



T. Rex + the Rabbit
Foods LLC

6422 S. Johnson Rd.
Greenville Michigan
48838-9128

Programs must be scheduled at least two weeks in advance. Call 616-788-1599 or email rabbit@trexandtherabbit.com for more information and to schedule the badge package.
<https://www.trexandtherabbit.com/girl-scout-badges>



Virtual Program

Cost

Attendees

Other

We're cooking live via Zoom; participants must have access to a computer or mobile device in the kitchen. Ingredient & equipment lists will be emailed one week before class begins. Recipes will be emailed the day of the class. Please notify Chef Syndy before the first class if you have any food allergies or sensitivities.

Daisy Desserts d

A fun program- not specific to any GS badge, we make several easy & delicious desserts out of pudding cups and ice cream!

\$10/Girl
\$0/Adult

4 min
12 max

Two sessions, 1/2 hour long each. Size exceptions can be made in the case of a larger troop.

Snacks Badge b

While we prepare a savory snack from a different country, a discuss the ingredients we use and how they are good for our bodies!

\$10/Girl
\$0/Adult

4 min
12 max

One session, 1.5 hour event. Size exceptions can be made in the case of a larger troop.

Simple Meals Badge j

Cooking is a lot of fun! To keep it that way, we have to be safe and clean in the kitchen. We'll discuss cleanliness and safety which we'll then practice as we cook together! We're making an egg dish, an international sandwich, a unique dessert, and a salad meal!

\$15/Girl
\$0/Adult

4 min
12 max

Two sessions, 2 hours each. Size exceptions can be made in the case of a larger troop.

New Cuisines Badge c

Sharing a meal is the one of the best ways to truly connect with people no matter who they are or where they're from! In our culinary tour, we'll cook a West African stew, a corn dish from Louisiana, traditional and updated versions of a food that originated in the Middle Ages, and a gluten-free or vegan treat!

\$18/Girl
\$0/Adult

4 min
12 max

Two sessions, 2 hours each. Size exceptions can be made in the case of a larger troop.

Locavore Badge s

"Going local" is more than just a trendy food buzzword. It's actually a complex issue with both benefits and challenges. We'll define what going local means and how that definition can be fluid when we consider globalization, where people live, and even climate change. We'll also compile a list of our local food sources like farmers markets, sustainable eating guides, and Community Supported Agriculture (CSAs). And then, we'll make a simple dish and an Italian dessert from local ingredients. Finally, we'll challenge ourselves by preparing a local meal...with a twist! The goal is to use as many local ingredients as possible; however, in the event of food or brand shortages (or even the closure of farmers markets, etc.), we'll do the best we can with what is available.

\$20/Girl
\$0/Adult

4 min
12 max

Two sessions, 2.5 hours each. Size exceptions can be made in the case of a larger troop. Completing with the Dinner Party Badge fulfills Activities 2 & 5 of the Sow What? Journey.

Dinner Party Badge a

When planning a menu, it's important to consider the following: who is going to be eating (do they have food allergies or a special diet); how the textures and flavors will be balanced throughout the entire meal; and the cost which includes not only the price of the food, but the cook's time and effort, transportation, and many other hidden items.

\$20/Girl
\$0/Adult

4 min
12 max

Two sessions, 2.5 hours each. Size exceptions can be made in the case of a larger troop. Completing with the Locavore Badge fulfills Activities 2 & 5 of the Sow What? Journey.

With this knowledge, we'll put together a guest list, design a meal, find recipes, and write up a shopping list. At a later date, we'll host our dinner party. We'll divide into teams, set the table, decorate, cook, garnish, and serve our meal and of course, clean up! Finally, we'll have an honest discussion about the dinner party: what went well, what could've gone better, and how much personal effort we put into the party!