







# Barilla® Good for You, Good for the Planet Patch Program

Have you ever wondered exactly where your food comes from or who are the people that help get it to your table? As we share meaningful meal time with our families, we rarely stop to think about the food we are eating and how it connects to our planet earth. Through the Barilla Good for You, Good for the Planet patch program you will be guided through activities to answer these questions! By the end of the program, you will understand how food impacts your life more than just nutrition.

In order to complete the Barilla Good for You, Good for the Planet patch program, you will need to complete at least one activity from each section. Once the activities are complete visit your local Girl Scout Retail Shop to pick up a Barilla Good for You, Good for the Planet patch!



GROW



KNOW



MAKE



SHARE





# Growing of Good Food

**Marcela Mrugala**, Director of  
Procurement

Let us start with the very first steps of good food production. All foods that are good for you are also good for the planet and more importantly come from the earth. The earth's soil is full of nutrients that help our food grow but in order for the food to get to our table we rely on a farmer!

In this section, you will dive into what a farmer does when going through the cycle of planting, nurturing, harvesting and ultimately producing foods used by Barilla.



# Ask The Expert

## **Q: What do you do for Barilla?**

A: My job is to secure the materials and services needed to make the products we love!

## **Q: What is the most important step in sourcing the best wheat to use in Barilla products?**

A: The most important step is identifying qualified suppliers that can meet our needs in terms of assurance of supply, quality, service, and cost. This means, finding the right suppliers (farmers) who have a quality product (durum wheat) and who have enough supply available for us to make our pasta.

 **TIP:** Durum wheat is an ancient hard wheat that keeps the pasta from sticking or clumping together. This is why it is perfect for making pasta!

## **Q: Have you worked with some of the Barilla farmers for many years?**

A: Yes. We work with suppliers in two regions: Northern Plains (North Dakota) and Desert Durum (Arizona). Many of these farmers are established and have been cultivating durum wheat for many years.

## **Q: Is it important to Barilla to utilize farms and products that are good for the planet and have a low carbon footprint while being energy efficient?**

A: Yes, it is very important for Barilla to work with suppliers which utilize sustainable farming techniques when growing and harvesting our durum wheat. In order to help them, we even developed a "Sustainability Handbook" which provides guidelines for farmers on making and keeping their business more sustainable for the future.

## **Q: When selecting ingredients for Barilla pasta why is quality important?**

A: Typically, especially in Italy, pasta is always cooked to be al dente. In order to achieve this, a high quality ingredient (durum wheat) must be used in the making of pasta to achieve the desirable golden color, nutty flavor, along with a firm shape and texture when cooked. On the contrary, if the ingredients that go into making the pasta are not of the highest quality, then the pasta will never cook correctly. The science of cooking is important because without the right ingredients pasta would never be al dente.

## **Q: What percentage of suppliers you work with at Barilla are female?**

A: Right now, the market is ever evolving where more and more women-owned businesses are being established. Barilla is actively seeking to engage diverse suppliers.

## **Q: What is your favorite part of your job at Barilla?**

A: My favorite part is visiting Barilla plants and suppliers with which we partner. There is nothing quite like the smell of fresh pasta being made at our plants. Our facilities are state of the art and it is wonderful to watch them produce Barilla products.

## **Q: What is your favorite meal that is "Good for You, and Good for the Planet"?**

A: My favorite meal that is good for you, and good for the planet is Orechiette (pasta) with broccolini, olive oil and Parmigiano Reggiano cheese.

# Action: Harvest the Yummy

Grades K-5

**What you'll do:**

Discover the process which farmers go through from planting to harvest.

