

Preparing for LEAP24-South





“Camp is what the [Scout] looks forward to in Scouting.” -B. P.

This guidebook has been developed to help Patrols prepare for LEAP24-South.

The Guidebook provides nuts-and-bolts information and advice on camp preparation, catering, food preparation, menu planning, recipes, and many handy hints so a Patrol can have a safe and rewarding camping experience.

However, this guidebook is just a start. If you have already mastered Patrol camping, have a go at varying the camp menus and/ or gateways, try something a little more adventurous. I assure you, if you give it a go, what you can achieve on a Scout camp will amaze both you and your Leaders.



G'day PATROL LEADER 🙌

Congratulations, your Patrol is now registered to attend LEAP24-South. LEAP24 is a Patrol camp and Scouts all over QLD will be camping at either BP Park in Samford or Tamaroo Campsite in Townsville. Welcome to being a part of QLD's largest Scout Section Patrol camp!

With your Patrol, you are required to organise the necessary transport arrangements, food and equipment for your Patrol. As the Patrol Leader you should also discuss the personal equipment requirements with your Patrol members. LEAP24-South will be a lot more fun if both you and your Patrol have all the items needed for a successful weekend. Remember to reach out to your Unit Leaders if you have any questions – turns out, sometimes they're full of useful information.

This booklet will be very useful as it contains a lot of important information for you and your Patrol. An activities booklet will be provided to your Patrol on camp, but we recommend printing this one off and filling out the back pages to BE PREPARED.

Camp Standards Awards 🏆

While the first and most important objective of LEAP24-South is for you and your Patrol to have fun and learn new skills, there are opportunities for you to compete. Firstly, you can win pennants to display at your campsite and back at the den afterwards:

Camping Standard – you'll be awarded this pennant when you achieve a great camping standard - you've got the right gear, your site is well set-up, etc.

Hygiene Standard – you'll be awarded this pennant when your Patrol is demonstrating good hygiene practices.

Gateway – this recognises your efforts in designing and constructing a great gateway at your campsite.

MasterChef – make a great meal and look after your visiting Leader on the Thursday night and you might just pick up this special pennant.

Your subcamp Leaders will give you hints and tips along the way to achieve these awards. By the end of camp, we expect each Patrol to achieve the Camping Standard and Hygiene Standard.



Camping

Forms

C5 – Activity Advice and Approval

You will need to prepare a *C5 – Activity Advice and Approval* for the camp for your Patrol. Your Scout Leader will countersign it when they are happy with your planning and your Group Leader will sign the final approval.

Parent Permission (Operoo)

Make sure you get dietary and allergy information for each Scout in your Patrol. Your Leader will be able to get this for you.

Dress

Full uniform is required to be worn to and from the camp - shirt, scarf, and woggle (and preferably pants of a single colour). You will also need to wear full uniform to opening and closing activity as well as Brisbane Gang Show – so it won't go to waste!

As for other clothing, LEAP24-South isn't a fashion parade, and we need to stay sun smart. Wear comfortable clothes that will allow you to take part in all the activities and help you avoid sunburn. As a general rule, tops should cover at least our shoulders and bottoms should be to the knee (shorts are preferable for our OAS program). **HATS WITH BRIMS (NOT CAPS) ARE REQUIRED AT ALL TIMES.** In fact, you'll receive a snazzy LEAP hat to wear on camp when you arrive.

Transport

LEAP24-South is being held at BP Park, Samford. You are required to organise transport for your Patrol and camping equipment. Please organise this aspect early, as it will likely require a parent to take a day off work to assist. A Transport plan template is provided in this booklet for you to complete.

If you are travelling >150 km or not by car to your site (e.g., flying into Brisbane or busing in from Stanthorpe), you may be able to borrow equipment. Please get in touch with us ASAP to arrange this!

Patrol Gateway

It is a requirement for each campsite to have an entrance point with a sign that identifies your Patrol (e.g., Brownsea Redbacks).

Why not try your hand at a gateway and compete for pennants and the overall prize? Start working with your Patrol to dream up something that will WOW the other Scouts and Leaders on camp. Be creative! You are encouraged to plan and prepare components of your gateway in advance – but most of the construction and pioneering should be undertaken on camp.



Catering

Cooking fires will **not** be permitted on LEAP24-South. All cooking must be done using a gas stove or cooker.

You are required to prepare a camp menu and shopping list for LEAP24-South. A sample one is included later in this booklet. Feel free to use the sample or modify it to include your own ideas. All meals are to be cooked on-site. Your menu & duty roster should be displayed in your kitchen area.

Gas and Ice

Scout Units are responsible for the provision of enough gas to last the duration of LEAP24-South. It is recommended that a full gas bottle is packed to ensure your Patrol doesn't run out of gas! Of course, accidents happen, or mistakes are made. If you do have a problem with your gas while on LEAP24-South, have a chat with your subcamp Leaders. They will be able to contact your onsite Leader and arrange a replacement/ refill.

LEAP24-South is an extended camp and we want to make sure your food stays safe (and you have enough food in your eskys!). On Thursday evening/ Friday morning before activities please let your subcamp Leaders know if you think you need more ice. We will arrange delivery of one bag of ice Friday afternoon if your Patrol needs it. This isn't for drinks though – just your food esky. And as always, if you're concerned about your ice during camp – chat to your subcamp Leaders. They'll make sure to get it sorted out!

Invite a Leader Dinner

On Thursday night you'll have the opportunity to meet someone new and showcase your cooking. Each Patrol is to invite a Leader (that they don't know) to join them for dinner. Make sure you've catered for an extra mouth to feed for this meal. Why not make an occasion of it – think about presentation, decoration, conversation, etc.

This will be how you get a MasterChef Pennant!! Be creative and have fun. Your guest Leader won't expect Michelin Star but will expect a clean kitchen, good hygiene, and a little bit of ambiance.

Camping Guidelines

LEAP24-South is intended to be Patrol camping, not Unit camping. If there is more than one Patrol per Unit, each Patrol will be camping separately, perhaps in different subcamps. Your campsite will be about 10 m x 15 m, so that'll be plenty of room for your Patrol.

Each Patrol is required to meet a minimum camping standard, [Camping Standard 2024](#). This minimum camping standard will be enforced by the subcamp Leaders to ensure each Patrol has a safe and hygienic campsite.

