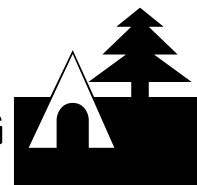


# OUTDOOR LIVING



**Eating becomes an activity at camp.** Ask your girls what they like best about weekends away – most will agree that it's eating. From Sparks to Rangers, food complements our camp themes, level of comfort and social hub. Make sure your menu is well planned out, so that everyone will enjoy the food, preparation and eating.

Do you know that outdoor cooking has always been a part of Guiding? That means our membership has been collecting and creating outdoor recipes for as long as Guiding has been in Canada. Although eating habits and food sources have changed, there will be recipes that we can still use. Before we lose the ability, should we not tap into our resources to resurrect some of these unused recipes?



Do you think it might be fun to **ask a Trefoil Group** to share some of their girl year ideas? Could they still have those recipes - or



**Are there Guiders in our area** who'd be willing to dig into their files, boxes or recipe books to share their camp recipes with our girls today? - or



**Box Oven, Billycan and foil dinner recipes** are harder to find these days - are there experienced chefs in the area willing to share their knowledge?



Check out these **back issues of Canadian Guider for camp cuisine:**  
**Vol.77.#1-Winte'07** pg 29, and #3-Fall'07 pg 26; **Vol.76.#3-Fall'06** pg 34; **Vol.75.#1-Winter'05** pg 32, and #2-Spring'05 pg 26; **Vol.74.#1-Winter'04** pg 28, #2- Spring'04 pg 26, and #3-Summer'04 pg 26.

If you don't have an interested unit, guider or girls asking for this information, please forward it to myself, so that we can share your knowledge.

I look forward to your responses.....

*Cindy Parkin, Area Camp Adviser*

Email: [cdhpf@shaw.ca](mailto:cdhpf@shaw.ca) Fax: 604-931-8301

## Camp Tips:

• **Vegetarian Campers:** Today, our units can have girls who've decided to become vegetarians, and live with families who are not. These girls may not know how to plan a balanced vegetarian meal. When planning your camp menus, plan one meal or a full vegetarian day for the unit. It will help everyone to learn to appreciate and respect others personal preferences and it will help to teach the girl(s) how to eat properly as vegetarians.

• **Collect Menu Ideas:** Source ideas for menu plans from your district guiders, ranger units, internet, Chapters bookstores, area trainers, Guide shop, Canadian Guider, parents, etc. There are lots of ideas of camp recipes, just remember to consider what your cooking instruments and heat source will be, the girls diet, your elevation, and time, as these will determine the success of the camp meal.