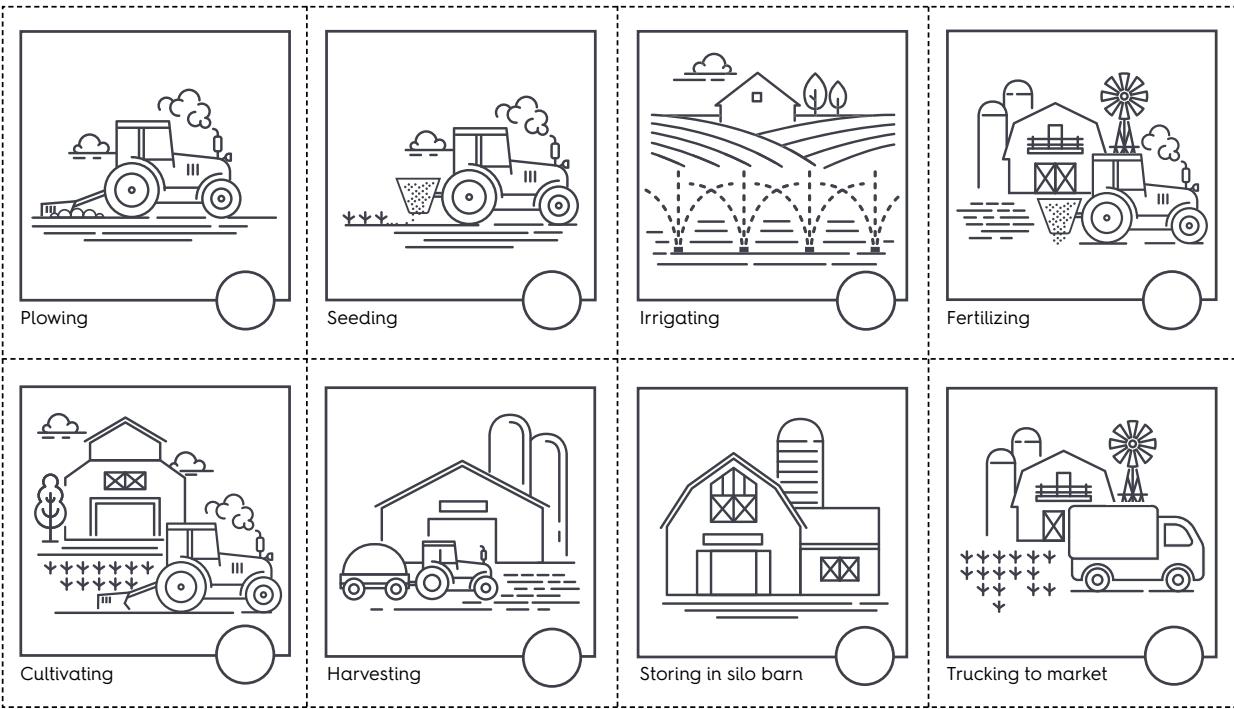
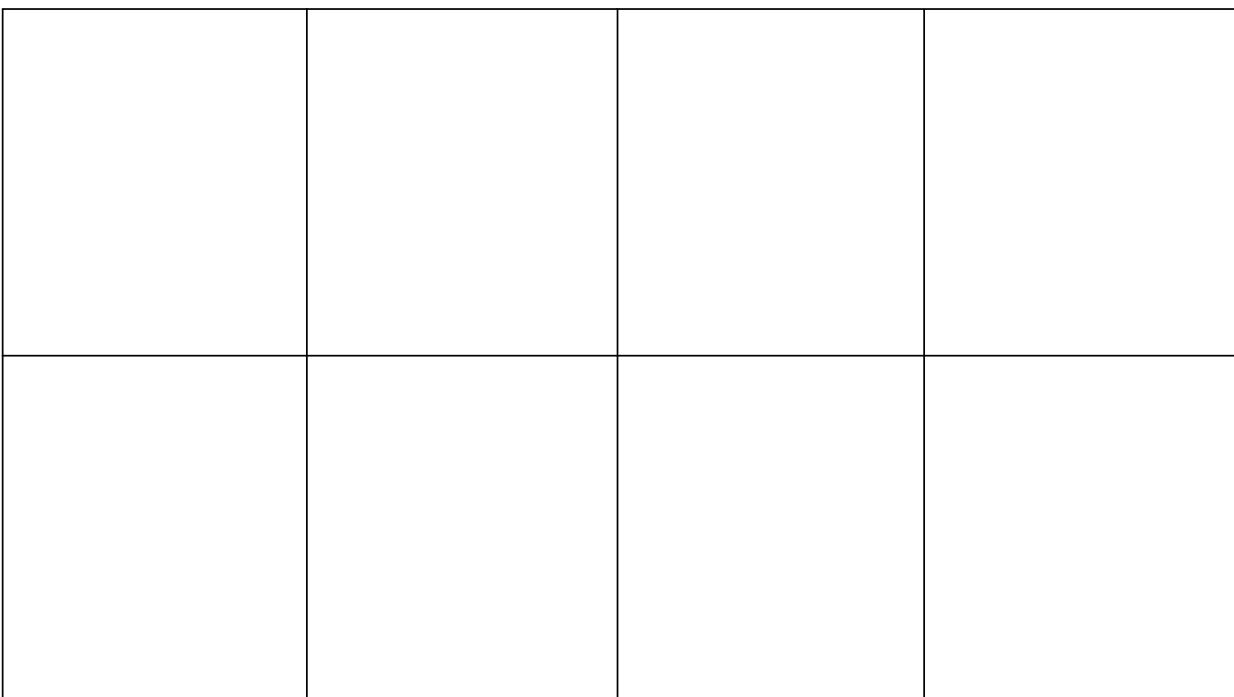
**Materials:**

- Pencils
- Food Prints chart (pg. 8)
- Barilla Double Pyramid (pg. 9)

**Instructions**

Barilla farmers focus on creating durum wheat that is of the highest quality and is good for the planet. The way they harvest the wheat is important to sustaining food for the growing population of our planet. Cut out the harvesting pictures and place on the grid to the right (pg 5). What does the farmer do first?







# Action: Food Prints

## Grades 6-12

### What you'll do:

Understand how the food you eat can impact the ecological foot print by learning about the Double Pyramid.

### Materials:

- Pencils
- Food Prints chart (pg. 5)
- Barilla Double Pyramid (pg. 9)

### You are going to create your own FOOD print!

#### Instructions:

1. Think about what meals you ate yesterday.
2. Write them down across the top of the Food Print chart worksheet. (pg. 8)
3. Next, write out all the ingredients you can think of that were in your meal.
4. Now, we're going to estimate the Ecological Footprint of this food. It's very simple, if you think it comes from our state of Illinois or in a neighboring state, we'll put a number 1. If you think it's from somewhere in the continental United States, put a 2. If you think it's from another country, put a 3. You are just estimating, so it's okay if you're not sure.
5. Using a pencil, fill in the Food Print chart for the 3 meals you ate yesterday.

### Think about...

How does our food connect us to the Earth?

How does our food connect us to people?

When you bite into a piece of food, do you ever think about the people who produce it, pick it, or deliver it to you? Do you ever wonder whether they actually eat this food themselves?

