

# H-E-B

## Health & Wellness Initiative



## Girl Scout Brownies

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To learn more about H-E-B  
and their mission, visit:  
[www.heb.com](http://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.

### 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. Email our Customer Care team at [customercare@girlscouts-swtx.org](mailto:customercare@girlscouts-swtx.org) with the following information:
  - Your name and role.
  - Name and Girl Scout Grade Level of each girl who completed the requirements to earn the patch.
2. Mailing address to receive the patches.

### 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: Sky Sprites

**Materials:** No materials are necessary, feel free to have your girls be creative and create water cycle costumes! Number of materials is contingent on the desires of the girls and the number of girls participating.

**Directions:**

1. Leaders will call 4 different commands: “Evaporation,” “Condensation,” “Precipitation,” and “Run Off.”
2. When girls hear “Evaporation,” the girls should do Jumping Jacks.
3. When girls hear “Condensation,” girls should jog in a place with their arms extended.
4. When girls hear “Precipitation,” girls should get to the ground and start doing crunches.
5. When girls hear “Run Off,” girls should run in a large circle together.
6. Steps 2 through 5 should be repeated at least three times.

**Note:** Girls should be aware of safe practices and respectful competition. If at all possible, girls should create their own rules and explain why these rules matter.

**Accommodations:**

For girls wanting a little more guidance, leaders should demonstrate the behaviors for each command and practice with the girls. A practice round is always fun and girls enjoy emulating their role models! Girls may also wish to substitute certain actions, for example touching their toes when they act out “Precipitation.”

For girls that would like more of a challenge, the leader may wish to call out the commands in different orders or begin giving commands more quickly. Girls may decide to complete a Sky Sprite relay!

## Exercise: Little Sally

**Material** No materials are necessary, but feel free to have girls choose age-appropriate music during this activity. Number of materials is contingent on the number of girls participating.

### Directions:

1. Girls should stand in a large circle.
2. The leader should start in the middle and begin walking around in front of the girls. The entire group should be singing:  
*Little Sally Walker, walking down the street.*  
*She didn't know what to do so she stopped in front of me. She said, "Hey girl, do your thing, do your thing, now switch." Hey girl, do your thing, do your thing, do your thing!*
3. When the group sings "She didn't know what to do so she stopped in front of me," the leader should stop in front of one of the girls.
4. As the group sings "She said, 'Hey girl, do your thing, do your thing,'" the leader should dance or move in a certain way (i.e. Square Dance or Jumping Jacks).
5. As the group sings "' now switch,'" the leader should switch places with the girl. The girl should now be inside the circle.
6. While the group sings the final line, "Hey girl, do your thing, do your thing, do your thing," the girl now inside the circle should imitate the dance or moves of the leader.

Repeat steps 2 through 6 until everyone has had a chance to be the leader!

**Note:** Girls should be supportive of one another and discuss how to show respect to their peers. For deeper understanding, leaders may want to ask girls to explain why mutual respect is important.

### Accommodations:

For girls wanting a little more guidance, before beginning the game the leader should sing one line from the song at a time allowing for the girls to sing back said line and become more comfortable with the new lyrics. After these steps, everyone should sing the whole song together alleviating any undue anxiety. If appropriate, all of the girls in the circle may imitate the leader's dance or movements to build confidence and efficacy.

For girls that would like more of a challenge, have two girls inside of the circle at once or turn the dance moves into a memory game!

## Exercise: Brownie Triathlon

**Materials:** No materials are necessary, feel free to let girls create their own racing track! Number of materials is contingent on the desires of the girls and the number of girls participating.

### Directions:

1. Girls should divide into teams of 4 girls.
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 tag a teammate (the second girl).
4. Then, the second girl will Bear Walk to the start line.
5. Once the second girl reaches the start line, she must tag her other two teammates (the third and fourth girl).
6. The third girl will get into the push-up 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.
7. The third and fourth girls will Wheelbarrow Walk to the finish line.
8. The first team to cross the finish line will cheer on the other teams until every Brownie has completed the Triathlon!

**Note:** Girls should be aware of safe practices and respectful communication. If at all possible, girls should also discuss encouragement and helping friends when they fall. Girls may wish to compose their own rules and explain why their rules are important.

### Accommodations:

For girls wanting a little more guidance, the Leader should demonstrate the appropriate behaviors. After the demonstration, all girls should practice each type of walk. Some actions may be substituted with others, such as skipping together rather than the Wheelbarrow Walk.

