



H-E-B

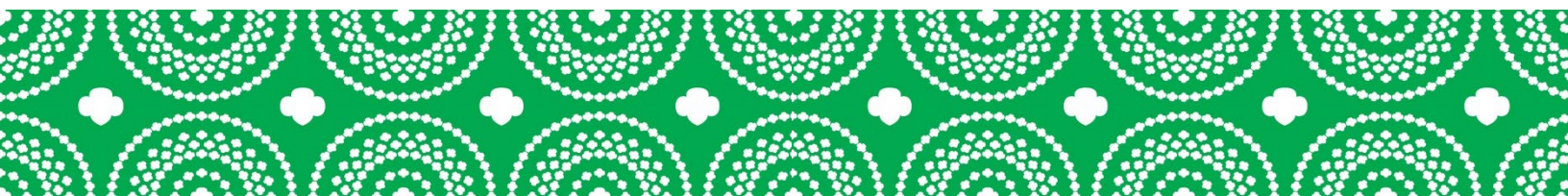
Health & Wellness Initiative



Girl Scout Cadettes

Girl Scouts of Southwest Texas
811 North Coker Loop
San Antonio, Texas 78216
(210) 349- 2404 or 1-800-580-7247
www.girlscouts-swtx.org

To learn more about H-E-B and
their mission, visit:
www.heb.com





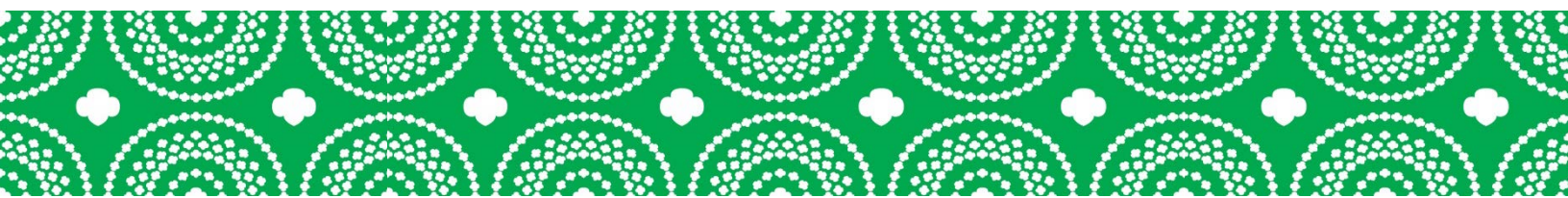
About

The story of [H-E-B](#) began more than 100 years ago in a tiny family shop in Kerrville. Today H-E-B serves families all over Texas and Mexico with 340 stores and more than 76,000 partners (employees). H-E-B's commitment to excellence has made it one of the nation's largest independently owned food retailers, yet H-E-B's success has not changed its commitment to giving the customer exceptional service, low prices, and friendly shopping. In 1905, Charles C. and Florence Butt moved their three sons from Memphis, Tennessee, to Kerrville in the Texas Hill Country. With an initial investment of only \$60.00, Florence opened the C.C. Butt Grocery Store on November 26. The youngest son, Howard E., became intrigued with the grocery business. He took over the family business in 1919 upon his return from World War I. In 1924, he expanded the Butt Grocery Company with a new store in Junction, about 60 miles from Kerrville. Howard's motto was, "He profits most who serves best." Charles, the youngest son of Howard E. Butt, became president of the H.E. Butt Grocery Company in 1971. Today, Charles Butt is chairman and CEO of H-E-B, having grown the business from sales of \$250 million in 1971 to \$18 billion in 2012. Florence Butt opened her first store with a set of beliefs that were passed on to her sons, grandsons, and great-grandsons. Good principles and a can-do attitude, whether times are good or bad, are at the heart of H-E-B's success.

For more than 100 years, H-E-B's commitment and involvement in the community has been recognized as an important part of the way they do business. They consistently strive to earn, build, and maintain a positive relationship of trust creating a tradition of caring that has come to be known as H-E-B's Spirit of Giving. In this spirit, the company has contributed five percent of its pre-tax earnings to public and charitable programs since the 1930's and remains one of the few companies in the nation to give at such a level.

Girl Scouts of Southwest Texas is proud to have H-E-B as the corporate sponsor of the Health & Wellness Initiative. This is just one of the many ways in which H-E-B continues its [Spirit of Giving](#).

