

# Planning Your Menu

## Step 1- Questions to ask:

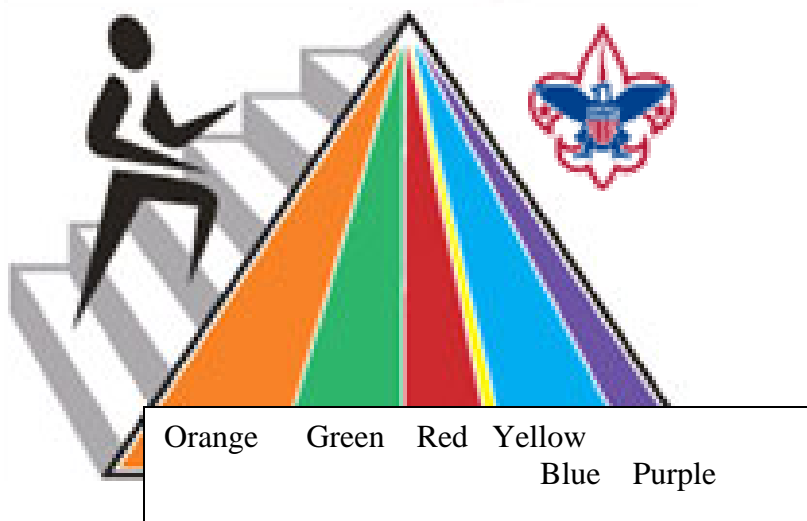
- How many youths and adults do you need to feed?
- What's your meal assignment?
- What will you cook?
- How much food should you buy?
- What equipment will you need?
- What about food storage?
- Any transportation or weather concerns?
- Who are your helpers?

## Step 2- Plan a healthy menu

Use the Food Pyramid to determine what to serve at each meal.

Pyramid Color	Represents	Recommended serving size*	Servings per day	Examples
Orange	Grains	6 oz.	At least once per day	Bread, bagels, pasta, cereals
Green	Vegetables	2 1/2 cups	Include at all meals	Carrots, corn, peas, etc.
Red	Fruits	1 1/2 cups	Include at two meals	Apples, oranges, etc.
Yellow	Fats, sweets, and oils	Minimal		Candy, junk foods, cooking oil, butter, condiments
Blue	Dairy	3 cups	Include at every meal	Eggs, milk, cheese, yogurt
Purple	Protein: meat, fish, beans, nuts	5 oz	At least once per day	Chicken, tuna fish, Peanut butter, hamburger

\*Serving sizes are those recommended for boys' ages 9-18 who exercise 30 minutes per day (per USDA).



**Each meal should include**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Beverage (fruit or dairy)	Milk (dairy) Coco Fruit juice (fruit)	Milk (dairy) Fruit punch	Milk (dairy) Fruit punch
Fruit or vegetable	Whole fruit such as banana	Whole fruit such as apple or orange Raw vegetables-such as carrot sticks Vegetable soup	Cooked vegetable or salad
Main entrée-Protein	sausage links, bacon	Add lettuce and tomato to tuna, ham, turkey, other meat sandwich Peanut butter sandwich Beef or chicken soup	Chili with beans and hamburger meat Foil dinners with hamburger or chicken breast
Main entrée-Dairy	Eggs-any style Pancakes, French toast	Grilled cheese (dairy) sandwich (grain),	Tacos with beef, chicken, beans, and cheese
Other grain	Toast, bagels	Chips	Bread or rolls
		<b>Sample Menu</b>	
	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
	Orange Juice  Yogurt Instant Oatmeal with raisins Bananas	Fruit Punch Milk Chicken-vegetable soup Grilled Cheese sandwich Assorted fresh fruit (apples, oranges, grapes)	Milk Fruit punch Tacos with beef, beans, and cheese Salad
Cooking Equipment	Pan to boil water on camp stove Large spoon	Pan/griddle on camp stove Spatula	Pan to cook meat and heat beans on camp stove Large spoon

For more menu ideas, check your Scout handbook and camping cookbooks available at the Scout Store.