For girls that would like more of a challenge, have the girls rotate the different roles during the race until every part has been completed by each girl.

# NUTRITION

## Nutrition: Healthy Alphabet

**Materials:** No materials are necessary. Number of materials is contingent on the desires of the girls and the number of the girls participating.

**Directions:**

1. Girls should stand in a large circle. Each girl will extend each of her hands toward her adjacent neighbors; her right hand will extend to the neighbor on her right and her left hand will extend to the neighbor on her left. Each girl will place her right hand, palm up, on top of the open hand of her neighbor to her right.
2. The leader will give the instructions:
  - a. A category will be chosen (i.e. fruits, vegetables, or junk food)
  - b. Going around the circle, each girl must call out a food with the first letter beginning with the next letter in the alphabet while using her right hand to gently tap (“tag”) her neighbor’s left hand.

*EXAMPLE: The leader declares, “the category is healthy fruits. Apple!” The leader tags her neighbor on the left and her neighbor shouts, “Banana!” The leader’s neighbor tags the girl on her left and the girl shouts, “Cantaloupe!”*

3. If a girl cannot name another food in the given category using her letter, she must enter the middle of the circle and choose the category for the next round. She will also determine if the answers given are correct for her chosen category.

*EXAMPLE: “A tomato is a fruit because it holds all the seeds!”*

4. Repeat the process until the girls have completed the alphabet.

**Note:** Girls may use this opportunity for learning the different food groups as well as the benefits of a nutritious and balanced diet. For deeper understanding, girls may explain why they chose a particular food.

**Accommodations:**

For girls wanting a little more guidance, the girls should sing the alphabet song out loud and hold one or more practice rounds using more familiar categories such as colors, animals, or movies. Encourage open discussion about what makes a food healthy or unhealthy.

For girls that would like more of a challenge, provide a time limit of 5 seconds for the answer after being tagged and if a girl is unable to answer, the game continues without her until there is only one person left.

## Nutrition: Snack for Energy

**Materials:** Consult the Snacks Legacy Badge in your Brownie Handbook and don't forget to visit your local H-E-B store for advice and materials! Number and type of materials is contingent on the desires of the girls and the number of girls participating.

**Directions:**

1. Girls choose from these three energy snacks:
  - a. Fruit Kebab
  - b. Trail Mix
  - c. Hiking Necklace
2. Girls should identify their favorite healthy foods.
3. Girls should then choose one of the energy snack options that best fits their favorite healthy foods.
4. Girls will create a snack for energy for an upcoming activity such as extracurricular sports, troop hiking, or family camping.

**Note:** Leaders should be attentive to all food allergies and sensitivities. Leaders should use this opportunity to teach girls about the benefits of healthy food for energy. Discuss how the different nutritious characteristics of each food group help a girl stay alert and focused.

**Accommodations:**

For girls wanting a little more guidance, leaders should provide the girls ingredients for one energy snack. Leaders and girls should discuss the benefits of a healthy energy snack and create the snack together.

For girls that would like more of a challenge, girls may wish to create a group recipe book for their family and friends. Ask girls to research other great healthy energy snacks to share during the next meeting and add to their recipe book.

## Nutrition: Brownie Brew Break

**Materials:** Consult the recipes in your Wonders of Water journey book and the Snacks Legacy Badge in your Brownie Handbook and don't forget to visit your local H-E-B store for advice and materials! Number of materials is contingent on the desires of the girls and the number of girls participating.

### Directions

1. Choose from these slurpable snacks:
  - a. Watermelon Cooler Peppermint Iced Tea
  - b. Your very own Party Punch
2. Girls should plan a troop teatime where they serve their delicious and nutritious brew.
3. Girls should discuss the benefits of each of the healthy beverages and then choose one of the options.
4. Girls will create their own delicious Brownie brew for a refreshing break at an event such as a troop meeting, a family picnic, or even a play date with friends.

**Note:** Leaders should be attentive to all food allergies and sensitivities. Leaders should use this opportunity to teach girls about the benefits of hydration. Discuss your Water Body and how the body uses water. Discuss the Blue Planet and water conservation.

### Accommodations:

For girls wanting a little more guidance, leaders may wish to use the Brownie Brew Break activity during the refreshment part of a troop meeting and make the slurpable snack with the girls.