Through this sponsorship, girls will acquire the skills and knowledge needed to become educated consumers who are aware of the many ways they can lead a healthy lifestyle. As the leaders and consumers of tomorrow, girls can make a conscious effort to join H-E-B in their commitment to excellence and a safe and healthy environment for all.



Girl Scouts of Southwest Texas & H-E-B
are proud to bring to you the...
H-E-B Health & Wellness Initiative



Through Health & Wellness programs, girls focus on physical and emotional health. By participating in this initiative, girls learn the skills they need to keep their bodies healthy, their minds engaged and their spirits alive. This is the first step to helping every girl attain her personal best in life! By building strong, healthy bodies and learning problem-solving techniques, girls gain the self-confidence and skills needed to develop healthy relationships in which they give and receive the respect and trust every child seeks. Through Health & Wellness programs, girls focus developing holistic wellness. They play an important role in ensuring the well-being of themselves and others. Girls discover the connection between their everyday actions and the long-term effects, and how to make those effects positive.

Girl Scouts who complete the H-E-B Health & Wellness Initiative can work on a variety of projects, everything from learning about locally grown foods to learning the importance of exercise as a daily practice.

Girl Scouts of Southwest Texas and H-E-B are proud to announce the H-E-B Health & Wellness Partnership. Through this partnership, girls have the ability to earn a patch on this important initiative through an introduction into key topics while offering suggestions on how to carry on the work in their own community.

Steps to Earn the H-E-B's Health & Wellness Patch

Girl Scouts is the premier girl leadership development program—girls have fun with a purpose! All activities are girl-led and girls should decide what activities to complete when earning a Business Patch Initiative (BPI) patch. In the spirit of Girl Scouting, girls may choose to participate in activities that are not listed in the booklets and/or supplements. If girls complete the minimum required number of activities based on the theme of the BPI, they have earned the BPI patch. For more information, contact Larissa Deremiah at lderemiah@girlscouts-swtx.org.

Step One:

1. Read through the Activities
2. Think about what you would like to do
3. Choose 3 out of the 4 Units
4. Complete 2 Activities from the 3 Units you chose

Step Two:

1. Complete the [Business Patch Initiative \(BPI\) Evaluation](#)
2. For more information, contact:
Girl Scouts of Southwest Texas
ATTENTION: Program
Phone: (210) 319- 5775
Toll Free: 1-800-580-7247
Fax: (210) 349- 2666
lderemiah@girlscouts-swtx.org



Step Three:

1. Receive your H-E-B's Health & Wellness Patch!

The Girl Scout Leadership Experience

Girls at every level of Girl Scouting participate in “*leadership experience*.” A *leadership experience* is an exciting way of working with girls in a series of themed activities focused on building leadership skills. By enlisting the three keys to leadership (*Discover, Connect, and Take Action*) girls learn that they can take the lead to make a difference in their community and the world. The three keys are at the heart of the Girl Scout philosophy of leadership:

Discover

Girls understand themselves and their values and use their knowledge and skills to explore the world.

Connect

Girls care about, inspire, and team with others locally and globally.

Take Action

Girls act to make the world a better place.

It’s not just “what” girls do, but “how.” When girls are engaged that creates a high-quality Girl Scout leadership experience. All Girl Scout experiences are built on three processes (*Girl-Led, Cooperative Learning, and Learning by Doing*) that make Girl Scouting different from school and other extra-curricular activities. When used together, these processes ensure the quality and promote the fun and friendship so integral to Girl Scouting.

Girl-Led

Girls play an active role in the planning and implementation of activities while adults provide age-appropriate facilitation, ensuring that planning, organization, set-up, and evaluation of all activities are done jointly with the girls.

Cooperative Learning

All members of a group work together towards a common goal that can only be accomplished with the help of others.

Learn by Doing

A “hands-on” learning process that engages girls in cycles of action and reflection resulting in deeper understanding of concepts and mastery of practical skills.

When Discover, Connect, and Take Action activities are girl-led and involve learning by doing and cooperative learning, girls achieve the desired and expected leadership outcomes ultimately resulting in Girl Scouting achieving its mission:

Building girls of courage, confidence and character, who make the world a better place.

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EXERCISE

Exercise: Spin to Stretch

Materials: Feel free to have your girls make their own Twister spinner and mat! Number of materials is contingent on the desires of the girls and the number of girls participating.

