

# **Girl Scouts of MT & WY: Introduction to Camp Recipes**



### **No Cook Ideas**

Start here- refreshments and snacks for meetings, for short hikes, to supplement a sandwich on an outing to the park. Preparing these snacks and salads will begin to acquaint the girls with cooking equipment, tools, and food preparation hygiene.

**Applewiches**- spread apple slices with peanut butter or cheese spread.

**Roll-m-Ups**- cream cheese or peanut butter and raisins rolled in a cabbage leaf a stick of cheese and a piece of pickle rolled in lettuce or cabbage leaf

**Pudding Cones** - make any flavor instant pudding. Use to fill ice cream cones just before serving.

**Carrot Wheels** - dip slices of large carrots in peanut butter or cream cheese thinned with a little honey, or use a dip.

**Super Cones** - dice a mixture of fresh fruit. Optional: mix with plain yogurt or Cool-Whip. Use to fill ice cream cones. Drizzle with a little honey and serve immediately.

**Toothpick Kabobs**- use any combination of small cubes of cheese, cold meats, Vienna sausage, pickle, fruit. String on toothpicks.

**Mini-burritos**- use round corn chips to assemble bite-size burritos with grated cheese, sauce, chopped lettuce, etc.

**Vegetable Patch**- make a flavorful dip. Serve with assorted raw vegetables (try cauliflower, small broccoli florets, jicama, zucchini slices as well as carrots and celery).

**Beetles in a Bush**- spread small pieces of curly napa cabbage with peanut butter or cheese spread. Dot with raisins and fold over.

**Apple Surprise**- core small apples (or use ½ dipped in lemon juice and water). Stuff with Miracle Whip, cream cheese or peanut butter mixed with chopped celery, nuts, raisins, chopped dates.

### **Nose Bag Lunches**

This is a Girl Scout term for a lunch you can carry (When a horse is to be away from his home quarters, a thoughtful owner provides a bag of feed to hang conveniently on his bridle!). You can carry your own personal “nose bag” in a bandanna, plastic bag, etc.

Try to provide a balanced meal...a protein sandwich, vegetable munchies, thirst quencher (fruit) and a dessert.

Pack heavy things on the bottom, light ones on the top. Avoid “squishy” things that will ooze and/or leak. If the lunch will travel a long and bumpy distance, fragile fruits such as peaches and pears will not survive. Be aware of the weather and things that will melt. Potato chips tend to have a low survival rate!

### **Heat and Eat**

These are foods that will require a fire, but minimal cooking. (See DESSERTS for additional ideas).

### **Hot Chocolate – Hot Chocolate Mix**

Combine:      1-8 qt. box powdered milk  
                  1-16 oz. box instant chocolate  
                  2 c. powdered sugar  
                  6 oz. powdered cream (coffee creamer)  
                  Use 3 T. of the mix to 1 cup hot water

### **Hot Jello**

Mix Jello according to directions.  
Serve HOT.

### **Spice Tea**

Good hot or cold, but especially nice on a cold day!

In a jar with a tight fitting lid combine:

2 c. instant tea  
2 c. Tang  
2 c. sugar  
1 pkg. lemonade drink (3 oz.)  
1 ½ t. cloves

Mix with boiling water to taste.

### **Souper soups**

Soup combinations are fast, hearty, and you can invent your own. Top soups with: bacon bits, croutons, oyster crackers, popcorn, crushed corn chips (all in bowls set on the table).

-Split Pea with Ham or Bean Soup- to each can soup add ½ to ¾ can of water. Add thinly sliced Polish Sausage or wieners.

-Combine Chunky Sirloin Burger and Old Fashioned Vegetable.

-Combine Chunky Chicken with Rice and Chunky Chicken Vegetable.

-Dry chicken-noodle mix-3 c. boiling water. Simmer a few minutes. Add 1 c. cream style corn. Heat.

**Blushing Bunny**- heat tomato and cheese soups together. Serve over toast or crackers. Top with grated cheese.



**Can-Can** (serves 12) – Heat together:

- 4 7 oz. cans chicken or tuna
  - 2 10 ½ oz. cans chicken or tuna
  - 2 10 ½ oz. cans chicken or rice soup
  - 2 4 oz. cans of mushrooms (optional)
  - ½ c. milk (1 c. if no mushrooms)
- Stir occasionally  
Serve over Chow Mein noodles

**Sausage Mac**- Heat cut-up Vienna sausages in canned macaroni and cheese.

**Taco Dogs**- Cut lengthwise slit in 1 lb. wieners

Heat them in 8 oz. taco sauce

Serve in taco shells with grated cheese and lettuce.

