

# Cooking and Sanitation

<b>Learning Objectives</b>	As a result of this training experience, participants should be able to <ul style="list-style-type: none"><li>• Plan and budget a nutritious, well-balanced meal for a Webelos den.</li><li>• Show how to prepare and cook a foil dinner.</li><li>• Explain how to pack food for campouts.</li><li>• Describe menus for overnight campouts that are nutritious, simple, and easy to prepare.</li><li>• Demonstrate basic camp sanitation practices.</li></ul>
<b>Trainer Preparation</b>	<ul style="list-style-type: none"><li>• Study the training outline.</li><li>• Review the “Outdoor Cooking” topic in chapter 4 of the <i>Cub Scout Leader How-To Book</i>.</li><li>• Review the “Cooking in Camp” topic in the Outdoorsman activity badge section of the <i>Webelos Handbook</i>.</li><li>• Review the information on foods and cooking in the <i>Boy Scout Handbook</i>.</li><li>• Review the “Camping Health and Safety” topic in “Cub Scout Camping,” chapter 33 of the <i>Cub Scout Leader Book</i>.</li><li>• Review the information on trash disposal, dishwashing, and cleaning up in the <i>Boy Scout Handbook</i>.</li><li>• Gather the necessary materials and equipment for this session.</li><li>• Practice and time your presentation in advance to help you stay within the time limits.</li><li>• If this course is not run in conjunction with Introduction to Outdoor Skills, then prepare to present the Introduction to Outdoor Leader Skills “Cooking” section.</li></ul>
<b>Materials</b>	Ingredients for foil dinners: heavy-duty foil, ground beef, carrots, potatoes, onions, seasonings Permanent markers Charcoal grills or camp stoves with charcoal, or firewood and fire starters 33452, <i>Webelos Handbook</i> 33832A, <i>Cub Scout Leader How-To Book</i> 33640, <i>Introduction to Outdoor Leader Skills</i> , “Cooking” session
<b>Handout</b>	Recipes, as desired
<b>Time</b>	60 minutes. Start on time. End on time.

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## Outdoor Leader Skills

Webelos den leaders join the Outdoor Leader Skills session at its beginning.

### Cooking

Feeding a hungry patrol requires some basic cooking skills and a lot of planning. Cooking takes practice and patience, too, but it's satisfying to feel appreciated when thankful Scouts dig into a bowl of piping hot stew on a cold winter's eve or fresh pan-fried trout on a crisp spring day.

#### **Planning Your Meals**

Careful **planning** helps prevent you from taking too much—or too little—to camp. Scouts require balanced meals that will give them the energy they need for physical activities they undertake while in the outdoors. During planning, find out

- How many Scouts are going and how long you will be away from home
- What you will be doing
- How you will reach camp
- What kind of weather can be expected

Planning will help determine what form of camping food you will need to take: fresh, nonperishable, dried/dehydrated, canned, retort pouches, or a combination.

#### **COOKING BEGINS WITH CLEAN WATER**

When in the outdoors, make sure you have access to a source of safe water, whether you bring your own or use some from another source.

Water from **public supplies** (faucets, drinking fountains in campgrounds) usually has been tested by public health officials and is almost always safe to use. **Open water** from streams, lakes, and springs must be properly disinfected before consumption. (The *Boy Scout Handbook* tells how to prepare water by melting clean snow.)

#### **HOW TO PURIFY WATER**

- **Boiling water**—a rolling boil—for a full minute or longer will kill most bacteria.
- **Purification tablets** are easy to use, but always check the expiration date before leaving for camp; use only fresh tablets.
- **Filters** are effective and easy to operate, but the manufacturer's instructions must be followed carefully. It's smart to carry a small bottle of water purification tablets just in case your filter malfunctions.

