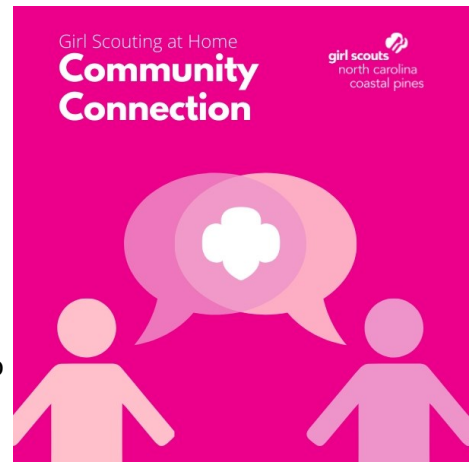


Community Connection

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!

COMMUNITY CONNECTION encourages Girl Scouts to continue to maintain a connection with their community. Each Monday we'll share ways for you to engage with your community by learning about, connecting with, and leaning into the community around you. Join the conversation online.

#OurGSNCCPCommunity



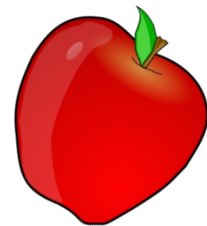
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Food Scrap Garden

Did you know that you can start your own indoor or outdoor garden with some food scraps, household items, and some patience? You can learn the basics of how to sprout apple seeds below, but check out our [Food Scrap Gardening video](#) for more details and ideas!

Materials:

- Apple
- Knife (for cutting apple—you may need to ask an adult for this)
- Paper Towel
- Glass of Water
- Resealable Plastic Bag
- Access to a Refrigerator



1. Cut the apple open. You may want to ask an adult to help you with this part. Remove seeds and slice the rest of the apple up for a tasty snack later!
2. Fold up your paper towel so that it's small enough to quickly dunk into the glass of water. Make sure the paper towel is evenly wet, then lay it out on your work surface. Make sure it's large enough to fold in half after the next step.
3. Place your apple seeds separately from one another on the towel, then fold the paper towel over them and slide the paper towel into your plastic bag.
4. Seal the bag and place it in the crisper drawer of the refrigerator.
5. Your seeds should sprout in about a month, but check on them regularly, adding water if the towel dries out.

Excited for more?

If you liked this activity, check out these badges for nature, gardening, or sustainability activities!

Daisy: Eco Learner

Brownie: Household Elf

Junior: Gardener

Cadette: Trees

Senior: Locavore

Ambassador: Eco Advocate



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

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).

Questions? programteam@nccoastalpines.org

www.nccoastalpines.org

Community Connection

Are you passionate about gardening? What about helping your community?

Ever thought about combining the two to create lasting change?!?

The Girl Scout Gold Award challenges Seniors and Ambassadors to tackle issues dear to them and drive lasting change in their communities and beyond.

Read about how Gold Award Girl Scout, Haley flexed her leadership muscles to create lasting change in her community!



G.I.R.L.
go-getter / innovator / risk-taker / leader

 **Haley T.**
Wayne County

For her Gold Award project, Gardening and Healthy Eating, Haley created a raised garden bed so the clients of Wayne Pregnancy Center could easily access healthy produce. After planting a mixture of herbs and vegetables, she gave presentations to her community about the benefits of gardening and healthy eating. During the presentation, she showed them the garden and each person was given a basil plant to take home with them. Haley also provided information about gardening, which seasons to plant, growing herbs, healthy eating, and recipes during her presentations.

Perhaps you have a little extra time on your hands right now. Why not capitalize on this time by learning more about earning the Girl Scout Bronze, Silver, or Gold Award?



Step 1: Complete the new **ONLINE Girl Scout Gold Award Orientation**

Ready to get started? Complete the online training [here](#). Don't forget to visit the council's [Gold Award](#) webpage for additional resources to help you along the way!

Step 2: Review the **Girls Guide to Going Gold**

Download or print a copy from Girl Scouts—North Carolina Coastal Pines [webpage](#).



Learn more about the Girl Scout Silver Award at our upcoming webinars. Be sure to visit the [activities](#) tab to register.

[Girl Scout Silver Award - April 6th at 6pm.](#)

[Girl Scout Silver Award - April 8th at 2pm](#)



Learn more about the Girl Scout Bronze Award at our upcoming webinars. Be sure to visit the [activities](#) tab to register.

[Girl Scout Bronze Award - April 1st at 2pm](#)

[Girl Scout Bronze Award - April 3rd at 6pm](#)

Girl Scouts – North Carolina Coastal Pines recognizes that many schools, youth activities and community gatherings have been suspended, and that we are navigating a period of rapid change, **Girl Scouts is offering a three-month extension from Sept. 30 to December 31, 2020**, to provide flexibility for Girl Scout Juniors, Cadettes, Seniors and Ambassadors earning Girl Scouts' Highest Awards.

Questions? programteam@nccoastalpines.org

www.nccoastalpines.org