

Outdoor Cooking Patch Program®

Allergen Planning Guide



Fill this out at home to help plan your camping menu.



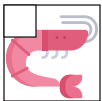
I am allergic or sensitive to PEANUTS including Peanut Butter

My symptoms are _____



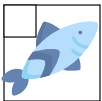
I am allergic or sensitive to EGGS

My symptoms are _____



I am allergic or sensitive to SHELLFISH such as prawns, crabs and lobsters & shrimp

My symptoms are _____



I am allergic or sensitive to FISH such as tuna, bass and whitefish

My symptoms are _____



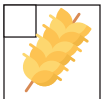
I am allergic or sensitive to SOY such as tofu, chick peas and edemame

My symptoms are _____



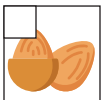
I am allergic or sensitive to DAIRY such as milk, cheese, yogurt and ice cream

My symptoms are _____



I am allergic or sensitive to GLUTEN such as wheat, oats, and barley

My symptoms are _____



I am allergic or sensitive to TREE NUTS such as almonds, walnuts, cashews, and pistachios

My symptoms are _____



I am allergic or sensitive to OTHER: _____

My symptoms are _____

I understand that food allergies can be life threatening and the above information is correct.

Print Scout Name _____ Print Care Giver Name _____

Sign Scout Name _____ Sign Care Giver Name _____

Date _____ Date _____

Outdoor Cooking Patch Program®

Menu Input



For breakfast I would like: (Choose 3)

- ☐ **Tin Foil Banana Boat** with my choice of fruit and nut toppings.
- ☐ **Plastic Bag Omelette** with my choice of fillings.
- ☐ **Coconut French Toast** with gluten-free vegan option.
- ☐ **Yogurt Parfait** with my choice of fruit and granola.
- ☐ **Breakfast Burritos** with my choice of protein and cheese.

For lunch I would like: (Choose 3)

- ☐ **Tacos** with my choice of fillings
- ☐ **Hamburgers** with vegan, gluten-free option
- ☐ **Campfire Nachos** with my choice of protein and toppings
- ☐ **French Bread Pizza** with my choice of toppings
- ☐ **Loaded Potatoes** with my choice of protein and vegetables

For dinner I would like: (Choose 3)

- ☐ **Hot dogs on a stick** with vegan, gluten-free option
- ☐ **Sloppy Joes** with vegan, gluten-free option
- ☐ **Kabob** with my choice of protein and vegetables
- ☐ **Cheeseburger hobo packets** with my choice of vegetables
- ☐ **Camping Pasta** with my choice of protein

For snack I would like: (Choose 3)

- ☐ **Campfire Cinnamon Roll-ups**
- ☐ **S'more Nachos**
- ☐ **Apple Pie in a Can**
- ☐ **Campfire Peach Cobbler**
- ☐ **Campfire Popcorn** with my choice of seasoning

This trip I will try: (Choose at least 1 from each section)

Protein

- ☐ **Eggs**
- ☐ **Tofu**
- ☐ **Sausage**
- ☐ **Ham**
- ☐ **Beans**
- ☐ **Seafood**

Vegetables

- ☐ **Broccoli**
- ☐ **Green Beans**
- ☐ **Zucchini**
- ☐ **Squash**
- ☐ **Kale**

Carbohydrates

- ☐ **Whole Grain Bread**
- ☐ **Whole Wheat Pasta**
- ☐ **Brown Rice**
- ☐ **Quinoa**
- ☐ **Oats**

Outdoor Cooking Patch Program® Shopping List



Day/Date _____ **Number of People** _____

Breakfast

Protein: _____

Fruits/Veggies: _____

Other: _____

Lunch

Protein: _____

Fruits/Veggies: _____

Other: _____

Dinner

Protein: _____

Fruits/Veggies: _____

Other: _____

Snack

Drinks

SHOPPING LIST

[illegible]

Outdoor Cooking Patch Program® Cooking Methods

Make use of the equipment and supplies you have.

Research what specialty items you need for each type of cooking and write it in the space provided. Find out what you already have available or easily obtained and plan your meals accordingly. For this worksheet, assume you have basic cooking utensils such as tongs and spatulas.



photo: stock.adobe.com/

Supplies/equipment needed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



photo: stock.adobe.com/

Supplies/equipment needed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



photo: stock.adobe.com/

Supplies/equipment needed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



photo:thecrazyoutdoormama.com

Supplies/equipment needed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



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photo:beyondthetent.com/

Supplies/equipment needed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Outdoor Cooking Patch Program® Cooking Methods

(answer key)

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photo: stock.adobe.com/

Supplies/equipment needed:

- ☐ Sticks
- ☐ Pocket Knives
- ☐



photo: stock.adobe.com/

Supplies/equipment needed:

- ☐ Dutch Oven
- ☐ Charcoal
- ☐ Lid lifter or Gloves



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Supplies/equipment needed:

- ☐ Sandwich Basket
- ☐ Grate
- ☐



photo:thecrazyoutdoormama.com

Supplies/equipment needed:

- ☐ Tin Foil
- ☐
- ☐



photo: stock.adobe.com/

Supplies/equipment needed:

