



# SCOUTStrong™ Healthy Unit Patch



## What is SCOUTStrong™?

The SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge is a great way to help your Scouts keep fit and fueled up on healthy foods. The Challenge will help Scouts set realistic goals to encourage fitness and healthy eating habits for a lifetime. Learn more about SCOUTStrong™ at [www.Scouting.org](http://www.Scouting.org).

## What is the SCOUTStrong™ Healthy Unit Patch?

Boy Scouts of America has partnered with Healthy Kids Out of School to create the Healthy Unit Patch, which encourages units to follow the BSA SCOUTStrong™ recommendations at meetings, events, and excursions. Adopt the three healthy principles below by completing the 3 - 6 - 9 challenge and earn patches for every Scout in your unit. Lead by example and Scouts will follow!



### SNACK SMART

Fuel up on fruits and vegetables.



### DRINK RIGHT

Choose water instead of sugar-sweetened beverages.



### MOVE MORE

Boost movement and physical activity in all programs.

## Earn the SCOUTStrong™ Healthy Unit Patch in 3-6-9

Serve a **fruit or vegetable** at **3** meetings

Make **water** the main beverage at **6** meetings

Include 15 minutes of **physical activity** at **9** meetings

## Getting Started

### Use the materials in this packet to support your effort:

- Track your progress on the SCOUTStrong™ Healthy Unit Tracking Sheet.
- Send the Template Parent Letter to share your unit's goal with parents.
- Try the activities provided in this packet with your unit to reinforce healthy behaviors and keep Scouts motivated.

**Once your unit has completed the activities**, you can receive **free patches** for your Scouts and a unit certificate by sending the completed tracking sheet to: [HealthyKidsOutofSchool@tufts.edu](mailto:HealthyKidsOutofSchool@tufts.edu) or by calling (617) 636-0833.