**Beans in a Bun**- Heat baked beans (type without tomato sauce)

Add 1 t. dehydrated onions (optional)

Add sliced Vienna sausages

Serve in hollowed-out toasted hot dog bun.

**OR**

Heat 1 can (1 lb.) beans in tomato sauce

1 T. sweet pickle relish

1 t. prepared mustard

Serve on a bun, open-faced. Top with grated cheese.

**Burritos**- Heat refried beans

Spread on flour tortillas (pick size of tortilla with age of girl in mind)

Top with sauce, grated cheese, lettuce, tomato.



**MASTER PLAN FOR ONE-POT MEALS**

(To serve 12+)

PUT INTO ONE POT.....3 lbs. hamburger (brown and drain. Pre-cook & keep cool.)  
 2 chopped onions  
 1 chopped green pepper

THEN FOR:

<p><b>INSTANT SPAGHETTI add:</b></p> <p>1 can tomato soup                  4 14-oz. cans spaghetti</p> <p>Heat through</p>	<p><b>HUNTER'S STEW add:</b></p> <p>6 cans vegetable soup                  OR                  4 16-oz. cans mixed veg.</p> <p>Heat through</p>	<p><b>RANCH STYLE BEANS add:</b></p> <p>2 C. catsup                  2 pkg. onion soup mix                  2 28-oz. cans baked beans</p> <p>Heat through</p>
<p><b>CHILI add:</b></p> <p>3 16-oz. cans stewed tom.                  3 15-oz. cans kidney beans                  3-4 T. chili powder</p> <p>Cook 10-30 min.</p>	<p><b>BEEF MAC add:</b></p> <p>1# cooked macaroni                  (cook until yellow)                  2 16-oz. cans tomato sauce                  1 sauce can water                  2 t. garlic salt</p> <p>Cover &amp; cook 25 min.</p>	<p><b>Cheese CORN Stew add:</b></p> <p>2 cans tomato soup*                  3 17-oz. cans kernel corn                  ½ lb. diced Am. Cheese</p> <p>Heat through</p>
<p><b>SPANISH RICE add:</b></p> <p>3 cans tomato soup*                  1 soup can water</p> <p>When boiling add:                  14-oz. box Minute Rice</p> <p>Cover-remove from heat                  and let sit 5 min.</p>	<p><b>HAMBURGER HEAVEN layer:</b></p> <p>12-oz. fine dry noodles                  1# grated Am. Cheese                  2 C. chopped celery                  2 28-oz. cans tomatoes</p> <p>Cook covered 20-30 min.                  DO NOT STIR!</p>	<p><b>SWEET 'N SOUR BEEF add:</b></p> <p>4 C. pineapple juice                  6 T. cornstarch dissolved                  in 3 T. lemon juice                  &amp; 3 T. water</p> <p>Stir until thickened.                  Serve on chow mein noodles.</p>

<p><b>QUICK MACARONI add:</b></p> <p>2 cans chicken gumbo soup*</p> <p>2 cans cream of chicken*</p> <p>2 soup cans water</p> <p><b>When boiling add:</b></p> <p>1# uncooked macaroni</p> <p>Cook covered 20-30 min.</p>	<p><b>CAMP SOUP add:</b> (no onions/peppers above)</p> <p>1 16-oz. can tomato sauce</p> <p>6 sauce cans water</p> <p>2 pkg. onion soup mix</p> <p>2 T. soy sauce</p> <p>1 t. oregano</p> <p>2 C. sliced carrots</p> <p>2 C. sliced celery</p> <p>Cover and cook 30 min.</p>	<p><b>MEXICAN DELIGHT add:</b></p> <p>1 16-oz. can “niblet mexicorn”</p> <p>1 7-oz. can pitted olives</p> <p>3 cans tomato soup*</p> <p><b>When boiling add:</b></p> <p>15-oz. cornbread mix</p> <p>Prepared as directed and dropped by spoonfuls.</p> <p>Cover and cook 15 min. <b>DO NOT LIFT COVER!</b></p>
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\*Soup can is 10 1/2-oz. size undiluted NOTE: add a little water if mixtures become too thick.

## MASTER PAN FOR SALADS

(to serve 12+)

NOTE: Miracle Whip is recommended instead of mayonnaise which spoils easily.