What are some of the decisions that are made along our food networks? What's a food network? How do they impact people and the planet?

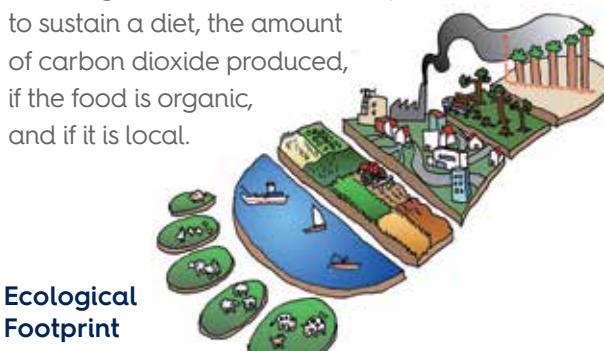
What ideas are we starting to have about how decisions along our food networks impact health—the health of the environment and our own?

### Do you know what a carbon footprint is?

It's a measurement of the total amount of greenhouse gases produced to directly and indirectly support human activities, usually expressed in equivalent tons of carbon dioxide CO<sub>2</sub>.

### Can anyone tell me how a FOOD print compares to a carbon FOOT print?

A FOOD print is basically a carbon FOOTprint about the food you eat. A FOOD print is the environmental impact, or footprint, of food, including the amount of land required to sustain a diet, the amount of carbon dioxide produced, if the food is organic, and if it is local.



Ecological Footprint



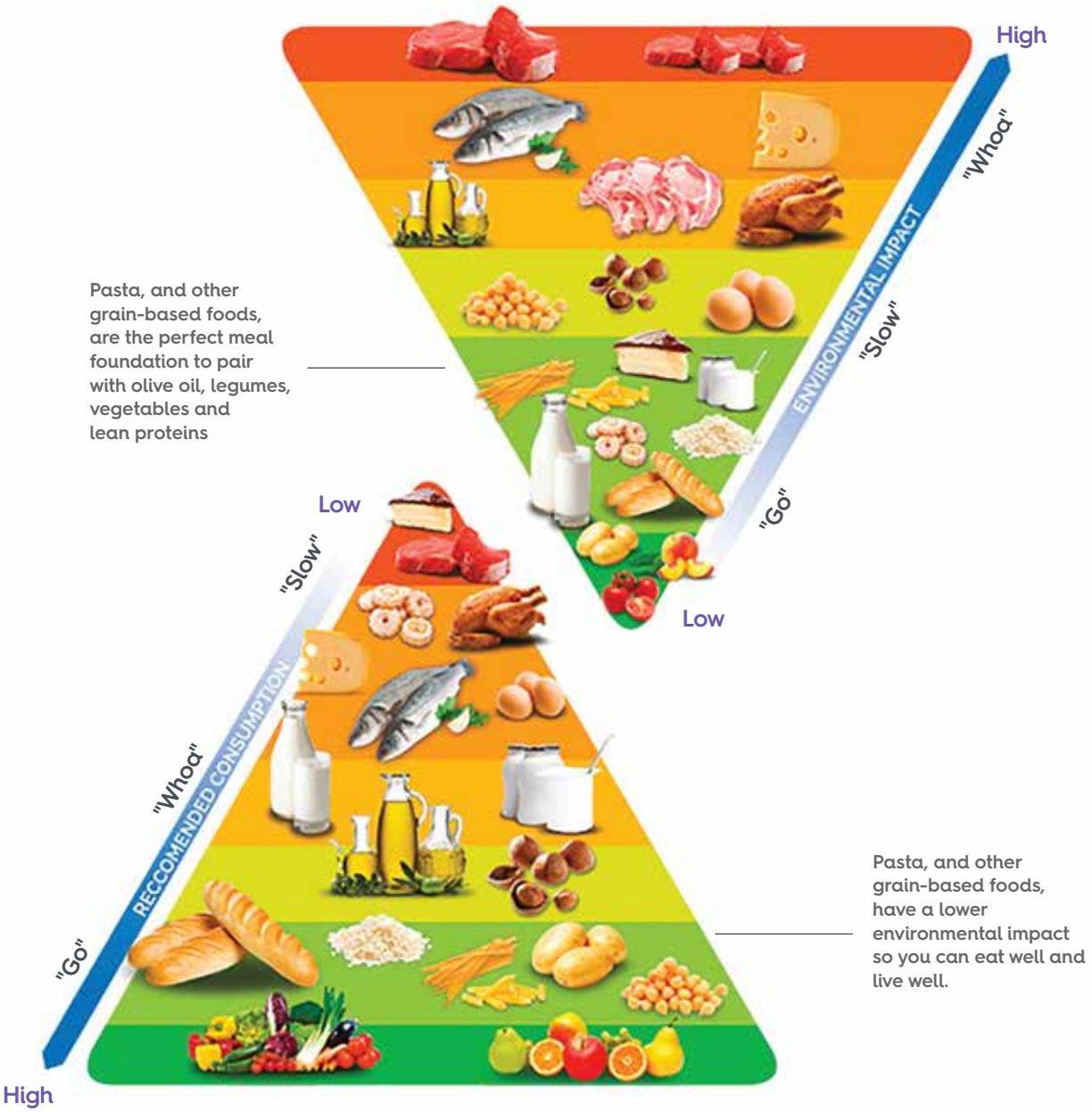
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## Barilla Food Print Chart

Meal				
	Breakfast	Lunch	Dinner	
	Ingredients	Food Print	Food Print	Food Print
<b>1</b> = Made in your state	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
<b>2</b> = Made in USA	6. 7.	6. 7.	6. 7.	6. 7.
<b>3</b> = Made in another country	8. 9. 10. 11. 12. 13. 14.	8. 9. 10. 11. 12. 13. 14.	8. 9. 10. 11. 12. 13. 14.	8. 9. 10. 11. 12. 13. 14.
Total				

# Eating & Living the Mediterranean Way

The Double Pyramid: Good for you. Good for the Planet.

