



Cooking Guide

Camp Firewalker Cooking Supplies

Pots and Pans

Item	Total
5 gallon pot with strainer	3
4 gallon pot	2
2 gallon pot	2
1 gallon pot	1
Large Frying Pan	8
Medium Strainers	2
1 Gallon Kettle	

Measuring Items

Item	Total
8 Cup Measurement Pitcher	4
Measuring Cups (1/4 to 1 cup)	1 set
Tablespoons & Teaspoons	1 set

Serving Trays & Bowls

Item	Total
Large Cookie Sheets	6
Large Round Serving Trays	5
Rectangular Serving Bowls	2
Rectangular Metal Tray	4
Rectangular Metal Tray with Lid	4
Large Bowls	10

Cooking Tools

Item	Total
Can Opener	3
Hand Mixers	2
Scissors	2
Ice Cream Scooper	3
Hand Masher	2
Wisks	5
Salad Tongs	4
Assortment of Knives	10
Soft Rubber Spatulas	7
Spatulas (hard plastic & metal)	14

Serving Tongs	11
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Spoons

Item	Total
Large Spoon Strainer	1
Wooden Spoons	2
Metal Strainer Spoons	9
Plastic Strainer Spoons	4
Metal Spoons	4
Ladle (Metal & Plastic)	5

Cooking Appliances

Item	Total
Freezers	2
Fridge	3
Propane Stones (2 burners)	3
Huge Propane Grill	1
Warmers	3
Kitchen Sink with Cold Water Only	

Miscellaneous Items

Item	Total
5 gallon water jug	10
Assortment of Tupper Ware w/ Lids	15+
Large Cutting Boards	4

Supplies NOT Provided
by Camp Firewalker
 Please plan on Bringing
 the Following Items

- Plastic Utensils & Paper Plates
- Towels to Dry Dishes
- Soap and Cleaning Supplies
- Can Opener
- Trash Bags





Sample Menu



Day one

Breakfast: French Toast, Bacon and Fruit

Lunch: Sandwiches, Chips and Carrots

Dinner: Spaghetti, French Bread and Apple Crisp

Day two

Breakfast: Scrambled eggs, sausage, hash browns

Lunch: Wraps and Veggies

Dinner: Taco Salad and Pudding

Day three

Breakfast: Pancakes, bacon, fruit

Lunch: Sloppy Joes, salad, cupcakes

Dinner: Hot Dogs, Hamburgers, Chips and S'mores

Day four

Breakfast: Sausage, Eggs and Hash browns.

Lunch: Chicken salad, rolls, carrots

Dinner: Burritos, chips, salsa

Day five

Breakfast: Breakfast Burritos

Lunch: Pita Tuna Sandwiches and crackers

Dinner: Hawaiian Haystacks, brownies

Snack Ideas

Dried fruit

Granola bars

Pop Tarts

Crackers

Nuts

Trail mix



Helpful Tips Along the Way

- **Decide if you are going to provide paper plates, and plastic utensils. We suggest cutting down on trash by doing the following. Have groups bring up mess kits and provide a washing station, or have campers bring up cups and utensils. We also suggest that you only provide cups when serving hot cocoa, or juices.**
- **Plan to have snacks available to campers in between meals. Campers need more than what is served for breakfast, lunch, & dinner.**
- **Please do not bring up lots of soda drinks, or power drinks. The campers need to be drinking water more. Provide flavored drinks for only one meal a day like slightly watered down Gatorade- for electrolytes.**
- **Try to keep things simple. Simple meals are the key to your success.**
- **Precooking some of your meals will help alleviate some of your stress at camp. Example: chicken breast - cook before arrival at camp then warm up on the grill at camp.**
- **Cooking takes more time at camp. (A lot of cooks forget this). You generally want to start preparing a meal at least 2 hours before for a group of over 125 people unless you plan to serve cereal. If breakfast is scheduled for 7:00 a.m., plan on being in the kitchen @ 5:00 a.m.**
- **Please arrange for assistance from leaders or campers to help serve food. This will help speed up the process for getting everyone through.**
- **Please don't forget your towels to dry your dishes, soap & bleach to wash dishes, and other cleaning agents to sanitize the cooking area.**

