



FOOD & COOKING SUGGESTIONS

You will need to provide all meals for your family during your trip. We will provide propane stoves. Please bring a hard-sided cooler and ice for your perishable foods. Consult your Family Campout Packet for more in-depth details and helpful tips.

BRING THESE:



hard-sided cooler & ice



pots, pans, utensils, cups, plates, bowls



food for your whole family

We will provide light snacks, coffee and hot water. Drinking water is available onsite. Each family member should have a refillable water bottle.

For lunches, it will be best to plan meals that do not need to be cooked. Sandwiches can be brought from home. Cut vegetables and package them in foil for easy cooking. Pre-cook meats and store in a sealed container.

Breakfast should be quick and easy. Dried cereal, instant oatmeal, and yogurt are easy to transport and prepare. Hard-boil eggs at home for a quick breakfast at camp.

For dinner, there will be more time. Campout staff will demonstrate the use of the provided propane stoves and will be available to help you throughout meal time.

For dessert, we provide s'mores by the fire.

SUGGESTED MENU

BREAKFAST

Cold Cereal, Instant Oatmeal, Yogurt, or Eggs with Applesauce, Fruit, or Nuts and Raisins

LUNCH

PB&J or Deli Sandwiches or Tortilla Wraps with Fruits, Veggies, or Nuts

DINNER

Burgers or Hotdogs with Baked Beans, Corn on the Cob, Salad, or Veggies

Don't forget to pack condiments and toppings for your sandwiches, burgers, or hotdogs!

GROCERY SHOPPING LIST

ADJUST TO YOUR LIKING

milk	applesauce
butter	baked beans
cheese slices	tomatoes
yogurt cups	lettuce
eggs	fruits and veggies
burgers	ketchup
hotdogs	mustard
lunch meat	mayo
buns	salad dressing
sliced bread	seasonings
cereal	nonstick spray
oatmeal	aluminum foil
peanut butter	cling wrap
jelly	plastic storage bags
nuts, raisins, seeds	paper towels/napkins
granola bars	trash bags

All perishable foods must be packed in ice to keep it at safe temperatures (kept below 40°F) for storage. A 54 quart cooler can hold enough food for about 2-3 people for 2 days. Block ice stays frozen longer than cubes. You can use gallon water or milk jugs to make ice blocks – just fill them about 3/4 full and put them in the freezer. The frozen jugs act like block ice but keep the melted water from getting into your foods.