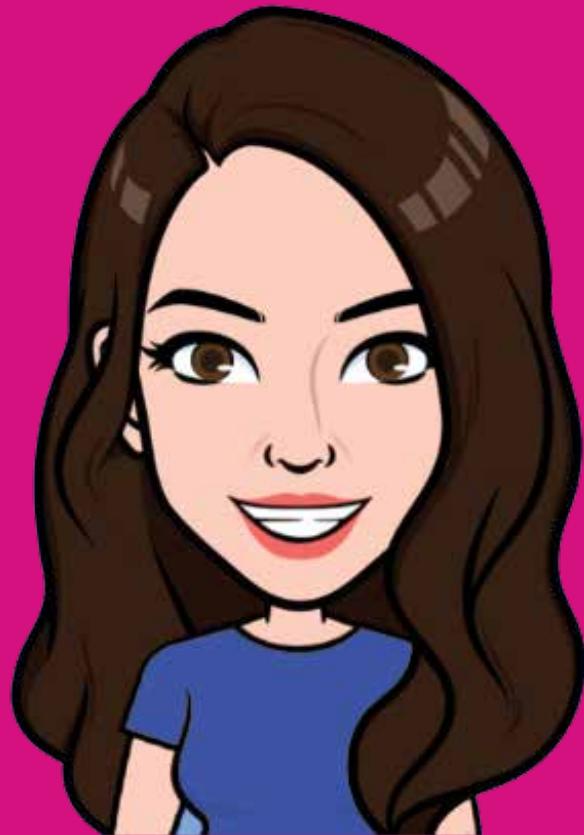


**Barilla**  
Center  
FOR FOOD  
& NUTRITION

Barilla G. e R. Fratelli S.p.A. 2011

Foods recommended most as part of the Mediterranean diet are the foods with a lower environmental footprint.

For more information visit [www.BarillaCFN.com/en](http://www.BarillaCFN.com/en).



# Knowing Good Food

Anna Rosales, Registered Dietitian  
Nutritionist

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In this section you will explore exactly what goes into the Barilla products you consume. The ingredients in Barilla products come from the planet, like we learned in the last activity. However, how exactly do they get to the grocery store shelves? This stage of food production take people from different expert areas like: engineers, chefs, and a team of people in Research and Development. Not only are they building recipes for the products we love, but they are also making sure foods are not processed in unhealthy ways.



# Ask The Expert

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**Q: What are your best tips for planning a healthy pasta meal for your family?**

A: My best tip is to utilize our Barilla® Pasta recipe builder. It is the best for trying new and different recipes you may not normally think of.

**Q: How important is it to read labels when visiting the grocery store?**

A: If you're buying something with a label, it's always a good idea to glance at what the nutrition information is and the ingredients so you know what you're putting in your body.

 **TIP:** Don't just avoid something if you don't know the name. Some foods are enriched with vitamins and minerals that our bodies need. If you aren't familiar with an ingredient, look it up.

**Q: We know Barilla pastas utilize the best, most simple healthy ingredients, but what makes them different from other pastas?**

A: In the basic sense, we use the highest quality durum wheat. That way we can produce the best pasta possible. Other than that, being a family owned company definitely makes us stand out. The Barilla family cares about sustainability for the future.

**Q: Does Barilla use the science of taste testing when developing a new product or recipe?**

A: Yes, absolutely! We even have a sensory scientist who works with us to taste test and inform us on preferential liking of foods from people.

**Q: What is your favorite part of your job?**

A: Getting to collaborate with my amazing coworkers is my favorite part of my job. I am lucky enough to cross paths with many different people and everyone has the same love of our company and the products we produce.

**Q: What is your favorite meal that is "Good for You, and Good for the Planet"?**

A: My favorite meal that is good for you, and good for the planet is Barilla Ready Pasta, garbanzo beans, a frozen vegetable, drizzled in some olive oil. Quick and easy to make and my kids love it as well!

# Action: Grocery Store Trip

## Grades K-5

### Materials:

- Pencil
- Barilla Pasta Recipe Builder (pg. 20)
- Barilla Double Pyramid (pg. 9)
- Grocery Store Scavenger Hunt (pg. 13)

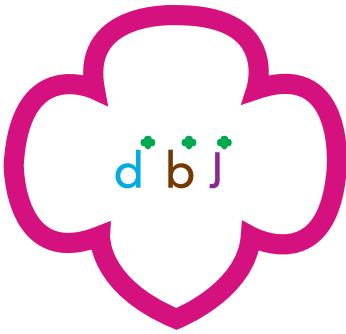
### Instructions:

1. Use the Barilla Pasta Recipe Builder to create a recipe just like a chef! Remember to consider the Double Pyramid.

 **TIP: We challenge you to use an ingredient you may not have traditionally thought of for that recipe!**

2. Visit your local grocery store to find the items listed in the Pasta Recipe Builder you'll need for your pasta recipe. Simply select an ingredient from each category within the Pasta Recipe Builder and find it within the store to build your recipe.