<b>COMBINE:</b>  1 lg. or sm. head lettuce, torn Miracle Whip to moisten Season to taste	<b>COMBINE:</b>  6 c. diced apples 3 c. chopped celery Miracle Whip to moisten	<b>COMBINE:</b>  1 cabbage (shredded) Miracle Whip to moisten Sugar and salt to taste
<b>THEN FOR:</b>  <b>MALLOW FRUIT add:</b> 1 30-oz. fruit cocktail 2 c. mini marshmallows	<b>THEN FOR:</b>  <b>WALDORF SALAD:</b> 1 c. raisins 1 c. chopped nuts	<b>THEN FOR:</b>  <b>HAWAIIAN SLAW add:</b> 1 20-oz. crushed pineapple Shredded carrots optional
<b>TOSSED SALAD add:</b>  Celery Green onions Radishes Tomatoes	<b>ISLAND WALDORF</b> <b>Substitute:</b>  Pineapple chunks <u>or</u> Mandarin oranges for half the apples	<b>PEANUT SLAW add:</b>  2 t. salt 2 t. sugar 2 t. vinegar <b>Just before serving add:</b> ½ c. roasted chopped peanuts
<b>TUNA SALAD add:</b>  2 7-oz. cans tuna 2 c. chopped celery ½ c. chopped onion	<b>TROPICAL WALDORF</b> <b>Substitute:</b>  Sliced bananas <u>or</u> Sliced pears for half the apples	<b>CARROT SLAW add:</b>  3 c. grated carrots 1 c. raisins ¼ c. lemon juice

### SALADS

(see NO-COOK for additional ideas)

**Salad on a stick**- string vegetables on a toothpick or skewer (older girls). Use any vegetable that will “string” –thick radish slices; thick carrot slices (raw, partially cooked or canned); small chunks raw zucchini, cherry tomatoes; celery pieces; black olives; etc. Dunk salad stick in salad dressing.

**Cottage Cheese Crunch**- chop “crunchy vegetables,” mix together with cottage cheese.

Golden Salad (serves 16, keeps well)

13 oz. can pineapple

11 oz. can Mandarin oranges

1 or 2 c. grapes OR #2 can fruit cocktail  
1 can peach or apricot pie filling  
1 or 2 bananas, sliced  
Drain pineapple, oranges, fruit cocktail. Mix with pie filling and chill.  
Add bananas before serving.

**Salad Candles**- place a pineapple ring on a lettuce leaf  
stand ½ of a banana in center of ring (spoon on Miracle Whip if desired). Top  
with maraschino cherry on a toothpick.

**Friendship Salad**- each person brings a piece of fruit.  
Dice fruit and mix with a little honey and dash of lemon. Mini  
marshmallow/chopped nuts may be added.

**Jell-O Salad** (8+)- Mix 1 3-oz. strawberry-banana Jell-O with 8-oz. Cool Whip and 1 pint  
cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.





## DESSERTS

Consider serving dessert after clean-up is done!

(see NO-COOK for additional ideas)

### Candy Bar Dessert

Graham crackers  
Hershey bars  
Peanut Butter

Spread peanut butter thinly over graham crackers. Remove OUTER wrapper from Hershey bars. Do not remove inner wrapper. Place in cold frying pan and heat slowly until chocolate is soft enough to spread over peanut buttered crackers. Place second cracker on top. Foil may be used to heat chocolate or use the sun on a hot day.

### Snow on the Mountain

Chocolate bars  
Crackers  
Coconut or peanuts or colored sprinkles

Use same procedure as above. Try soda crackers (sounds strange, but it's good!). Add coconut for snow on mountain, peanuts for rocks on mountain, sprinkles for Martians on mountain.

### Banana Boats

Slit the inside curve of an unpeeled banana. Press in chocolate chips and mini marshmallows. Wrap in foil. Set in coals to heat.

### Haystacks

Melt: 12 oz. chocolate chips or 1 c. butterscotch chips and ½ c. peanut butter. Add 3 oz. Chow Mein noodles. Drop by teaspoon onto wax paper or foil to harden.

### Mallow Applesauce

Heat together 4 c. applesauce and ½ t. cinnamon. Stir in 2 c. mini marshmallows.

### Campberry Shortcake

Use pound cake or shortcake cups or Twinkies. Top with frozen berries and whipped cream.

