

Boy Scout Roundtable Breakout Session

Meeting Notes

January 6, 2011

Topic #1: **Healthy Camp Cooking**

Roundtable Discussion

Guest Speaker: **Lisa Golden Schroeder** (Culinary Consultant / Trained in Nutrition & Food Science)

1. Introductory Comments

- The National Boy Scout Council has announced its intention to commence a program to combat childhood obesity. Tonight's roundtable discussion is intended to start the dialog at a District level and begin a "train the trainer" initiative.
- Scouts, like adults, are creatures of habit. They keep preparing the same meals they have seen before. The challenge – and opportunity – is to show Scouts new options that are tasty and easy to prepare.

2. One Troop's Story

- Lisa recapped the way she helped Troop 89 begin to improve camp cooking:
 - a. She met with the boys at a Troop meeting to introduce the concept that healthier foods could be easy to prepare and good to eat.
 - She provided a snack for the boys to enjoy during the meeting – a giant bowl of grapes. The Scouts loved them and gobbled them up!
 - b. She asked the boys to look up recipes of camp meals they liked or ones they would like to try at camp.
 - c. She asked the boys what familiar camp meals/snacks were "must keep" items.
 - d. She asked the boys what their favorite nutritious / healthy foods were.
 - e. She coached them about how to buy healthy foods while staying within their budget.
 - Roundtable participants said they generally have a budget of \$10-\$12 per Scout for a weekend campout.
 - f. After she received the boys' recipes, she modified them to make them as healthy as possible.
 - The plan is to share these with the boys (in printed format) and post on the T89 website.
 - Roundtable participants agreed that the "Taste of Manitou" Camporee a few years ago was fun and educational: all agreed that it would be a good theme for an upcoming Camporee. Jim Schuster will provide this feedback to the District staff.
 - Extra benefit from the Camporee was the cookbook that resulted from the Camporee. We agreed that there would be value in sharing healthy recipes at a District level.

3. Resources (Documents will be posted on the District website.)
 - Lisa distributed copies of a meal planning document that is used by Troop 89.
 - a. Participants from other Troops said they have similar documents to help the boys plan campout meals.
 - Suggestion from the group: Add “Ground Turkey” as a protein source. (Lisa will update the form and add that verbiage.)
 - Meal suggestion: Prepare broiled fish using cedar planks and reflector ovens.
 - Suggestion: Add dried fruit as a trail snack.
 - Lisa distributed copies of the updated food pyramid.

4. Being Good Role Models
 - Troop 434 has a strong cooking culture, and the boys like having cooking contests at Troop campouts.
 - a. The adults have the same budget allowance as the boys, and they prepare outstanding meals and show them to the boys to entice them.
 - b. T89 has done the same thing. As a result, all the boys have learned to prepare “Peachy French Toast”.
 - Idea: Take time at campouts to have each cooking Patrol tell their peers about what kind of tasty meals they’ve prepared. This will educate all the boys and show them how many meal options really exist.

Topic #2: Online Advancement

Presentation

Guest Speaker: **Mary Degel** (Northern Star Council Registrar)

Mary stopped by the meeting to educate participants about the benefits available from using the Online Advancement tool. She will provide a handout that will be posted on the District Website.