



Be Better @ Bashas' Patch Program

a patch program created in collaboration with Bashas'

Be Better @ Bashas' Patch Program

Dear Girl Scouts,

Journey into the world of food, community and connection with the Be Better @ Bashas' Patch Program curated for girls of all ages to engage in wellness, giving back and career exploration. This unique opportunity is designed just for you and your Girl Scout sisters in grades K-12. The hands-on activities are not only fun but also help you earn a special patch and rockers while learning about five critical areas: healthy eating, building your community, creating healthy habits, food sustainability, and exploring exciting careers in the grocery industry. The Be Better @ Bashas' Patch Program will inspire you to ask questions, learn more about the food you eat, and discover new ways to help your community. So, grab your friends, a grown-up, or get started solo to discover why healthy living is right for you.



Rocker	Definition
Healthy Eating	Explore how to provide our bodies with the nutrition it needs to be strong.
Community Building	Discover the unique relationship between a grocery store and empowering communities.
Forming Healthy Habits	Learn how to build lasting habits that promote physical and mental well-being.
Food Sustainability	Discover more about food management and sustainability.
Grocery Careers	Explore the variety of careers within the grocery business.

All Girl Scouts who meet the Be Better @ Bashas' Patch Program requirements will receive:

- A Bashas' center patch
- Rockers for each specific area of the patch program completed

Please check the website for the latest information and updates on the Be Better @Bashas' Patch program.

Need more info?

Contact Customer Care at reghelp@girlscoutsaz.org or 602.452.7000

How Does the Bashas' Patch Program Work?

There are several ways girls can earn the Bashas' patch and five rockers: Attend one or more council-sponsored programs that focus on healthy living. A complete list of activities will be listed at www.girlscoutsaz.org/activities. Based on your Girl Scout level, complete the GSUSA level badge/journey or activity outlined in the program guide to earn a patch and rocker.



You can receive your Bashas' Patch and rockers two ways

When you attend one of our council-sponsored events, the Bashas' Patch and appropriate rocker will be distributed, or you can submit your request to GSACPC by completing the online Bashas' Patch program form at [Bashas' Patch Program link](#). Patches and rockers will be mailed to adult leadership as forms are received.

Bashas' Center Patch



Bashas' Center Patch with Rockers



GSUSA Badge/Journey By Level For Earning Rockers

Girl Scout Level	Healthy Eating	Community Building	Forming Healthy Habits	Food Sustainability	Grocery Careers
Daisy	Fun with Food Groups Activity	Be a Good Neighbor Badge	Practice Healthy Habits Activity	Use Resources Wisely Petal	Who Works Where? Activity
Brownie	Budget Builder Badge	What is a Food Bank Activity	Snacks Badge	Build Your Reusable Water Bottle Habit Activity	Observe & Learn Activity
Junior	Simple Meals Badge	Learn About Food Insecurity Activity	Staying Fit Badge	Gardens Badge	Observe & Learn Activity
Cadette	Eating for You Badge	Take Action to End Childhood Hunger Activity	New Cuisine Badge	Explore the 3R's Activity	Ask & Learn Activity
Senior	Healthy Living Activity	Locavore Badge	What's Confidence Got To Do With It Activity	Eco Explorer Badge	Career Exploration Activity
Ambassador	Explore Nutrition Labels Activity	Dinner Party Badge	Goal Setting & Healthy Habits Activity	Eco Advocate Badge	Career Exploration Activity

Girl Scouts–Arizona Cactus-Pine Council Sponsored Events

Bashas' In-Person Engagement Activities:

- Healthy Store Tours
- In-Store Career Visits
- Discover the Distribution Center Tours
- Grocery Patch Party At Bashas' Support Center

Looking for more ways to earn your Bashas' Patch? We'll be updating the [activities calendar](#) with new opportunities to help you earn this patch!

GSUSA Badge/Journey By Level For Earning Rockers

Healthy Eating Rocker

Daisy (Grades K-1)

- With help from a grown-up visit MyPlate.gov and read the short book titled “A MyPlate Meal” together. Your grown-up may want to print it out. After reading, can you remember each food group? Hint! There are five of them. List them aloud! Next, share what your favorite fruit, whole grain, vegetable, protein, and dairy product is.
 - BONUS: If you printed out the book—take time to color the illustrations.
 - DOUBLE BONUS: Take a few extra minutes to circle the sight words.

