

Meal Planning Ideas

Decide which meals are cooked and which aren't. Most meals are cooked, but it is often convenient to have an uncooked or "trail" lunch so that the middle of your day isn't taken up cooking and cleaning up. Sandwiches with lunch meat, peanut butter and jelly, or sandwich spreads; cheese, crackers, summer sausage, fruit, trail mix, granola, jerky, and nuts are possible choices.

Eggs are cheap, easy to store, and easy to cook. French toast, oatmeal, tortillas, and sausage are also good breakfast foods. Bacon takes a long time to prepare unless it is precooked.

Tortillas can be used with a variety of foods. Often, they eliminate the need for plates. Tacos (breakfast and dinner) and fajitas are good choices.

Foil packs are convenient, customizable, and can be made with a variety of meats, vegetables, or dessert items. In addition to beef and chicken, consider ham, pork chops, fajita meat, sausages, etc. A large cabbage leaf inside the foil will help prevent burning.

Dutch oven pizzas, stew, pasta and macaroni dishes, shish kebobs (food on a stick), chili and stew are good choices. If you are going to grill meat, remember to bring a grill.

Try to minimize the number of pots required for cooking. One pot meals are great.

Remember the food pyramid. Plan to have breads and pastas, fruits and vegetables, dairy and proteins. You won't ruin your diet on a weekend campout, but cooking and eating a variety of foods should be part of the fun.

Cobblers using cake mix, pie filling and butter are easy and delicious. Don't forget the Dutch oven and charcoal. Lining the Dutch oven with foil helps to simplify cleanup.

Do not bring individual drinks, including soft drinks and juices. Not only are they expensive, but they are a source of conflict when Scouts start keeping score and drinking more than their share (or another patrol "borrows" them). Gallon size fruit juices are great for breakfast. Lemonade and drink mixes are good for other meals, or just plan on drinking water. Hot chocolate mixes are great for cold weather.