

# Peanut Butter Buddy Patch

## August 1- September 30

In order to earn the Peanut Butter Buddy Patch, complete the following.

1. **Talk** to a health or fitness professional.
2. **Get Moving!**
  - Try 3 different aerobic exercises. You might jog, jump rope, play soccer, dance, or create your own exercise.
  - Make TV time active! Create and play an exercise game around a TV show. You might jog in place, do leg lifts, or jumping jacks when your favorite character speaks.
  - Plan an active family fun night! Choose an activity to do at home with your family to get everyone moving.
3. **Stress Less!** (Optional for Daisies and Brownies)
  - Determine at least 3 ways stress affects your body.
  - Determine at least 3 ways to decrease stress.
4. **Keep your body fueled!**
  - How does what you eat affect your body, energy, sleep, and even your skin?
  - Make your own plate. Use the [USDA's MyPlate](#) diagram to create a well-balanced meal.
  - Be a food label detective. Learn the basics of food labels, then compare at least 3 food labels to determine the healthiest option.
  - Learn why peanut butter (and other similar products) are frequently distributed by food banks.
5. **Be a Peanut Butter Buddy!** Collect Peanut Butter and other food items to help others meet their nutritional needs. (minimum 5 items per girl) To find a drop-off location near you, visit [www.gsnetx.org/PBB](http://www.gsnetx.org/PBB)
6. **Complete** the [online reporting form](#) once per troop or Juliette by October 5<sup>th</sup> to be eligible for the free Peanut Butter Buddy patch.



Also satisfies the requirements for:



Brownie My Best Self



Junior Staying Fit



Cadette Eating for Beauty

**Daisies:** Consider incorporating this into the Gloria/Respect myself and others Petal.

**Seniors/Ambassadors:** Consider incorporating this into the Women's Health badge.

**Questions?** Email [programs@gsnetx.org](mailto:programs@gsnetx.org)