



## **MEAL PLANNING AND CAMPING COOKING TIPS**

- Before attending camp it would be useful that you spend some time with the Scouts that you are going to be cooking with. Make sure you know who is going to be cooking which meals and your own responsibilities at meal times. Don't leave one person to it, everyone should be involved.
- Meal times can be a quick turnaround, preparation is the key. Know what meals you have and practice cooking them and clearing up.
- Don't bring foods that you know you don't like, won't eat or don't have a Scooby how to prepare.
- Storage of food at camp is important. Avoid bringing uncooked meat, if you do need to bring uncooked meat then this should be used at the start of the camp and not left to fester until Sunday evening.

### **BREAKFAST**

Make sure you eat something for breakfast; you'll need as much energy as you can for your activities.

- Cereal
- Bacon, Sausages, Eggs on a roll. Or if you prefer not to cook then cold meat or a jam sandwich might be more up your street.
- Porridge is good for filling you up and instant porridge makes life easier

**Tips**

- Use up rolls before bread as bread keeps fresher longer
- Instant porridge – is excellent food (FUEL) and comes in many flavours

### **LUNCH**

Packed lunches should be made in advance! You need to be ready for the possibility that you'll be off site on activities all day so being able to just grab a bag or lunch box in the morning is necessary.

- Sandwiches or rolls with fillings of your choice. (Egg sandwiches are great but might get a bit whiffy so you might want to use them on day 1)
- Cold sausage rolls, pies or pork pies
- Cup a Soup is a handy thing to have, but bear in mind that if you are off site at lunch time you will not have the facilities to get hot water.
- Fruit, dried or fresh
- Crisps
- Biscuits, cake or malt loaf or something else sweet are an idea too.



**Tips**

- Drink plenty throughout the day. A bottle of diluting juice is a great idea to have and can be drunk hot or cold
- Use up leftover cooked bacon, sausage or egg makes a tasty lunchtime snack.
- Each Sub-Camp will have hot water available at all meal times to save time – Pot Noodles would be good at lunch time. If using a Pot Noodle type please ensure you have tried them and like them.

## **DINNER**

### **Minimum of 2 courses.**

- Soups, particularly condensed soups, can make a great base for a meal. Add in some chopped (pre-cooked) meat and vegetables and have with rice or pasta.
- Couscous with smoked sausage
- Pasta with sauce - fresh pasta will cook quicker. If using dried pasta, make sure your water is boiling before you add the water.
- Noodles – pot-noodles are ok as a snack but don't think of this as suitable for a meal. Noodles can be a great base to a meal when cooked with veg
- Boil in the bag foods - Make up meals that just need heated and store in zip-lock bags, they can then be placed in boiling water to heat them up. Benefits of cooking like this are: you can cook 2 different things at the same time (good for those with fussy eaters or dietary requirements in the same team). Cuts out on the washing up and the hot water can be used afterwards to make a hot drink or for other foods that need boiled water (couscous, custard etc.)
- Sausages- pre-cook and add in some veg, chopped tomatoes or a sauce and serve with smash, bread or even in pitta bread.

### **Dessert**

- Cake, fruit pies, jam or anything you like with custard.
- Tinned rice pudding either hot or cold (you can warm it in its tin)
- Angel delight and tinned fruit
- Or if you want to be adventurous you could make pancakes (measure your dry ingredients and bag before camp)

**Tips**

- Storage of food at camp is important. Avoid bringing uncooked meat, if you do need to bring uncooked meat then this should be used at the start of the camp and not left to fester until Sunday evening.
- Preparing food in advance or freezing some leftovers in zip-lock bags can be beneficial. Frozen leftovers can help to keep your cool box cool.
- Mark all your food for each meal.



- Mark a mug with measurements, e.g. 200ml/500ml, on your mug with indelible pen before you go to camp.
- UHT milk will last longer than fresh, especially as the camp will be hot and sunny!
- Leftovers from one meal can make a good snack or be used as part of another meal, but if you've thought your menu through carefully you shouldn't have much in the way of leftovers.



## Cooking tips

**Sausage Casserole:** pre-cook sausages, fry onion, add to it tin mixed veg, chopped tomatoes, chopped sausage. Serve with pitta bread or crusty bread or the dreaded Smash.

**Stir-Fry-Stuffed Pitta Bread:** Chop very small fresh veg such as onions and mushrooms, fry with some bean sprouts if you like – add drained tin of tuna and some cooked meat and tin veg. Serve in pitta bread.

**Sweets:** Fruit, cake, fruit pies – the list is endless and serve with custard – the sort you just add water to. Angel delight and fruit. Tinned rice. Pancakes – use pancake mix.

**Pasta:** Take any Cheesy Pasta or Dried Pasta Choice. Cook & add to it corn, peas, drained tinned veg, tuna, chopped cooked meat. Tinned mince or stew is tasty mixed in with pasta.

**Rice:** Pre-cook rice then add in gently fired onion and add to choice of mix already given.

**Noodles:** Dried packed (not pot) noodles make a great base too. Just cook as directed then add from mix list.

**Finally** – eating well gives you FUEL and makes you play well!