

Section B: QUARTERMASTERING

- By Ming Berka

MEAL IDEAS

BREAKFAST

- Hot porridge and cold cereal should be offered every day in addition to hot foods.
- Watch that girls don't pour too much milk on their cold cereal. Encourage them to drink it.
- Combine proteins and carbs – such as:
 - Pancakes and bacon
 - French toast and sausages
 - Scrambled eggs and ham
 - Hash brown and bacon
 - Toast / yoghurt and fruit
 - Muffins / scones and jam

LUNCH

- Noodle soup and sandwich or wrap
- Cold cuts and cheese
- Grilled cheese sandwiches
- Hot dogs
- Macaroni and cheese
- Tacos or Quesadilla
- Tuna melt / mini pizza (on English muffins)

SUPPER

- BBQ'd meat
- Burger
- Chinese food (beef, pork tenderloin, chicken)
- Lasagne
- Shake and Bake chicken – leave about 25% uncoated. Leftovers can be used in a different way.
- Spaghetti and meat sauce or meat ball and sauce – great for “Utensils Night”
- Tacos

FRUITS AND VEGETABLES

- Fruit plate for each table – orange wedges; apple wedges; melon chunks; bananas in 2” pieces; grapes in small clusters
- Veggie plates (for each table or one big platter) – baby carrots, celery sticks, cucumber slices, pepper wedges, broccoli, cauliflower - and dip (Ranch dressing)
- Caesar salad and dressing
- Build your own salad – lettuce, tomato, cucumber, pepper, celery, etc. so the fussy eater will take a little bit of salad.
- Frozen corn, peas, beans, large (mixed) vegetables for Chinese dinner

BEVERAGES

- Girls should carry their water bottles with them to all the activities, and be reminded to keep hydrated.
- Drinking milk (or substitutes) should be encouraged at least once a day
- Use milk in puddings and when making hot chocolate.
- Apple juice, iced tea mix, lemonade, etc can all be heated when it's cold outside.
- Ask what leaders drink in order to bring enough.

SNACKS / MUG UP

- Black licorice (helps alleviate constipation)
- Cereal bars / granola bars
- Cheese and crackers
- Cookies, Rice Krispie Squares
- Loaves (banana bread, etc.) – made at home
- Nuts and raisins / trail mix
- Popcorn
- Tacos and salsa

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MENU PLANNING

When planning the menu follow Canada's Food Guide and have a variety of food groups at each meal.

1. Discuss menu planning with the girls to get their input during the planning stage. The more input girls give, the more likely they will be to eat and enjoy the food.
2. Find out who has dietary needs in the planning stage, but check the health forms to specifics and plan accordingly. Knowing how the food affects the camper will determine whether a food will impact the whole camp, or just the camper. Check all packaged foods, oils, salad dressings, margarine, baked goods, spreads, cereal, etc. Read the ingredient labels while in the store.
 - If a camper has an allergy that is **life-threatening**, that food should **NOT** be brought to camp.
 - If a food allergy is not life-threatening, ask the parents whether the food allergy
 - Can cause painful or severe symptoms.
 - Will cause reactions only if in a specific form – e.g. raw or uncooked
 - Will cause reactions only if large amounts are ingested.
3. For campers who are vegetarians or have lactose intolerance or the celiac disease, other food sensitivities / restrictions due to cultural reasons, provide substitutes that are as close as possible to what the other campers are eating. If necessary, parents might be asked to send specific foods.
4. The Quartermaster (QM) needs to work closely with the Responsible Guider (RG) to plan meals to fit the program (hikes, special events, etc.). Consider – whether to do unit cooking or patrol cooking, the age or the experience of the campers and what they might be able to handle.
5. If there will be changes to the program, consult the QM as they may have impact meals.
6. Look at the health forms for birthdays happening during camp, and plan what (cakes or cupcakes and candles, etc.) will be needed.
7. It is wise to plan a paper bag supper (brought from home) if arriving at camp in the late afternoon, and an easy, no-dishes meal just before leaving camp.
8. If using coolers instead of a refrigerator, schedule the menu so foods that can be frozen are used later in camp.
9. Fruit can be served as a snack or at breakfast instead of a juice.
10. Plan to include leftovers, odds and ends in some dishes / meals. For example, left over veggie sticks in stir fry, or uncoated roasted chicken in a chicken salad for lunch.

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FOOD AND SUPPLY SHOPPING LIST

1. Plan the menu.
2. Then use these guidelines to prepare shopping lists. Delete items that you know you will not need. The quantities may need to be adjusted depending on the age of the campers, the season, etc.
3. Since it's difficult to predict how much the campers will eat and drink – e.g. 1% milk or 2% milk, plan to buy some groceries mid week, or a bit more often to avoid waste by buying everything at one time. (Plus there may not be enough room in the fridge.)
4. Items that don't need to be bought should be moved to the Leaders' Packing List.