The minimum campsite requirements are:

- Suitable Tentage for the entire Patrol
- Covered kitchen & dining space
- Table & seating for all Patrol members



- Appropriate lighting for the Patrol of use the kitchen after dark, including batteries to last the duration of camp.
- Cooking facilities (gas stove) – with enough gas for this long camp
- Wash-up facilities (minimum 3 bowls)
- Hand-wash facilities (to be located near gateway)
- Hygienic storage of cooking utensils & personal cutlery and crockery
- Entry point with signage to identify site
- Accessible Fire blanket
- Accessible First Aid Kit
- Gas Safety
- Food storage (cold food & dry food) - food is not to be stored in tents.
- Water drum.
- Rubbish - two bins (rubbish & recycling).

Your fire blanket & first aid kit need to always be accessible and 'on display'.

Overall Camping Award

Each Patrol has the **option** to compete for the overall camping award. This will be judged across the three activity days so make sure you leave your site clean each day!

The minimum entry standards for this includes a campsite gateway and at least one camp-constructed gadget. A Queenslander Patrol tent is not a requirement (but it is a good way to show off your skills).

Some of the things that will be checked are:

- Camp tools in a safe place
- No rubbish
- No dirty utensils or dishes
- Food storage
- Fire safety precautions
- Safety of camp site

Note that points may be deducted for reports of poor behaviour, etc., at the judges' discretion. Points will also be deducted for Leaders interfering with campsites.

Market nights

Patrols need to bring a fun activity for others to try at 'Market Night'. This can be a physical challenge, a skill game, a 'minute to win it' game, or any other fun or challenging activity. Bring all necessary supplies and don't forget the prizes!

Two subcamps will set up and run their stalls on Wednesday night after dinner, while the other two subcamps will do so on Friday night. This ensures each Patrol gets one night to run their stall and one night to try the challenges.



Prohibited Items

LEAP24-South is a dry site. Alcohol and illicit drugs are banned from site. Anyone found in possession of alcohol or illicit drugs will be sent home. Similarly, youth members are not permitted to smoke or vape.

Scouts should not bring mobile phones. If a Scout accidentally brings one, they must give it to their sub-camp Leader for safekeeping until the end of camp to prevent loss, theft, or damage. Scouts found with phones in tents or bathrooms will have them confiscated and reported to the Camp Chief. All phones will be returned after activities end on Sunday.

Leaders and Venturers

Leaders and Venturers will not sleep or be catered for in the Patrol lines. All Leaders and Venturers will be in their own sub-camps. If you have any problems during camp, please talk to your subcamp Leaders who will assist you with managing the matter and will also be able to locate your Leader more easily if required.



Cooking

“Well, you know what it is when you begin as a Scout to cook your food; it is not quite a success at first. Mine was not either. The dinner was not good; I know it, because I ate the whole of it myself – not because I liked it, but because I had to. My brothers could not eat it, so they made me do so, just as a reminder that I must learn to cook better.” -B. P.

Staying Safe

Cooking in camp can be a dangerous activity as it involves the use of sharp knives, boiling liquids, and hot pans. It is important to learn good habits early on and to take care and treat dangerous situations with respect.

Never tell your Patrol or Leader you feel okay when really you don't. If things are getting on top of you, don't stress, talk to a Leader.

It is essential that everyone preparing, cooking, and serving food is aware of the need for certain basic safety precautions, to minimise the risk of accident.

If you see something wrong - take action to fix it, **DON'T LEAVE IT!**

Before you get started a few things for you to bear in mind:

- Ensure there is a suitable water supply nearby to treat any burns.
- Always have a fire blanket accessible.
- Make sure that the first aid box is readily accessible.
- Do not ever reach over a stove or fire.
- Never attempt to carry or drain large heavy containers of hot food on your own - always get help.
- Do not allow your Patrol or a group of Scouts to crowd around a lit stove or cooking fire. If something spills or flares up, they (or the person cooking) may not be able to get out of the way.
- Never, ever cook inside a tent.
- Make sure you know how to turn the gas off and can always reach the valve on the gas cylinder.
- For economy, as well as safety, gas cylinders should be turned off when not in use.
- Do not leave metal spoons in boiling liquids.
- Do not leave handles of cooking pans over the gas flame.
- Always cut or chop on a board, never in the hand.
- Never use a damp cloth for lifting or carrying hot utensils. Heat penetrates a damp cloth more quickly than a dry cloth.



- Pans containing hot fat, which catch fire, should be extinguished by smothering with a fire blanket. Never put water on a fat or oil fire.

Hygiene

It's important that you maintain the highest standard of cleanliness. Think clean! All tables and food preparation surfaces should be cleaned with warm soapy water (or "Spray and Wipe") BEFORE and AFTER each meal.

Washing Hands

Everyone should wash their hands before helping to prepare food, set tables or eating, especially when outdoors. Germs are all around us with most of them being harmless. But there are some germs that can make us sick, especially if we let them hitch a ride from our hands onto the food we eat.

Everything you touch can transfer germs onto your hands – but especially dirty items, sores, pets, used handkerchiefs and the things you and members of your Patrol touch when you go to the toilet. YUCK!!!!

How often do we see a bowl of water, and everyone washes their hands in it. This is great way to spread germs! Yuck!!!

Following is the procedure you should adopt:

- Wet your hands with clean running water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or wave them around in the air until dry. If possible, use your paper towel to turn off the tap.

For removing germs from your hands, washing with soap and water has been proven to be the most effective. Hand sanitisers or disinfectant are to be used in addition to washing not as a substitute.

Managing Allergies

Food allergies can be life-threatening with even a small amount of the wrong food. Scouts must be very careful with food preparation and menu planning.

Be inclusive - it is really important that every Scout feels included. For food allergies, inclusivity comes in two forms:

1. Serve food together, when possible: serve the food to the Scout at the same time and in the same way as everyone else.
2. Serve as close to what everyone else is eating as possible: try to match what you serve the allergic Scout to what everyone else is getting. This is a big part of being inclusive because the Scout feels safe and part of the group.



One of the key steps to success in camping with food allergies is to involve the Patrol member in the planning process. If the Scout is not old enough, involve their parents. The Scout and their parents have been dealing with food allergies for a long time and will be a valuable resource in your planning.

There is no such thing as “just a little bit” for allergies. A tiny trace of the wrong food can make a Scout very ill so be very careful about ingredients. This is a great reason to involve the Scout or parent - they have experience at reading labels!

With some planning, you can prepare a menu with ingredients that satisfy allergies. Depending on the situation, you may be cooking allergy-friendly food at the same time as food with the allergy ingredients. Be very careful about cross-contamination as this will undo all the careful planning and shopping!

Clean surfaces, utensils, and cooking equipment

Be sure that your utensils and cooking equipment have been thoroughly cleaned. This seems obvious but can be subtle. Scouts love peanut butter, but you need to be sure that the knife used to spread it is very clean before a Scout who is allergic to peanuts uses it to cut their dinner. *(But if you have someone with a nut allergy it's best just to leave the peanut butter at home!!).*

Don't share utensils when cooking.

