

Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

LIFE SKILLS, ENTREPRENEURSHIP & FINANCE

shares activities, tips, and tricks each Wednesday for developing the skills necessary to prepare her to do amazing things for herself and her community, and grow into the incredible woman she's destined to become.

Join the conversation online. **#OurGSNCCPCommunity**



Grow Your Girl's Confidence Through Cooking!

Cooking is a life skill you'll want her to have and it'll help **GROW** her confidence too! Learning to cook will help her to learn about nutrition and healthy eating while instilling life skills to last her a lifetime.

Taking the time to cook with your girl will help boost her self esteem as she accomplishes a task and contributes to the family— and you are setting the stage for her to be self-reliant in the future. Enjoy this time to create memories even though it may take a little longer to get the meal or snack made. Be patient and don't worry about flour or spilled milk as it can be cleaned up and is part of the process. This is a great lesson in teaching her that life gets a little messy sometimes!

Your girl is more apt to eat what she helps make and cooking helps reinforce subjects like math and science while encouraging her creativity. Let her help with meal planning, while working together as a team. Encourage lots of imagination and creativity as you look at cooking time as a fun family activity.

If your family has traditions, the kitchen is a great place to pass them down. Due to the close proximity, there is plenty of time to talk and explain why things are done certain ways. Also, who wouldn't want great-grandma's chocolate brownie recipe? Don't have a special recipe to pass down? Try your hand at making a homemade version of your girl's favorite Girl Scout cookie. Here's a simple recipe you can make at home when the Trefoil Girl Scout Cookies run out. Parent participation required!

- 1 cup butter, room temperature
- 1/2 cup sugar
- 2 cups all purpose flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 tablespoons milk

Cream together butter and sugar until light and fluffy. In a separate bowl, whisk together flour, baking powder, and salt. Slowly add to the butter mixture. At low speed if using a mixer, add in the milk and vanilla.

Separate the dough into halves and wrap in plastic or store in Tupperware. Refrigerate until dough is as firm as a stick of butter. Once dough is firm enough to roll out, preheat oven to 350F and line two baking sheets with parchment or silicone liners.

Roll dough out on lightly floured surface. Once dough is rolled to about 1/8"—1/4 " thickness, use a cookie cutter to cut out whatever shape you'd like. Re-roll the scraps and repeat. Work quickly as the dough gets sticky.

Bake for 10-12 minutes . Cool cookies on the sheet for about 5 minutes and then transfer to a wire rack. Cool and enjoy- be sure to share with your family!

Excited for More?

If you liked baking cookies, check out these badges for more opportunities to grow your confidence through cooking fun!



Daisy: Lupe- Honest and Fair Petal– learning to share. Click [here](#) for Lupe’s story.

Brownie: Snacks– When Brownies earn the Snacks badge, they’ll know how to make yummy snacks for family and friends.



Click [here](#) for Brownie Snack Badge.

Junior: Simple Meals– By earning this badge, girls will know how to serve up a meal for family and friends.



Cadette: Eating for You– When girls earn this badge, they’ll know how to eat their way to a healthy mood, mind, and body.

Senior: Locavore– Girls will know how to prepare a meal of seasonal and locally grown dishes when they earn this badge.



Ambassador: Dinner Party– When girls earn this badge, they’ll know how to make and serve a fabulous three-course meal.

For more information on badges, check out the online [badge explorer!](#)



Check out the Poe Center’s, one of our Raleigh based community and program partners, Click [here](#) for CookWELL Kitchen Resources to review basic cooking and kitchen skills before getting started.



Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).