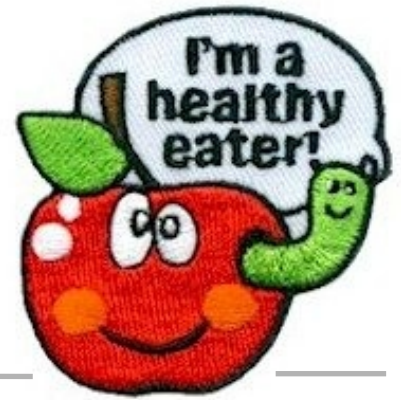




# I'm a Healthy Eater Patch Program



Eating healthy can be delicious! Try some of these ideas:

## Snacks:

Instead of potato chips, try apple chips [thevietvegan.com/baked-apple-chips/](http://thevietvegan.com/baked-apple-chips/)

Instead of chocolate chip cookies, try raspberry oatmeal cookies  
[amyshealthybaking.com/blog/2014/07/13/raspberry-oatmeal-cookies/](http://amyshealthybaking.com/blog/2014/07/13/raspberry-oatmeal-cookies/)

Instead of chocolate brownies, try black bean brownies  
[minimalistbaker.com/vegan-gluten-free-black-bean-brownies/](http://minimalistbaker.com/vegan-gluten-free-black-bean-brownies/)

Instead of buttered and salted popcorn, try roasted chick peas  
[modernparentsmessykids.com/healthy-snack-roasted-chickpeas/](http://modernparentsmessykids.com/healthy-snack-roasted-chickpeas/)

## Breakfast:

Instead of chocolate chip muffins, try dark chocolate quinoa muffins  
[simplyquinoa.com/skinny-banana-chocolate-chip-quinoa-muffins/](http://simplyquinoa.com/skinny-banana-chocolate-chip-quinoa-muffins/)

Instead of sugary cereal, try apple cinnamon oatmeal  
[eatingwell.com/recipe/252163/apple-oatmeal/](http://eatingwell.com/recipe/252163/apple-oatmeal/)

Instead of eggs and toast, try microwave quiche  
[bowlofdelicious.com/2015/05/12/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/](http://bowlofdelicious.com/2015/05/12/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/)

Instead of pancakes and syrup, try whole wheat pancakes with strawberries  
[eatingwell.com/recipe/252180/whole-grain-buttermilk-pancakes/](http://eatingwell.com/recipe/252180/whole-grain-buttermilk-pancakes/)

## Lunch:

Instead of an Italian sub sandwich, try cucumber turkey subs  
[eatingwell.com/recipe/261898/cucumber-turkey-sub-sandwich/](http://eatingwell.com/recipe/261898/cucumber-turkey-sub-sandwich/)

Instead of pizza, try humus pizza [homecookingmemories.com/hummus-pita-pizzas/](http://homecookingmemories.com/hummus-pita-pizzas/)

Instead of a sandwich, try lunch kabobs [lilluna.com/lunch-kabobs/](http://lilluna.com/lunch-kabobs/)

Instead of a chicken salad sandwich, try chicken lettuce wraps  
[thepioneerwoman.com/cooking/lettuce-wraps/](http://thepioneerwoman.com/cooking/lettuce-wraps/)



## I'm a Healthy Eater Patch Program (Cont.)

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### Dinner:

Instead of baked ziti, try cauliflower baked ziti

[delish.com/cooking/recipe-ideas/recipes/a57630/cauliflower-baked-ziti-recipe/](https://delish.com/cooking/recipe-ideas/recipes/a57630/cauliflower-baked-ziti-recipe/)

Instead of hamburgers and fries, try turkey burgers with sweet potato fries

[goodhousekeeping.com/food-recipes/healthy/g154/healthy-dinner-recipes/?slide=41](https://goodhousekeeping.com/food-recipes/healthy/g154/healthy-dinner-recipes/?slide=41)

Instead of spaghetti and meatballs, try spaghetti squash with Bolognese sauce

[goodhousekeeping.com/food-recipes/healthy/g154/healthy-dinner-recipes/?slide=51](https://goodhousekeeping.com/food-recipes/healthy/g154/healthy-dinner-recipes/?slide=51)

Instead of macaroni and cheese, try butternut squash macaroni and cheese

[superhealthykids.com/baked-butternut-squash-macaroni-cheese/](https://superhealthykids.com/baked-butternut-squash-macaroni-cheese/)

### How Daisies and Brownies can earn this patch:

Have a healthier snacks at your meetings.

Commit to healthier snacks at your meetings. Try experimenting with unsalted, unbuttered popcorn and adding your own toppings:

[sparkpeople.com/blog/blog.asp?post=23\\_ways\\_to\\_top\\_your\\_popcorn\\_for\\_under\\_150\\_calories](https://sparkpeople.com/blog/blog.asp?post=23_ways_to_top_your_popcorn_for_under_150_calories)

Bring home some leftovers that you think your family would like to try. Ask if you can keep the ingredients at home for after-school snacks.

### How Juniors and Cadettes can earn this patch:

Cook with your troop.

Plan, budget and cook a healthy meal with your troop. Share a favorite family recipe and consider making all the recipes in a book to bring home and try with your family.