Items	Quantity, Servings (sv) or Per Person (pp)	Needed when (which meals / occasion)	Total
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Beverages

Coffee	500 g = 100 cups		
Drink crystals / iced tea			
Hot chocolate			
Juice, apple / orange	1 L = 5 sv Ratio 5:4		
Juice, frozen			
Juice, jug / carton	1.89 L = 15 sv		
Tea bags, herbal	20 / box		
Tea bags, regular			

Condiments

Honey	500 ml (16 oz) = 18		
Jam / Peanut butter	1 kg = 25		
Ketchup	500 ml = 25 sv		
Margarine, spreadable	2 lb / weekend		
Pam spray			
Salad dressing	500 ml = 24-32 sv		
Salt and pepper shakers	Patrol cooking?		
Sugar, brown	500 g = 2 ¼ cups		
Sugar, white	500 g = 2 cups		
Syrup	500 ml = 12 sv		
Veggie dip	Ranch dressing or 50/50 sour cr & mayo+ dip pkg		

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Other Staples

Chips	500 g = 15 sv
Cold cereal	510 g = 17 sv
Crackers for cheese	227 g (1/2 lb) = 25 sv
Graham wafers	390 g = 60 singles
Hot cereal	15
Instant pudding	85 g (3 oz) = 4 sv
Macaroni	500 g = 12 sv
Marshmallows	400 g = 60 per bag
Oatmeal	510 g = 15 sv
Pancake mix	1 kg = 45 panc = 20-25 sv
Rice	454 g = 15 -18 sv
Soup	1 pouch = 4 to 5 sv
Spaghetti	454 g (1 lb) = 8 to10 sv
Syrup	24 oz / meal / unit
Tuna / salmon	1 tin = 3 to 4 sv

Cleaning Supplies

All purpose cleaner	
Baking soda	1 per fire
Bleach and tsp for meas.	
Hand sanitizer	
Hand soap	
J-cloths	3 colours = 3 uses
Laundry soap	
Liquid detergent	
Matches, wooden	1 per fire
Rubber gloves	3 to 6 prs kitchen & lats
SOS pads	1 pad = 2 days
Sponge (w scrubber)	1 per wash station
Vegetable brush	1

Paper, Plastic, Foil

Garbage bags
Lunch bags

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Paper towels		
Parchment paper		Bacon, sausages, chicken
Plastic wrap		
Recycling bag (clear)		Provided at C Olave
Sandwich baggies		
Serviettes		
Tin foil		
Toilet paper	1 roll pp / week	Provided at C Olave
Zip lock bags	26 cm x 27 cm 20 / box	Making ice cream
Zip lock bags	17 cm x 19 cm	Boil in a Bag
	Med weight = 20 / box	Leftovers

Bakery

bread, long loaf	30 slices
bread, multi-grain	22 – 24 slices

Produce

Apples / oranges	500 g = 3 medium	
Apples / oranges	1 ½ to 2 pp / weekend	
Bananas	500 g = 3 medium	
Beans, frozen	500 g = 12 sv	
Broccoli	500 g = 3 to 4 ½ cups	
Cabbage, raw	1 kg (2.2 lb) = 14 sv	
Carrots sticks	3 lb for 20 – 25 sv	
Carrots, cooked	2.2 lb = 10 sv	
Cauliflower	500 g = 3 to 4 ½ cups	
Celery sticks	1 bunch = 18 sv	
Corn , peas	2 kg = ? sv	
Corn, frozen	500 g = ? sv	
Cucumbers	4 med = 25 sv	
Frozen vegetables	1 kg (2.2 lb) = 10 - 12	
Hash browns	150 g = 1 cup = 2 sv	
Lettuce	1 head = 8 -10	depending on its use
Oranges	500 g = 3 med; ½ pp	Orange cupcake
Potatoes	10 lb = 30 to 36 sv	
Watermelon	1 large = 25	

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Fruit Juices and Canned Fruit

Bottled juice	1.89 L = 15
Canned juice	1.36 L (48 oz) = 12
Frozen juice concentr.	355 ml (12.5oz) = 12 sv
Canned fruit	540 ml (10oz) = 5 sv

Meat and Fish

Bacon	1 lb = 10 - 12 sv
Boneless meat	125 g pp
Chicken	2 legs/thighs pp
Fish	500 g = 2
Ground meat	500 g = 4-5 sv
Hamburger (patties)	1 lb = 4 to 5 patties
Luncheon Meats	500 g = 6 - 8 sv
Salmon / Tuna	198 g (7 oz) = 3-4 sv
Sausage	16 per pound / 2 pp
Wieners	1 ½ to 2 pp