If you're not used to food allergies, you'll probably use the same cooking spoon to stir multiple pots. Use clean utensils for the allergy cooking and be sure not to share them with the other pots. For example, if cooking gluten-free pasta next to a pot with gluten pasta, be sure you have two separate spoons to stir.

Clean hands

If you are cooking for Scouts with allergies, expect to wash your hands a lot! It's often best to prepare the allergic Scout's sandwich first, bag it or plate it, and then prepare the other food.

Using Sanitiser (Milton)

For extended camps like LEAP24 and Jamborees it is a requirement to use a sanitiser dip process for plates and utensils prior to meals. This involves adding sanitiser to a washing up bowl part filled with water and doing a “dip and flick”.

Do not then use a tea-towel to dry your plate, just wave it around until it is dry enough to serve on.

You can also consider soaking all cooking utensils & chopping boards in sanitiser every few days.

Milton Anti-bacterial Tablets are the preferred sanitiser. You will use 1 tablet to about 2 litres of water. Please make sure tablets are fully dissolved prior to starting your “dip and flick”.



Washing Up

A great deal of the unpleasantness can be avoided if washing up is set about the right way. Some of your Patrol may not have much experience in washing-up and may be inclined to take some 'short cuts' so ensure they are well supervised and mentored by experienced Scouts to keep you all healthy.

The foundation of easy washing-up is plenty of hot water - the hotter the water, the better; as near to boiling water as you can stand. You cannot wash up properly in cold water. If the water is hurting your hands use a dish mop with a handle, rubber gloves or hold the sponge with some cooking tongs.

Following is the procedure you should adopt.

1. Scrape and wipe out as much of the food as possible out of the dishes before washing so that the dishwater does not become dirty too quickly.
2. Rinse off the dishes in hot water before you start to wash properly.
3. Fill the washing up bowl and add sufficient washing up liquid to remove all grease (a squirt that would cover a 20-cent piece, no more). Using excess detergent can cause pollution of rivers and lakes and will leave suds all over your dishes.
4. Fill a rinsing bowl.
5. Start by cleaning the less dirty dishes such as cups and finish with the dirtiest dishes (such as pans).
6. Rinse the clean dishes in warm water (start with hot water, it will cool down soon enough).
7. For most meals you'll need to change the pre-rinse water & washing water at least once.
8. Finally, rinse out the washing up bowls, dishcloth and brush and prop them up to dry.

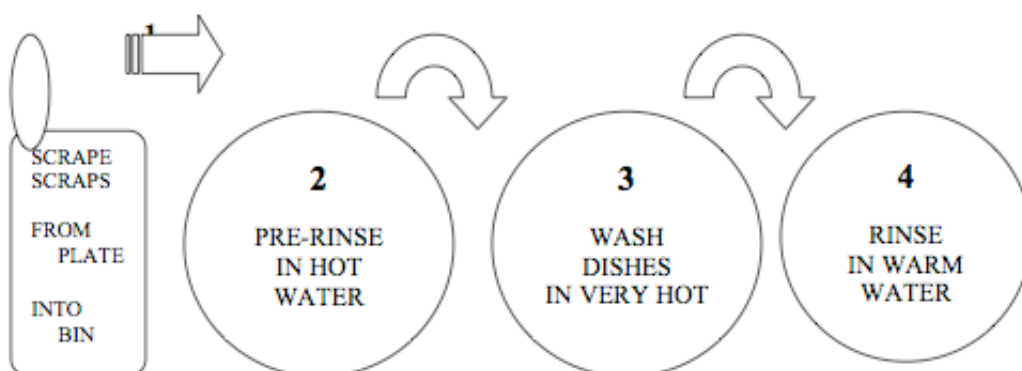


Figure 1 - Wash-up Bowl Setup

Tea towels are only useful for short camps as they just get too dirty. Shaking the water off the dishes and leaving to dry naturally is preferable (camp tip - pack a wire drying rack for your plates and cooking items).



If you do use a tea towel to finish drying your pots, you must always ensure your towel is hung up to dry.

- Never use your tea towel to dry your hands.
- Always store your tea towel dry; if it's damp, you must hang it up to dry.

Modern pots are often designed to fit inside each other to minimize the space occupied. Fitting the dirty outside of one pot inside another clean one will ruin that cleanliness. Think whether you need to wash pots again before cooking.

Garbage In Camp

Your camp kitchen should have a rubbish bin that is closed against insects and animals.

Animals have an excellent sense of smell and are attracted to foods as well as garbage. Improper storage of garbage can lure animals to your campsite, increasing the probability of encounters with humans.

The smells of cooking and garbage can cause animals to ignore their usual instinct to avoid humans. It is important that your bin is animal proof or stored in a location (strung on a rope between two trees or tent poles) out of reach.

Storage and use of kitchen equipment

All utensils, plates and cutlery are to be cleaned and dried at the completion of the meal. It is recommended that these items be stored in a dust free area like a Patrol Box.

Don't make the easy mistake of storing your damp dish cloth in your clean cutlery box and undoing all that great washup!

All tables are to be cleaned before and after meals (wipe thoroughly with clean water or disinfectant).

Food Storage in Camp

The rules for food storage are simple and straightforward and are nearly all common sense. However, it is important to keep them in your mind when preparing for camp.

The duration of LEAP24-South adds some challenge to keeping perishables. You'll see that the example menu doesn't have high risk foods for the last couple of days. You don't need to follow this menu of course, but it's strongly recommended that you similarly avoid high risk foods or arrange a delivery of perishables mid-camp.

Meats must be cooked properly because it has been made easy for the bacteria to get to the centre of the food by gutting and cutting at the butcher. Thorough cooking of food is important to destroy harmful bacteria. Always cut through poultry and meat to test if it is fully cooked. Ensure it is cooked slowly and thoroughly and not just done on the outside. After cooking, the food should be eaten as soon as possible.



The Danger Zone (hum Top Gun theme song if necessary...)

Bacteria just love certain foods! These foods need to be kept out of the temperature danger zone (that is, below 5°C or above 60°C) so that bacteria cannot grow. Foods that must be kept out of the temperature Danger Zone include all high-risk foods.

High-risk foods are perishable foods that are to be consumed without any further cooking or foods that have been butchered, chopped or minced like meat and chicken. High-risk foods include cooked meat and poultry, raw meat products and dairy foods.

Treat long-life products, such as UHT milk and cream, as fresh once opened. If in doubt, read the label!

The Esky

If used correctly an Esky will maintain your food below 5°C, outside the Danger Zone. If you have plenty of ice and have packaged your food correctly you will be able to store highly perishable items like mince and chicken for several days.

