

Peanut Butter Buddy Patch

August 1- September 30

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

1. **Interview** a health, food science, or nutrition professional.
2. **Build** a well-balanced meal using the [USDA My Plate Guidelines](#).
3. **Become a Food Scientist!**
 - Create your own peanut butter from scratch.
 - Compare your product with store bought peanut butter. Explore the texture, taste, and smell of both just like a food scientist would do in a lab!
 - Host a focus group to see if they can tell the difference between the two products.
4. **Dine and Dish** with Peanut Butter.
 - Make a peanut butter snack and discuss the importance of having high energy snacks.
 - Make an international dish with peanut butter and discuss the relationship between taste and smell. Take it a step further and discuss if you think taste preference is nature or nurture.
 - Make a peanut butter dessert and discuss different sugars and how they impact your nutrition.
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
6. **Complete** the [online reporting form](#) once per troop or Juliette by October 5th to be eligible for the free Peanut Butter Buddy patch.



Also satisfies the requirements for:



Snacks

Steps 1, 2, 3, and 4



Simple Meals

Steps 1, 3, and 4



New Cuisines

Steps 1, 3, and 4

Allergy Alert!

If any of your Girl Scouts have a nut allergy, please feel free to substitute peanut butter for an alternative food.

Seniors: Consider incorporating this into your Locavore Badge.

Ambassadors: Consider incorporating this into your Dinner Party Badge.