# MAY—CLEAN

## A PICNIC WITH PIZZAZZ

### A SCOUT IS CLEAN. HOW DOES "A PICNIC WITH PIZZAZZ" RELATE TO THIS POINT OF THE SCOUT LAW?

A Scout keeps his body and mind fit and clean. He helps keep his home and community clean. Cub Scouts love being outside, but what they like more is eating outside. Help the boys plan simple, nutritious meals and snacks that they can prepare and consume outdoors. We can emphasize healthier choices, thus reinforcing our commitment to care for our bodies. Follow the Leave No Trace guidelines to keep our community clean.

**NOTE TO CUBMASTER**

Pack meetings are best when they are no longer than an hour and a half in length. Pack meeting plans are guides which can be adjusted to fit the needs of your pack.

You might consider setting up tables or areas for each den to display pictures and items made during this month's adventure.

### ◇ BEFORE THE MEETING

Be sure the following materials are available for the meeting:

- Flags for the flag ceremony
- Signs for the opening ceremony
- If the pack is having a picnic or cookout:
  - Arrange a location for the picnic/cookout and let the pack members know where and when it will be held, including the time and date.
  - If the pack is having a cookout, verify that there is no fire ban.
  - Gather items needed for your picnic/cookout.
  - Ask each den to provide a healthy snack to share with their den families at the picnic.
  - When choosing food items, try to include healthy foods. Gathering small produce baskets from the grocery store and filling them with celery and carrot sticks or fruit skewered and served on a straw for each attendee, for example, might be a healthy snack choice for a Picnic With Pizzazz.
  - Work with your local farmers' market or a local farmer to help provide fresh and healthy food for the picnic.
  - Consider having a local farmer speak to the pack and share the benefits of healthy eating. Confirm plans with the speaker and give him or her guidelines for presentation time.
- Encourage families to bring blankets or camp chairs to sit on for the picnic.
- Bring trash bags for the pack service project, cleaning up the area after the meeting has ended.

### ◇ GATHERING

#### Farmers' Market Games

- Ring the Carrots
- Tomato Volleyball
- Apple Bushel Basket Toss
- Grape Count

- Orange Toy Hoop Contest
- Veggie Walk
- Watermelon Weight Guessing Game

## ◇ OPENING CEREMONY

The flag ceremony is led by a predetermined den, who will present the colors and lead the pack in the Pledge of Allegiance.

### A Scout Is Clean

Have Scouts hold up each letter of the world CLEAN that have been drawn on five half-sheets of poster board.

**Cub Scout 1:** "C—A Scout **cares** for the land."

**Cub Scout 2:** "L—A Scout **leaves** no trash behind."

**Cub Scout 3:** "E—A Scout **encourages** others to help as well."

**Cub Scout 4:** "A—A Scout **appreciates** healthy foods grown by our farmers."

**Cub Scout 5:** "N—A Scout **now** asks you to prepare yourself for the prayer."

## ◇ OPENING PRAYER

"As our pack gathers for fun and fellowship, let us remember the farmers who provide healthy food for us to eat. Help us all to keep our minds and bodies clean by making good choices each day."

## ◇ WELCOME AND INTRODUCTIONS

The Cubmaster welcomes new families, visitors, and special guests by introducing them to the pack and thanking all who helped plan and prepare for the pack meeting.

You might want to invite a farmer from your local farmers' market to be a guest speaker or presenter of the awards this month.

## ◇ DEN DEMONSTRATIONS

If there is a den that needs to do some type of activity at a pack meeting for the completion of an adventure, please insert it here.

## ◇ AUDIENCE PARTICIPATION

Option 1: Choose one of the following games (see how to play in the Resources section) for all members of the family to play:

- Family Watermelon Relay
- Family Potato Sack Race
- Fruit Basket Jumble

Option 2: Sing the song below:

**All My Fruits and Veggies**
**Tune:** *"My Bonnie Lies Over the Ocean"*

I try to eat all my fruits and veggies,
Cause that's just what I should,
Broccoli, carrots, and taters,
I'm told they are good for you!

Chorus:
Eat them all, eat them all,
Oh, eat them all I will do, will do.
Eat them all, eat them all,
Even if some are hard to chew.