All high-risk foods need to be carefully managed and always kept in a cold esky. Try to use ingredients that don't need to be kept cold to reduce your esky needs.

Keeping an Esky cold

To keep foods cold in an esky **always keep the lid closed** unless actually getting food out or putting it away. And always have plenty of ice packed around the food.

Do not use the esky for cooling your drinks. Scouts will be always opening the esky, allowing warmer air to circulate around the food and melt the ice faster. To have cold drinks on camp you should pack a separate drinks esky.

Ice levels should be checked regularly and **replenished when required**. **Block ice** will last longer than cubed ice. Alternatively freeze plastic bottles with water and use to keep other foods in the cooler cold.

Freezing foods ahead of time will extend their storage time and decrease the need for replenishing ice. This is particularly useful for meats like chicken or mince. Dry ice should not be used on camp, as it can be dangerous and in certain situations can contaminate the food.

If your esky is in the sun, **MOVE IT** to the shade as doing so can add days to the ice that is keeping the food cold. If possible, the Esky should be stored off the ground.

Storing Food in the Esky

When storing food in an esky it is imperative to keep foods separate and watertight. Food **must be wrapped or in sealed containers** to avoid it sitting in the water in the bottom of the esky. But wait, *where would the water come from?* Yes, remember that ice melts. Every two days, drain the water from your esky (be thoughtful where you drain it, so you don't make a mud-pit in your kitchen).

Keep raw and cooked (including 'ready to eat' food like cheese, sausage rolls, sandwiches, etc...) foods strictly separate and watertight.

Pack the quantity required for each meal separately. Don't use half a bag for one meal and place the bag back into the esky for the next meal.



Glass is heavy and can be dangerous in the outdoors. If any food items that you are going to take come in glass containers, transfer them to plastic containers or bags.

If asked nicely a lot of butchers will cryo-vac or vacuum-pack meat for you. Sometimes they charge a bit extra, sometimes it is done free. Asking your butcher to package the meat for camp in this way is the number one tip for food storage but remember not to leave it to the last moment. Your friendly butcher may not be so friendly if you don't leave time for the food to be prepared.

If you put something that is dirty into your esky; your esky will become contaminated. Never place containers on the ground then back into your esky and always clean any spilt food off the outside of containers.

And finally, make sure your Patrol members all understand how to look after your food storage!

Storing Non-Perishable Food

Do not store any food on the ground as you don't know who or what has been there before you.

Birds and other animals can get into bags and containers. Store all dry goods, breads and biscuits in a box or container with a lid.

Do not allow dried foods to become moist, as this will encourage the growth of bacteria and moulds. Put vegetables, salad and fruit in a lidded container out of the sun.



Table 1 - Cold Storage Guidelines

Product	Expected life if stored correctly in esky
Eggs Hard cooked in shell	5 days
Store-prepared (or homemade) egg, chicken, ham, tuna, macaroni salads	3 days
Hot dogs	<ul style="list-style-type: none"> Once opened or if bought from deli counter – 4 days. Unopened, vacuum sealed from shop – date on packet
Luncheon meats	<ul style="list-style-type: none"> Once opened or if bought from deli counter – 4 days. Unopened, vacuum sealed from shop – date on packet
Bacon	7 days
Sausage, raw from chicken, turkey, pork, beef	2 days (3 days if frozen when taken to camp)
Hard sausage--pepperoni, jerky sticks	3 weeks
Ham	<ul style="list-style-type: none"> Once opened or if bought from deli counter – 4 days. Unopened, vacuum sealed from shop – date on packet
Minced Meat	2 days (3 days if frozen when taken to camp)
Steaks	4 days (5 days if frozen when taken to camp)
Chops	4 days (5 days if frozen when taken to camp)
Raw Roasts (Beef, Lamb, Pork)	5 days
Raw Chicken, whole or pieces	2 days
Cooked Chicken	2 days
Butter	1 month
Cheese, Hard (e.g. Cheddar)	3 to 4 weeks, opened
Cheese Soft (e.g. Brie)	1 week
Margarine	2 months
Milk	7 days
Yogurt	10 days
Raw Fish	2 days
Cooked fish	2 days



Setting Up a Camp Kitchen

Patrols are to have a kitchen / dining area which is covered by a tarpaulin of sufficient height so as not to cause stooping by adults. The layout must also provide easy access and exit for Patrol members and have sufficient height above stoves and cookers.

There will be a dining table of sufficient size and strength to seat all Patrol members and seating must be available for the Patrol which can be pre-made or pioneered. Seating must be separate to Patrols boxes, peg boxes or food storage boxes.

The menu, camp program and duty roster are to be displayed in the dining area.

A food preparation and washing up space is to be provided as part of the dining / kitchen area. This can be the same table as the dining table, but you'll need to be cleaning it regularly.

Gas

Make sure you check all gas fittings for leaks with soapy water before use. Patrols will be responsible for replacing their own gas bottles if they run out during camp, alert your subcamp Leaders if this happens and they will help get you a message to your Scout Leader.

Safety equipment including fire blanket and first aid kit must be on display and accessible to all Patrol members if required. They should be **away from but within reach of the stove area** and under cover for shelter from wet weather.

Running a Camp Kitchen

Preparation

Before cooking, check that any perishables still look and smell ok. If in doubt, ask for a second opinion!

Make sure your Patrol members on duty know how to be safe in the kitchen, including:

- Remind them about the hazards of hot surfaces and sharp knives.
- Make sure there are clear pathways to avoid tripping over whilst carrying hot items or food.
- Check cooking utensils, pots, cutting boards, etc. are actually clean before you start!
- Check that the fire blanket is accessible.
- Ensure tables are clean.
- Ensure everyone remembers about washing hands, segregating items, etc.

Serving Meals

Scouts do not go on camp to "rough it" or fight in a scrum for a meal. Proper arrangements must be made for serving and eating Patrol meals. Ensure that everyone receives an equal portion. This is best done by the Patrol Leader serving the food to Patrol members, rather than just telling everyone the amount they can have.

All Patrol members are to be served before anyone in the Patrol eats.

Don't forget to dip & flick!



Duty Rosters

A duty roster saves arguments, stops laziness, gets the job done and saves time.

A good duty roster will assign equal work for everyone. It will help maintain order and everyone will know their assigned duties and not have to worry that they are doing more than their share. Everyone will be assured of the opportunity to be an active member of the Patrol.

Remember that a Patrol Leader is really on duty all the time to give advice or lend a hand where it is needed.