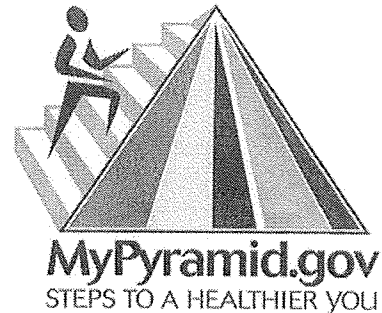
## THE IMPORTANCE OF GOOD NUTRITION

The food you eat should

- Build up your body and keep it in good repair.
- Provide the vitamins, minerals, fiber, and bulk that your body must have in order to stay healthy.
- Serve as a source of energy for everything you do.

### MENUS

Menus make proper planning possible. Using [www.mypyramid.gov](http://www.mypyramid.gov) as a resource helps keep the camp diet balanced, too. Once you know how many meals you need, write down what you want to prepare and eat for each meal. See the *Boy Scout Handbook* for ideas, or ask others for favorite family recipes.



- **Shopping list.** List every ingredient for each dish. Don't forget **staples** (sugar, flour, cooking oil), **condiments** (honey or sugar, butter or margarine, ketchup), and **herbs and spices** (salt, pepper, oregano, chili powder, garlic flakes).
- **Cost per person.** Before buying, determine the cost per person. At the grocery store, write down the price and quantity of every ingredient needed. Calculate each Scout's share by totaling the costs and then dividing the sum by the number of Scouts who will participate.
- **Size of servings.** The *Boy Scout Handbook* has a handy guide for single serving sizes (with big appetites in mind).

### REPACKAGING FOOD

Lighten your load and save space by repackaging. Take only what you will need, and use resealable plastic bags for ease. Properly label and organize each bag according to meal. Don't forget the recipes!

### FOOD STORAGE

Protect your food from mice, raccoons, bears, and other animals by using a bear bag. The *Boy Scout Handbook* tells you how.

### BE BEAR-SAFE IN THE OUTDOORS

In bear country, where they may present a problem:

1. Demonstrate how to prepare and cook food close to a fire ring.
2. Demonstrate the use of bear bags and how they are stored.
3. Discuss the importance of never eating or storing food in tents, and never storing containers that have been used for fuel, drink mix, or food, in tents as the odor will remain even after the food is gone.
4. Discuss the dangers of sleeping in clothing that has been soiled or stored with food, or worn while cooking. At night these items must be stored away from the tent.

### ***Breakfast in Camp***

In camp, plan a hearty breakfast that's easy to prepare.

- **Fruit.** Use fresh, dried, or canned fruit—whichever best suits the type of outing your troop has planned.
- **Cereal.** Choose from oatmeal or some other type of hot cereal for cold days, and granola for warm-weather camping.
- **Eggs.** They come boiled, fried, and scrambled—take your pick.
- **Bacon and ham.** Fried bacon or ham makes any breakfast more satisfying.
- **Breakfasts from the griddle.** Try pancakes or French toast.
- **Breakfast drinks.** There's a variety to choose from—milk (dried or fresh, depending on the type of camping your troop has planned), cocoa mixes, and fresh or powdered fruit drinks.

### ***Lunch in Camp***

Refuel with lunch. Pack a lunch right after breakfast and take it with you, or stop for a hot meal if you will be near the camp kitchen.

- **Sandwiches.** Make some to take with you, or stop to build your own on the trail.
- **Hot dishes.** Hot soup (from a can or mix) served with grilled cheese sandwiches hits the spot on a cold day.
- **Backcountry lunch.** When fresh foods aren't convenient, pack crackers, jelly or jam, hard cheese, salami or summer sausage, fruit, and small cans of tuna or chicken.

### ***Supper in Camp***

Quick suppers come in handy when you have a patrol of hungry Scouts to feed.

- **Quick one-pot camp stew.** They say variety is the spice of life, and the one-pot camp stew provides plenty of it!
- **Meat.** Whether grilled, fried, or stewed, meat makes the meal complete.
- **Chicken.** Frying, grilling, or broiling make preparing chicken easy.
- **Fish.** Fresh fish tastes great fried or poached. Try either method.
- **Side dishes.** Side dishes help make sure your supper has something from every group in the food pyramid.
  - Vegetables (boiled carrots, corn, cabbage, string beans, peas; boiled, fried, or mashed potatoes)
  - Pasta and rice (spaghetti, macaroni, ramen noodles, white or brown rice)
- **Bread.** There are lots of options for supper: Try biscuits, Dutch oven bread, stove-top oven bread, frying pan bread, or dumplings.
- **Desserts.** Round out the meal with a tasty dessert as simple as cookies or instant pudding. As a special treat, serve cobbler or brownies.