### Angel's Halos

Large glazed doughnut and marshmallows. Stick marshmallows in a doughnut hole. Run marshmallow toaster through doughnut and marshmallow. Toast carefully.

**Super Camp Cake**

Pound cake, canned chocolate frosting, chopped nuts. Slice cake, spread with frosting, sprinkle with nuts. Can also be prepared as sandwiches.

**Woodsman's Brownies**

Combine equal parts (by volume) of Nestlé's cocoa mix and sweetened condensed milk. Spread this over cubes of toast or bread, and broil until it bubbles.



**Follow Recommendations for Proper NUTRITION!**



## **SKILLET BREAKFASTS**

### **Apple Fritters**

Dip thin slices of cored apple in pancake batter (1 apple/person). Fry in butter and serve with cinnamon sugar.

### **Catastrophe** (12)

Fry 1# cut-up bacon or 1# sausage until crisp (drain off all but 4 T. grease). Add 24 oz. frozen Potatoes O' Brien or hash browns and cook until almost done. Add 12 beaten eggs. Cook (turning, not stirring) until eggs are set.

### **Cereal Cookies**

Cook in skillet:            2 beaten eggs  
                                      ¾ c. sugar  
                                      1 c. chopped dates

Stir until mixture pulls away from sides (about 5 min.)

Add: 1 t. vanilla  
          1 c. chopped nuts  
          1 c. corn flakes  
          1 c. rice crispies

Drop on foil- roll in coconut if desired.

### **Cheese Fondue**

Dip bread sticks and apple or pear slices in cheese sauce.

### **Creamed Chip Beef**

Serve on toast, soda crackers, or corn bread.

### **Creole Scramble** (18)

Fry 1 lb. cut-up bacon until crisp (drain). Add 3 c. canned whole kernel corn (drained), 1 c. chopped green pepper (optional), 18 beaten eggs and seasonings. Stir gently until eggs are set.

### **Cubed French Toast**

Soak cubes of bread in French toast batter- cook like pancakes.

### **Egg Burritos**

Scramble eggs with cheese and serve in flour tortillas.

### **French Toast Sandwich**

Dip ham/cheese sandwich in French toast batter and fry.

### **Maple Crisp**

Dip bread in maple syrup and brown in butter.

### **Rice Scramble** (12)

In skillet boil 3 c. salted water. Add 3 c. Minute Rice. Cover, remove from heat- let sit 5 minutes. Add 12 eggs beaten with 4 T. water, 1 T. instant minced onion, 2 c. grated jack cheese. Cook, (turning) until eggs are set.

### **Super Scrambled Eggs**

For extra nutrition. For every 6 eggs add ¼ c. cottage cheese OR ¼ c. small cubes cheese. Scramble as usual.

**Potato Scramble** (serves 1) Melt in skillet: 1 T. butter/margarine

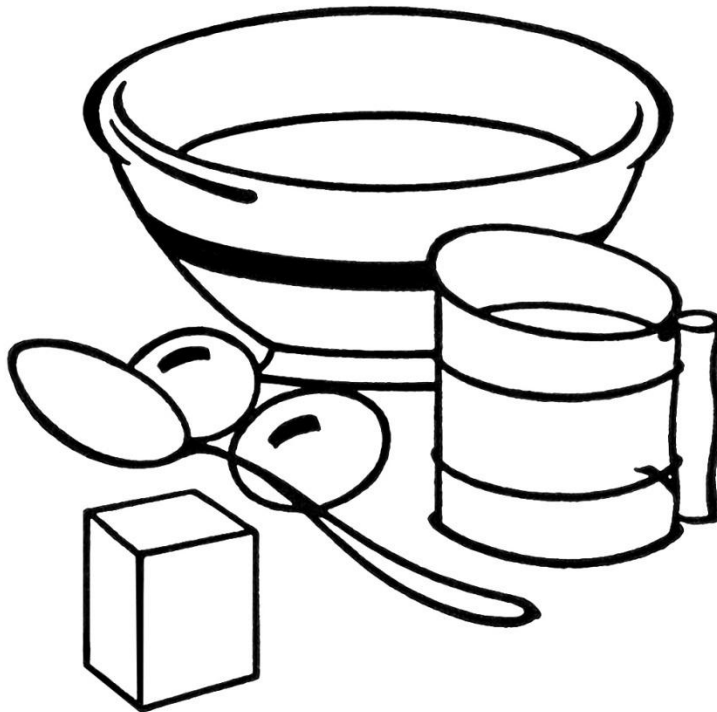
Beat and add:

