



“In the Pink”

Interest Project Award Workshop

Awareness and early detection are great defenses in the fight against cancer. With the GSUSA's *In the Pink* IPA requirements as our guide, girls will learn about themselves, their families, and how to be healthy now and in the future.

A national award with Houston roots

The *In the Pink* Interest Project is an adaptation of two "Council's Own" Interest Projects developed independently at two different Girl Scout councils: Indian Hills Girl Scout Council (Binghamton, New York) and San Jacinto Girl Scouts (Houston, Texas).

Link YOU to earning this IPA

Susan G. Komen for the Cure® is an excellent source of information for activities for this award, www.studio2b.org/lounge/gs_stuff/ip_pink.asp. The Komen Houston Affiliate are our gracious hostesses, ww5.komen.org/ Please join us.

You Got MAD Skills (MAD = Make A Difference)

Teenage girls like you across the country can:

- Learn more about how you can develop a healthy lifestyle
- Begin to understand the importance of early detection of breast cancer
- Learn how to check your own family's medical history
- Learn about service opportunities focusing on this topic

Who: Senior and Ambassador Scouts (*Safety-Wise ratio of adults welcome*)

What: *In the Pink* Interest Project Award workshop

When: **Saturday, April 17, 9:30 am –Noon**

Hosted by: Susan G. Komen for The Cure Houston Affiliate volunteers

Where: Program Place for Girls, 3000 Southwest Freeway, Houston 77098

Cost: \$10/girl, adults free (*includes IPA for each girl participant and materials*)

Min./Max.: 15/30 **Event Code:** 10-61-10-6240 **Deadline:** Wednesday, March 31

Bring: Permission, medical and emergency forms (204/185/22)
Each girl brings her completed food log for one week—to review with Dietitian
See page 2 of this flyer for food log

Note: *Presentation will discuss cancer, breast health, and basic breast anatomy.*

Register: Complete a Program Registration Form or register online

Contact: Melinda Gaskill, Program Manager, 713-292-0232, mgaskill@sigs.org
Theresa Hunter, Registrar, 713-292-0318, thunter@sigs.org



Daily Food Log

Instructions: Print copies to cover seven (7) days and fill in the days on the line provided. Please:

- enter *what* you ate in the first column as exactly as you can (vanilla yogurt, pizza slice, hot dog on a bun, root beer)
- *how much* of it in the second column (1 cup, 1 slice, 1 hot dog and 1 bun, 16 oz root beer).
- mark the *food group category* for each item you ate (i.e. milk/yogurt; grains/vegetables/milk for the pizza; grains/meat for hot dog on bun and extras for soft drinks, soda, candy, cookies, pretzels, and other desserts.)

Day : _____

What did you eat or drink? (List everything)	How many/ How much?	What food group? (Put a check in each box that applies.)					
		Grains	Vegetables	Fruit	Meat & Beans	Milk	Extras
Breakfast							
Lunch							
Dinner							
Snacks							

Day : _____

What did you eat or drink? (List everything)	How many/ How much?	What food group? (Put a check in each box that applies.)					
		Grains	Vegetables	Fruit	Meat & Beans	Milk	Extras
Breakfast							
Lunch							
Dinner							
Snacks							