



## Energizing Camp Meals

Look for new ideas for:

- Interesting breakfasts
- Fun lunches
- Delicious dinners
- Better snacks

When deciding on recipes to bring to our meeting, think about:

Will this be easy to make?

Is there a lot of processed food (from boxes or cans) in this recipe (try to avoid)?

Are there any real vegetables or fruit in this recipe?

What else would be good to serve with this recipe (if it's for lunch or dinner)?

Is this different from anything the troop has made before?

Browse these web sites for recipes or ideas—and there are many other sites that have camp-cooking recipes, so look around.

[www.macscouter.com/cooking](http://www.macscouter.com/cooking)

[www.scoutorama.com/recipe](http://www.scoutorama.com/recipe)

[www.papadutch.home.comcast.net](http://www.papadutch.home.comcast.net) (Byron's Dutch Oven Cooking)

[www.boyscouttrail.com/boy-scouts/boy-scout-recipes.asp](http://www.boyscouttrail.com/boy-scouts/boy-scout-recipes.asp)

**Print 3 of your favorite recipes** to share at our meeting on March 9, 2010.

Thank you all for thinking about ways of making your camp meals even better and delicious! Mrs. Schroeder