3 to 4 tater tots

1 egg

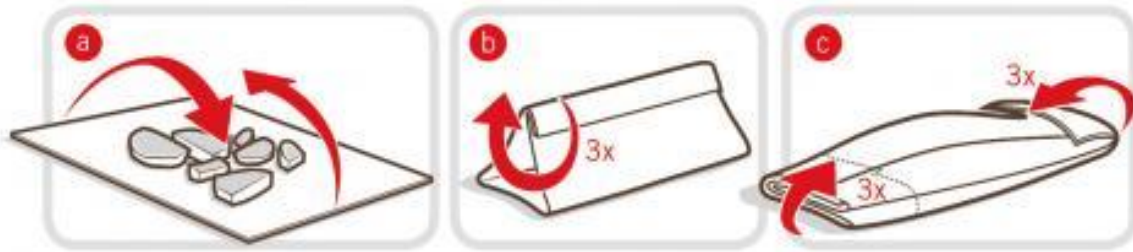
1 T. grated cheese

Heat over medium fire until egg begins to set, then scramble.



## FOIL COOKING

- \*Foil doesn't burn-don't throw it in the fire
- \*Use heavy duty foil- it doesn't matter if the shiny side is in or out
- \*Don't wrap snugly- allow room for expansion
- \*Seal with "Drugstore Fold" (below) with 3 folds along all edges



### Apples

Core and fill with red hots, marshmallows, butter, cinnamon, and sugar. Wrap & bake on coals 20-30 min. Turn occasionally.

### Bunsteeds

Mix: 1 7-oz. can chicken or tuna  
1 C. chopped celery  
1 sm. chopped onion  
½ C. grated cheese  
¼ C. Miracle Whip

Or Mix:

1# hot dogs chopped fine  
½ C. grated cheese  
¼ C. chili sauce  
2 T. pickle relish  
1 t. mustard

Put into 8 buns – wrap & heat on grill 30 min. Turn occasionally.

### Cheeseburgers

Seal a cheese slice between 2 thin hamburger patties  
Season and top with 2 T. catsup, BBQ sauce or cream soup  
Wrap and cook on coals 30-40 min. Turn occasionally.

### Chicken

Wrap each piece of seasoned chicken separately (add butter if desired)  
Bake on coals 30-40 min. Turn occasionally.

### Chicken & Rice

Add 4 T. Minute Rice and 4 T. cream soup to each chicken packet above

**Corn on the Cob**

Butter fresh or frozen corn generously (add 1 t. water if fresh)  
Double wrap and cook on coals 10 min. Turn frequently.

**Egg** (soft boiled)

Wrap and place in coals (large end down) for 3 min.

**Foil dinner**

Place on foil: ¼# seasoned hamburger or steak  
Add: ½ C. frozen hash browns, French fries, or thinly sliced potato  
1 thinly sliced carrot  
1 slice onion (optional)  
1 T. catsup, BBQ sauce, cream soup or water  
Wrap and cook on coals 20-30 min. Turn occasionally.

Mark w/ magic markers to identify each girl's bag.

**French Fries** (2)

Place 10-oz. frozen French fries on foil  
Add: Salt and 2 T. butter  
Wrap loosely and cook on coals 30 min. Turn occasionally.

**Pups in Blanket**

Wrap hot do in canned biscuit or biscuit dough  
Wrap loosely and cook on grill 4 min. per side. Turn once.

**Pork Chops**

Place seasoned pork chop on foil  
Add: ½ C. frozen potatoes or 1 sm. sliced potato  
½ C. fresh, frozen, or canned green beans  
1 T. water or cream soup  
Wrap and bake on coals 30 min. Turn once.



## **STICK COOKING**

BRING COOKING/TOASTING FORKS OR DOWELS FROM HOME. DO NOT CUT STICKS ON SITE!

Toasting and Stick Cooking **MUST** be done over coals, not flames. Younger girls will need very close supervision (waving pointed sticks, etc.). Also be aware the young girls do not have the patients to cook/bake foods over embers long enough!

