on her journey to make new friends and enjoy cultural snacks like a simple Italian orzo, taste a variety of teas, create a stylistic flower out of vegetables and make a homemade dressing. Decorate rice krispie treat daisies to enjoy with friends as a great dessert!

BROWNIE BADGES:

SNACKS LEGACY \$18/ girl (minimum \$180) 1.5 hours

Girls will meet requirements by baking a healthy energy snack, create their own fresh salad dressing, express their artistic side plating a seasonal salad, learn about healthy snack choices and how to read nutrition labels. Girls will also they get to decorate a sweet brownie treat to have with a refreshing orange juice blended slush too! Lots of snacks to try in this program!

HOME SCIENTIST \$17 / girl (minimum \$170) 1 hour

Scouts get to explore science in our kitchen by examining density reactions of oil and water while making a fresh salad dressing to try with some veggies. They will also test the weights and static electric charges of assorted spices by making them levitate...then determine why eggs float in certain salt solutions, and how a common kitchen substance can be BOTH a liquid AND a solid at the same time! Girls also get to decorate and enjoy a cupcake treat as they explode a Diet Coke geyser and learn about pressure and chemical reactions!

HOUSEHOLD ELF \$16 / girl (minimum \$160) 1 hour

Girls learn how to separate egg yolks to use while baking cupcakes that they will decorate and enjoy! We explore the value of conservation and awareness in our kitchen and practice hands-on methods of how to be water-smart using our laundry machines, sinks and more. Girls are tested on their recycling knowledge of how various items decompose (or not), how to compost in our garden and see the herbs we grow right in our backyard. We will also make our own household cleaner for girls to take home and much more!

MY BEST SELF \$16 / girl (minimum \$160) 1.5 hours

Girls will expand their self-awareness and expand their palette trying new foods like parsnips, orzo and foreign, imported "secret" fruits! We will discuss food safety to prevent contamination, how to set up a stress-free zone to decompress when we feel pressured. Taste different types of teas and learn the meanings of our names and how they make us unique!

SENSES \$16 / girl (minimum \$160) 1 hour

Explore your senses and put them to the test in fun memory, hearing and olfactory activities with our kitchen tools and interesting ingredients. Make 2 creative pizzas from scratch to enjoy that will challenge your taste buds and test the effects of food colorings in dishes! A great way to make lunch and earn a badge with us!

JUNIOR BADGES:

SIMPLE MEALS LEGACY \$21/ girl (minimum \$210) 1.5 hours

Tour the kitchen with a professional, reviewing equipment and basic safety, learn how to handle eggs properly and consider their uses in breakfast recipes. Create a healthy lunch and balanced meal with Oriental Salads that include proteins, vegetables AND starches, plus our Baked Turkey Wontons, then Cream Cheese Crescent Rolls for dessert!

STAYING FIT \$19/ girl (minimum \$190) 1.5 hours

Prepare a “slow food” dinner by making macaroni and cheese (a favorite) from SCRATCH and enjoy a fruit-infused water, learning why water is so important to our health. Create a fruit salad that goes beyond JUST the fruit...enhance flavors with creative ingredients and then comparison shop by practicing wise spending with our money-savvy and money-saving activities!

CADETTE BADGES:

NEW CUISINES LEGACY \$21/ girl (minimum \$210) 1.5 hours

When you've earned this badge, you'll be able to make amazing dishes from all over the world and way back in time. Make a dish from another country, create a dish from another region of the United States, whip up a dish from another time period, cook a dish that makes a statement, and share your dishes on this culinary 'tour'. Jamaican Jerk Chicken, Tex Mex Rice, Homemade Ranch Dressing, and yeast rolls with HAND-MADE butter are included in this menu!

EATING FOR BEAUTY \$21/ girl (minimum \$210) 1.5 hours

When you've earned this badge, you'll know how to eat your way to a healthy mood, mind, and body: know how good nutrition helps your body stay healthy, find out how what you eat affects your skin, explore how your diet affects your stress level, and investigate how what you eat affects your sleep. Menu includes: infused water, baked granola, and “soda” cake snacks!

SENIOR BADGES:

LOCAVORE LEGACY \$21/ girl (minimum \$210) 1.5 hours

This badge explores the benefits of local foods, how to find local food sources and we whip up a delicious 3-course local dish from scratch to enjoy!

AMBASSADORS:

DINNER PARTY LEGACY \$26 / girl (minimum \$260) 1.5 hours

This badge provides remote coaching to help girls plan a dinner party that they get to host at Culinary Kids! We provide guidelines to help the girls budget, shop for and create a menu. They get to cook and host their dinner with US!

CREATE-A-FUN-BADGE

OR HOST AN END OF YEAR PARTY!

Design and create your very own local fun badge! YOU create the menu with us, YOU pick the activities, YOU control the kitchen! Scout Troops may request specialty parties, unique ideas and develop a one-of-a-kind event! Just call...we'll cook up something good! (includes specialty menu consultation, custom design, food, drinks and activity supplies)

Time: 1 ½ hours

Cost: \$325 for up to 12 girls (min. required)

\$20 each additional child beyond 12

Please note: fees for programs cover required craft and activity supplies, all ingredients utilized in the series of recipes required to complete the badge and drinks and paper products for guests. All you need to do is show up with a group of girls! Easy!