



Champions for Nature

Cub Scouts · Elective · Arrow of Light rank

Name

Started

Completed

Champions for Nature looks at where your food comes from and how to waste less of it. You'll explore local farms, learn why some neighborhoods lack fresh food, and find ways to help. Then you'll pitch in on a conservation project.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/champions-for-nature-aol/). Tips and examples are ideas, not extra requirements.

☐ **1** Identify foods grown or processed in your state

Tip: Look at food labels or ask a grocery worker which foods come from your state.

Example: Depending on where you live, foods from your state might include apples, corn, cheese, peanuts, citrus, or seafood. Check labels or ask a farmers market vendor where their food comes from.

☐ **2** Find out the benefits of buying food that is grown or processed locally

Tip: Visit a farmers market and ask farmers why buying local helps the community.

☐ **3** Explore what a food desert is

Tip: Learn what a food desert is and talk about why some areas don't have stores with fresh food.

Example: A food desert is a place where people live far from a grocery store with fresh fruits and vegetables, so it's easier to buy chips and soda at a gas station than lettuce or apples.

☐ **4** Explore what a food oasis is

Tip: Find out what a food oasis is, like a community garden or market that brings fresh food closer.

Example: A food oasis brings fresh food closer: a community garden in an empty lot, a farmers market that takes food benefits, or a mobile market truck that visits neighborhoods.

☐ **5** Learn ways people can cut down on food waste

Tip: Track food your family throws away for a week. Try ideas like using leftovers or composting.

Example: To waste less, plan meals before shopping, eat leftovers for lunch, put older food at the front of the fridge, freeze bread before it goes stale, and compost peels and scraps if you can.

☐ **6** Take part in a conservation service project

Tip: Help plant a community garden, clean up a park, or volunteer with a conservation group.