### **TOASTING**

- Fruit Kabobs** Alternate bananas, pineapple, maraschino cherries and marshmallows.
- Yummy Cheese** Toast cubes of cheese, spreading the melted part on crackers, then melting the rest of the cube.
- Mock Angel Food** Cut day-old bread into 1 inch cubes. Dip in sweetened condensed milk and roll in coconut. Toast slowly. Substitute cinnamon and sugar for coconut.
- Angel's Halos** (See Desert Section)
- Woodman's Brownies** (See Dessert Section)

### **BAKING/BROILING**

- Doughboys** This is a long-time favorite recipe of girls **WHEN DONE RIGHT!** Do **NOT** attempt to make doughboys unless you have plenty of time!  
Mix 8 c. Bisquick with 2 to 2 ½ c. water. Mix well. Knead a few minutes. The dough should be smooth, **NOT** sticky and **NOT** crumbly.  
Form into lumps about the size of a small lemon. Press dough over the end of a piece of ¾" to 1" doweling, making the dough as thin as possible. Roast slowly over the coals, until Doughboy will slip easily off the dowel with no sticky bits. Fill resulting hole with butter, jam, or honey.
- Hiker's Knapsack** Thin slices of ham, thin slices of cheese, ½ slices of pineapple, buns. Fold a slice of ham over a slice of cheese and a piece of pineapple. Fasten edges with toothpicks. Toast on a fork until both sides of ham are golden brown and cheese is melted. Serve on buttered bun.

## **BOX OVEN BAKING**

### **To Make a Box Oven**

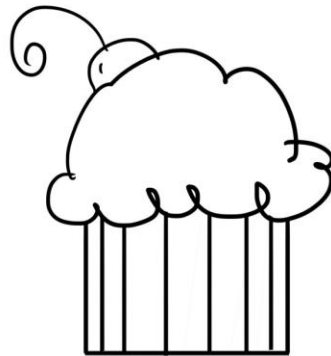
Cover inside of a sturdy topless cardboard box (at least 13" by 17") completely with heavy-duty foil-shiny side out (scotch tape securely).

### **To Make a Collapsible Box Oven**

Remove top and bottom of box- cover inside with foil as above (box will fold flat). Before using, put heavy-duty foil or oven cooking bag over top-tie securely.

### **To Use Box Oven**

Place on level ground:	A strip of foil (longer and wider than box) shiny side up
Position on foil:	4 large tuna cans with paper removed, place rack on cans
Position on cans:	A rack at least 8" by 12" (or use a rack with legs)
Place under rack:	1 hot briquette for every 30-40 degrees desired (use an oven thermometer to be exact). Briquettes may be placed in pie pan.
Place on rack:	9" by 13" pan, cookie sheet, foil dinners, etc.
Place over all:	Foil lined box with small rock under one corner (or an air vent)
Bake:	As in regular oven





## DUTCH OVEN BAKING

**BAKE BISCUITS, CORN BREAD, MIXES, ETC. ACCORDING TO PACKAGE DIRECTIONS.**

### **Brown Bear in an Apple Orchard** (8-10)

Heat: 20-oz. applesauce in Dutch Oven or 8" pan  
Pour on: 14-oz gingerbread mix prepared as directed  
Cover and bake 20-30 min. Serve with whipped topping.

### **Chocolate Pudding Cake** (8-10)

Mix together and put in bottom of Dutch Oven or 8" pan to heat:

1 C. brown sugar  
½ C. cocoa  
2 C. water  
1 C. mini marshmallows

Pour on: 9-oz. devil's food cake mix prepared as directed

OR 8-oz. brownie mix prepared for cake brownies

Cover and bake 20-30 min. Serve with whipped topping.

### **Fruit Cobbler** (8-10)

Put in bottom of Dutch Oven of 8" pan to heat:

4 C. canned sliced peaches (or other fruit)

Add: 1 t. cinnamon or nutmeg  
2 T. sugar

Pour on: 9-oz. white cake mix prepared as directed

OR 2 C. Bisquick and juice from fruit to make dumplings

Cover and bake 20-30 min. Serve with whipped topping.

### **Fruit Crisp** (8-10)

Pour: 21-oz. can fruit pie filling in bottom of Dutch Oven or 8" pan to heat

Top with: 9-oz. white cake mix (dry) with ¼ C. butter worked in with fingers

OR 9-oz. pie crust (dry) with ¾ C. brown sugar worked in

Cover and bake 20-30 min. or until topping is brown.

### **Pineapple Upside-Down Cake** (8-10)

Pour: 20-oz. can crushed pineapple in bottom of Dutch Oven or 8" pan to heat.