### Grocery Store Scavenger Hunt

1. Find one fruit or vegetable for each color of the rainbow, write them below?

- A** Red:
- B** Orange:
- C** Yellow:
- D** Green:
- E** Blue:
- F** Indigo:
- G** Violet:

2. Maybe just try a cheese you've never had?

3. Find a food that you have never tried before. Name that food.

4. Find a food item that comes from Illinois. List it below.

5. What is the recommended serving size of pasta?

6. Can you find a pasta accompaniment that is on sale this week? What is it?

7. How many different kinds of Barilla pasta sauce are offered at your grocery store?

# Action: Pasta Design

Grades 6-12

## Food Inventor

### Materials:

- Pencil
- Food Inventor Worksheet (pg. 15)
- Barilla Pasta Recipe Builder (pg. 20)
- Barilla Double Pyramid (pg. 9)

### Think about...

What goes into the shape of your pasta?

Are certain pasta shapes better for some dishes?

What kind of dish do you want to make? Will it need a pasta that can hold sauce? Or is it a dish that would benefit from thinner, non-specific shaped noodles?

Remember to keep in mind that pasta shapes are vital to the overall experience of pasta. By coming up with inventive shapes that are different from the competitors, Barilla is able to corner the market on unique pastas that are useful for many dishes. Be as creative as you want, you never know what you'll come up with!

### Instructions:

**During this activity you are going to invent your own pasta shape for Barilla!**

1. Flip to the Food Inventor worksheet and grab your pencil. (pg. 15)
2. Work through the steps of the Design Process to invent your own pasta shape.
3. Finish by drawing your new shape.

**Before cooking your very own meal in the next section we need to create your recipe and go to the store.**

1. Use the Barilla Pasta Recipe Builder to create a recipe just like a chef! Remember to consider the Double Pyramid.

**We challenge you to use an ingredient you may not have traditionally thought of for that recipe!**

2. Visit your local grocery store to find the items you'll need for your pasta recipe.

# Food Inventor Worksheet

## Barilla Pasta Design Process

Favorite current pasta shape: \_\_\_\_\_

Least favorite pasta shape: \_\_\_\_\_

List other pastas shapes you know: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Brainstorm a new pasta shape

Think about...

What's your favorite shape? \_\_\_\_\_ Favorite colors? \_\_\_\_\_  
\_\_\_\_\_

How big or how small? \_\_\_\_\_

What shape would others like to see? \_\_\_\_\_

How will it affect the sauce? \_\_\_\_\_  
\_\_\_\_\_

## Pick a design

My shape is: \_\_\_\_\_

Draw your pasta shape! \_\_\_\_\_

A large, empty rectangular box intended for a child to draw their own pasta shape.



# Making Good Food

Lorenzo Boni, Executive Chef – North America

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Let us focus our attention on the kitchen now! In this section, you will learn different ways to create healthy meals using Barilla products. Cooking with your family is not only fun but can be a great opportunity for you spend quality time with the ones you love the most. So grab your family and get into the kitchen. It's time to cook!



# Ask The Expert

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**Q: How did you become a Chef working for Barilla?**

A: Some years ago I owned a successful restaurant in Northern Italy, close to Barilla's headquarters. Barilla approached me to consult for their Research and Development center to develop new recipes for their jars of sauce. About a year and a half later they brought me on full time and in 2004 I relocated to Chicago.

**Q: How important is it for everyone to be creative in the kitchen?**

A: It is essential to be creative in the kitchen. Think about a musical composer, they have many notes of music they put together to make beautiful songs. A chef is the same way, we have many beautiful ingredients to make healthy and filling meals.

**Q: What is one tip you have for girls just starting to cook in the kitchen?**

A: My one tip is to always be creative in the kitchen, even if you end up making mistakes.

**Q: What is your favorite Barilla ingredient to use in recipes?**

A: I like working with long, thicker shapes such as Bucatini. Thicker noodles are great for cooking al dente pasta, the texture is perfect for a good Italian dish.

**Q: Is food that is good for you always good for the planet?**

A: Yes, generally speaking, food that is good for you is also good for the planet.. Here at Barilla we do a lot of Mediterranean-style cooking. We use less animal fat and red meat and, instead, cook with fresh vegetables and legumes. Using those ingredients make our cooking better for the planet.

**Q: Why do you think it is important to cook with your family?**

A: Cooking together is a great time to make connections and spend time together. It is a great time to have meaningful conversations.

**Q: What is your favorite part of your job?**

A: My favorite part of my job is cooking! I like experimenting with new recipes, it's the best part of my job.

**Q: What is your favorite meal that is "Good for You, and Good for the Planet"?**

A: One of my favorite meals that is good for you, and good for the planet is Spaghetti with clams.

# Action: Pasta Builders

All Grades

## What you'll do

Use Barilla's pasta recipe builder to create a new pasta recipe for your family.

## Materials:

- Grocery store items from your pantry
- Easy Portion Reference Guide (pg. 19)
- Barilla Pasta Recipe Builder (pg. 20)
- Italian Pantry List (pg. 21)

## Instructions:

1. Prepare the items you will need to cook your pasta meal from your pantry.
2. Grab a family member or another adult and cook your meal.
  - Follow the instructions on the Barilla box for cooking your pasta.
3. Enjoy the meal you made with people you love!