### Step 3 Purchase your food

- List the ingredients
- Figure out amount per person and multiply by total number you are feeding.
- Know your budget ahead of time and save your receipts

Typical Serving Chart -Most boxed/canned foods provide number typically served-best to buy more-their services are small. From scratch recipes will usually indicate number served. Increase portion sizes for adult/older youth.

Food item	USDA serving size	Per	Buy
Drinks-milk, juice, punch, etc.	8 oz/1 cup	10	1 gallon (some can drink 2 cups!)
Eggs	2 per person	10	2 cartons
Bacon	3 slices	10	Check box-about 2 uncooked, 4 precooked
Fresh fruit	1 piece	10	10 pieces
Yogurt	1 cup	10	10 containers
Instant Oatmeal	1 packet	10	1-2 boxes-check number on box label
Pancake mix/liquid	3-4	10	1 large box
Canned vegetables	½ cup (6 oz)	10	Five 12 oz- cans
Lipton Soup	¾ - 1cup	10	2 boxes (2 pouch ea size)
<b>Grilled Cheese</b>		10	
Butter or oil for pan	minimal		1 stick or ½ cup oil
Sandwich bread	2 slices		1 large loaf (24 slices)
Am. Cheese slices	2 slices		2 ½ pounds 1 package
<b>Foil Dinner</b>		10	
hamburger	¼ pound		2 ½ to 3 pounds
onion	1 slice		2 large
carrots	5-6 coins		5-6 large
Potatoes	2-3 slices		5-6 large
Salt, pepper, A1-Sauce	minimal		1 set of salt and pepper/1 bottle
Foil	12"length		1 box
<b>Spaghetti Dinner</b>		10	
Sauce	½+ cup		3 jars of 16 oz
Spaghetti Noodles	¼ pound		2 boxes
Hamburger or sausage	1/8 pound		1 ½ pounds
Salad in a bag	½ cup		3 bags
Salad Dressing	1/8 cup		1 bottle
Italian Bread	2 slices		2 large loafs
<b>Dutch Oven Cake</b>		10	1 cake mix, 2 eggs
<b>Taco Dinner</b>		10	
Hamburger	¼ pound		2 pounds
Refried beans	½ cup		3 16 oz cans
Cheddar Cheese	¼ pound		3 packages
Chopped lettuce and tomato	¼ cup		1 head and 4 tomatoes
Taco Seasoning	minimal		2 packets
Salsa and chips	6 oz		1 large jar salsa and 2 bags of chips

## Menu Plan Worksheet

**The role of the lead cook is to plan the menu, purchase, transport, set up the camp kitchen, assure cleanliness, and lead the cooking effort.**

Date of Campout: \_\_\_\_\_

Meal to be served: \_\_\_\_\_ Breakfast    \_\_\_\_\_ Lunch    \_\_\_\_\_ Dinner

Number to feed    \_\_\_\_\_ Youth    \_\_\_\_\_ Adults    \_\_\_\_\_ Guests: Total \_\_\_\_\_

DAY	Name
<b>Responsibility</b>	
Assistant Cook	
Fireman	
Waterman	
Clean up crew	
Quartermaster	

Menu	Food item	Amount to buy	Equipment Needed
Beverage			
Grains			
Vegetables			
Fruits			
Dairy			
Protein: meat, fish, beans, nuts			

Transportation and Storage Needs:

Coolers? Bear bag?

## Cooking Methods

Method	Suited for
Propane Camp stove	Nearly everything-boiling and frying
Back packing stove	Boiling water or heating ready to eat foods
Bed of Charcoal Each brick produces about 15 calories of heat-so to cook at normal roasting temperature of 350F, you need about 25 briquettes. Distribute below and on top.	Foil dinners Dutch Oven Grilling With rack-same as a cook stove
Open fire-best to wait for coals-	see above
Can-put an empty, upside down coffee can with holes at the top over a heat source (buddy burner, charcoal, etc.. Use bottom as cooking surface	Small items
Body Heat	Instant foods. Add water and put inside clothing.

