

# Go Red Girl Scouts patch program for girls to love their hearts

## Go Red Recipe Contest – Suggested Guidelines



This event satisfies one NUTRITION activity patch requirement.

Celebrate heart health by hosting your own heart-healthy recipe contest as a troop! Be creative! Design your contest in a way that best meets your troop's needs. To help you, UW Health nutritionists offer several suggestions on how they would plan a Go Red Recipe contest.

- 1. Team Up:** Depending on the size of your troop, compete one-on-one or split up into teams. Create a name for yourself or for your team to capture your spirit!
- 2. Pick a time and place:** Ask your school, local church or community center if you can use its kitchen area and tables. Invite family members and women you love to help supervise. Talk about supplies you will need and work together to bring these from home.
- 3. Create a challenge:**
  - Talk as a troop about what type of recipes you will be creating. Choose a category: breakfast, lunch/dinner entrée, dessert or snack.
  - Set a spending limit for ingredients. Stick to it!
  - Define the judging criteria. Judge recipes using a **Love Your Heart** point system. Girls should earn **Love Your Heart** points based on the following.

### **Heart-health value:**

- Earn one **Love Your Heart** point by using:
  - fruits
  - whole grains
  - vegetables
  - chicken, lean fish or turkey
  - beans and nuts
- Lose one **Love Your Heart** point when foods contain
  - Saturated fat (more than 5 g)
  - Trans fat (more than 0 grams!)
  - Cholesterol (more than 250 mg)
  - Sodium (more than 500 mg)
- If your recipe uses milk, cheese or sour cream, earn one **Love Your Heart** point by using fat-free, 1 percent fat, or low-fat products.

### **Taste:**

Healthy recipes are rich in flavor if you use the right combination of ingredients. Judges give between 1 and 5 **Love Your Heart** points based on how the foods excite the taste-buds!

### **Simplicity:**

The best recipes are easy to understand and make. Draw or write directions to help other girls and women make the recipes in the future. Judges give between 1 and 5 **Love Your Heart** points based on simplicity of the recipe.

### **Creativity:**

How original is the recipe? Judges give between 1 and 5 **Love Your Heart** points for creativity.

- 4. Pick judges:** Ask your troop leader(s) and/or women you love judge the recipes. Have them rate the recipes using the judging criteria above and report the winners. The team or girl with the most points wins! Just for fun: make **Love Your Heart** medals and give these out as a prize. Have the winner dedicate her medal to a woman she loves.
- 5. Share winning recipes with UW Health!** Email winning recipes to [GoRed@uwhealth.org](mailto:GoRed@uwhealth.org). In the email, tell us how you structured your contest. Did you have fun? Send us digital pictures too! We will post our favorite recipes and pictures\* online to share with other Girl Scout troops!

*\*UW Health requires parental permission to post images of Girl Scouts. Please fill out the Go Red Girl Scouts photo waiver (found at [uwhealth.org/gored](http://uwhealth.org/gored)) to give us permission to share your pictures.*

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