Brownie (Grades 2-3)

- With help from a grown-up visit [Girl Scouts Financial Literacy Budget Builder Badge Activity](#). In this children’s budget activity, plan out some things you can do and act it out for each other. Pick one and create a budget worksheet for how much it would cost for your fun day.

Junior (Grades 4-5)

- Create a delicious dessert. Visit [Junior Simple Meals Badge Activity](#). Transform a special-occasion campfire treat into a healthier any-time snack!

Cadette (Grades 6-8)

- Be a chemical detective. Visit [Cadette Eating for you Badge Activity](#). To explore the connection between diet and stress level.

Senior (Grades 9-10)

- Want to learn more about healthy eating? Visit Healthy Eating for Teens and review the [Healthy Eating for Teens Tip Sheet](#). Spend some time reflecting on what you learned. Of the five areas MyPlate focuses on (eat a variety of foods, be active, keep your water handy, build strong bones, and get active in the kitchen) which one do you want to learn more about? After identifying the focus area, make a plan—like taking a short walk after dinner, trying a new fruit or veggie, or drinking an extra bottle of water. Notice how you feel after doing so.
 - BONUS: Download a fun [puzzle sheet](#)! Can you figure out the coded message?
 - DOUBLE BONUS: Re-visit the five food groups at [USDA MyPlate What Is MyPlate](#). Take time to click the learn more link for each food group. Do you eat all five food groups at every meal?

Ambassador (Grades 11-12)

- Learn all the ins and outs of reading a food nutrition label by visiting [How to Understand and Use the Nutrition Facts Label / FDA](#). Spend some time reflecting on what you learned. Make note of these three things: 1) What surprised you about nutrition labels? 2) What did you already know? 3) List the four components to the label. Next, grab a few items from your cabinet or fridge. Review each nutrition label. Did anything stand out to you?
 - BONUS: Grab your normal handful or serving of your favorite snack without measuring. Next measure out a serving of that snack based on the nutrition label. Is your first serving bigger or smaller than the suggested serving size?
 - DOUBLE BONUS: Next time you go to your [local Bashas' grocery store](#) read the nutrition labels before adding things to the cart. Can you remember the four components of the label and what they mean?

Community Building Rocker

Daisy (Grades K-1)

- With help from a grown-up visit [Daisy Good Neighbor Badge Activity](#). Get together and make an art project showing the different parts of your town.

Brownie (Grades 2-3)

- With help from a grown-up, visit the [Feeding America national website](#) and learn about what a food bank does and who it helps. Next, explore what food bank serves your community using the [Feeding America search tool](#). Drill down even further by exploring the different food banks across Arizona. Download and print the black and white coverage map from the council website [found here](#). Label each section of the map, with the name of the Feeding America food bank partner and color the service area. Can you identify where your house is on the map?
 - BONUS: Complete the [word search](#) to find the top ten items most needed at a food bank.
 - DOUBLE BONUS: Go to your kitchen pantry and identify one or two items you could donate from the list.

Junior (Grades 4-5)

- Learn the facts about food insecurity! Visit the [Feeding America national website](#), with help from a grown-up, to learn how food insecurity is impacting your community. To assess the need, find statistics that are specific to Arizona and pick two that surprise you the most. Why do they surprise you? Talk about it with your grown-up. Now, think about other ways to fight food insecurity in your community. Are there other ways than donating to the food bank? Can you think of any companies or businesses that could also help?
 - BONUS: Reach out to your local food bank to schedule a tour to learn how it works and see it in action!
 - DOUBLE BONUS: Host a neighborhood food drive for your local food bank.

Cadette (Grades 6-8)

- Let's take action to end childhood hunger! Learn how hunger impacts children specifically in Arizona and how being hungry can affect learning and overall health and wellness. Find an organization in your community focused on battling childhood hunger. What do they do and how? Now, think of a time when you were hungry. How did it make you feel? Share some of your emotions. Were you able to focus on what you were doing? How did you feel physically? Share with us by filling out [this form](#).
 - BONUS: Volunteer your time at a local organization and help feed people! Examples could include your local food bank, shelter, church kitchen, or senior center.
 - DOUBLE BONUS: Upload pictures of your time volunteering with your family and friends and talk about your experience! Share what you've learned. Send your photos to Bashas' community@bashas.com.

