



## Learning Topic: Catering for Camps

In this Learning Topic, you could

- Cook up a storm to feed the fridge-raiding gang
- Become a *Camp Masterchef*

### Suggested Activities

#### Learn about safe food handling.

Complete a safe food handling course. There are even some online (but please do an Australian one) <http://dofoodsafely.health.vic.gov.au/> or check your local council's website as they may have a link to *I'm Alert* food safety training.

#### Plan and prepare.

Plan a menu for camp

- Are there special dietary requirements, allergies or religious beliefs to consider?
- Are the meals well balanced?
- Can you make the menu fit the camp theme? (*Harry Potter* wouldn't be the same without pumpkin juice at every meal and all pirates need celery boats for afternoon tea!)
- Ask the Guides to help you plan

Prepare a shopping list

- How much of each item is needed? How many slices are there in the average loaf of bread? How much milk will be needed for breakfast?
- What is the budget for the grocery shopping?

What cooking methods will be used and what equipment is required?

- Will you cook inside or outside?
- Will you be using fires, gas equipment, or another cooking method? How much fuel will you need and where will you get it?
- With the Guides, prepare the camp cooking equipment and patrol boxes

Make a collection of recipes suitable for the Guides to use eg recipes for Patrol cooking, outdoor cooking, cooking without utensils, or lightweight meals for hiking.

Collect and use resources for other food-related activities eg hold a *Camp Masterchef* competition.

#### Cook at camp.

Include time in the camp program for the Guides to help with meals or cook their own. Supervise the Cook Patrol.

Teach the Guides about safety – in the kitchen, around fires, and with food.

Provide 'silver service' waitressing at your camp. Teach the Mess Patrol.

Store food safely and teach the Guides.

Cater for another Unit's camp or try a new cooking method.

Sort out the waste and the recycling and teach Guides to dispose of both properly.



### *After camp.*

Balance the budget.

Check and store the cooking equipment ready for your next camp. Do you need to replace anything or add something new?

### *Resources to help you*

#### Websites

- <http://www.woolworths.com.au/wps/wcm/connect/website/woolworths/fresh+living/fresh+food+kids/kids-site/eat/snacks/snacks>
- <http://www.kidspot.com.au/best-recipes/Kids-food+26.htm>
- [http://dragon.sleepdeprived.ca/camping/recipes/food\\_proportions.htm](http://dragon.sleepdeprived.ca/camping/recipes/food_proportions.htm)

#### Look out for or borrow these books:

- Eastick, Nancy, (revised 1973), *Let's Go Camping*, GG NSW
- Jefferys, Ann, *The Patrol's Own Camping Book*, Girl Guides Australia
- Robertson, Elizabeth, (1981), *Catering for camps and holidays*, Girl Guides Association UK
- Pennycuik K, Sugden P, (1974), *Camp Cooking*, Girl Guides Association UK
- Miller, Margaret, *Safe Food Handling Outdoors*, GG Qld

### *Record your Learning*

What have you learned and how did you apply it in your Guiding role?

Record this in your Learning Log.