Role of clean up after a meal: Wash the dishes; wipe down the stove, tables, and food preparation area; put away the clean dishes; dump dirty dish water; hang dish cloths so they can dry and secure the kitchen and dining area so there is no food left in the open. No dirty dishes are to be left and all food is to be put away.

Everyone not on duty: Pick up rubbish in camp, straighten up personal gear and check condition of tents.

Menu Planning

Even the simplest camp meals require planning. The best menu plan for camping is a good breakfast, a light lunch (usually uncooked so you can get back to activities faster) and a good evening meal.

Your menu will need to fit within the camp program. This is especially important for breakfast and lunch as there is often not a lot of time before or in between activities for preparation and cooking.

Plan your menu according to the gear you have available and the needs of the Patrol.

Try to avoid high-risk foods. Consider safe options to hazardous foodstuffs. For example, will tin ham or long-life milk work instead? If you're bringing ingredients left-over from previous camps, make sure you check the 'best before' dates!

Quantities

Don't guess quantities until you have had a lot of experience – and then it is not guessing.

How much will I eat?

- When having meat (chicken or steak) as a main meal you should cater for approximately 150 grams per person uncooked.
- When having meat with pasta, rice or bread the amount of amount of meat can be reduced to 90 grams per person.
- Allow for about 70 grams of pasta per person for each meal.
- A Scout will require approximately 40 grams of cereal each morning for breakfast if having a second course or 80 grams in total if you are having cereal on its own.
- A standard loaf of bread has 18 slices of bread (varies a bit on loaf size, toast/sandwich cut – it's usually written on the small print on the loaf).



Pack an extra loaf of bread, some powdered soup or a small packet of Weet Bix. This should fix any hungry tummies if a meal does not work out as planned or someone needs more breakfast.

Patrols will need to cater for the following meals:

	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>		ü	ü	ü	ü
<i>Morning Tea</i>		ü	ü	ü	ü
<i>Lunch</i>	✓ *	ü	ü	ü	ü
<i>Afternoon Tea</i>	✓ *	ü	ü	ü	✓ *
<i>Dinner</i>	ü	ü	ü	ü	
<i>Supper</i>	ü	ü	ü	ü	

** Meals marked with a ✓* may need to be included in your catering depending on your Patrols arrival and departure time. This will be advised closer to the event.*

You will also need to allow for snacks during the day (Morning Tea and Afternoon Tea).

Breakfast and lunch should be kept very simple, as there is not a lot of time allowed in the program for meal preparation and tidy up.

A simple camp menu, cooking instructions and shopping list has been provided to help you think through the items you will need and how to prepare a shopping list.

You will need to review the copies of the camp forms provided to ensure all dietary requirements are allowed for in your menu.

A sample menu and shopping list has been put together to make mornings and lunch easy for the Patrol to manage time. Most mornings Patrols will need to get to activities and will not have time for a complicated cooked breakfast (and wash up).

The quantities used for the sample menu are for a Patrol of six Scouts of mixed size and age. Adjust them for your Patrol size and appetite!

As noted earlier, you don't need to follow this menu of course, but it's strongly recommended that you similarly avoid high risk foods for the last few days or arrange a delivery of perishables mid-camp.

Appendices – Useful forms & templates

Patrol Information

Group	Patrol	Operoo C4 Complete
PL		
Phone		q
Email		
APL		
Phone		q
Email		
Scout		
Phone		q
Email		
Scout		
Phone		q
Email		
Scout		
Phone		q
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Patrol Transport Plan

To Camp

Meeting Where (Location): _____

Meeting When (Time): _____

Estimated time of arrival at camp: _____

Driver	Passengers
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>

	Equipment
--	-----------

From Camp

Camp Collection Time: _____

Estimated time of arrival: _____

Drop-off Location: _____

Driver	Passengers
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>

	Equipment
--	-----------



Check points & Information for the PL

1. Have you completed the C5 Activity Advice and Approval form?
2. Have you arranged your Transport?
3. Have you checked all your Equipment prior to the camp?
4. Have you got all the mandatory Patrol items?
5. Have you included a First Aid Kit and Fire Blanker for your Patrol?
6. Do you have a way of getting equipment to your campsite?
7. Have you planned your Patrol Gateway?
8. Do you know your Patrol's medical & dietary needs?
9. Do you have a Camp Menu?
10. Do you have an itemised shopping list (with quantities)?
11. Do you have a Patrol duty roster?
12. Has all your gas cooking & lighting equipment been checked?

Equipment List

Qty	Item	Packed
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Gateway Design

Gateway equipment List

Patrol Duty Roster

Wednesday	Duty	Patrol members on duty
Lunch	Preparation	_____

	Clean Up	_____

Afternoon Tea	Preparation and clean up	_____

Dinner	Preparation	_____

	Clean Up	_____

Supper	Preparation and clean up	_____



Thursday	Duty	Patrol members on duty
Breakfast	Preparation	_____

	Clean Up	_____

Morning Tea	Preparation and clean up	_____

Lunch	Preparation	_____

	Clean Up	_____

Afternoon Tea	Preparation and clean up	_____

Dinner	Preparation	_____

	Clean Up	_____

Supper	Preparation and clean up	_____

Friday	Duty	Patrol members on duty
Breakfast	Preparation	_____

	Clean Up	_____

Morning Tea	Preparation and clean up	_____

Lunch	Preparation	_____

	Clean Up	_____

Afternoon Tea	Preparation and clean up	_____

Dinner	Preparation	_____

	Clean Up	_____

Supper	Preparation and clean up	_____



Saturday	Duty	Patrol members on duty
Breakfast	Preparation	_____

	Clean Up	_____

Morning Tea	Preparation and clean up	_____

Lunch	Preparation	_____

	Clean Up	_____

Afternoon Tea	Preparation and clean up	_____

Dinner	Preparation	_____

	Clean Up	_____

Supper	Preparation and clean up	_____



Sunday	Duty	Patrol members on duty
Breakfast	Preparation	_____

	Clean Up	_____

Morning Tea	Preparation and clean up	_____

Lunch	Preparation	_____

	Clean Up	_____

Afternoon Tea	Preparation and clean up	_____

Dinner	Preparation	_____

	Clean Up	_____

Supper	Preparation and clean up	_____

Suggested Personal Equipment

Gear	
<input type="checkbox"/>	Duffle Bag for Gear
<input type="checkbox"/>	Sleeping Bag
<input type="checkbox"/>	Inner Bag
<input type="checkbox"/>	Pillow
<input type="checkbox"/>	Sleeping Mat
<input type="checkbox"/>	Torch
<input type="checkbox"/>	Plastic bags (for dirty clothes)