Senior (Grades 9-10)

- Let's learn the importance of being a locavore. Visit [Senior Locavore Badge](#). Learn to prepare a meal of seasonal and locally grown dishes.

Ambassador (Grades 11-12)

- Earn the Ambassador Dinner Party Badge. Visit [Ambassador Dinner Party Badge](#). Learn to plan, prepare budget and host a dinner party.

Forming Healthy Habits Rocker

Daisy (Grades K-1)

- With help from a grown-up ask to print the PBS Kids [Sesame Street Healthy Habits Chart](#). Can you describe each picture and read the healthy habit aloud? Pick a day this week where you and your grown-up can track your healthy habits. Every time you complete a habit you can put a check mark - the box. At the end of the day, celebrate all you accomplished by reviewing it with your grown-up. A high-five is in order!
 - BONUS: If you printed out the sheet—take time to color the illustrations.
 - DOUBLE BONUS: Tell your grownup what the easiest habit was that you did. Can you share why it was so easy for you to do?

Brownie (Grades 2-3)

- With help from a grown-up, visit the [Brownie Snack Badge](#). Let's learn the difference between sweet and savory snacks.

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Junior (Grades 4-5)

- Create a Stress-Free Zone. Visit [Junior Staying Fit Badge Activity](#). *This activity will help you find a place in your home or outside that you can go to when you feel stressed.*

Cadette (Grades 6-8)

- Learn about how to create healthy meals that meet all nutritional needs. Visit [Eating for You Badge Video](#). Learn how your diet can affect your skin, stress levels and sleep.

Senior (Grades 9-10)

- Sometimes building healthy habits can be impacted by our own confidence. You see, to do big things, you have to believe you can. Learn more about confidence—what it is, what it isn't, and how to grow your confidence by visiting [Confidence \(for Teens\) | Nemours KidsHealth](#). After reading the information, think about the eight tips outlined in the article. Pick two tips that you want to practice. Now grab a notebook or piece of paper and a pen to write down what you want to do. Is it trying out for a sports team, talking to the new person in your class, or raising your hand to ask a question? It does not matter if it feels too simple. The important thing is that you try something new that gives you a boost. Next time the opportunity presents itself, do one of those things. How did it feel?
 - BONUS: Compliment a friend! Notice when the people around you are displaying confidence and let them know that you admire them.
 - DOUBLE BONUS: Start thinking about a new healthy habit you want to build. What is it? Do you have the confidence to give it a try? Remember: building a new habit is dependent on your willingness to take a safe risk and that takes confidence.

Ambassador (Grades 11-12)

- Forming healthy habits has a lot to do with setting reasonable goals. Learn more about goal setting by visiting [5 Facts About Goal Setting \(for Teens\) | Nemours KidsHealth](#). Now, grab a notebook or piece of paper and a pen to jot down a few health-related goals like drinking more water, spending less time on your devices, making a new friend, reading for fun, or trying a new food at each meal. Think about something you REALLY want to build a habit around. Remember: reaching a new goal must be about you and not pleasing someone else. Now use the SMART (specific, measurable, achievable, relevant, and time-based) model to lay out your goal. You can download a worksheet and tracker by visiting the downloadable [SMART Goal Planning Worksheet - Meant2Prevent](#) to help you.
 - BONUS: Share your goal with a friend or family member! Ask them if they have a goal they are working on too.
 - DOUBLE BONUS: Once you accomplish your first goal, go back to your original goal list, and pick another one to work on.

Food Sustainability Rocker

Daisy (Grades K-1)

- With help from a grown-up visit [Daisy Use Resources Wisely Badge Composting Activity](#). Environmental project idea for kids: learn about the benefits of composting and start your own compost at home!

