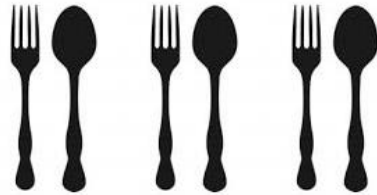


## Food Around the World!

Where you're at in the world has a huge impact on the types of foods you are exposed to and the ones you get to try. This has a lot to do with the fact that different places in the world don't always have the same access to foods, and people often eat whatever is most readily available. This also means that there are lots of foods you may not even think to try because they're not what is most common where you live.



Luckily, today, there is lots of information out there about the different foods around the world. This week, we want to encourage you to explore those different foods and try something new at home if you can!

1. Start by researching the most popular foods in the places you want to visit. This could be for another country or even another state!
  - For example, if you'd like to visit England, google "most popular foods in England." After reading through a couple of web sites, you'll see that Fish & Chips, Bangers & Mash, and baked beans with breakfast are all common foods in England.



Be sure to share with us your creation by using the hashtag #GirlScoutsAtHome, #GSAroundtheWorld and tagging us @gswcf on TikTok, Instagram, or Facebook!

2. Does anything sound good? If so, start googling some recipes for that food!
  - For example, I would google “simple fish and chip recipes” to try to find something easy to test out! Adding the word “easy” or “simple” is a good idea to help find a nice beginner recipe with fewer ingredients.
  
3. Scope out the recipe to see if you can access all of the ingredients needed. If for some reason you can’t, see if there are any alternatives!
  - For example, a traditional dish in Haiti, Lambi Guisado, is made using conch – but I don’t know where to buy conch. I will probably start out with another recipe instead, like a Haitian pork recipe!



4. Be patient; you might have to make a trip to the grocery store.
  - If you don’t have everything at home just yet, don’t worry, just make a list, so you don’t forget to pick up what you need next time you go to the store!

There are lots of benefits to trying new foods. Even if it’s scary, you truly never know what you like until you try it. Our taste also changes over time, so don’t always let yourself think that just because you didn’t like something at one point means you won’t ever want it again. Be brave, show some courage, and try new things! You might even find a new favorite!

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