Now oranges and grapes are my favorite,
Although strawberries and peaches are YUM!
They have vitamins to keep me healthy,
Eating my fruits and veggies is FUN!

Option 3: Have a brief presentation by your guest speaker.

## ◇ RECOGNITION

**Adventure Loops and Pins:**

*(Note: Adventure loops and pins can be presented at a meeting or as immediate recognition in the den.)*

By den, call the names of those Cub Scouts who have completed the month's adventure to come forward.

- Have the den leader pass out the awards to the boys as they receive a Cub Scout handshake from the Cubmaster.
- If time allows, invite the den leader or den chief of the den to speak about the adventure work done for that month and have the den stand and be recognized.
- Use a positive cheer to recognize their accomplishments.

Other options:

- Have the den stand and be recognized or come forward to receive certificates for the adventure they have completed. This option would be appropriate for a den that has already received the adventure loop or pin.
- Adapt the advancement ceremony for the month's theme into an adventure loop presentation if no rank badges are being presented.

## ◇ RANK ADVANCEMENT

**Props:** A bushel basket filled with the rank badges to be awarded.

**Cubmaster:** "We had some fun sharing a picnic and have enjoyed some fresh food the farmers grow for us. A farmer must spend hours and hours working in the field, keeping close watch over the crops, knowing just the right time to gather them up and head to the farmers' market to share with you and me. The Cub Scouts we honor tonight have also worked hard and spent many hours keeping a close watch on their requirements for their rank. It is now time to reward them for their efforts and share in their advancement in our pack."

*(Award rank badges starting with Bobcat by calling up the Scouts and their parents or guardians. Gather the badges from the basket and give them to the parents or guardians to present to their Scouts when you call their names.)*

**Cubmaster:** "These young men and their parents represent the things that give our pack pizzazz and help it grow and thrive. Let's give them all a round of applause."

## ◇ CUBMASTER'S MINUTE

"In our Picnic With Pizzazz pack meeting, we have enjoyed some good food and exercise that helps our body stay healthy and helps our mind be healthy too. If we keep ourselves clean and healthy, we can be strong to help others—strong to help our earth and our environment keep clean, too. John Wayne said, 'Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday.' You see, Scouts, each day we have a chance to start again, a fresh new day to 'Do Your Best' to live clean and healthy lives. After our closing flag ceremony, I invite all members of the pack to help us in cleaning up our meeting tonight. Together we can leave our meeting place and our world better than we found it."

## ◇ CLOSING

The preassigned den retires the flags.

Pass out trash bags and encourage Scouts and their families to work together to clean up the picnic and surrounding areas.

# RESOURCES

## Farmers' Market Gathering Games

(Prizes are optional.)

- **Ring the Carrots:** Fill water bottles with water, and color the water with orange food coloring. Mark or paint the water bottle caps green and decorate them if you wish with green construction paper or bulletin board paper to resemble carrot tops. Line them up in a row or put them in a shallow box to have Scouts toss rings around them. For scoring, you may want to put numbers such as 10, 20, 30, 40, and 50 on the water bottles, or you can count how many rings each Scout can get onto the water bottles and score that way.
- **Tomato Volleyball:** Assemble a volleyball net for play. Using a red ball to represent a tomato, follow standard volleyball rules and scoring.
- **Apple Bushel Basket Toss:** Gather as many apple baskets as you desire, and write points on them. Toss beanbags into the baskets and score accordingly.
- **Grape Count:** Put a bunch of individual grapes in a see-through container and provide paper and pencils for the Scouts and their families to guess how many grapes are in the container. The winner could enjoy all the grapes!
- **Orange Toy Hoop Contest:** Using regular toy hoops covered in orange-colored tape, play some fun music and see who can hoop the longest. Make a chart to score the best times.
- **Veggie Walk:** This is played just like a cakewalk, moving around markers as music is played. For Veggie Walk however, print out or draw 8 1/2-by-11 pictures of vegetables as the markers for the Scouts and their families to walk around. When the music stops, provide a healthy snack to the person who lands on "corn," for example. For a fun corn snack prize, use cereal, sandwich bags, green tissue paper, and twine to make ears of corn to share as a healthy snack.