# Passion FOR PASTA

## EASY PORTION REFERENCE GUIDE

1

### PASTA



1 cup of Cooked Pasta ~ 1 Baseball

2

OR

### FISH



3 oz. of Fish ~ 1 Checkbook

### CHICKEN



3 oz. of Cooked Lean Protein ~ 1 Deck of Cards

3

### VEGETABLES



At least  $\frac{1}{2}$ -cup of Vegetables ~ 1 Computer Mouse

4

### CHEESE



1 tbsp. of Grated Cheese ~ 1 Poker Chip

5

### HERBS



Unlimited (to taste)

# Passion FOR PASTA

ITALIAN RECIPE BUILDER

1/4 CUP CHEESE, DAIRY & OTHER FATS

## GRATED PARMIGIANO REGGIANO

- OR
- SHREDDED ASIAGO
- CHOPPED FRESH MOZZARELLA
- SHREDDED FONTINA
- HEAVY CREAM
- GRATED PECORINO ROMANO

12 OZ. PROTEIN

## MEDIUM SHRIMP, SHELLLED, DEVEINED

- OR
- LEAN GROUND BEEF
- THINLY SLICED BONELESS SKINLESS CHICKEN BREAST
- CANNED WHITE BEANS, RINSED
- CANNED TUNA, DRAINED
- CUBED RAW SALMON

1/4 CUP OIL

## EXTRA VIRGIN OLIVE OIL

- OR
- VEGETABLE OIL
- BASIL OIL
- WALNUT OIL
- CANOLA OIL



1/4 CUP HERBS

## CHOPPED BASIL

- OR
- THINLY SLICED CHIVES
- CHOPPED ITALIAN PARSLEY
- CHOPPED MINT

2 CUPS VEGETABLES

## THINLY SLICED ASPARAGUS

- OR
- HALVED CHERRY TOMATOES
- BROCCOLI FLORETS
- THINLY SLICED CREMINI MUSHROOMS
- BABY SPINACH LEAVES
- THINLY SLICED ZUCCHINI

1/4 CUP BASE FLAVORING

## SLICED GARLIC (2 CLOVES)

- OR
- CHOPPED CELERY
- CHOPPED LEEKS
- CHOPPED YELLOW ONION
- CHOPPED SHALLOTS
- CHOPPED WHITE ONION

1 BOX PASTA

## BARILLA® PROTEINPLUS® ANGEL HAIR

- OR
- BARILLA® COLLEZIONE PENNE
- BARILLA® GLUTEN-FREE ELBOWS
- BARILLA® VEGGIE PENNE
- BARILLA® ORGANIC ROTINI
- BARILLA® WHOLE GRAIN LINGUINI

EACH RECIPE MAKES 6-8 SERVINGS

1. Pick your favorite PASTA; cook one minute less than packaging directions. Drain; reserve 1/2 cup pasta water.
2. Heat OIL in large skillet over medium heat. Add BASE FLAVORING; cook until softened.
3. Increase heat to medium-high. Add PROTEIN; cook stirring frequently until done.
4. Add VEGETABLES and reserved pasta water; cook until softened. Add PASTA; cook 2-3 min. until heated through. Adjust seasoning with salt and pepper to taste.
5. Remove skillet from heat; add CHEESE, DAIRY & OTHER FATS. Garnish with HERBS.



Brought to you by



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It's ok to double the veggies or choose two

# Kids' Italian Pasta Pantry

We'd like to share with you our recommendations for the key items you should always have stocked in your pantry to make an authentic Italian pasta meal. Of course, the number-one rule of great Italian cuisine is "fresh is best." We recommend keeping on hand fresh ingredients that follow the seasons and harvests—you'll love the authentic Italian flavor it brings to your meals.