### **PERSONAL EATING KIT**

Every Scout needs a personal eating kit when camping. Take an unbreakable plate and sturdy drinking cup. (In winter, use an insulated plastic mug to keep drinks and soup warm.) Keep your knife, fork, and spoon together by drilling a hole in the handle of each one. Run a string through and tie. Makes cleanup easier, too!

### **Cooking in Aluminum Foil**

Lightweight packing and camp kitchen cleanup couldn't be easier than with aluminum foil cooking. Just make sure you pack out the aluminum foil for recycling or proper disposal. Try cooking hamburger, stew, chicken, potatoes, corn on the cob, fish—even fruit.

### **Cooking Without Utensils**

A bed of hot coals makes cooking without utensils possible. You can roast potatoes or corn, broil a steak, fix kabobs, fish, or chicken, and bake a bread twist or bread cup.

### **Sharing Kitchen Duties**

Using the buddy system make kitchen duties fast and easy. Larger groups should use the duty roster method.

### **Cleaning Up After Meals**

Follow the steps in the *Boy Scout Handbook* for dealing with leftovers, dishwashing, and dishwater disposal.

### **MAKE CLEANUP EASY**

Before cooking over a wood fire, smear a film of liquid biodegradable soap on the outside of your pots. Soot will wash off more easily.

Webelos den leaders leave the Outdoor Leader Skills session after the discussion of cleanup, before the "Activities" section begins.

### **Preparation**

Prepare for this session by having a cooking fire ready for the participants to cook their foil dinners.

### **Cooking for Webelos Scouts**

After leaving the Outdoor Leader Skills session and returning to the Webelos den leader meeting place, review the following.

Explain that outdoor cooking for Boy Scouts can become very elaborate. Expert outdoor cooks can make everything from steaks to cakes. Webelos Scouts, however, will stick to more basic menus. Webelos Scout outdoor meals should be simple, especially on the first few campouts.

Consider cooking hamburgers, hot dogs, bacon and eggs, or canned foods like spaghetti, beans, and vegetables. At the end of this session, all participants will prepare and cook their own foil dinners.

Show and review the "Outdoor Cooking" topic in chapter 4 of the *Cub Scout Leader How-To Book*. Show and review the "Cooking in Camp" topic in the Outdoorsman activity badge section of the *Webelos Handbook*.

Follow the instructions under "What to Cook" to demonstrate how the participants will make their foil dinners. Have the participants make their dinners and place them on the fire. Arrange to have someone turn them after about 10 minutes, and alert the instructor when they are done after another 10 minutes.

To make it easier for each person to find his or her foil dinner, provide permanent markers for participants to write their names on their foil packet.

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**Personal Sanitation**

Remind participants that Webelos Scout camping should be less challenging than Boy Scout camping. Webelos Scouts should camp at a site that has running water for cooking and drinking. Webelos Scouts should not be asked to carry water from home or use spring water at the campsite.

The site should also include toilet facilities. The boys should not be asked to dig latrines; they aren't ready for that, and most of their parents probably aren't either!

**Campsite Cleanliness**

Explain that when the campout is over and it is time to go home, there is only one rule to remember:

**Leave no sign that you were ever there.**

These steps will help you follow that rule.

- Be sure the fire is cold out.
- Dismantle the fire lay, dispose of ashes, and scatter extra firewood.
- Pick up any litter.
- Spend a few minutes inspecting the area to be sure it is clean.

**Summary**

Summarize by stressing the importance of simple Webelos Scout outdoor cooking. Indicate there are many creative options for foil dinners and encourage participants to think of creative meals using foil. Also stress that advanced cooking is for Boy Scouts. Boys will have plenty of opportunities in the troop to learn advanced cooking skills.