

MOUNTAIN DISTRICT SCOUTING FOR FOOD

Scouting For Food is part of the Northeast Georgia Council's **Centennial Service Project** as well as a Good Turn For America project. This year your participation will qualify as one of the requirements for the service ribbon for the Year of Celebration patch.

WHAT Scouts and leaders work to collect food in their communities which is given to local food banks for distribution to families in need. Scouts throughout Mountain District will participate in the Scouting for Food service project.

WHEN March 1 – March 27, 2010

WHO Each unit is encouraged to:

- Commit to participate in the program.
- Appoint a Scouting For Food Drive Unit Coordinator. This individual will serve as a member of the Mountain District Centennial Committee.
- Formulate a unit plan(s) to collect non-perishable food items during the month of March.
- Deliver collected items to designated food bank.
- Complete the Scouting For Food unit participation report and submit it to Kristy Kumler no later than March 31, 2010.

WHY In the Law of the Pack, a Cub Scout **gives good will** and in the Boy Scout Promise, a Boy Scout promises to **help other people at all times**. By participating in this Scouting For Food service project, Scouts come a step closer to fulfilling those words.

For more information, contact: Kristy Kumler,
Mountain District Centennial Committee Chairman at
706.835.6754 or alankumler@windstream.net or
Nadine Yawn, Mountain District Program Committee Chairman
at 706.636.3724 or 1houraweek@gmail.com



The Perfect Bag

Question: With so many canned food options on the store shelves, how do I know what items are best to donate to food drives such as Scouting for Food?

Answer: After consulting with numerous food pantry directors and seeking nutrition advice from Roberta Larson Duyff, a registered dietitian and author of the *American Dietetic Association Complete Food and Nutrition Guide*, another council compiled what they like to call the Perfect Bag. The Perfect Bag contains variety of nutrient-rich foods from all five food groups.

- **2 cans of hearty soup, stew or chili:** Supplies many nutrients.
- **2 cans of tuna, chicken, salmon or luncheon meat** (e.g., Spam): Contains protein and iron. Canned salmon is a source of calcium and omega-3 fatty acids.
- **1 can of fruit:** Supplies vitamins A and C, folate, potassium, fiber and other healthy substances.
- **1 can of 100 percent pure fruit juice:** Contains vitamin C and often beta carotene.
- **1 can of vegetables:** Supplies beta carotene, vitamin C, folate, complex carbohydrates, fiber and potassium.
- **1 can of tomato or pasta sauce:** Contains lycopene, a healthy substance that is more available to your body in canned and cooked tomatoes than in fresh.
- **1 canned meal:** Offers a variety of ingredients and nutrients.
- **1 can of beans:** Contains plenty of protein, complex carbohydrates and fiber.
- **1 can of evaporated milk:** Makes an excellent source of calcium and protein.



The products depicted are representations only and are not intended to indicate sponsorship or endorsement by the product manufacturers.

MOUNTAIN DISTRICT SCOUTING FOR FOOD

MARCH 2010



Unit Participation Report

Circle One:

- | | | | |
|---------------------|---------------------|---------------------|---------------------|
| Cub Scout Pack 31 | Cub Scout Pack 101 | Cub Scout Pack 402 | Cub Scout Pack 407 |
| Cub Scout Pack 432 | Cub Scout Pack 460 | Boy Scout Troop 32 | Boy Scout Troop 101 |
| Boy Scout Troop 125 | Boy Scout Troop 402 | Boy Scout Troop 460 | Venture Crew 402 |
| Explorer Post 401 | | | |

Scouting For Food Unit Coordinator:

Name: _____ Telephone: _____

Email: _____

_____ Number of Scouts Participated _____ Number of Adults Participated

_____ Total Number of Service Hours _____ Total Number of Items Collected

Donated Items Were Collected From: _____

Donated Items Were Delivered To: _____

Date Donated Items Were Delivered: _____

Submit this completed form no later than **March 31, 2010** to:
Kristy Kumler, Mountain District Centennial Committee Chairman at 706.835.6754 or alankumler@windstream.net