Dairy

Butter	454 g (1 lb) = 2 loaves
Cheese brick grated	450 g (1 lb) = 2 C = 9 sv
Cheese slices	50 g = 2 slices pp
Eggs, scrambled	1 ½ pp
Ice cream	4 L = 25 sv
Milk (1x skim, 2x 1%, 1x 2%) or mostly 1%	4 L = 16 sv
Whip cream	1 ½ L = 25 sv
Coffee cream	½ cream + ½ 2% mix

FOOD STORAGE

1. If making pancakes, bannock, etc. from scratch, mix the dry ingredients and place in measured quantities in Ziplock bags. Use these bags as mixing bowls.
2. Remove extra packaging from other foods. Consider how opened packages will be stored. Will the item need to be transferred to a container with a lid, or closed with a bag clip / twist tie?
3. If there are no refrigerators, freeze everything that you can – e.g. milk, bread, meats, pre-cooked spaghetti sauce, etc.
4. Make sure the food is placed in a freezer for at least 24 hours. When a freezer is full, it takes a long time for the food to freeze completely.
5. Immediately upon arrival at camp, store the perishable foods in the refrigerators or place coolers in the shade. Make sure all storage containers are animal proof. (Raccoons can pry lids off quite easily, so put a big heavy rock on top of the cooler (all the time).
6. Store meat and poultry on the lowest (coldest) shelf in the fridge. Make sure the bags are leak proof and Zip locked properly.
7. Keep food in bags or cover them with cheesecloth or J-cloth while thawing to keep insects away.
8. If staying for a longer period of time, plan for a mid-camp grocery top-up of fresh produce, dairy, etc.
9. Keep food covered when waiting to be served and when stored. Take milk out of the fridge or cooler as late as possible and return it as soon as possible.
10. Make sure that drinking water is potable.
11. Try to wash all the fruits and vegetable before camp if possible especially if the water source is far away, and use clean storage bags afterwards. Some foods that can be prepared ahead of time such as stews and sauces can be frozen and used as ice packs.

FOOD ALLERGIES AND SENSITIVITIES

1. In group camps, try to place the campers with same or similar dietary needs at the same site, so that only one QM has to cook food for the vegetarians, and another QM could cook for campers with celiac disease and so on.
2. All food labels (boxes, cans, etc.) that have “Ingredients” listed must be set aside so that both the QM and the camper double check the labels for allergens. This includes packaging that was removed at home to reduce bulk.
3. Serve the girls and leaders with food sensitivities first to reduce any chance of cross contamination.

SERVING THE FOOD

1. Bring perishable foods such as milk and mayonnaise out of the fridge as late as possible. Put them away as early as possible. Bring ice cream out when everyone is sitting down to eat or else it might be too hard to scoop.
2. Set out the cold foods first and then the hot foods, so that hot foods don't cool off.
3. Leaders should serve the cooked foods to speed the serving process. To avoid waste, even when 2 pieces are allocated, have the girls tell the leader whether they want 2, 1, or none. Line ups will go faster if a leader also serves condiments such as syrup and ketchup.
4. Girls should not be forced to take any food that they don't like, but leaders should keep an eye on the overall intake of food of certain picky eaters. If possible persuade them to take a "thank-you" portion (a spoonful) of a vegetable or fruit if they haven't had any yet that day.
5. When everyone has had their first serving, announce to the girls they can help themselves to seconds and thirds.
6. Many girls eat less on the first day, but as camp progresses they tend to eat more.
7. Always provide a jug of water (with ice if available) with every meal and at mug up.

QM'S DUTIES

1. While at home prepare menus for each meal, so that girls on the Cook Patrol will know what is being served. On it, also:
 - List the appropriate quantity of foods that is needed for that meal, e.g. tomatoes, so that not all the tomatoes get used up, or that one can of tuna is left in the pantry.
 - Provide recipes / directions for the foods that girls are likely to prepare / cook.
 - List the condiments and other things (which drinks, napkins, etc.) needed for that meal, and whether to serve a condiment, e.g. dressing from the bottle or in a bowl.
2. Post this sheet where the Cook Patrol can refer to it. It will help the Patrol Guider to carry out the QM's plan without needing to check with her for details.
3. Take out the frozen foods early enough to defrost safely.
4. Decide what girls can prep or have time to prep or cook. Prep and cook the rest of the food.
5. After a meal, tell the Patrol Guider or girls what leftovers to keep and which containers to use.
6. On an ongoing basis, keep an eye on foods that need to be purchased, or whether certain foods are going down faster than planned, or which foods are not moving (and need to be promoted).
7. If tea-towels are used and there's not enough for a week, boil the tea towels with laundry detergent to sterilize, OR soak them in bleach in warm water and laundry soap. Very hot water negates the bleach.
8. Make sure all the foods, garbage, dishes, etc. are put away safely for the night.

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OTHER RESOURCES

1. Canada Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>