

## Feeding our Campers

One concern for all Guiders where planning camp is the necessity of having three nutritious meals a day, taking into consideration weather, program and the age of campers.

Food Quantity Shopping Tips:

FOOD TYPE	QUANTITY	# OF SERVINGS
<u>Grain Products</u>		
Bread	Most loaves are 675g (24oz)	22-24 slices
Cold cereal	510g box (18oz)	17
Hot cereal	510g (18oz)	15
Pasta	454g (1lb) makes 8 cups cooked	8-10
Crackers	227g (1/2 lb)	25
Rice	454g long grain rice	15-18
Bread crumbs	500g	4 cups
Graham wafers	390g	60 singles
<u>Vegetable and Fruits</u>		
Potatoes	5kg (10lb)	30-36
Carrots (cooked)	1kg (2.2lb)	10
Cabbage (raw)	1kg (2.2lb)	14
Celery	1 large bunch	18
Cucumbers	4 medium	25
Lettuce	1 head	8-10 (depending on use)
Frozen vegetables	1kg (2.2lb)	10-12
Watermelon	1 large	25
Apples, bananas, etc	Depends on size	1
Fruit juice		
Bottled	1.89L	15
Canned	1.36L	12
Frozen concentrate	355mL makes 1.7L	12
Canned fruit	540mL (10oz)	5
Dill Pickles	1 L	25
Broccoli	500g	4, ½ cup servings
Beans (fresh)	500g	6, ½ cup servings
Canned fruit	540ml (19oz)	5
Soup (packaged)	1	4
Soup (canned)	1 can	3-4
<u>Milk products</u>		
Milk	4L	16
Cheese block	450g (1lb) or 2cups grated	9
Cheese slices	50g (2 slices)	1
Ice cream	4L	25
Butter	450g (1lb)	Butters 2 loaves of bread

FOOD TYPE	QUANTITY	# OF SERVINGS
<u>Meat and Alternatives</u>		
Chicken	1-1.5kg chicken	4
Luncheon meats	500g (12-16 slices)	6-8
Ground meat	500g	4-5 (depending on use)
Bacon	450g (1lb) 20-22 slices	10
Fish	500g	2
Salmon, tuna	198g (7oz can)	3-4
Eggs		1-2 per serving
Eggs, scrambled	1	1
Boneless meat	125g	1
Wieners	2	each
Breakfast sausage	500g	9-10
Bone in meat	250g	1
<u>Miscellaneous</u>		
Honey	500mL (16oz)	18
Peanut butter, jam, jelly	1kg (2.2lb)	25
Pancake mix	1kg (2.2lb)	20-25
Ketchup	500mL	25
Marshmallows	400g bag	60 per bag
Pancake syrup	500mL	12
Salad dressing	500ml	24-32
Brown sugar	500g	2 ¼ cups
Coffee	500g	100 cups
Flour	500g	4 cups
Icing sugar	500g	3 ½ cups
Potato chips	500g	15
Toilet paper	1 roll	1 girl for a week

## BUDGETING FOR FOOD

When setting your menu/budget for camp food, here is a guideline.

<u>Number of Campers</u>	<u>Cost per day</u>
5-10	\$12.00
10-20	\$11.00
20-30	\$10.00
30-50	\$9.00
50-75	\$8.00
75+	\$7.50