



**Save The Date**  
**Saturday June 7<sup>th</sup>, 2008**  
**“Better Me!” Walk & Health Fair**  
**Rend Lake College Campus**

**Issue No. 1**

**January 2008**

The Girl Scouts of Shagbark Council, in partnership with health professionals, educators and others is developing a multi-year Healthy Living Initiative aimed at combining physical fitness with good nutrition, raising girls’ awareness of health issues and disease prevention, combating obesity, and instilling life-long healthy habits.

With a long-standing commitment to the well-being of girls, Girl Scouting has a deep understanding of health issues unique to girls’ physical, emotional and social well being. Each month we will focus on a different health related topic. We encourage you to share this information and explore it further with the girls by participating in the “To Your Health” Honor Program as well as other Service Unit and Council sponsored Healthy Living programs and events.

For more information about our new initiative go to our website at [www.shagbark.org](http://www.shagbark.org). There you can download the topic of the month, healthy recipes and find more information about healthy living, age-level awards (badges, patches and charms) to encourage and engage girls in a wide range of activities that teach them about healthy living, as well as how you can participate in the “To Your Health” Honor Program.

**Topic Of The Month** – from *The NEW NORMAL What Girls Say About Healthy Living*, a new Girl Scout Research Institute study

**Finding #3: Tension Between Health Awareness and Behavior**

Although girls demonstrate basic knowledge about healthy foods and eating behaviors, they often do not put this knowledge into practice, and it is “normal” for many girls to make poor choices with respect to diet and exercise.

Girls already know what’s healthy, but many don’t use the information they have to make healthy choices. In addition, girls tend to think about health as the absence of negative behavior, rather than what they can do to empower themselves to be healthy. Obstacles at home and in school discourage many girls from adopting healthier habits.

- Meal skipping, particularly breakfast and lunch, is not uncommon among girls and occurs more frequently as girls grow older. **More than 60% of teenage girls skip breakfast at least once a week and nearly 20% skip it everyday.**

Can you think of ways to explore this month's topic?  
 Below are some age level awards to help get you started:

- Brownie Girl Scouts
  - Eat Right, Stay Healthy – Girls study how what you eat affects your health.
  - Make It, Eat It – Girls learn about nutrition by making wholesome foods.
  
- Junior Girl Scouts
  - Food Power – Girls discover the benefits of eating a balanced diet.
  - Let's Get Cooking – Girls learn safe ways to prepare delicious and healthy meals.
  
- Cadette & Senior Girl Scouts
  - Creative Cooking – Girls express themselves through healthy cooking.
  - The Food Connection – Girls investigate how to make healthy food choices.

***Did you know that January is National Oatmeal Month?*** That's because more oatmeal is consumed during January than any other month of the year. To find out more and download an oatmeal raisin cookie recipe go to our website at [www.shagbark.org](http://www.shagbark.org). You can also go to [www.quakeroats.com](http://www.quakeroats.com) for more oatmeal recipes and healthy food ideas.

## TO YOUR HEALTH - GETTING STARTED

We are excited to hear that many of you have started working on the ***To Your Health Honor Program***. This component of the GSSC Healthy Living Initiative was created for Girl Scout Troops to learn about and share healthy lifestyle tips and choices. All Troops can participate and earn *To Your Health* points by attending and creating your own HLI events and activities.

Our *To Your Health Honor Program* rewards points for troops' participation in healthy living related badge or patch requirements, in activities related to "special monthly topics," or when you attend Service Unit, Council, or community events or presentations on health topics. You can even earn points by creating and telling us about your own Healthy Living events and activities. Here's how your points can accumulate:

Type of Activity	Point Value
<b><i>Do a Troop age level activity related to Healthy Living "topic of the month" published on web site &amp; LINK.</i></b>	<b>10 points</b>
<b><i>Attend a Healthy Living Council Event, Presentation, or Activity. Events are highlighted HLI in Program Guide.</i></b>	<b>20 points</b>
<b><i>Create and share your own Healthy Living activity. Invite others to participate. Tell us about the activity so that we can share your idea!</i></b>	<b>30 points</b>

Please go to our web site, [www.shagbark.org](http://www.shagbark.org), for more details and a downloadable **To Your Health Honor Program** report form.