

JUNIOR ECO CAMPER BADGE – MEETING 2

Badge Purpose: When girls have earned this badge, they'll have learned skills for minimal impact camping and know how to protect the environment when they go outdoors.

Activity Plan Length: 1.25 hours (not including camping time)

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Minimalism for Campers <ul style="list-style-type: none"> Girls research places to camp. 	<input type="checkbox"/> Phone, tablet, or computer with internet access
20 minutes	Zero Waste Snacks <ul style="list-style-type: none"> Girls make a zero waste snack for their camping trip. 	<input type="checkbox"/> Quick cooking oats <input type="checkbox"/> Almond butter <input type="checkbox"/> Sliced almonds <input type="checkbox"/> Mini chocolate chips <input type="checkbox"/> Honey <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Parchment paper <input type="checkbox"/> Spatula <input type="checkbox"/> 8 x 8 pan <input type="checkbox"/> (Optional) salt and cinnamon <input type="checkbox"/> Reusable container
15 minutes	Seasons Greeting <ul style="list-style-type: none"> Girls go on a hike and observe how the season affects nature. 	<input type="checkbox"/> Sketchbooks <input type="checkbox"/> Pencils
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Note to Adults/Leaders

Girls will need to camp in order to earn this badge. Make proper arrangements before working on these activities.

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Minimalism for Campers

Time: 15 minutes

Badge Connection: Step 3 – Prepare a minimal impact campsite

Materials Needed: Phone, tablet, or computer with internet access

1. With your girls, research and select a campsite for your camping trip. Decide:
 - **Location.** What campsite will work best for your troop? How will you get there? How long will you stay?
 - **Budget.** How much will your trip cost? How will you pay for it?
 - **Gear.** Do you have the proper gear for your trip? Will you have to borrow or purchase additional supplies and gear?
2. When you've narrowed down your selections, review:
 - What's available at your campsite? Are there bathroom facilities, water sources, etc.?
 - Where will you set up camp?
 - Are campfires permitted at your site?
 - Does your campsite have a place to dispose of trash and/or recycling, or will you have to pack it out with you?
3. **At your campsite:** Set up your tents on flat, dry land away from your kitchen and wash area. Make sure your campsite is at least 200 feet away from any water source and any trails. Spread out your tents so that there isn't too much traffic in one area.

Activity #2: Zero Waste Snacks

Time: 20 minutes

Badge Connection: Step 2 – Plan meals with the environment in mind

Materials Needed: Quick cooking oats; almond butter; sliced almonds; mini chocolate chips; honey; mixing bowl; parchment paper; spatula; 8 x 8 pan; (optional) salt and cinnamon; reusable container

Prep Needed:

- If possible, get your ingredients from the bulk section at your grocery store to cut down on plastic packaging even more!
1. Explain to girls that camping can produce a lot of trash—think of single-use plastics like disposable utensils, plates, food wrappers, etc. The amount of garbage we make impacts the natural world that we're trying to enjoy when we're outside. Luckily, with a little pre-planning, we can cut down on the camp trash that we generate. Today, we're going to make a zero waste snack to bring with us on our camping trip.

No Bake Granola Bars (Makes 12 bars)

Ingredients

- 2 cups quick cooking oats
- 1 cup almond butter (peanut butter, sunflower seed butter, or pumpkin seed butter will also work)
- ½ cup sliced almonds (sub ½ cup coconut flakes for nut allergies)
- ½ cup mini chocolate chips
- ¼ cup honey (sub maple syrup or agave nectar)
- Optional: Salt and cinnamon

Directions

- In a large mixing bowl, combine the oats, almond butter, almonds, chocolate chips, and honey (and a pinch of salt and cinnamon, if desired). If the almond butter is a bit stiff, zap it in the microwave for a few seconds to loosen it up. Stir until well-mixed. The mixture should clump together. If not, add a bit more honey until it does.



- Line the 8 x 8 pan with parchment paper, leaving enough excess to let the paper hang over the sides (this will make it easier to remove the bars later). Press the oat mixture into the pan.
 - Place the pan into the freezer and let freeze for 20 – 30 minutes, or until firm. After the mixture has firmed, remove the bars from the pan and cut into squares. Pack into a reusable container to enjoy later!
2. Ask girls if they can think of other ways to reduce meal-prep related waste while camping. Here are a few ideas:
- Bring a reusable water bottle.
 - Buy a set of stainless steel camp dishes instead of using paper plates and plastic utensils.
 - Pre-plan your meals and buy ingredients from the bulk section at your local grocery store.
 - Fill up and freeze reusable containers for ice packs instead of buying ice in plastic bags from the store.
 - Bring an airtight container to store food waste and compost later when you return home.

Activity #3: Seasons Greetings

Time: 25 minutes

Badge Connection: Step 5 – Take a conservation hike

Materials Needed: Sketchbooks; pencils

1. Before you head out on your camping trip, find out a little bit more about the wildlife that exists there. Keeping in mind the season you'll be camping in, make a few predictions about what you'll see. What will the trees look like (leaves changing colors in the fall, buds appearing in the spring), what types of animals will you see (non-migrating birds like chickadees and cardinals in the winter, returning loons in the spring)?
2. Explain that scientists called phenologists study these changes in animal and plant life cycles (like leaves changing colors and bird migration) and how these events are influenced by the changes in the season.
3. After setting up camp, go for a hike and tell girls to use their sketchbooks to record what you see while walking.
4. When you return to your campsite, have girls share their drawings with each other. Were their predictions mostly correct? If not, what factors could have caused their predictions to be off? For example, maybe it's been an unseasonably warm fall, so fewer birds have migrated, or maybe it's been a shorter winter than usual and the flowers have bloomed much earlier than predicted.

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Plan a camping trip during a season your troop hasn't camped in before (like the winter!) to experience the outdoors in a new way.
 - Visit a waste or recycling facility to learn more about what happens to our trash after we throw it away.
- Speaker Ideas:
 - Invite your service unit's Outdoor Champion, or an outdoor enthusiast that you know, to your troop meeting to talk about ways to reduce waste when camping.
 - Invite a chef or avid cook to your troop meeting to teach everyone how to prepare a few zero waste camp meals.