1. Twister game

Directions:

1. The leader or a girl will be in charge of the spinner while the other girls surround the mat.
2. The leader or girl will give the spinner a whirl. The spinner will indicate the next move the girls surrounding the mat will take.
3. If any girl's knee or elbow touches the mat, or the girl falls over, that girl must exit the mat.
4. The last player standing will be in charge of the spinner for the next round.

Note: Girls should be aware of safe practices and respectful competition. Leaders should take this teachable moment to discuss the importance of stretching before strenuous activities.

Accommodations:

For girls wanting a little more guidance, leaders may wish to exhibit the appropriate behaviors for the game and girls should be given practice rounds. For girls that do not wish to play, leaders should show girls low-impact and static stretches including assisted calf stretches, side-bends, and shoulder presses. Girls should be made aware of the many creative ways a person may stretch, even while in a chair.

For girls that would like more of a challenge, split the girls into 2 teams, 3 girls on each team where 1 is a caller and the other 2 are players. The callers will not use the spinners but instead choose the body part and color for the opposing team!

Exercise: Relay Play

Materials: Feel free to have girls be creative and create a track with a start and finish line! Number of materials is contingent on the desire of the girls and the number of girls participating.

1. Bottle of bubbles
2. Bubble wands
3. Balloons filled with air (not helium)
4. Water balloons filled with water

Directions:

1. Girls should divide into teams of 4.
2. From the start line, the first girl will Crab Walk to the finish line.
3. Once the first girl reaches the finish line, she must complete “head, shoulders, knees and toes, knees and toes” 10 times.
4. After her head and shoulders exercises, the first girl must tag a team mate (the second girl).
5. The second girl will Bear Walk to the start line.
6. Once the second girl reaches the start line, she must complete 10 pushups.
7. After her pushups, the second girl must tag her other two team mates (the third and fourth girl).
8. The third girl will get into the pushup position. The fourth girl will stand at her feet. The fourth girl will grip the third girl’s ankles and lift each leg to her hips.
9. The third and fourth girls will Wheelbarrow Walk to the finish line.
10. Once the third and fourth girls reach the finish line, they must either:
 - a. Catch 10 bubbles between them (using hands or wands), or
 - b. Successfully complete 10 passes of balloon volley ball.
11. After finishing their task, the second girl should stand on the finish line and the first girl will stand on the start line while the third and fourth girl will find spots between the first and second girl to form a straight line with an equal distance between all of the girls.
12. Once they are all in place, the second girl will be given a water balloon. The water balloon must be thrown to each girl and make it to the start line without being popped.
13. Once the balloon is safely to the start line, the whole team must make their way to the finish line.
14. The first team to all cross the finish line will cheer on the other teams until every Cadette has completed the Relay Play!

Note: Girls should be aware of safe practices and respectful communication. Girls should also compose their own rules for relay behavior and explain why their rules are important.

Accommodations:

For girls wanting a little more guidance or more of a challenge, girls should brainstorm different physical activities and create their own relay!

Exercise: Cadette Challenge

Materials: Feel free to let girls plan how they will record and share their achievements! Number of materials is contingent on the desires of the girls and the number of girls participating.

Directions:

1. Girls will make this pledge:

On my honor, I pledge that for 5 days:

I will exercise at least 20 minutes each day,

I will stretch before any strenuous activity,

I will spend at least 30 minutes outside each day,

I will drink at least 8 cups of water each day,

And I will share my healthy living pledge with my community.

2. Girls will self-report their activities for the 5-day challenge.
3. Girls should reflect on how their commitment to the pledge has impacted their health, energy, focus, and overall wellness.
4. Girls will share their experience with one another and their community.

Note: Girls should develop positive values and a deeper sense of self. Girls may feel empowered to make a difference in the world by educating and inspiring others. This is a great starting point for a Girl Scout Silver Award project!

Accommodations:

For girls wanting a little more guidance, leaders should discuss the importance of physical activity with the girls including the best practices for safe exercise. This is an opportunity for deeper understanding and girls may wish to create their own unique Cadette Challenge. Girls may wish for leaders or parents/guardians to post a chart for girls to monitor their progress.

For girls that would like more of a challenge, girls may feel a passion for fitness and exercise therefore leaders may wish to discuss a journey take action project or Girl Scout Silver Award project based on their experiences. Please be sure to contact the Resource Center for project ideas and H-E-B for opportunities to volunteer with the Spirit of Giving.