Toiletries	
<input type="checkbox"/>	Hair Bands
<input type="checkbox"/>	Toothbrush & Paste
<input type="checkbox"/>	Soap
<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Medicines (hand to Leaders)
<input type="checkbox"/>	Deodorant

Clothing	
<input type="checkbox"/>	Uniform with Scarf & Woggle
<input type="checkbox"/>	Hat
<input type="checkbox"/>	Underwear (at least 5 sets)
<input type="checkbox"/>	Socks (at least 5 sets)
<input type="checkbox"/>	Shirts (at least 5) - sun safe
<input type="checkbox"/>	Shorts (at least 4) + long pants
<input type="checkbox"/>	Jumper/Tracksuit
<input type="checkbox"/>	Raincoat
<input type="checkbox"/>	Shoes (2 pairs)
<input type="checkbox"/>	Swimming/Water Shoes (optional)
<input type="checkbox"/>	PJs
<input type="checkbox"/>	Coat hanger for uniform

Activities	
<input type="checkbox"/>	Water Bottle
<input type="checkbox"/>	Watch (cheap)
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Notebook & Pen
<input type="checkbox"/>	Lunchbox (for travelling)
<input type="checkbox"/>	Personal First Aid Kit

Don't Bring	
X	Aerosol cans (use roll-ons/pump packs)
X	Phone, Radio, speakers, etc
<input type="checkbox"/>	
<input type="checkbox"/>	



Sample LEAP24-South Menu for 6 Scouts

Wednesday	(Arrival Day)	Food items
Lunch	Sausage Sizzle	12 Sausages 12 slices of bread 250g grated cheese. Tomato Sauce (pantry item)
Arvo Tea	Cake Piece of fruit	~400g Madeira cake 6 pieces of fruit
Dinner	Tacos Drowning Bears	<i>Tacos</i> 500g mince Taco Kit (12 Taco Shells, 1 Spice Mix, and 1 Tomato Salsa for topping) 1 large onion 1/3 lettuce 250g shredded Cheese 2 tomatoes 2 tablespoons Cooking Oil 6 tortilla breads Drowning Bears 1lt bottle of custard 200-250g packet of Tiny Teddies.

Thursday	(Activity Day)	Food items
Breakfast	Cereal Hot chocolate and donuts Orange juice	Cereal ½ a 700-800g box of cereal 1 lt milk Instant hot chocolate 6 donuts Other 2 lt orange juice
Morning Tea	Muesli bars Piece of fruit	6 Muesli bars 6 pieces of fruit
Lunch	Meat and Salad Sandwiches	Sandwiches 500g luncheon sausage or Devon 12 slices of bread 6 cheese slices



		<p>1/3 of a lettuce</p> <p>2 tomatoes</p> <p>330ml bottle of 1000 Island Dressing</p>
Arvo Tea	Popcorn	12 individual packets of popcorn (2 each)
Special Invite a Leader Dinner	<p>Soup</p> <p>Beef and vegetable hot pot</p> <p>Pavlova shells, tinned fruit and cream</p>	<p>Soup</p> <p>2 x tins of your favourite soup prepared as instructed</p> <p>Hot Pot</p> <p>500g diced steak.</p> <p>4 large potatoes</p> <p>4 carrots</p> <p>1 large onion</p> <p>2 cloves garlic</p> <p>1 x 400g can crushed tomatoes.</p> <p>1 x 310g can cream style corn.</p> <p>1/2 cup tomato sauce (pantry item)</p> <p>beef stock cubes</p> <p>4 tablespoons cooking oil.</p> <p>6 slices of bread</p> <p>Butter or margarine (pantry item).</p> <p>Pavlova</p> <p>6 Pavlova shells / meringue nests</p> <p>1 x 410g can tinned fruit salad.</p> <p>1 x can cream whip (Dream Whip Whipped Dairy Topping Cream)</p>

Friday	(Activity Day)	Food items
Breakfast	<p>Cereal</p> <p>Ham and cheese toasted muffins</p> <p>Orange juice</p>	<p>Cereal</p> <p>½ a 700-800g box of cereal</p> <p>1lt milk</p> <p>Ham and cheese toasted muffins</p> <p>6 English muffins</p> <p>6 slices ham (~100g)</p> <p>6 cheese slices</p>



		Other 2lt orange juice
Morning Tea	Muesli bars Piece of fruit	6 Muesli bars 6 pieces of fruit
Lunch	Meat and Salad Sandwiches	Sandwiches 500g luncheon sausage or Devon 12 slices of bread 6 cheese slices 1/3 of a lettuce 2 tomatoes 330ml bottle of 1000 Island Dressing
Arvo Tea	<ul style="list-style-type: none"> • Cake 	~400g Madeira cake
Dinner	<ul style="list-style-type: none"> • Spaghetti bolognaise • No Bake Cookies 	<i>Spaghetti bolognaise</i> 500g mince 1 large onion 140g can of tomato paste 2 x 400g can crushed tomatoes with herbs. 2 cloves garlic if desired 500g packet of spaghetti Grated Parmesan cheese 125g packet <i>No Bake Cookies</i> 2 cups white sugar 1 1/2 teaspoons vanilla essence 1/2 cup milk 1/4 cup cocoa 2 Tablespoons butter 3 cups rolled oats. 1/2 cup peanut butter



Saturday	(Gangshow)	Food items
Breakfast	Cereal Spaghetti or baked beans Toast Orange juice	Cereal ½ a 700-800g box of cereal 1 lt milk Beans or spaghetti 1 x 425g can baked beans or spaghetti. 6 slices bread Butter or margarine (pantry item) Other 2 lt orange juice
Morning Tea	Muesli bars Piece of fruit	6 Muesli bars 6 pieces of fruit
Lunch	Tinned soup with flat bread for dunking (your choice of soup)	2 x 400g cans soup 6 x large pita breads or other packaged long life flat breads (300 – 450g packet)
Arvo Tea	Biscuits	1 x 250g packet of biscuits
Dinner	Macaroni and cheese with bacon Yogo or jelly tubs	Macaroni and cheese with bacon 250 g Bacon rashers 3 x Continental Pasta and Sauce Family Macaroni Cheese 170g pasta meals Butter or margarine 1 lt Milk 6 x large pita breads (300 – 450g packet) 6 Yogo or jelly tubs

Sunday		Food items
Breakfast	Cereal Shake and bake Pancakes. Orange juice	Cereal ½ a 700-800g box of cereal 1lt milk 2 x Coles Original Pancake Shake Mix 350g Pancake syrup (Green's Squeezable Maple Flavoured Syrup 375g) Other



