

Life Skills• Senior Badge Blueprint



Locavore Badge

Purpose of Badge:

Cook dishes from across time and distances, and see where your taste buds take you.

Supplies needed: Internet, use of a stove or oven to make recipes. Please only cook with adult supervision.

Step 1: Explore the benefits and challenges of going local

Canvas your friends and family. Make a survey of at least 5 questions to give in person or online. TO create online quizzes, I like Kahoot. Questions you may ask are “Have you ever heard of the word locavore and what does it mean to you?”, “Do you get your produce or meat from a local farm?”, “Have you ever visited a farmer’s market- how easy was it to get the items you needed?”

Step 2: Find your local food sources

Create a food calendar showing when 10 of your favorite fruits and vegetables are in season. It could be as easy as a calendar with months and the foods that grow in your area at that time, or finding local sources for the foods you choose and include them on your calendar with a fun drawing.

Step 3: Cook a simple dish showcasing local ingredients

Create a simple, local-ingredients meal. This could be a pasta primavera with different local veggies, or a simple meat loaf with mashed potatoes. I like to make a chicken tortilla soup using fresh corn, tomatoes, garlic, citrus, herbs, onions, beans, and avocados –all sold at my farmer’s market.

Step 4: Make a recipe with local ingredients

Talk to someone who knows local foods. Discover more about what CSA (Community Supported Agriculture) is. Learn more about a local natural foods co-op and how they work. The people who know the local ingredients best often have great recipes to recommend. Are there any CSAs or co-ops in your area? If so, how many miles are they from your home?

Step 5: Try a local cooking challenge

Prepare a three course meal. Make an appetizer or salad, entrée and a dessert using locally grown food. Have an “eat local” potluck challenge with your troop where everyone brings a recipe to share made with locally grown food. Do this seasonally and enjoy the variety of recipes.

Congratulations! You have now earned the Locavore Badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.