NUTRITION

Nutrition: Culinary Tour

Materials: Reference your New Cuisines Legacy Badge in your Cadette Handbook. Number of materials is contingent on the desires of the girls and the number of the girls participating. Don't forget to visit your local H-E-B store for advice and supplies!

Directions:

1. Girls will plan a culinary tour of delicious dips!
2. Girls will choose one of three recipes to create and share with their group, either:
 - a. Chickpea hummus
 - b. Guacamole
 - c. Tzatziki dip
3. Girls will research recipes for each dip and create the healthiest version of their chosen dip.
4. Girls will bring their creations to the group to share.
5. Girls should also provide an assortment of healthy dipping foods such as whole wheat bread and carrots.

Note: Leaders should be attentive to all food sensitivities and allergies. Girls may use this opportunity for learning the different food groups as well as the benefits of a nutritious and balanced diet. Leaders may also take this learning opportunity to help girls research different and foreign types of healthy foods to advance diversity in a multicultural world.

Accommodations:

For girls wanting a little more guidance, troops or groups may coordinate and schedule a field trip to their local H-E-B (please see page 26 for details). During the visit, girls may ask about the multicultural options for food available in the store and sample new flavors.

For girls that would like more of a challenge, girls should find a recipe relevant to their culture or family heritage. Girls may wish to create these special dishes to share at a global potluck or begin a cookbook!

Nutrition: Speaking of Snacks

Materials: Number and type of materials is contingent on the desires of the girls and the number of girls participating. Feel free to have girls create their own troop's playing cards!

1. Paper
2. Pencil

Directions:

1. Girls should brainstorm different types of healthy food categories.
EXAMPLE: foods high in vitamin C, calcium rich foods, organic green foods...
2. Girls may write each category on a separate sheet of paper and fold up the papers.
3. Each girl who is playing will pick one category at random.
4. A player will read her category aloud and everyone will have 60 seconds to list as many items as they think fit into that category.
5. Players will get a point for each correct answer.

Note: For deeper understanding, girls may wish to collectively decide which answers are applicable to each category. Leaders may encourage cooperation and promote conflict resolution by holding informal Socratic seminars.

Accommodations:

For girls wanting a little more guidance, leaders may instead hold up a card or picture of one type of healthy food and each player will write down the healthy characteristics associated with that food. After the girls have finished with their associations, the group may make a chart to categorize the different cards or pictures of healthy foods.

For girls that would like more of a challenge, girls may wish to make this a form of Family Feud. Girls will be given a list of categories and will be asked to list 5 types of food for each healthy category. The leader or 1 girl will use these responses to create questions for Family Feud: H-E-B Health & Wellness Initiative!

Nutrition: The Essentials

Materials: Number of materials is contingent on the desires of the girls and the number of girls participating. Girls will be creating a poster board, chart, or other form of display!

Directions:

1. Girls will research the different vitamins and minerals essential to wellbeing.
2. Girls will know the origins and functions of the vitamins and minerals.
3. Girls will discuss what they have learned and design an informative display.
4. The display should educate and inspire others to live healthy.

Note: Girls should be able to identify community needs and advocate for themselves and others, both locally and globally. For deeper understanding, leaders may wish to discuss the importance of food labels to determine the health benefits of a given food product.

Accommodations:

For girls wanting a little more guidance, leaders may want to design a chart and have girls fill in the blanks. Girls may also wish to work in teams and create a fun advertisement for a specific vitamin or mineral!

For girls that would like more of a challenge, girls should use their display to teach a younger girl or girls about the important of dietary supplements to overall health. Leaders may use this opportunity to help girls earn hours towards their Leadership in Action Award or Program Aide certification!

WELLNESS

Wellness: Savor the Silence

Materials: Consult your Breathe journey book! Number of materials is contingent on the desires of the girls and the number of girls participating.

Directions:

1. Girls should gather in a circle, at least arm's length apart, and turn off or silence all cell phones and electronic devices.
2. Every girl should close her eyes and take three deep breaths.
3. Now girls should listen to their surroundings.
4. After pinpointing on a sound, girls should focus on it and take three more deep breaths.
5. The girls should do this for at least 5 minutes.
6. After the girls have finished savoring the silence, they should open their eyes.
7. Girls should discuss what they felt and thought about while savoring the silence.
8. Leaders should discuss the importance of relaxation and breathing to the body.