		2lt orange juice
Morning Tea	Biscuits Piece of fruit	1 x 250g packet of biscuits 6 pieces of fruit
Lunch	Cup noodles	6 x Cup Noodles ~ 70-80g each (your choice)
Pantry Items, supper, and snacks		Food items
		2 x Cookies Chocolate Chip 500g 2 x ~200g block milk chocolate 2 x 280g packet of marshmallows 3lt milk for milo Salt and pepper 500ml tomato sauce 1kg sugar 460g Milo 4lt Cordial Canola oil cooking spray 400g 500g tub of butter or margarine 10m alfoil



Sample LEAP24-South Shopping List

General

- 2 x ~ 400g Madeira cake
- Taco Kit (12 Taco Shells, 1 Spice Mix, and 1 Tomato Salsa for topping)
- 200-250g packet of Tiny Teddies.
- 18 Muesli bars
- 4 x 2lt orange juice
- 6 x Instant hot chocolate packets
- 6 donuts
- 3 x 700-800g boxes of cereal
- 330ml bottle of 1000 Island Dressing
- 2 x 400g can crushed tomatoes with herbs.
- 1 x 400g can crushed tomatoes.
- 140g can of tomato paste
- 500g packet of spaghetti
- 1 1/2 teaspoons vanilla essence
- 1/4 cup cocoa
- 3 cups rolled oats.
- 1/2 cup peanut butter
- Uncle Toby's Roll Ups (6 rolls)
- 2 x 250g packet of biscuits
- 12 individual packets of popcorn
- 1 x 310g can cream style corn.
- 2 x beef stock cubes
- 6 Pavlova shells / meringue nests
- 1 x 410g can tinned fruit salad.
- 1 x can cream whip (Dream Whip Whipped Dairy Topping Cream)
- 1 x 425g can baked beans or spaghetti.
- 3 x Continental Pasta and Sauce Family Macaroni Cheese 170g pasta meals
- 4 x 400g cans soup
- 2 x Coles Original Pancake Shake Mix 350g
- Green's Squeezable Maple Flavoured Syrup 375g)
- 6 x Cup Noodles ~ 70-80g each
- 2 x Cookies Chocolate Chip 500g
- 2 x ~200g block milk chocolate
- 2 x 280g packet of marshmallows
- Salt and pepper
- 500ml tomato sauce
- 1kg sugar
- 460g tin Milo



Meat/

Deli

Bakery

Dairy

Fruit and Veg

Other

- 4lt Cordial
- Canola oil cooking spray 400g
-
- 2 x 500g luncheon sausage or Devon
- 12 Sausages
- 2 x 500g mince
- 250 g Bacon rashers
- 500g diced steak.
- 6 slices ham (~100g)
- 2 loaves sliced bread.
- 12 x large pita breads or other packaged long life flat breads (300 – 450g packet)
- 6 English muffins
- 9 lt milk (fresh and UHT)
- 20 cheese slices
- Grated Parmesan cheese 125g packet
- 6 Yogo tubs
- 500g tub of butter or margarine
- 1lt bottle of custard (Fresh)
- 2 x 250g shredded Cheese
- 1 lettuce
- 6 tomatoes
- 30 pieces of fruit
- 3 large onions
- 4 large potatoes
- 4 carrots
- 4 cloves garlic
- 1 small bottle washing up detergent
- 1 Washing up brush.
- 1 pair rubber gloves
- 10m alfoil
- 250ml Anti-bacterial hand wash in pump bottle
- 200ml bottle instant hand sanitiser
- 500ml spray bottle multi-purpose cleaner
- 10 Household wipes
- 5 Large garbage bags
- 2 boxes Matches or gas stove lighter.
- 2 rolls paper towel
- Ice for esky (at least 2 large bags)
- Gas for stove (fill bottle)



HINTS AND TIPS

Chopping an onion

Cut off each end of the onion with a sharp knife and strip away the layers of papery skin. Cut the onion in half from top to bottom, and then put the cut side down flat on the chopping board. Taking the first half, carefully cut the onion into thin slices from top to bottom keeping the pieces together, then turn it 90° with the cut face lying down on the board and cut across these slices to make little dice. Do the same with the other half. There is no hurry, and you can always chop separately any odd slices that fall away. Try not to bend over the onion too much as you chop - the chemicals that are released as the onion is cut may sting your eyes.

Cracking an egg

Tap the middle of the egg gently but firmly against the side of a bowl or mug until a crack appears. Now, with the egg in both hands and the bowl underneath put both thumbs into the crack and pull the shell apart so the egg drops into the bowl.



Recipes

Sausage Sizzle

Ingredients:

- 12 Sausages
- 12 slices of bread
- 100g cheese
- 2 tablespoons cooking oil

To serve

- Tomato sauce

Equipment:

- Frypan or BBQ
- Tablespoon
- Tongs
- Plate

Instructions

1. Put on the water for washing up.
2. Preheat BBQ or Frypan.
3. Put a small amount of oil into a large frypan and swoosh around until it has coated the bottom of the pan.
4. Grill sausages.
5. The sausages will need to cook over a medium heat for about 10-15 minutes.
6. You will be able to tell when the sausages are ready by slicing one in half and seeing if it is still pink in the middle, if there is no pink and the centre is firm, they are OK to eat.
7. When done, turn off your stove and serve.

Eat with a slice of bread, cheese and tomato sauce.



Tacos

Ingredients:

- Taco pack
- 1 Pkt Taco Seasoning (approximately 35g)
- 12 Taco shells
- 1 packet of Salsa or jar

Other items

- 500g mince
- 1 large onion
- ½ lettuce
- 250g shredded Cheese
- 2 tomatoes
- 2 tablespoons Cooking Oil
- 6 tortilla breads

Equipment:

- 3 x Serving Bowl
- Large knife
- Chopping board
- Large frypan or medium saucepan
- Woden spoon
- Measuring cup

Instructions

1. Put on the water for washing up.
2. Tear up lettuce and place in a bowl
3. Slice tomato into cubes and place in a bowl.
4. Peel and roughly chop the onion.
5. Preheat BBQ or Frypan.
6. Put a small amount of oil into a large frypan and swoosh around until it has coated the bottom of the pan.
7. Add mince and onion to the frypan and cook over a medium heat until mince is brown, and onion is see through.
8. Add Taco Seasoning according to directions and simmer until taco seasoning is absorbed. Take taco mince off the heat.
9. Put the meal together by first placing the tortilla on your dinner plate, and then taking a taco shell.
10. Pack the taco shell with a layer of mince, salsa, cheese, tomato and lettuce.
11. Eat the taco over the tortilla on your plate to catch the bits that fall out of your taco.
12. Repeat with second taco.

Once you have had your taco use the tortilla to make a soft taco as your final round. This should then leave you with a relatively clean plate to wash up.



