# All about the ***Canteen*** and Cooking at Camp Mountaindale West

TO ALL CAMPERS, **PLEASE** BE ON TIME. WE HAVE A PACKED SCHEDULE AND WILL NOT BE ABLE TO ADJUST IF YOU ARE LATE – YOU MAY HAVE TO DO A NON-COOK ITEM IF YOU ARE A JUNIOR LEVEL COOKING UNIT OR MAY NOT BE ABLE TO MAKE A SNACK IF YOU ARE A BROWNIE LEVEL UNIT.

**Brownies, Daisys, Eagles and Widgets:**

- You'll prepare a snack but not actually cook over a fire. You may select your snack item on the request form provided in your unit notebook and turn it in no later than noon on Monday of camp (at outdoor training if you are cooking on Monday).

**Juniors, Falcons, Hawks, Ready Set Go Camping, IP:**

- Each unit will cook one three-course lunch. You may select your cooking items on the request form provided in your unit notebook and turn it in no later than noon on Monday of camp (at outdoor training if you are cooking on Monday).
- Each Junior camper needs to ***bring his/her own mess kit*** and a drink on cooking day.

**Cooking at Day Camp**

- Each unit will have one opportunity to prepare or cook food. Please check schedule for your time slot at indoor training on the appropriate schedule.
- A Camp Mountaindale Cookbook will be given to each leader and PA and to every Junior (and up) camper on Monday, which should allow the girls to make informed cooking day selections. Have your girls check for the Canteen Challenge (see cookbook)
- **Leaders and PAs need to stay with their units and assist/instruct the campers. The Canteen Staff is here to assist/instruct the leaders, NOT TO LEAD THE ACTIVITY.**

When you first arrive at the Canteen, here is what you do:

- Assign two girls to pick up a cook box from the Canteen staff.
- Assign two girls to get the food from the Canteen staff.

When you are all through preparing and eating, here is what you do:

- All food prep equipment needs to be cleaned and stored in the cook box and returned to the back door of Canteen, ready for the next unit.
- Your cooking area is to be wiped clean and the trash disposed of.

**Daily Snacks:**

There will be no official snacks this year. Except for Thursday, which is make your own GORP day. For the rest of the week there will be snacks available by the backdoor of the Canteen for those who would like them. We will have pre-bagged snack choices that you can pick from. Please remember to only take one per day.

**Other Notes:**

- Feel free to request something special or to prepare a menu item not in the Mountaindale West Cookbook. Just turn in the Food Request Form to the Canteen by noon the day before so we have time to shop for it.
- **Canteens kitchen will be a peanut free zone. If a camper forgets their lunch we will have an alternative available (string cheese and fruit or bagel and cream cheese with fruit).**