



VII. FOOD

Let's face it — most people love to eat. Use the weekend to show families that meals can be fun, yummy, and easy to prepare. Even if a campfire cooking class is not part of your activity schedule, be sure to provide tips and tricks for preparing meals in the outdoors so families will be more likely to try camping again on their own.

The Food Committee will:

1. Decide which meals/snacks will be provided and how they will be prepared and distributed.
2. Establish menus.
3. Acquire all food and kitchen equipment and develop food storage plan for weekend.
4. With help from volunteers, prepare meals/snacks and distribute as needed throughout the weekend. Make sure water is readily available.

Decide Which Meals/Snacks Will Be Provided

Your budget, in-kind donations, schedule of activities, and the level of comfort of your campers will factor into your meal plan. You may want to offer a pre-packaged breakfast if you feel some campers want to get a later start to the day, or if campers have to travel off-site for an early morning activity. If you will be offering campfire cooking as an activity, you may provide the ingredients for a meal and then let campers prepare dinner at their campsite with the assistance of their mentors. You may decide that all evening meals will be group meals that lead into evening activities. Again, consider your target audience and determine a plan that will best ease concerns about camping again on their own.

Questions to Consider.....

- What meals/snacks will be provided?
- Will campers need to bring any food? If yes, make this clear in the registration materials.



Since the schedule at the Okefenokee was tight, all meals were prepared by volunteers and served buffet style. This allowed campers to rest and have some free time in between programs.

- What is your budget?
- What could you get through in-kind donations?
- How will you accommodate special dietary needs such as vegetarian meals?
- What information concerning meals needs to be collected through the registration process? (allergies, vegetarian options, pre-packaged breakfasts). Be sure to find substitute ingredients. You don't want kids to miss out on campfire desserts, for example, because the only thing available has nuts.
- What meal plan best fits the activity schedule that has been established?

Establish Menus

The menu will largely be determined by the cooking equipment you have available. If camping at a Georgia State Park, most sites will have small charcoal grills and fire rings at each campsite. For group meals, GWF has a large propane griddle, two propane burners, and a variety of campfire pots and irons.

Remember to keep things simple – especially if families are preparing meals at their campsite. The last thing you want to do is overwhelm campers with the task of preparing a meal that takes a lot of time and is particularly messy.

Sample Breakfast Menus:

Granola bars/yogurt Fruit Bowl Muffins	Pancakes Sausage Fruit bowl	Hashbrowns Toad in Hole (egg in toast) Bacon	Ham Grits Scrambled Eggs
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Sample Group Lunch/Dinner Menus:

BBQ Sandwiches Baked Beans Cole Slaw	Grilled hamburgers/hotdogs Chips Fruit	Spaghetti and meatballs Salad Garlic Bread	Low Country Boil with shrimp, sausage, corn, potatoes
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Sample Dessert Menus:

Platter of various cookies and brownies	S'mores (of course)	Watermelon (and a seed-spittin' contest)	Ice Cream Cone Treats
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Kitchen Necessities

Regardless of the method of cooking, make sure you have:

*Salt
Pepper
Various Seasonings
Oil
Butter
Spatulas
Mixing Bowls
Tongs
Chafing Dishes
Large Coolers
Dish Soap
Dish Rags
Towels
Dish Buckets
Hand Sanitizer
Chopping Knife*

Acquire Equipment and Food, and Develop Food Storage Plan

We ask that you set an example of environmental stewardship by not using any Styrofoam products and implementing recycling practices to be used throughout the weekend. In addition, you can reduce waste and excessive packaging by serving buffet and cafeteria-style meals, and by using bulk foods, reusable dinnerware, and paper over plastic for disposables.

Our experience has shown that all the shopping can be done prior to the weekend. Count on needing 5 large coolers, including one to be used exclusively for raw meat.

Things to Consider:

- How will you get food to the camp site?
- Where is the closest grocery store in case you forgot something?
- How many propane tanks will you need?

Prepare Meals and/or Distribute Food As Needed

The details involved in carrying out meal preparation will vary from one Camp Charlie to the next. To keep things running smoothly, keep the following in mind:

- Carefully think through the time required to prepare group meals.
- Can you do any of the prep work in advance of the weekend (chop vegetables, marinate meat, pre-cook noodles)?
- How will you keep food warm as it is being served? Chafing dishes are recommended.

ALL individuals are expected to clean up after themselves (even the kids!). Be sure to set up an easy-to-use station for campers to wash dishes after each meal. Of course, the food crew will be in charge of making sure the kitchen is tidied up after every meal.

*Make sure water
is available
throughout
the day.*

Notes: