

REQUIREMENT 3 | Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.

Great meals don't just happen. Somebody has to plan them. Work with your family or other members of your den to plan a delicious breakfast, lunch, or supper. Remember to include three different food groups if possible.

Make a shopping list, and decide how much money you can spend. Then head to the grocery store and start shopping. Work to stay within your budget by checking prices as you go. If you need to make adjustments, that's OK: a Scout is flexible. (OK, that's not in the Scout Law, but it's still true.)



A Scout is thrifty. You can show that you are thrifty by finding ways to save money when shopping.

Here are some things to consider when you go shopping:

- ◆ Store brands are often less expensive than brands you see advertised on TV or online.
- ◆ Foods you make from scratch usually cost less (and are tastier) than processed foods.
- ◆ You should compare the price of fresh, canned, and frozen fruits and vegetables to find the best price.
- ◆ To really be sure you're getting the best deal, compare the price per ounce of different products.



REQUIREMENT 4 | Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal.

A. Camp stove

B. Dutch oven

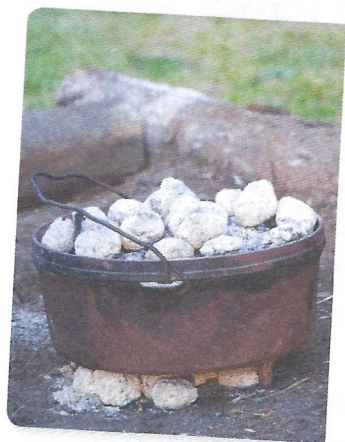
C. Box oven

D. Solar oven

E. Open campfire or charcoal

OUTDOOR COOKING METHODS

Camp Stove: A camp stove is a tabletop stove that uses liquid fuel or propane. Camp stoves work just like your cooktop back home. Be careful, however, because some can tip over easily. Always have an experienced adult help you light a camp stove.



Dutch Oven: A Dutch oven is a cast iron (or aluminum) pot that is heated by charcoal or hot coals. A camping Dutch oven has legs on the bottom and a rim around the lid. For baking, put 10–12 coals underneath and enough coals on top to cover the lid. For boiling, put more coals underneath. Either way, you can add or remove coals to adjust the temperature.

Box Oven: A box oven is sort of like a homemade Dutch oven. It's a foil-lined cardboard box that sits on top of a cookie sheet that is propped on four empty vegetable cans. Between the cans is a bed of coals, which provides the heat.



Solar Oven: A solar oven is a pizza box that's lined with aluminum foil and covered with black construction paper. It uses the sun's rays to cook what's inside. (Now you know why tents aren't made of black paper and aluminum foil!)

Open Campfire or Charcoal:

Open fires are good for roasting marshmallows and grilling things like burgers. For best results, wait until the flames die down and cook over the coals. If using charcoal, let it burn down until it is covered with white ash. Charcoal is a good tool for learning outdoor cooking, because it is easy to light and keeps a steady, even heat.



REQUIREMENT 5 | Demonstrate an understanding of food safety practices while preparing the meal.

Camp food is yummy, and camp cooking is fun. As part of this adventure, you'll get to try some really cool ways to cook food. Just don't try them all at home. Campfires in the kitchen are not a good idea!

However you cook, you need to do some things to keep from getting sick and making other people sick:

- ◆ **Clean hands and surfaces frequently.** Wash your hands with warm water and soap for at least 20 seconds before and after you handle food and after you use the bathroom. Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after you prepare each food item and before you go on to the next food.
- ◆ **Don't cross-contaminate.** That's a fancy way to say you should keep raw meat, poultry, seafood, and eggs separate from other foods in your shopping cart, grocery bags, refrigerator, and ice chest. Also, never place cooked food on a plate that has held raw meat, poultry, seafood, or eggs.
- ◆ **Cook to proper temperatures.** Use a food thermometer, which measures the temperature inside cooked meat, poultry, and egg dishes, to make sure the food is fully cooked. Stick the thermometer into the middle of the food and don't let it touch the pan. Most cookbooks include the correct temperatures for different kinds of food.
- ◆ **Chill/refrigerate promptly.** Never let food sit out for more than two hours before putting it in the refrigerator, freezer, or ice chest. Never thaw frozen food at room temperature. Instead,



thaw it out in the refrigerator, in cold water, and in a microwave oven using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.

- ♦ **Maintain proper temperatures.** Keep cold foods in an ice chest or refrigerator until you're ready to use them. If you are going to use an insulated container to keep food warm, fill it with hot water, wait a few minutes, then empty it and fill it with hot food.

When I was a Webelos Scout, our den sometimes forgot to pack a few things. Like sauce for our spaghetti. And jelly for our PB&J sandwiches. Crazy, huh?

Over time we got better at planning and cooking and even washing dishes. Now, as Boy Scouts, we cook some great food. And that food gives us the fuel we need for some really awesome adventures.

See you at camp!

