

Senior Locavore Badge:

1. This badge is all about eating locally sourced foods. In the industrial food chain, the typical food travels 1500 miles before being eaten. In locally grown food, the number of miles between where food is grown and where it is eaten is much smaller. Different people define “local” food differently—some say within 50 miles of home, in my same state, in my same county, in my region, or in my same country. How do you define locally sourced food? Survey friends and family and find out how they define locally sourced foods.
 - Here are some resources you can check out about locally sourced foods in [Pima County](#), [Yuma](#), [Santa Cruz County](#), and [Farm to Table Restaurants in Arizona](#).
2. Figure out where you can get local foods—maybe a grocery store, farmer’s market, or local farm. Create a list of foods that are sourced locally, and when they are [in season](#).
3. Cook a simple dish showcasing a local ingredient—make a salad, create simple pasta dish, or make a tasty dessert. Notice how the local ingredient tastes, smells, and feels.
 - Tip: There’s nothing more local than growing produce yourself—herbs or tomatoes can be grown indoors or outdoors.
 - Tip #2: Don’t have access to locally grown food? That’s ok! Use an ingredient you already have, learn where you **could** get it locally, and make a simple dish.
4. Create a dish that’s local in two ways—use local ingredients to create a favorite family recipe!
 - Don’t have access to shop locally? That’s ok! Use what you have. Identify where you **could** get local ingredients.
5. Make a 3-course meal using as many local ingredients as possible! The courses may include—salad, appetizer, main dish, beverage, and/or dessert.
 - Here’s a fun challenge, put a different spin on “local”—do a pantry challenge using ingredients you already have in your house! Don’t buy anything, and see what you can come up with using on hand ingredients and a little creativity.

*****To complete this badge- email a photo of your favorite dish to mmyers@girlscoutsoaz.org. Let us know if we can share your photo on social media, and consider including the recipe for us to share!**

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