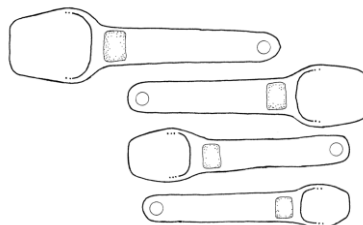
Pour on: 9-oz. white cake mix prepared as directed

Cover and bake for 20-30 min.

## QUANTITIES AND EQUIVALENTS

3 teaspoons (t.)	= Tablespoon (T.)	4 Cups	= 1 Quart (qt.)
16 Tablespoons	= 1 Cup (C.)	4 Quarts	= 1 Gallon (gal.)
2 Cups	= 1 pint (pt.)	16 ounces (oz.)	= 1 pound (# or lb.)
Apples	1# = 3 cup sliced		
Bacon	1# = 12-16 slices		
Bananas	1# = 2 ½ cups sliced		
Bisquick	2 ½# = 8 ½ cups	approx. 40-50 biscuits/pancakes	
Bread-regular	1# = 16 slices	5-8 servings	
Bread-sandwich	1# = 24 slices	8-12 servings	
Butter (margarine)	1# = 2 cups	50+ servings	
Cabbage	1# = 3 ½ cups shredded		
Carrots	1 bag = about 8		
Celery	1 bunch	8-12 stalks	
Celery-dry	1 oz. = about 1 cup	1 serving	
Celery-oatmeal (quick)	18 oz. = 9 cups cooked	18 servings	
Cheese	1# = 4 cups grated	16-24 servings	
Chocolate-Hershey bars	1 = 10 squares	2 ½ S'mores	
Chocolate-sauce	16 oz. = 2 cups	16-24 servings	
Cocoa-unsweetened	½# = 2 cups	50 servings (2 ¼ gals. Milk)	
Cocoa-instant	1# = 4 cups	20-25 servings	
Coconut	1# = 5 cups	Lots	
Coffee	1# = 5 cups dry	80-100 servings	
Corn Meal	1# = 5 cups uncooked	12 cups cooked	
Cottage Cheese	1# = 2 ½ cups		
Crackers-graham	1# = 66 squares	33 S'mores	
Crackers-soda	1# = 88 squares	88 Snow on the Mountain	
Dates	1# = 2 cups chopped		

Eggs (scrambled)	1 = 1 oz.	Plan 1 ½ per person
Hamburger	1# = 4-5 patties	6 servings in One-Pot meal
Ice Cream	1 quart	6-8 servings
Juice-canned	46 oz. = 5 ¾ cups	12 servings
Juice-frozen	12 oz. = makes 6 cups	12 servings
Lettuce	1 head = 8 cups chopped	
Macaroni	1# = 4 cups uncooked	8 cups cooked
Marshmallows-large	1# = 60+	60+ S'mores
Marshmallows-mini	10 ½ oz. = 6 cups	10 mini = 1 large
Milk-liquid	1 quart = 4 cups	4-5 servings
Milk-dry	1# makes 5 quarts	20-25 servings
Miracle Whip	1 pint = 2 cups	30 in a salad – 45+ sandwiches
Noodles	1# = 6 cups uncooked	8 cups cooked
Onions	1# = 3 cups chopped	Lots
Pancake Mix (complete)	1# = 4 cups	25 4" pancakes
Peanut Butter	18 oz. = 2 cups	15-30 sandwiches
Potatoes	1# = 3-4	6-8 servings in foil dinners
Potato Chips	1#	8-16
Rice-minute	7 oz. = 2 ¼ cups	6 servings
Rice-regular	1# = 2 cups uncooked	6 cups cooked
Sausage-pork links	1# = 16	5-8 servings
Sugar-granulated	1# = 2 cups	
Sugar-brown	1# = 2 ¼ cups	
Sugar-powdered	1# = 3 ½ cups	
Tuna	7 oz. = 1 cup	4-6 sandwiches



**MEAL PLANNING**

\_\_\_\_\_ MENU TO SERVE \_\_\_\_\_ (HOW MANY)  
MAIN DISH \_\_\_\_\_ BREAD \_\_\_\_\_  
SOUP \_\_\_\_\_ OTHER \_\_\_\_\_  
SALAD \_\_\_\_\_ DRINK \_\_\_\_\_  
FRUIT/VEG \_\_\_\_\_ DESSERT \_\_\_\_\_  
SHOPPING LIST SHOPPERS \_\_\_\_\_

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EQUIPMENT LIST

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