

BLUEBERRY POWER - ALL LEVELS

GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts discover the history, nutrition, and importance of blueberries while exploring New Jersey agriculture, healthy eating, and local traditions.

To earn this Patch:

Daisies must complete 1 activity

Brownies must complete 2 activities

Juniors must complete 3 activities

Cadettes/Seniors/Ambassadors must complete 5 activities

01.

Research how blueberries became an important crop in New Jersey and why the blueberry is New Jersey's official state fruit and why Hammonton is known as the "Blueberry Capital of the World." Share what you discover with your troop.

02.

Discover why blueberries are considered a "power fruit." Learn about the nutritional benefits of blueberries, then prepare or enjoy a healthy snack or recipe that includes blueberries.

03.

Learn some fun facts about blueberries and share with your troop. For example: July is National Blueberry Month in the United States!

04.

Visit a local blueberry farm, attend a blueberry festival, take a guided farm tour, or plant a blueberry bush or shrub to learn how blueberries are grown.

05.

Fill a cup with blueberries and estimate how many berries it contains. Count the berries to see whose guess is closest, then divide them equally among your group and enjoy a healthy snack.

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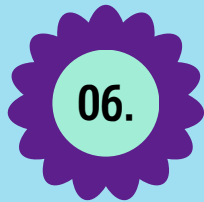
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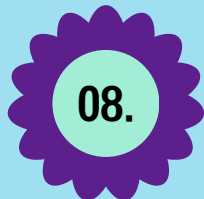
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Research another fruit grown in New Jersey. Compare it to blueberries by exploring how it is grown, its nutritional benefits, and how it contributes to New Jersey agriculture. Share your comparison with your troop.



Complete a blueberry-themed activity, such as a word search, maze, number puzzle, or another educational game that helps you learn more about blueberries.



Make a blueberry smoothie or another healthy blueberry recipe and discuss how choosing nutritious foods helps keep your body healthy and strong.

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Reflection: What have you learned about blueberries, healthy eating, and New Jersey agriculture? What surprised you most about blueberries, and how can making healthy food choices help you live a healthier lifestyle?



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An associate will call to confirm shipping details & take payment over the phone.