Note: Leaders may use this teachable moment for deeper understanding of the health benefits of regular sleep patterns and stress management. Girls will develop a stronger sense of self and positive values while they reflect on the day.

Accommodations:

For girls wanting a little more guidance, girls may wish to do this at home and return with their observations for discussion. Girls may focus on a sound or smell. If girls are less comfortable with speaking and writing, have them express their reflections in a masterpiece of their choice.

For girls that would like more of a challenge, girls may set aside 5 minutes of relaxation and deep breathing for at least 5 days. Girls should record their feelings before and after this exercise to share with their troop or group. Girls may wish to study other forms of relaxation and present alternative techniques at the next meeting.

Wellness: Nature's Alternatives

Materials: Consult your Breathe journey book! Number of materials is contingent on the desires of the girls and the number of girls participating.

Directions:

1. Girls should research the different healthy and natural alternatives to household chemical agents.
2. Girls should discuss the uses of baking soda for household maintenance.
3. Girls should discuss the uses of white vinegar and ketchup for household chores and cleaning.
4. Girls should discuss the uses of lemon juice and olive oil for personal hygiene.
5. Leaders should discuss with girls how to cut through the static of contradictory information.
6. Leaders should also discuss how girls can find reliable sources of information.

Note: Girls will think critically and gain practical life skills. For deeper understanding and with the permission of parents/guardians, girls may wish to experiment using the healthy natural alternatives at home. Recording and sharing their experiences will help girls avoid erroneous claims.

Accommodations:

For girls wanting a little more guidance, leaders may wish to demonstrate and experiment using an example of one of the healthy and natural alternative to chemical agents. Girls may discuss the results of the experiment.

For girls that would like more of a challenge, girls who have obtained consent from parents/guardians may wish to identify the different chemical agents used in their homes. Girls may research some of these products and discover healthier alternatives. Girls should demonstrate what they have learned while educating and inspiring their parents/guardians to live healthier.

Wellness: Freedom & Responsibilities

Materials: Number of materials is contingent on the desires of the girls and the number of girls participating with parent/guardian permission. Girls may choose an age appropriate movie, book, program, or other media for this activity!

Directions:

1. Leaders should explain to girls that as they grow into their teen years, they will have more freedom and more responsibilities.
2. With this focus in mind, girls should either:
 - a. Watch a movie about a teenager making decisions
 - b. Read a book from the point of view of a teenager
 - c. Interview a teenage friend or sibling about how they handle more freedom and responsibilities
3. After gathering the information, girls should write a letter to their future selves about their values, dreams, and what they hope to accomplish.
4. Girls may save this letter to read when they are older.

Note: Girls should engage in respectful communication and practice effective group dynamics. Girls should focus on reminding each other about healthy habits rather than putting one another down.

Accommodations:

For girls wanting a little more guidance, leaders may wish to identify a successful teen in the community and use the example for girls to analyze. Visit the GSSWT website to view the Girl Scout Gold Award recipients in your community or watch the [National Young Women of Distinction](#) videos found on GUSA's website.

For girls that would like more of a challenge, girls may discuss some of the challenges and decisions that teenagers have to face. Girls may role play different situations in order to come up with healthy solutions to problems. Girls may also decide to compare the media's representation of a teenager with the information gathered from in-person interviews and analyze the facts and myths.

LEADERSHIP

Leadership: It's Your Choice

Materials: No materials are necessary. Number of materials is contingent on the desires of the girls and the number of girls participating. Feel free to have girls choose their topics of discussion!

Directions:

1. Leaders will introduce the concept of Socratic seminar.
2. Girls will designate 3 sitting areas.
3. Girls will be given a statement.
EXAMPLE: "I will tell the teacher when I see my friend cheating on a test."
4. If the girls agree with the statement, they will sit on one side of the room.
5. If girls disagree with the statement, they will sit on the opposite side of the room.
6. If girls are not sure if they do or do not agree, they should sit in the middle of the room.
7. Each group will discuss among themselves why they agree, disagree, or are undecided.
8. Each group will present their stance and every girl will have the opportunity to speak her mind.
9. The leader will act as the parliamentarian and decide if a dialogue is appropriate or facilitate further discussion.
10. If a girl changes her group, she should explain why she has changed her mind.
11. The agreement and disagreement side will close the seminar with a final statement.
12. At the end of the discussion, the leader should support each girl by constructively giving feedback on their points of view and behavior.