For girls that would like more of a challenge, girls may wish to make colorful melon "cookies" from seedless watermelon, cantaloupe, or honeydew melon using their favorite cookie cutters. Girls may decorate their "cookies" with plain yogurt, sprinkled granola, and other dried fruits. Leaders may take this opportunity to discuss the benefits of relaxation and stress management for overall health.

# WELLNESS

## Wellness: The Right

**Materials:** No materials are necessary, feel free to have your girls make a right fit chart for spring, summer, fall, and/or winter! Number of materials is contingent on the desires of the girls and the number of girls participating.

**Directions:**

1. The leader will have the girls sit in a large circle.
2. The leader will give the instructions:
  - a. One person will say that they are going somewhere during a season with a certain weather condition, and they are bringing a particular item.

*EXAMPLE: "I am going to the beach in the summer and the weather is hot. I will bring a beach towel."*

- b. The girls will then go in the circle saying what they will bring.

*EXAMPLE: "I will bring a swimsuit! I will bring sunscreen! I will bring water!"*

- c. If a girl cannot name another item in the given category, she must exit the circle and choose the category for the next round.
3. The game will end when there is only one girl left in the circle.
4. If a girl provides an unusual answer, the girl must prove that it is the right fit!

**Note:** Girls should be aware of safe practices and respectful competition. Girls should discuss how to empower each other and work together cooperatively. If possible, girls should create their own rules and explain the importance of their rules.

**Accommodations:**

For girls wanting a little more guidance, the girls may focus on one time of year and discuss the different weather that occurs. Girls may wish to look through seasonal magazines to point out particular items of clothing. Girls may also wish to create a chart for quick reference, leaders should use the girls' past experiences to draw on their practical knowledge and promote retention.

For girls that would like more of a challenge, provide a time limit for their answers and if a girl is unable to answer, the game continues without her until there is only one person left. Leaders may endeavor to create a pattern with the answers that girls must follow such as words with double letters including "sunscreen," "umbrella," and "canteen," or double words such as "beach towel," "water bottle," and "drawstring hat."

## Wellness: Sun

**Material** Number of materials is contingent on the desires of the girls and the number of girls participating. Feel free to have the girls create their own relay track!

1. Sunscreen
2. Hat
3. Large t-shirt

**Directions:**

1. Designate a relay track.
2. Place your sun safety gear (i.e. sunscreen, hat, and large t-shirt) at the starting line.
3. The girls should line up behind the starting line with the sun safety gear.
4. A chosen signal will begin the relay.
5. The first girl should put on the t-shirt and hat, and apply sunscreen to her nose, being careful to avoid her eyes.
6. Once the girl has applied the sun safety gear, she should make her way to the finish line. At the finish line, the girl should complete a set of 10 jumping jacks or sit ups.
7. When the girl has completed her set, she must return to the finish line and remove her sun safety gear.
8. Each girl will repeat steps 5 through 7 until every girl is a member of the Sun Squad!

**Note:** Girls should engage in collaboration and teamwork. Girls should focus on developing healthy habits and positive communication for reinforcement of appropriate behaviors.

**Accommodations:**

For girls wanting a little more guidance, begin by telling the girls about the importance of protection from UV rays. Explain why they will be using a hat, t-shirt, and sunscreen. Girls may wish to talk about their experiences with fun in the sun. Leaders should be aware of and consider all sensitivities and allergies.

For girls that would like more of a challenge, ask girls to brainstorm more ways to protect their skin from harmful rays. Girls may wish to utilize their new safety gear ideas into the relay. Consider having girls create a sun safety gear bag for their family.

## Wellness: Mirror, Mirror

**Materials:** Number of materials is contingent on the desires of the girls and the number of girls participating. Feel free to have girls be creative and decorate their mirrors!

1. Paper plate
2. Glue
3. Aluminum foil

**Directions:**

1. Girls will create their own mirror.
2. Leaders should cut out a circle from the aluminum foil.
3. Girls should glue the circle of aluminum foil, shiny side up so that girls may see their reflection, to the center of the paper plate.
4. After completing the mirror, each girl should look into their reflection and recite:

*Mirror, mirror, in my hand, I want to be the healthiest that I can. One way I am healthy is..."*

5. Girls will say one healthy habit that they practice at the end of the sentence.

**Note:** Girls will develop a stronger sense of self and feel empowered to engage in healthy habits. Leaders may use this opportunity for deeper understanding of accountability and self-efficacy.

**Accommodations:**

For girls wanting a little more guidance, leaders may explain to the girls why they are making mirrors. Girls may wish to recite their own positive mantra about their personal overall wellness into the mirror in a more private setting.