- ☐ Tripod
- ☐ Cast Iron Pot
- ☐ Gloves



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Supplies/equipment needed:

- ☐ Rotissere
- ☐
- ☐



photo: stock.adobe.com/

Supplies/equipment needed:

- ☐ Grate
- ☐ Cast Iron Pan
- ☐



photo:beyondthetent.com/

Supplies/equipment needed:

- ☐ Pie Iron
- ☐
- ☐

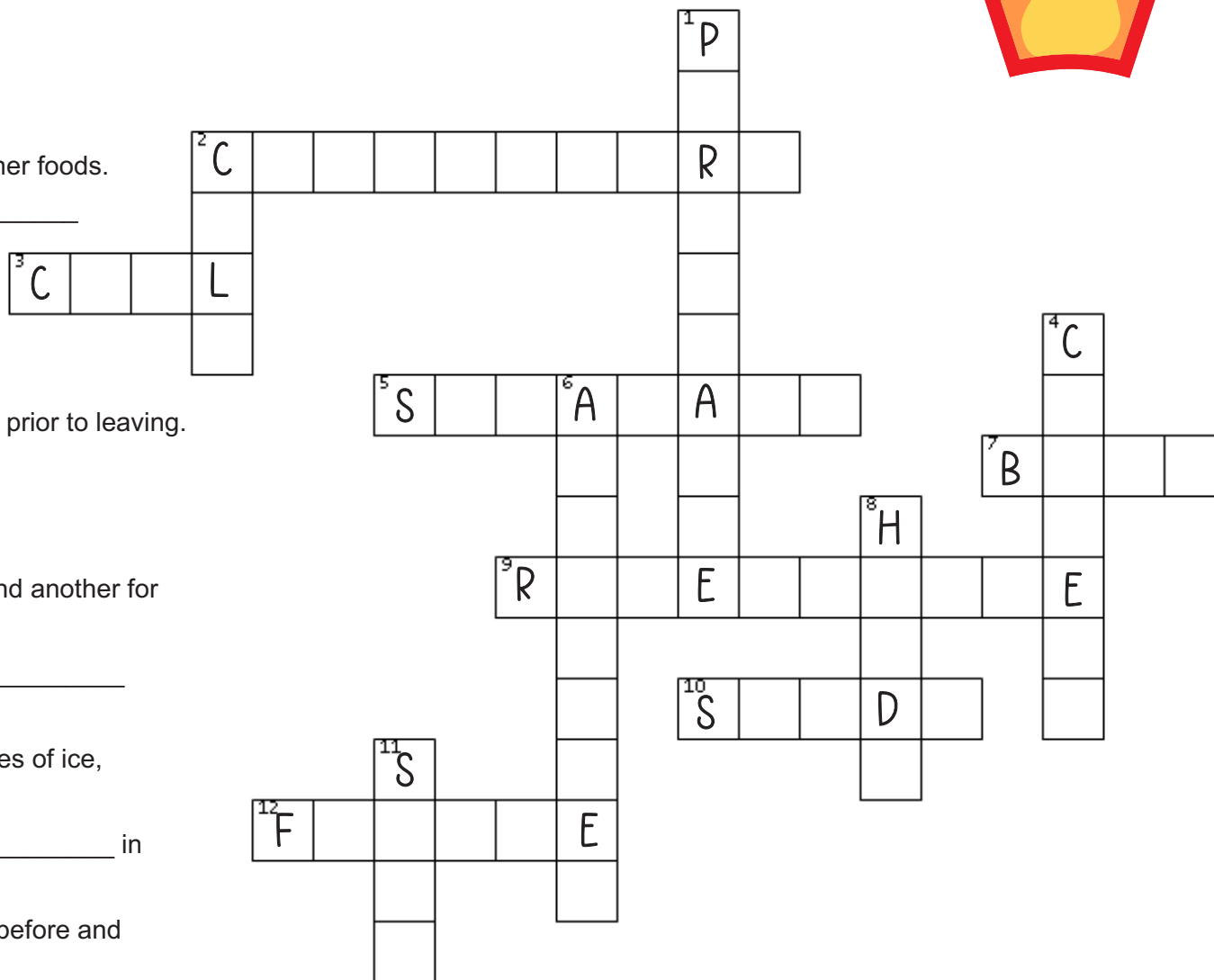
Outdoor Cooking Patch Program® Food Safety

Solve the puzzle to test your knowledge of safe food handling while outdoors.



ACROSS

2. Store food in watertight _____
to prevent contact with melting ice water.
3. _____ food prior to leaving.
5. Keep raw foods _____ from other foods.
7. Use bottled water for drinking or _____
water to remove impurities.
9. Use _____ bags instead
of bottles, jars, and cans.
10. Keep cooler in the _____.
12. _____ as many items as possible prior to leaving.



DOWN

1. Bring one cooler for drinks and snacks and another for
_____ food.
2. Never bring meat or poultry without a _____
source to keep them safe.
4. Pack your _____ with several inches of ice,
blocks of ice, or frozen gel-packs.
6. Plan meals and snacks based on any _____ in
your group.
8. Make sure to clean your _____ before and
after handling food.
11. Properly _____ bags and containers to prevent
the smell from attracting wildlife.

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Answer Key

