



Chapter Three Kitchen, Food and Menu Planning

3.010 Introduction

Plan your menu wisely, keeping in mind the likes and dislikes of your campers. *It is important to check for food allergies prior to planning meals.* Also check for religious customs as this may have a bearing on what you serve.

You can cook anything at camp that you can cook at home. Times may vary depending on the type of heat you are using.

You must decide whether each group will prepare meals for the entire camp or for their own group only. You may also be fortunate enough to have one person to do all the cooking for the camp. This decision will help to determine your menu. Each method will be covered in detail later in this section.

3.020 Menu Planning

Keep weather conditions, programme activities and time of year in mind. Imagine a hot sunny day with high humidity and having a meal of hot chili or a very cold damp morning with cold cereal and oranges. Always be prepared for changes. Summer mornings in some places, even in July and August can be very cold and damp. A hot cereal will hit the spot on those days.

When planning your menu and shopping keep the following tips in mind -

- Quantity is very important. Fresh air and increased activity will increase a person's appetite.
- When shopping, keep an eye open for specials and ask that Leaders and campers save food coupons. This will reduce the cost.
- Check with wholesale outlets in your area.
- Check bakeries for specials on day old bread.