- **Watermelon Weight Guessing Game:** Obtain a watermelon of your choice and provide paper and pen for Scouts and their families to guess what the watermelon weighs. Using a scale after time is called for the guesses, weigh the watermelon and share who guessed the closest. Then you may cut up the watermelon to share with everyone attending the pack meeting.

## Picnic Pizzazz Games

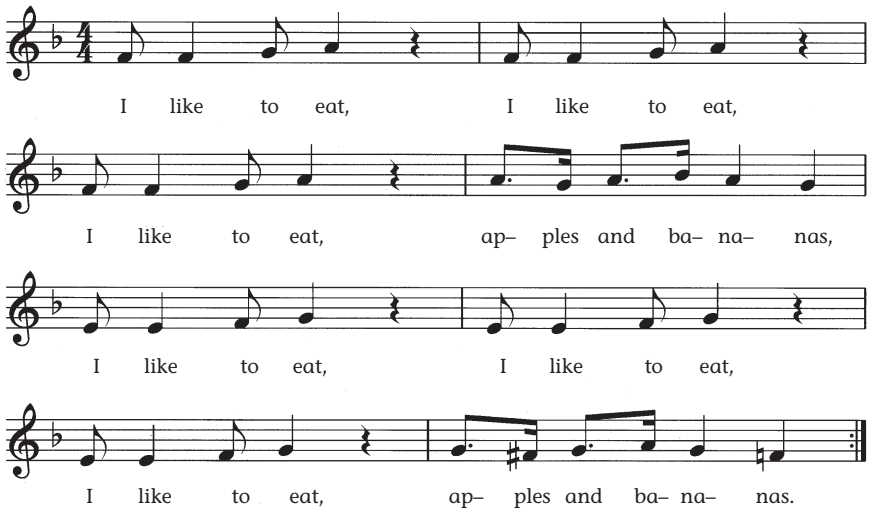
- Family Watermelon Relay:
  - Divide the pack into two to four teams (depending on the size of your pack) consisting of family members and their Scouts who would like to play the game.
  - Choose two to four small watermelons or four green balls as pretend watermelons.
  - Decide the distance the teams will have to travel.
  - Half of the team is at one end of a playing field and the other half at the other end.
  - Working in pairs, have two players race down to the other teammates at the other end, passing the watermelons back and forth and handing off to the next pair of teammates.
- Family Potato Sack Race:
  - To play, you need one burlap sack for each team.
  - Each player puts both legs into a sack and hops around a cone or some marked point and back, then tags the next person in line.
  - Repeat until all players have had a chance to race.
  - The first team to the finish wins.
- Fruit Basket Jumble:
  - Divide the players into four groups by having them count 1 to 4. Group 1 will become the Apples, group 2 the Bananas, group 3 the Pears, and group 4 the Grapes. Ask them to remember which fruit they are. Have all the players gather into a circle.

— One player is selected to stand in the middle of the circle.

— The player in the middle calls out two of the group names. Each member of those groups must now move to a different place in the outer circle from where they were standing, while the person in the middle tries to take the place of one of the players in the outer circle. The player left without a place in the outer circle moves to the middle and becomes the caller. Playing continues.

— The person in the middle can call out "Fruit Basket Jumble" at any time. This means all players must change places. The fun continues until a designated time to end the game is called.

## I Like to Eat




*In each succeeding verse, substitute the vowels A-E-I-O-U for the primary vowel in each word of the song, using the vowel sound. (Example: A lake ta ate.)*

A lake ta ate,
A lake ta ate,
A lake ta ate, ate applas and bananas.
A lake ta ate,
A lake ta ate, ate applas and bananas.

O loke to ote,
O loke to ote,
O loke to ote, ote opplos ond bononos.
O loke to ote,
O loke to ote, ote opplos ond bononos.

E leke te ete,
E leke te ete,
E leke te ete, ete epples end benenes.
E leke te ete,
E leke te ete, ete epples end benenes.

U luke tu ute,
U luke tu ute,
U luke tu ute, ute upplus und bununus.
U luke tu ute,
U luke tu ute, ute upplus und bununus.

I like ti ite,
I like ti ite,
I like ti ite, ite ipplis ind bininis.
I like ti ite,
I like ti ite, ite ipplis ind bininis.