Brownie (Grades 2-3)

- Let's build a reusable water bottle habit! Did you know—single-use plastic bottles are a major contributor to the global plastic waste crisis? By incorporating reusable water bottles into our everyday habits, we can significantly reduce the amount of plastic waste generated at home, school, and other community events. With help, from a grown-up, visit the [ProjectCleanWater.org website](#). After reviewing the five reasons you should opt for a reusable water bottle, what surprised you most? Did you learn something new? Share with your grown-up. The benefits of using reusable water bottles extend far beyond reducing plastic waste. By encouraging this simple yet impactful change, we can create a lasting culture of sustainability and eco-consciousness among each other.
 - BONUS: Ask your grown-up if you can get your very own reusable water bottle and decorate with your favorite stickers.
 - DOUBLE BONUS: Make a goal of drinking and refilling your reusable water bottle with water at least four times a day!

Junior (Grades 4-5)

- Design a Dream Garden. Visit [Junior Gardener Badge Activity](#). Create a garden getaway and learn what it's like to be a garden designer.

Cadette (Grades 6-8)

- Explore the Three R's: Reducing, Reusing, and Recycling! Did you know, it's estimated that a plastic bottle can take about 1,000 years to decompose (or 450 years if it is left outside)? We play a significant role in reducing pollution and helping manage climate change. Following the "three Rs" (reduce, reuse and recycle) is a way to do it. Read the summary of each R below.
- **Reduce:** we can take this primary step when using water, electricity or gas (e.g., switching off devices or turning off the tap when we're not using them), or even when selecting items at the supermarket (e.g., products from close to where we live waste less on transport resources). Explore your home—are there things you don't use every day plugged into an electrical outlet? Ask a grown-up if you can unplug small appliances like coffeemakers, toasters, and lamps when not in use.
- **Recycle:** we can do this simple act by sorting waste into specific containers. Processing recycled waste properly not only reduces gases and toxic waste, but also leads to new manufactured products. Take stock of the recycle bin at your house. Turn over the plastic items or boxes and look for the recycle symbol. Make note and look up the symbol online—are you sorting your recycling correctly?

- **Reuse:** this is when we repurpose things for a “second life”, like turning glass food jars into pen holders or old clothes into dust rags. Can you find an item in your bedroom that you can use for something else?
 - BONUS: When shopping with your friends or family, can you remember to bring your own reusable shopping bag?
 - DOUBLE BONUS: Next time you go shopping with friends or family for something specific, try visiting a local thrift or second-hand store. Did you find what you were looking for?

Senior (Grades 9-10)

- Investigate Global Ecosystem. Visit [Senior Eco Explorer Badge Activity](#). As a steward of the outdoors, you know water is a key component. Learning more about the role water plays in your environment is important to becoming an environmental advocate.

Ambassador (Grades 11-12)

- Become an Advocate for the Environment. Visit [Ambassador Eco Advocate Badge Activity](#). Learn about a local issue in nature and how to be an advocate for it.

Grocery Career Rocker

Daisy (Grades K-1)

- With help from a grown-up, download the [Who Works Where? Careers Activity Worksheet](#). There are many jobs available at the grocery store, but we’ve hand-selected three departments that need to be matched with their worker. Can you correctly match all three?
 - BONUS: After the activity, talk to your grown-up or troop leader about the department you might like to work in the most.
 - DOUBLE BONUS: Time for a game of charades! Choose a grocery store worker’s job, and act it out without using any words, for your troop to guess the worker.

Brownie (Grades 2-3)

- Time to sharpen your observation skills! With a grown-up, download the [Observe & Learn Careers Activity Worksheet](#). Then take a trip to your local Bashas’ and travel throughout the store observing what workers do in each department. What do you see? There are lots of different jobs in every department, for example, you do more than bake cakes in the Bakery. You also take orders from customers and make sure the cases are clean so you can see all the sweet treats inside.
 - BONUS: After the tour, sit down with your grown-up and talk about the department you might like to work in.
 - DOUBLE BONUS: Once you’ve identified the department you’d like to work in, go talk to that person and ask them what they like best about their job.

Junior (Grades 4-5)

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 - BONUS: After the tour, sit down with your grown-up and talk about the department you might like to work in.
 - DOUBLE BONUS: Once you've identified the department you'd like to work in, go talk to that person and ask them what they like best about their job.

