Healthier Troops in a Scouting Nutrition & Activity Program
What is SNAP?

- A set of leader/troop policies to ensure healthful troop meeting environments
- Health promoting curricular materials for Brownies and Juniors
  - 7 modules - any or all can be used
  - Aligned with key badges and try-its
  - Include fruit-and-vegetable snack recipes
  - Fun physical activities
  - Designed to bridge to parents and home
To implement the Healthier Troops in a SNAP curriculum effectively, the troop leader(s) should:

- Plan to devote at least 30 minutes per meeting to Healthier Troops in a SNAP
  - This would include snack preparation, family meal practice, and fun physical activity
  - Each full module takes 60-120 minutes of time, if covering all parts of the module.
  - Leaders could spread seven modules out over more than seven meetings.
2) Serve as a role model for promotion of physical activity and healthful eating by-

- Providing water (or 100% juice) for beverages at troop meetings.
- Providing fruits or vegetables and other healthful foods for snacks.
- Avoiding consumption of soda, candy, and dessert foods at troop meetings.
- No television during troop meetings.
- Practicing good table manners at troop meetings.
- Personally participating in all physical activities at troop meetings.
- Projecting a positive and embracing attitude toward healthful eating and physical activity.
3) Provide social support for the target behaviors of the intervention by:

- Praising girls in their efforts toward healthful behavior.
- Offering instruction to girls to help them achieve health behavior goals.
- Assisting girls in completion of health behavior projects.
- Frequently checking girls’ progress on targeted behaviors and goals.
4) Set troop meeting rules regarding physical activity, media, healthful foods, and drinks.

- Allow girls to be active, try not to be overly restrictive with activity.
- No soda or sugar-sweetened beverages at meetings (not even diet soda).
- No candy or sugary treats (other than the GS cookies).
- No fast food.
- Snacks should consist of 2/3 (two-thirds) or more fruits and/or vegetables and water to drink.
- No TV or related media use, unless part of GS program.
5) Provide opportunity for physical activity at least 1500 steps per physical activity session, and about 2000 steps per meeting.

- Encourage everyone to participate as abilities allow, including leaders, assistants, and parents.

- Choose a physical activity that all can participate in and enjoy.
6) Promote the bridging of the intervention to the home environment by:

- Asking parents to volunteer helping at troop meetings at least once every 2 months.

- Fostering communication with scout parents regarding program goals.

- Providing frequent updates of troop activities and how parents can support efforts at home.

- Assigning badge-completion projects requiring parental involvement.
Healthier Troops in a SNAP health promotion messages:

1) *Water is a wonderful choice.*
   - Choose water over soda.
   - Shoot for 8 cups or 64oz a day.
2) *Take steps for fun and health*

- More steps = better health.

- Girls shoot for 12,000 a day, as many days per week as possible.

- Parents shoot for 10,000 a day, as many days per week as possible.

- Girls and parents can take steps together.
3) Make family connections through mealtime.

- Shoot for 3 or more family-connected evening meals per week
- Include fruits and vegetables at every meal
- Turn off TV, turn on conversation
Suggested Badge Requirements:

A Healthier You
- Scout homework sheet signed and returned, session 1
- Water is a wonderful choice sheet signed and returned, session 3
- Family connections through mealtime sheet signed and returned, session 5
- Parent-signed record of at least 7 days (total) without watching TV or videos
Highway to Health

- Chance to dance sheet signed and returned, session 2
- Take steps together sheet signed and returned, session 4
- Recipe completion for potluck, session 6 & 7
- Parent-signed record of at least 8 days (total) drinking no soda, water instead
Fun & Fit

Positive participation for Physical Activity element of at least six SNAP meetings
Walking for Fitness

1. Positive participation in group walk & talks at troop meetings

2. Parent-signed record of 10 parent(s) & child(ren) walk & talks completed (15 minutes or longer)
Food Power Junior

Parent-signed record of 10 fruit & vegetable dish recipes completed (led by girl)
Let’s Get Cooking

Positive participation for
NUTRITION element of at least six SNAP meetings
Healthier Troops in a SNAP

- Positive participation in at least six SNAP meetings

- Return of all home assignments (allowing make-ups for missed meetings)