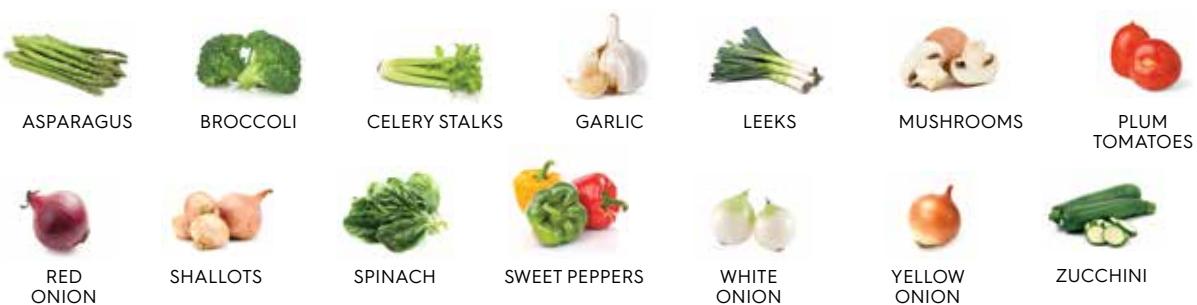
## Dry/Shelf Staples



## Fresh/Refrigerated/Frozen



## Assorted Seasonal Fresh Vegetables

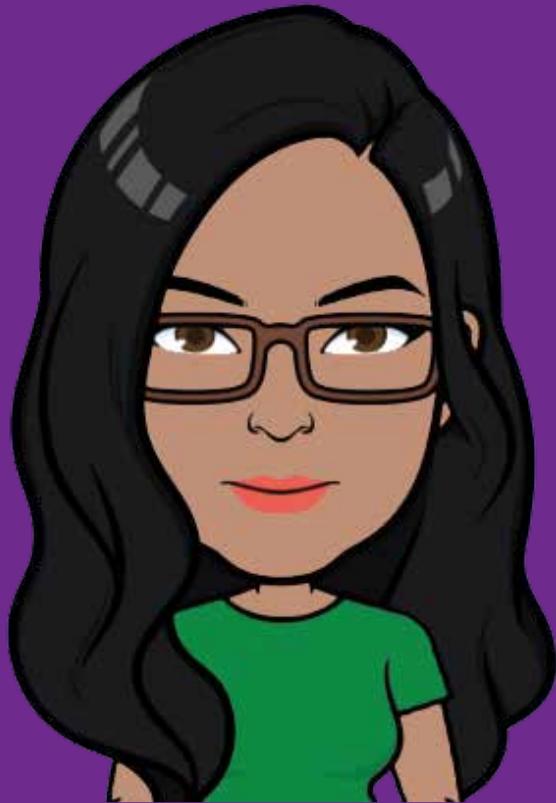


## Assorted Fresh Herbs



## Assorted Proteins





# Sharing the Table

Prita Wadhwanı  
Head of Marketing Communications

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We are getting closer to having the food on the table! In this section you will explore not only why food, but mealtime is important. Food has the ability to connect people to our planet as well as to each other. Some of the best conversations and laughs happen at the table.



# Ask The Expert

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**Q: What do you do for Barilla?**

A: To put it simply, I help Barilla give back to the community.

**Q: How important is it for Barilla to give back to their communities? What are some examples of how they give back?**

A: We value giving back to our communities very much as a family-owned company. Our strong belief is that we should actively participate by improving accessibility to good, nutritious food in our communities.

**Q: Why do you think it is important for Girl Scouts to have good conversations around the dinner table?**

A: Good conversations are important because they can lead to stronger relationships with people. Healthy relationships add immeasurable value to our lives by providing happiness and a sense of security and identity. Our chairman, Guido Barilla, shares his belief that "food is not just for nourishing your stomach, it's about nourishing your soul." This is a core sentiment that contributes to our "Good for You, Good for the Planet, Good for Communities" philosophy.

**Q: Do you have some go-to questions you love to ask at the dinner table?**

A: We have a 10-year old daughter and we try to ask questions that give us a chance to have real dialogue together as a family. Some of our favorites are: What did you learn today? Were you able to help anyone today? What was the best part of your day?

**Q: What is your favorite part of your job?**

A: My work provides me with an opportunity to engage with so many people and help different communities across America. I love to figure out how Barilla can help make a not-so-great situation better. It truly is the best part of my day when I see a smiling face of someone who benefitted from our humble contribution.

**Q: What is your favorite meal that is "Good for You, and Good for the Planet"?**

A: Pasta is my favorite meal for sure! It really is the most versatile food. My favorite shape is orrechiette and I like to enjoy it "Cacio e Pepe" style - cacio (cheese), e (and), pepe (pepper) - with peas!

# Action: Meal Time Around The World

Grades K-5

## Materials:

- Pencil
- Lunch Around the World Chart (pg. 25)

**Let's think about manners when eating – can you name something you shouldn't do at the table?**

## Example:

Don't criticize the food! Instead, find something you do like about it.

You may know how to be polite at your own table, or at a friend's house, but what about in a different country? Every culture has its own rules for meals!

## Instructions:

1. Use the Lunch Around the World Chart to guess which country is being described.
2. Share what you learned with others!



## Lunch Around the World

1. France	
2. Netherlands	
3. Japan	
4. India	
5. Russia	
6. Czech Republic	
7. Brazil	
8. South Korea	
9. Italy	
10. Slovakia	
11. Israel	
12. Cuba	

- A. Younger students eat a lunch provided at the school while older students may eat on campus, go home for lunch or eat out. Regardless of where they eat, the most common lunch dishes are pasta and risotto.
- B. Lunches in this country usually start with a hearty soup with a side salad and main.
- C. Lunches usually contain rice, a stew, and a few small dishes to accompany the meal called "banchan".
- D. Children often eat lunches that could classify as gourmet meals! They typically eat a meal provided by the school, with daily changing menus of three or four courses. It will consist of a salad, fresh bread and cheese, main dish made up of a protein and vegetables, and a dessert.
- E. A school lunch is composed of rice, chicken croquettes, root vegetables, and yellow pea soup.
- F. Children typically bring their own lunches to school, usually sandwiches. A typical lunch meal is a tosti, a grilled sandwich with cheese and ham.
- G. Most children eat school-made lunches. The school lunches are balanced meals containing a protein (fish, chicken, beef, tofu), vegetables, soup, and milk.
- H. A typical lunch option for kids is a small falafel plate with pita chips, tzatziki dip, and fresh veggies.
- I. At school children are given a short break where they enjoy snacks like queijadinhas, a sweet muffin made with coconut, cheese and sweetened condensed milk.
- J. Children are provided a free mid-day meal. Children bring their own metal plates and are served a meal, usually "khichdi", a traditional hot dish made of mixed rice, lentils, and vegetables with a piece of naan bread.
- K. This lunch almost looks like it could be a typical North American sandwich lunch. It contains fresh fruits and vegetables, bread and smoked fish, and a chocolate bar for dessert.
- L. Lunch contains several courses. First is borscht, a traditional beet soup served with bread and often garnished with fresh dill and sour cream.