Cadette (Grades 6-8)

- Time to get inquisitive and learn more about your local grocery store. First, download the [Ask & Learn Careers Activity Worksheet](#). With a grown-up, take a trip to your local Bashas' and visit each department listed on the worksheet to discover what the workers like most about their jobs, and some of the tasks they do on a daily basis.
 - BONUS: Are there any common themes throughout the departments? Do any of the workers do the same task in their day? Do any of the workers like similar things about their job?
 - DOUBLE BONUS: Ask a worker about the hiring process for the store. How old do you have to be? What do you need to do to apply for a position?

Senior (Grades 9-10)

- The grocery store is just one part of the food system. Let's spend some time exploring the various careers available in the food industry. Download the [Career Exploration Activity Worksheet](#) to identify career opportunities. Research the various careers available and determine what best suits you. What best matches your skillset and why? Which career do you find most interesting and why? Is the career you think you're best suited for the same one you find most interesting?
 - BONUS: Research the required level of education or certifications needed to work within these areas. Did any surprise you? Which area requires the most education? Talk amongst the troop.
 - DOUBLE BONUS: Find someone who works in one of these careers in the food industry and interview them. What type of education did they receive or need to work in this field? What other jobs did they have in their past that qualified them to work in this field? Report back to an adult or your troop about your findings.

Ambassador (Grades 11-12)

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 - DOUBLE BONUS: Find someone who works in one of these careers in the food industry and interview them. What type of education did they receive or need to work in this field? What other jobs did they have in their past that qualified them to work in this field? Report back to an adult or your troop about your findings.

Bashas' Patch Link Library

Healthy Eating Rocker

Daisy (Grades K-1)

- [*MyPlate.org*](#)

Brownie (Grades 2-3)

- [*Girl Scouts Financial Literacy Budget Builder Badge Activity*](#)

Junior (Grades 4-5)

- [*Junior Simple Meals Badge Activity*](#)

Cadette (6-8)

- [*Cadette Eating for you Badge Activity*](#)

Senior (Grades 9-10)

- [*Healthy Eating for Teens Tip Sheet*](#)
- [*puzzle sheet*](#)
- [*USDA MyPlate What Is MyPlate*](#)

Ambassador (Grades 11-12)

- [*How to Understand and Use the Nutrition Facts Label | FDA*](#)

Community Building Rocker

Daisy (Grades K-1)

- [*Daisy Good Neighbor Badge Activity*](#)

Brownie (Grades 2-3)

- [*Feeding America national website*](#)
- [*Feeding America search tool*](#)
- [*Food Banks of Arizona*](#)
- [*Word search*](#)

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Junior (Grades 4-5)

- [*Feeding America national website*](#)

Cadette (6-8)

- [*this form*](#)
- [*community@bashas.com*](mailto:community@bashas.com)

Senior (Grades 9-10)

- [*Senior Locavore Badge*](#)

Ambassador (Grades 11-12)

- [*Ambassador Dinner Party Badge*](#)

Forming Healthy Habits Rocker

Daisy (Grades K-1)

- [*Sesame Street Healthy Habits Chart*](#)

Brownie (Grades 2-3)

- [*Brownie Snack Badge*](#)

Junior (Grades 4-5)

- [*Junior Staying Fit Badge Activity*](#)

Cadette (6-8)

- [*Eating for You Badge Video*](#)

Senior (Grades 9-10)

- [*Confidence \(for Teens\) | Nemours KidsHealth*](#)

Ambassador (Grades 11-12)

- [*Confidence \(for Teens\) | Nemours KidsHealth*](#)
- [*SMART Goal Planning Worksheet - Meant2Prevent*](#)

Food Sustainability Rocker

Daisy (Grades K-1)

- [*Daisy Use Resources Wisely Badge Composting Activity*](#)

Brownie (Grades 2-3)

- [*ProjectCleanWater.org website*](#)

Junior (Grades 4-5)

- [*Junior Gardener Badge Activity*](#)

Senior (Grades 9-10)

- [*Senior Eco Explorer Badge Activity*](#)

Ambassador (Grades 11-12)

- [*Ambassador Eco Advocate Badge Activity*](#)

Grocery Career Rocker

Daisy (Grades K-1)

- [*Who Works Where Activity Sheet*](#)

Brownie (Grades 2-3)

- [*Observe & Learn Worksheet*](#)

Junior (Grades 4-5)

- [*Observe & Learn Worksheet*](#)

Cadette (6-8)

- [*Ask & Learn Worksheet*](#)

Senior (Grades 9-10)

- [*Career Exploration Activity Worksheet*](#)

Ambassador (Grades 11-12)

- [*Career Exploration Activity Worksheet*](#)

Adult Resources

Thank you for choosing the Bashas' Girl Scout Patch Program to complete with your Girl Scout!



