

Sow What - Take Action Project

A video to compliment the Eating Healthy Badge

Senior Girl Scout Troop 53562

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Senior Sow What Journey:

The Sow What Journey purpose is to provide a chance to talk about eating healthy and the advantage of farmers markets and local healthy grocery stores.

We learned about:

- Eating Healthy
- The amount of waste produced
- Healthy food options
- Where to go to get healthy food

Eating Healthy project (video):

We chose the Sow What Journey to learn about how food is grown and distributed. In the video, we buy ingredients to make salsa from both a farmers market and a grocery store. We then make the salsa and compare and contrast the ingredients from the grocery store and farmers market. We also talk about how to clean vegetables so that they are safe to eat.

Simple Meals Badge:

This badge teaches Juniors how to serve a meal to their family and friends. This video complements the badge because it shows a quick recipe for salsa, and also discusses the differences and similarities between purchasing food from a local farmers market and a grocery store. We also discuss food safety tips when cooking.

[Link to video:](#)

(<https://www.youtube.com/watch?v=kWJjQTmRarg&feature=youtu.be>)

*MVHS: Mounds View High School

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