### The Idea Camp Kitchen includes:

- Trap-protect food area from rain, snow, leaves falling from above
- First Aid kit-deal with burns and cuts
- Chuck box-to store equipment and supplies
- Flat working space for food preparation and serving
- Camp stove or other heat source
- Coolers for food storage
- Piddleator for hand washing (tripod with water jug and soap on a rope)
- Trash bag stand or hang
- Message board with assignments
- Bear hang-in select areas
- 3 wash bins: hot soaping water for first wash, cold rise and warm bleach water for sterilization
- Drying bags-for washed dishes
- Bag filled with leaves and several holes for straining dirty dishwashing water away from camp

### Resources for Recipes

BSA Fieldbook and BSA Handbook  
Camper's Guide to Outdoor Cooking-from the NCAC store  
Your local library

Internet

<http://www.scoutorama.com/recipe/>

<http://www.macscouter.com/Cooking/>

<http://www.scoutingmagazine.org/issues/0103/a-cook.html>

<http://fooddownunder.com/cgi-bin/search.cgi?q=dutch+oven>

<http://papadutch.home.comcast.net/dutch-oven-recipes.htm>

<http://www.bcchs.com/recipes.htm>

## Safe Preparation and Cooking First Aid

**Burns:** From steam, hot water, contact with heat source

Burn Types	Looks like	First Aid
First Degree	Red skin/scalds from steam or hot water	Remove source of heat, immerse in cool water
Second Degree	Red skin with blisters	Remove source of heat, immerse in cool water
Third Degree	Open skin, charred skin	Remove from heat source, cover lightly with burn sheet, treat for shock, call 911

### Cuts

Cut Types	First Aid
Scrapes/minor scratches	Wash and keep clean
Minor cuts	Wash and keep clean with dressing
Major cuts	Apply pressure, bandage and get medical help

**Food poisoning and Illness:** Everything from mild stomachache, diarrhea, vomiting, fever to coma and death. For example, the FDA reports that certain strains of E.coli can cause kidney failure in young children and infants; Salmonella can lead to reactive arthritis and serious infections; Listeria can cause meningitis and Campylobacter may be the most common precipitating factor for Guillain-Barre syndrome.

#### Contamination from

- Unsafe food storage
- Unclean food preparation-including no hand washing
- Use of unsafe water
- Undercooking food

#### Can result in spread of:

- Common cold and flu
- Salmonella enteritis
- Staphylococcal enteritis
- E. coli (Escherichia coli) enteritis
- Botulism
- Trichinosis
- Hepatitis

**Treatment:** Keep hydrated, Go home for medical care. In dire emergency treat for shock and call 911.

To prevent problems:

**CLEAN:**

- Wash food preparation area before and after cooking
- Wash all cooking equipment and dishes-hot soapy water and bleach rinse
- No ill person should get near the food (or even come on the campout!!!)
- Good personal hygiene-WASH HANDS FREQUENTLY-warm soapy water, and wash a minimum of 20 seconds
- Use clean water for food preparation

**SEPARATE:**

- Keep raw meats separate from other foods.

**COOK**

- Cook meats well done. Internal temperature with a meat thermometer should read:
  - Beef roasts and steak-- about 145-160 degree Fahrenheit
  - Hamburger patties--no pink/about 160-170 degree Fahrenheit
  - Chicken--no pink/about 170-180 degree Fahrenheit
  - Sausage-- about 160-165 degree Fahrenheit
  - Pork Roasts /about 160-170 degree Fahrenheit

**CHILL:**

- Keep coolers well iced-target 40 degree Fahrenheit



## **Giving Thanks before a Meal**

Links for sample Grace prayers

<http://www.macscouter.com/macscouter/scoutsown/Graces.html>

<http://entertaining.about.com/cs/etiquette/a/sayinggrace.htm>

[http://www.beliefnet.com/story/93/story\\_9341\\_2.html](http://www.beliefnet.com/story/93/story_9341_2.html)

Here are a few

For food in a world where many walk in hunger  
For faith in a world where many walk in fear  
For friends in a world where many walk alone  
We give the humble thanks, Oh God

For health and strength  
And daily bread  
We praise Thy name of God

Bless us O Lord, and these thy gifts,  
Which we are about to receive, from thy bounty,  
Through Christ, Our Lord.  
Amen.

May the Lord accept this, our offering,  
and bless our food that it may bring us strength in our body,  
vigor in our mind,  
and selfless devotion in our hearts for His service.