The second most important part of a great campout, second only to having a ton of fun, is food! Your meal planning will depend on how much time and effort you want to put into a single meal. It is up to you and your girls how simple or complicated you want to make meal time, your whole trip really. You know your girls best, cater to them.

Simplest to Trickiest

1. No cook

This includes meals planned around sandwiches and salads. Here the basics of cooking skills can be taught and practiced.

1. Heat and Eat

Meals/Food that only require heating, examples include canned foods - soups, stews, chili - and hot chocolate. This can be done over a fire or on a stove, note that a fire will always take more time and attention.

1. One Pot

The main dish will be cooked in a single, big pot like soup or chili. This requires minimal clean-up and effort. Be sure to supplement with other foods for an entire meal. Again, this can be done over a fire or stove.

1. Foil Pouches

Here foil can be used as a skillet to cook on, or used to seal the food up to cook in the embers of a fire. This will take attention and time, but is worth giving a try.

1. Griddle/Skillet

Be careful of hot pans and grease, but this gives a simpler way to cook foods like french toast, pancakes, bacon, and items typically cooked in a pan on a stove at home. Vagabond stoves would fall under this category.

1. Box Oven

A box oven is created from a cardboard box covered in heavy duty foil. This is the most challenging and time consuming as there is a fire inside this box that must be hot enough and consistent to cook the food, but needs to be watched to ensure it does not burn down the box.

How much food do you bring?

 Before buying out of the grocery store, determine how many people are coming to your campout and what you are making. What are the age ranges of these attendees? We know adults eat more than a young child so plan accordingly. Plan to buy enough food for everyone, it doesn’t hurt to have too much food but it will if you do not have enough; returning unopened and undamaged items to the store is always a viable option so keep your receipts!

**\*Remember\***

Camping is about having new experiences for both you and your girls! Feel free to mix things up and have fun. Also, most things cooked on a stove can be cooked over a fire, it will just require a bit more time and attention.