Note: Girls should engage in respectful communication and practice effective group dynamics. Girls may be encouraged to create their own rules for the discussion as well as explain why these rules are important. Leaders should promote cooperation and team building using this opportunity to develop positive values and the ability to resolve conflict for the girls.

Accommodations:

For girls wanting a little more guidance, leaders may wish to follow the structure of the Bingo Shuffle game and only ask girls to voice their opinion if they are comfortable.

For girls that would like more of a challenge, leaders may ask girls to identify some key challenges or decisions that face many teenagers to be used in the Socratic seminar. Girls should think about these challenges and decisions and clearly state their feels or stance. Girls should then utilize what they have learned in the Freedom & Responsibilities activity to reflect on their original response. With the guidance and permission of a parent/guardian, girls may research the topic further. After gathering information and making an informed decision, girls will hold their own Socratic seminar.

Leadership: Teach a Younger Girl

Materials: Number of materials is contingent on the desires of the girls and the number of girls participating. Leaders may use this opportunity to help girls earn their Leadership in Action Award or Program Aide certification!

Directions:

1. Girls will choose to either:
 - a. Help a Brownie with an activity from the H-E-B Health & Wellness Initiative for Brownie Girl Scouts
 - b. Teach a younger sibling or friend a healthy habit
 - c. Present their own Health & Wellness Initiative to a group of younger girls
2. Girls should reflect on their success teaching a younger girl.
3. Girls should think about how the activity may be transformed into a Girl Scout Silver Award project.

Note: Girls will use the skills and knowledge that they have gained from the H-E-B Health & Wellness Initiative booklet and will feel empowered to make a difference in the world. This activity should be completely girl-led, the leader or parent/guardian should facilitate, supervise, and support.

Accommodations:

For girls wanting a little more guidance, leaders may provide the girls with the teaching opportunities and options available to them. Girls may also find available leadership experiences for teaching younger girls about healthy living through Council.

For girls that would like more of a challenge, girls should develop and implement a healthy living lesson plan with at least two activities as a group and hold an event for younger girls in their community. Girls should create a sustainable and lasting impact on the community by educating and inspiring others. This is a great starting point for [Girl Scout Silver Award](#) project!

Leadership: Take Action

Materials: Number of materials is contingent on the desires of the girls and the number of girls participating. This activity should be completely girl-led!

Directions:

1. Girls should discuss and identify healthy living needs in their community.
2. With parent/guardian permission, girls may choose to either:
 - a. Complete a healthy living project to educate the public about an issue, or
 - b. Volunteer at the San Antonio Food Bank
3. Girls should feel connected to their community, locally and globally, by forming healthy relationships through their Take Action project or volunteerism.
4. Girls should use this opportunity to advocate for themselves and others on issues that are important to them.
5. Girls should feel empowered to make a difference in the world and girls should share their leadership experience with their friends, family, and community.

Note: For more information about volunteering your time, please contact the [San Antonio Food Bank](#) or contact the Volunteer Program Manager at (210) 431-8388 or volunteer@safoodbank.org. Leaders may also wish to encourage girls to earn the [Girl Scout Silver Award](#), the highest award a Cadette Girl Scout may earn!

YOU DID IT!



CONGRATULATIONS!



For More Information

H-E-B is passionate about providing a wide variety and selection of fresh foods at a great value that fit a healthy lifestyle. It's easy to find foods with the nutritional requirements that you are looking for, like gluten free, less sodium, and reduced calories. It's part of the H-E-B commitment to health, wellness, and good living.

For nutritious foods that moms trust and kids love, H-E-B exclusive [H-E-Buddy Brand](#) delivers healthy snacks, drinks, and meals that are never a source of empty calories.

Visit your local H-E-B and check out the healthy choice options available.

H-E-B invites you to coordinate and schedule a [field trip](#) to your local H-E-B.

Identify smart foods and habits that help keep the body healthy. Investigate nutrition labels to help differentiate between healthy and unhealthy food choices. Learn the benefits of vitamins, minerals, and a balanced diet of the food groups. Explore healthy habits that will last a lifetime—from getting the right amount of sleep to simple ways to get daily exercise.

To continue the conversation, take the girls to a local farmer's market. Show them that H-E-B supports local farmers by buying their fruits and vegetables. Let girls touch, feel, and smell all the fresh items at the market. To find one closest to you visit [Local Harvest](#) or [USDA Agricultural Marketing Service](#).



End of Booklet

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