For girls that would like more of a challenge, girls may decorate their mirror by creating an acrostic poem using either their name or the healthy habit they chose. For deeper understanding, girls should explain why the choices that they make about their health are important.

# LEADERSHIP

## Leadership: Florence Butt

**Materials:** No materials are necessary. Number of materials is contingent on the desires of the girls and the number of girls participating.

**Directions:**

1. Leaders should read:

*Florence Thornton Butt was born in Buena Vista, Mississippi, on September 19, 1864. She would go on to enroll in Clinton College, the only female in her class, and graduate with highest honors. She moved to Texas in 1904, first settling in San Antonio and then relocating to Kerrville. She used her business sense to accumulate a small inventory of groceries and in 1905 Florence invested \$60.00 to open a C. C. Butt Grocery Store in Kerrville. Her store was located on Main Street on the first floor of a two-story building; her rent was \$9.00 a month. To save money, she moved her family into the second story, above her store. Florence launched and successfully continued to run her own business until 1919. It wasn't until a year later, in 1920, that women would be guaranteed the right to vote. Her son would continue her business legacy and today we recognize that a woman leader helped establish H-E-B!*

2. Ask girls to name what they liked most about Florence's story.
3. Ask girls how Florence's story may help them become better leaders.
4. Leaders should feel free to share their own impressions.
5. Leaders may pose more open-ended questions for deeper understanding.

**Note:** Girls should engage in respectful communication and practice effective group dynamics. Girls may be encouraged to create rules for the discussion as well as explain why these rules are important.

**Accommodations:**

For girls wanting a little more guidance, leaders should read the mini-biography one time. The girls should take a few minutes to think about what they have heard. After a few minutes, leaders should read the story again before asking what the girls liked most about the story. Leaders should share their own impressions with the girls for each question to model appropriate responses and behaviors.

For girls that would like more of a challenge, leaders should continue Florence's story by telling the girls that Florence was very active in her church and generous in her community. Leaders should ask girls what they may each do to contribute a lasting impact on their community. Girls should also think about other environments and opportunities in their daily lives that they may create beneficial change (i.e. school, sports, church, etc.).

## Leadership: Safety First

**Materials:** Number of materials is contingent on the desires of the girls and the number of girls participating. Feel free for the girls to decide how to use their safety sense to make a safety information station!

**Directions:**

1. The Girl Scout motto is “always be prepared.”
2. Ask girls about how they are prepared to stay safe and healthy.
3. Teach girls about basic first aid and help them build a portable first aid kit for minor cuts and bruises.
4. Girls should create a safety checklist with contact information for places they need to know about like the police station and firehouse.
5. Girls should also learn their home address and parent/guardian phone number.

**Note:** This activity should be age-appropriate and take into consideration the individual girl’s needs. Feel free to substitute activities such as basic first aid with a fire drill or other important safety concern. Leaders should reference the Safety Checkpoints provided by Council.

**Accommodations:**

For girls wanting a little more guidance, focus on playground safety and discuss with the girls the significance and importance of playground rules. Girls may wish to create their own list of playground rules. Leaders should help girls create a list of the important people for girls to contact in an emergency situation. Girls should gain practical life skills and feel prepared for an emergency.

For girls that would like more of a challenge, girls may create their own safety information station that includes a map of the community marking the places that girls need to know about along with contact information, a basic first aid kit, and a list of rules to protect them during troop meetings/events.

## Leadership: Service Project

**Materials:** Number of materials is contingent on the desires of the girls and the number of girls participating.

**Directions:**

1. Girls should discuss and identify healthy living needs in their community.
2. Girls may choose to either:
  - a. Complete a healthy living poster to educate the public about an issue, or
  - b. Provide service to their community
3. Girls should feel connected to their community, locally and globally, by forming healthy relationship 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:** This activity should help girls to seek challenges in the world and become resourceful problem solvers. Please use the resources provided by Council to help girls plan their service project.

**Accommodations:**

For girls wanting a little more guidance, leaders should provide a list of community needs and appropriate organizations that will help girl to complete their service. After the girls have had the opportunity to think about what issue they would like to address, leaders should help girls plan their project.

For girls that would like more of a challenge, girls should considering using the opportunity for service to plan and implement a take action project in their community. Feel free to contact the Resource Center or more information, helpful tips, and planning guides for take action projects.

# 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](#).

**Girl Scouts of Southwest  
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