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Local Girl Scout Goes Green and Gets Gold

SACRAMENTO - Carly Preston, a local Girl Scout, has been on a mission for the last six months to earn her Girl Scout Gold Award, the highest and most prestigious award a Girl Scout can achieve.

Preston, a regular volunteer at the St. Vincent De Paul food locker at Our Lady of Assumption parish in Carmichael, recognized the food locker uses a great deal of paper and plastic bags and could benefit from a "greener" approach to bagging food. Preston's project involved creating re-usable shopping bags for the food locker. She earned the Girl Scout Gold Award once the project was complete.

Preston organized a community event and food drive, which she advertised to recruit volunteers as well as obtain food donations. She purchased canvas fabric and rented sewing machines for the event. Preston designed a logo and worked with a local silkscreen company to silkscreen all 500 bags. In addition, she collected recipe ideas to create a cookbook for the St. Vincent De Paul customers using common food items that are provided at the food locker.

Preston was impressed with the support from the community, which resulted in nearly 600 food items (over 4 shopping carts full!) to stock the food locker.

"The donations and support from members of the community have been amazing!" said Preston.

In addition to the community event, Preston presented the bags to the St. Vincent de Paul members at Our Lady of Assumption as well as handing out the bags to the food locker customers.



"I love that my project will help my community take a step towards helping the environment while continuing to provide for the food locker customers," said Preston.

The Girl Scout Gold Award requires a high school level Girl Scout to develop and execute a project outside of the Girl Scout community. The project must make a lasting impression on the community and continue to educate and inspire long after the project is complete.

Girl Scouts who achieve the Girl Scout Gold Award develop planning, leadership, team building and community outreach skills.

About Girl Scouts - Founded in 1912, Girl Scouts is still the leading authority on girls' healthy development, and builds girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California, is headquartered in Sacramento and serves nearly 29,000 girls in 18 counties in Central California. For more information, visit <http://www.girlscoutshcc.org/>

About St. Vincent de Paul food locker (SVDP) - serves over 700 families in the area and is dependent on food donations from the community. If you would like to make a donation to the SVDP food locker, you can bring your donations to Our Lady of Assumption Church.

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