Drowning Bears

Ingredients:

- 1lt bottle of custard
- 200g – 250g box of Tiny Teddies.

Equipment:

Nil

Instructions

1. Put on the water for washing up.
2. Open custard bottle and pour out half a cup of custard into a cup or bowl.
3. Tip the content of the Tiny Teddies packet into custard bottle and replace lid.
4. Shake vigorously passing the bottle around the Patrol for each member to have a shake.
5. Once bears stop moving and are no longer breathing, serve by pouring into bowls.

Meat and Salad Sandwiches / Wraps

Ingredients:

- 500g sliced/shredded meat or luncheon roll
- 6 large wraps / 12 slices bread
- Tomato sauce
- 150g grated cheese
- 1 cucumber
- 2 tomatoes
- Lettuce
- 1000 island dressing (330g bottle)
- Salt and pepper

Equipment:

- Large knife
- Butter knife
- Chopping board
- 3 plates for serving

Instructions

1. Put on the water for washing up.
2. Tear up lettuce and place in a bowl.
3. Slice tomato and place in a bowl.
4. Slice luncheon meat and place in a bowl.
5. Serve the above items in a wrap with a variety of condiments (cheese, 1000 island dressing, salt and pepper).

Alternatives:

- Canned tuna instead of luncheon meat
- Other types of sliced meat and luncheon, including chicken, salami and ham.



Spaghetti Bolognaise

Ingredients:

- 500g mince
- 1 large onion
- 250g can of tomato paste with herbs
- 810g can of crushed or diced tomatoes
- ½ cup water.
- 2 cloves garlic if desired.
- 500g packet of spaghetti
- Salt
- Grated Parmesan cheese 125g packet.

Equipment:

- Large saucepan
- Medium saucepan (or large frypan)
- Wooden spoon
- Colander
- Large knife
- Chopping board
- Tongs
- Measuring cup
- Can opener

Instructions

1. Put on the water for washing up.
2. Fill large saucepan three quarters full of water and put it onto a high heat to boil.
3. Peel and finely chop the onion and the garlic.
4. Put a small amount of oil into a large frypan or medium saucepan and swoosh around until it has coated the bottom of the pan, then add mince, onion and garlic and stir continuously over a medium heat until the mince is brown and the onion clear. Break up meat as it cooks.
5. Add tomatoes (with the juice from the can), the tomato paste and half a cup of water.
6. Add a good pinch of salt and pepper (a few good shakes from a salt and pepper shaker) and simmer over a low heat for 20 min while stirring regularly.
7. After the meat sauce has been simmering for 10 minutes and the water in the large pot starts to boil, add a good spoon of salt and the spaghetti to the water and boil for 10 minutes. Drain spaghetti in colander.
8. The meat sauce and the spaghetti should now be ready to eat.

Serve with grated Parmesan cheese.



No Bake Cookies

Ingredients:

- 2 cups white sugar
- 1 1/2 teaspoons vanilla essence
- 1/2 cup milk
- 1/4 cup cocoa
- 2 Tablespoons butter
- 3 cups rolled oats
- 1/2 cup peanut butter

Equipment:

- Medium saucepan
- Mixing Spoon
- Measuring cup
- Teaspoon
- Tablespoon
- Cooking paper

Instructions

Mix together the first 5 ingredients in a large saucepan (white sugar, vanilla essence, milk, cocoa, butter).

Place saucepan over a medium heat and bring the items to the boil, stirring regularly
Boil for 2 minutes, then remove from the stove and stir in the remaining ingredients (rolled oats and peanut butter).

Drop a spoonful onto cooking paper or foil and allow to cool.

Eat up – yum.



Ham and Cheese Toasted Muffins

Ingredients:

- 6 English Muffins
- 6 slices ham
- 6 cheese slices
- Salt and Pepper

Equipment:

- Knife
- Chopping board
- Alfoil
- Egg flip
- Frying pan or BBQ.

Instructions

1. Put on the water for washing up.
2. Slice English muffins along pre-cut line around the middle.
3. Place a slice of ham and a slice of cheese in the middle (like a sandwich).
4. Wrap muffin in alfoil.
5. Put the frying pan on the stove over medium heat and place the alfoil wrapped muffins in the pan (do not oil the pan as there is no need).
6. After about a minute flip them over with the egg flip. After another minute flip them back. Do this for one minute, wait then flip four more times and the muffins will be ready.
7. When they are done, lift them out and put them on a plate.



Beef Hot Pot

Ingredients:

- 500g chuck steak diced.
- 4 large potatoes
- 4 carrots
- 1 large onion
- 2 cloves garlic
- 1 400g can tomatoes
- 1 310g can cream style corn
- 1/2 cup tomato sauce
- 1lt water
- 2 beef stock cubes.
- 4 tablespoons cooking oil

For serving

- 12 slices of bread and butter.

Equipment:

- Large saucepan with thick base or a large camp oven.
- Wooden Spoon
- Vegetable Peeler
- Measuring cup
- Large knife
- Large chopping board
- Can opener

Instructions

1. Peel and roughly chop the onion and the garlic.
2. Peel or wash potatoes.
3. Dice potato into chunks the size of a biscuit (slices about 1 cm thick).
4. Chop carrots into slices the same thickness as the potatoes (about 1cm thick).
5. Open all cans.
6. Measure out 1lt of water and add the stock cube to the water.
7. Put a small amount of oil into a large pan and swoosh around until it has coated the bottom of the pan, then add the dice meat, onion and garlic and stir continuously over a medium heat until brown.
8. Add all remaining ingredients (onions, garlic, potatoes, carrots, tomatoes, corn, tomato sauce, water and stock cube).
9. Cook over a low heat, stirring frequently, for about 1 hour or until potatoes are soft.
10. Put on the water for washing up.

Serve with bread.



Macaroni Cheese with Bacon

Ingredients:

- 250 g Bacon rashers
- 6 x 120g instant pasta meals.
- Butter
- Milk
- 6 x large pita breads (300 – 450g packet).

Equipment:

- Large saucepan
- Medium saucepan
- Frying Pan
- Spoon
- Measuring cup

Instructions

1. Put on the water for washing up.
2. Chop the bacon into small pieces and lightly fry in frypan for 5 minutes.
3. Follow directions on the back of the packet for pasta meal cooking in the medium pot until done.
4. Add cooked bacon and mix.
5. Spoon out servings onto pita bread - yum.

Variations –

- If using powdered milk, you can add a small spoonful extra milk powder and you do not need to add butter.
- You can use water instead of milk and the meal will still work out OK.
- It's not hard to make macaroni cheese from scratch instead of a packet if you want to make this a little more advanced (and perhaps better tasting?).