# Action: Do Good With Food

Grades 6-12

**Materials:**

- Pencil
- Take Action Planner (pg. 27)

**Instructions:**

1. Use the Take Action Planner to create your project.
2. Go out and change the world!

Whether it is volunteering time at a local shelter to prep and serve food to the homeless, or if you just want to gather a bunch of food to donate, let us explore how even what you think is small can make a big difference.

Take Action Projects are a piece of the Girl Scout experience that allow girls to make the world a better place. In this activity you will work through a Take Action Project planner to create a project that will better your community through food.



## Take Action Planner

Steps	Brainstorming	Examples
1 Choose an Issue		<ul style="list-style-type: none"><li>• Live the Girl Scout Promise and Law</li><li>• Demonstrate civic responsibility</li></ul>
2 Investigate		<ul style="list-style-type: none"><li>• Interview people, read articles, find professional organizations online.</li><li>• Identify a need in your town, community or school.</li></ul>
3 Get Help		<ul style="list-style-type: none"><li>• Build a team and recruit help from friends, family or fellow Girl Scout.</li></ul>
4 Create a Plan		<ul style="list-style-type: none"><li>• Plan out your take action project.</li><li>• Remember to work together as a group to execute your plan.</li></ul>
5 Take Action		<ul style="list-style-type: none"><li>• Take action to address the root cause of the issue you identified.</li><li>• Use resources wisely.</li></ul>

# Action: Good Conversation

All Grades

## What you'll do

**A Meal:** Learning the basics of a place setting and prepare to have a meaningful meal time with your loved ones.

## Share the Meal

### Materials:

- Pencil
- Blank paper
- Conversation Cards (pg. 29)

The first place we should start is with having a good conversation during meal time. It's easy to have a conversation with your best friend, but what about people you don't know very well? Conversation skills will help you connect with your family or make you seem more open to new friends! Let's make a list of some questions you can use to start a conversation.

## Instructions:

1. On a blank piece of paper, write down at least 10 ideas for great questions to start a conversation.

**Think about...** What happens with one new person? A group of new people? Or an adult friend of your parents? Hand each girl a Conversation Starters card and a pen.

2. On your card, first write your name. And then write down a few of these questions so you can keep them near the table when you're around new people.

3. Now, practice your conversation skills! Using the list of questions you came up with, practice starting and continuing a conversation.

What is your favorite food or meal that is good for you, and good for the planet?

Who is your favorite person to share a meal with and why?

What is your favorite meal?

**Conversation Card**

Name: \_\_\_\_\_ Favorite Meal of the Day: \_\_\_\_\_ Favorite People to Share a

Meal with: \_\_\_\_\_

Favorite Food that is Good for You and Good for the Planet: \_\_\_\_\_

**Conversation Starters:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

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Congratulations on completing the Barilla Good for You, Good for the Planet patch program! Here are the Girl Scout badges and journeys you've worked towards.

### Brownie:



#### My Family Story Badge

- Requirement 1: Explore family stories
- Requirement 5: Share your family story



#### My Best Self Badge

- Requirement 2: Eat and play in a healthy way



#### Philanthropist badge

- Requirement 2: Investigate how to help people who are hungry



#### Snacks badge

- Requirement 2: Make a savory snack



### Junior:

#### Get Moving Journey

- Investigate Award (partially)



#### Independence Badge

- Requirement 4: Help around the house



#### Simple Meals Badge

- Requirement 3: Fix a healthy lunch or dinner
- Requirement 5: Make your own meal



#### Social Butterfly Badge

- Requirement 2: Use table manners
- Requirement 3 Be prepared for special occasion



#### Staying Fit Badge

- Requirement 2: Keep you fit body fueled



### Cadette:

#### Breathe Journey

- Aware Award (partially)

#### Eating for You Badge

- Requirement 1: Know how good nutrition helps your body

#### New Cuisines Badge

- Requirement 1: Make a dish from another country
- Requirement 4: Cook a dish that makes a statement
- Requirement 5: Share your dishes on a culinary "tour"!



### Senior:

#### Sow What Journey

- Harvest Award (partially)



#### Locavore Badge

- Requirement 3: Cook a simple dish showcasing local ingredients
- Requirement 4: Make a recipe with local ingredients



#### Truth Seeker Badge

- Requirement 3: Be a wise consumer



### Ambassador:

#### Justice Journey

- Sage Award (partially)



#### Dinner Party Badge

- Requirement 1: Create your menu



#### Research and Development Badge

- Requirement 2: Research how other companies innovate
- Requirement 3: Find out how companies use R&D to improve their products



**"We have been a family company since 1877. We share joyful, wholesome and honest food inspired by the Italian lifestyle and Mediterranean diet with the world."**

Barilla has been making pasta for four generations. For us, food is not just food for function's sake. It is about enjoyment, connection, energy, well-being and respect for both humanity and the earth.

Surely, we are passionate about pasta. Even more, we are passionate about believing in *food for all*, and the universal right to quality, transparent and accessible food systems from farm-to-table. We are passionate about helping people to create those few minutes of pleasure from every fork-full of a deliciously balanced pasta meal, to the lifelong benefits that enjoying honest, good and simple food provides for mind, body and soul. This is what drives us to inspire, empower and support everyone to have more meaningful meals ...all with the hope of creating a stronger sense of wellness and joyfulness with people, families, communities and society.

We invite you to share your stories with @BarillaUS #ShareTheTable.