USDA Food & Nutrition Programs

USDA is responsible for providing a safety net for millions of Americans who are food-insecure and to promote healthy eating habits. This link will get you information on several child and adult programing available!

<https://www.usda.gov/topics/food-and-nutrition>



Arizona Food Assistance Programs

Food assistance programs available through the Department of Economic Security (DES) and its community partners increase food security and reduce hunger by providing children, low-income individuals, and seniors with access to nutritious food.

<https://des.az.gov/food-assistance>



American Diabetes Association - Arizona

The ADA provides comprehensive, evidence-based guidelines for the prevention, diagnosis, and treatment of diabetes.

<https://diabetes.org/> and
<https://diabetes.org/advocacy/safe-at-school-statelaws/AZ>



American Heart Association - Arizona

The largest and oldest voluntary organization in the United States dedicated to fighting stroke and heart disease.

<https://www.heart.org/en/affiliates/arizona>



FDA Nutrition Education & Resources

Food & Drug Administration sharing on Nutrition food labels and resources for children and adults.

<https://www.fda.gov/food/food-labelingnutrition/nutrition-education-resources-materials>



Dietary Guidelines for Americans

USDA and HHS develop resources for professionals to help promote healthy eating across the lifespan from birth to older adulthood.

<https://www.dietaryguidelines.gov/professionalresources>

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AZ Brainfood

Serving over 3,600 students in 125 participating EastValley schools, they discreetly provide a backpack of food to feed hungry school children on the weekends. They hope that each child will return to school every Monday mentally aware and physically able to concentrate.

<https://www.azbrainfood.org/>



Arizona Food Bank Network

The Arizona Food Bank Network (AzFBN) is a coalition of 5 regional food banks and nearly 1,000 food pantries and agencies, working together to address hunger in Arizona. Each month this network helps feed more than 550,000 food insecure people in all 15 counties in Arizona..

<https://azfoodbanks.org/>



Breakthrough T1D

Driving toward curing type 1 diabetes, they help make everyday life better for the people who face it by helping to accelerate life-changing breakthroughs to cure, prevent, and treat type 1 diabetes and its complications..

<https://www.breakthrought1d.org/>



Feeding American National

Part of a nationwide network of over 200 food banks and 60,000 meal programs, they are working to build a hunger-free America so everyone can access the food they need with respect and dignity.

<https://www.feedingamerica.org/>



Community Food Bank of Southern Arizona

The Community Food Bank of Southern Arizona responds to the root causes of hunger, and seeks to restore dignity, health, opportunity and hope to people living in poverty.

<https://www.communityfoodbank.org/>



St. Mary's Food Bank

America's first food bank, they serve over 250,000 meals a day, covering 76,000+ square miles in Arizona partnering with 700+ partner agencies. Whether supporting neighbors through food assistance or skillbuilding for jobs, they aim to create a better future throughout most of Arizona.

<https://www.stmarysfoodbank.org/>



FEED. CLOTHE. HOUSE. HEAL.

The Society of St. Vincent de Paul

The Society of St. Vincent de Paul harnesses the power of community and partnerships to feed, clothe, house and heal individuals and families in our community who have nowhere else to turn for help. Serving central and northern Arizona they provide a wide range of programs and services, including dining rooms, shelters, a medical and dental clinic, and homelessness prevention services and support.

<https://www.stvincentdepaul.net/>



United Food Bank

Serving over 2 million Arizonans, United Food Bank partners with more than 120 food pantries, mobile food truck markets, and hot meal sites across Arizona, changing lives by providing essential food support.

<https://unitedfoodbank.org/>



Yuma Community Food Bank

Serving Yuma and Southwest Arizona for 47 years the mission of the Yuma Community Food Bank is to relieve hunger, increase self-reliance, and improve the quality of life for children and families. Focusing on providing nutritious food, they address both immediate food needs and the broader aspects of nutrition and self-sufficiency, playing a crucial role in enhancing the welfare of the community.

<https://yumafoodbank.org/>