

PRESS RELEASE



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GOSHEN – Girl Scouts in Indiana Lakeland Council are planning ways to make their annual fall nut sale successful for their troops AND for their health. The young businesswomen in Elkhart, Noble, Whitley and Kosciusko counties kick off their year of activities by planning for, selling and delivering the quality nut and chocolate products so they have funds for their activities and community service projects throughout the year.

Order taking runs from Sept. 28 – Oct. 15. Girls will contact friends and family members, neighbors, etc. Some troops may sell the nut products at booths near prominent retail businesses throughout the council's four counties.

Back by popular demand to the product line are deluxe mixed nuts; and chocolate covered raisins are a new item. Tried and true are the ultra smooth, mint meltaways, whole cashews, double-dipped chocolate peanuts, cranberry nut mix, honey roasted peanuts, hot Cajun crunch and deluxe pecan clusters. Delivery of the items, all of which are trans fat free, is just before the holidays, in early November.

Girls who sell the nuts receive training on how to make a sale and keep track of their sales, as well as an understanding of the benefits of the proceeds. They also can use, with their fellow Scouts or families, a workbook on how to *Treasure their Health*.

Although Indiana Lakeland has long promoted healthy ways of living in its programming and mission, this booklet adds to girl's knowledge in fun ways: i.e., an Eat a Rainbow of Colors coloring chart that challenges girls to find a nutritional fact for each vegetable and fruit they draw. Also in the book is a list of common activities and a number of points assigned to each. Girls can document throughout a week of activities they enjoy the most whether they are a Fitness Fanatic or something dangerously close to being a couch potato.

A Food for Thought Scavenger Hunt challenges girls to think about artificial color, vitamins, calories per serving and fats when they go to the grocery store and kid-oriented healthy snack recipes give girls such informational tidbits as *peanuts are naturally cholesterol-free* and *raisins are cholesterol free, low in sodium and totally fat-free. They provide vitamins and minerals, fiber and antioxidants.*

A list of former Girl Scouts who have made careers in the fields of health and fitness is offered to help girls think about their own futures in a positive way, and finally, older teens are challenged by a crossword puzzle that raises discussion of what's normal behavior for girls their age and how healthy those actions are.

Persons who are not contacted by a Girl Scout to buy nuts/chocolate can contact the council service center where staff will assign a Girl Scout to take their order. To learn more, contact 574-533-8881 or 866-223-7740 or lakegs@verizon.net. The council web address is www.indianalakeland.org