



## Camping in the Pasture Tip Guide

### Campsite:

- Campsite size 12 x 12 foot spot for every 6/7 people
- Designated Cooking Area provided
- Port-O-Lets and hand-washing stations provided
- Designated Quiet time to be established in Camping area.

### Equipment to bring:

- Tents (enough to sleep everyone in your group)
- Camp Trained person for your group
- 5 gallon or 2.5 Water Cooler
- Personal Camping Supplies
- Cooking Supplies
- Food Supplies
- Coolers for food supplies and drinks
- Propane Stove
- Propane Lanterns or Battery Operated Lights
- Picnic table cloth to set on the ground to act as a dining room table for girls to sit around to eat their meals.
- Sit-upons for each member of your group.

### Camp Trained Volunteer Tips

Meet with your group several times to plan your trip. Some things you would want to discuss may be:

- What to expect at the event
  1. Shared Camping area
  2. Smaller area than normal
  3. Shared cooking area
  4. Use of Port-O-Lets and hand-washing stations.
  5. Showers will not be available during the weekend.
- Review all information provided by the event committee with the girls and all adults attending the weekend. Especially keep your adults in the loop of all information so they will be well informed for the flow of the weekend.
- Respect for each other and respect for the property.
- Review proper camping gear and provide a packing list to all participants.
- Plan menu, using catering service and choosing non-cook and precooked meals.

## Meal Ideas:

### Non-Cook Breakfast Ideas:

- Yogurt
- Bagels w/cream cheese
- Juice
- Whole Fruit
- Fruit Cups
- Granola Bars/Breakfast Bars
- Cereal
- Boiled Eggs(Boil eggs before leaving home)
- Peanut Butter and Jelly Sandwiches

### Non-Cook Lunch/Dinner Ideas:

Note: Any mayonnaise based salads, be sure to keep extra cold.

Tuna Salad/Chicken Salad (Make in advance and bring extra chilled.)

*\*Great for Sandwiches, Wraps, or Topping on a salad.*

*Makes 6-8 sandwiches*

- 2 (6 ½ oz.) can tuna, or ham, chicken, etc.
- ½ c. finely chopped sweet pickle (relish)
- 1 c. mayonnaise or salad dressing
- 1 tsp. mustard
- ½ tsp. salt
- ½ tsp. pepper
- 2 Hard Boiled Eggs (optional)
- Garlic Salt (optional)
- Onion Powder (Optional)

### Directions:

Mix all ingredients; refrigerate until serving time.

Grilled Chicken Caesar Salad (Make Chicken ahead of time)

*\*Like Wraps? Add a serving of these ingredients into your favorite wrap!*

Serves 6

- 4 grilled chicken breasts, cut into bite-sized pieces
- 1 1/2-2 lbs romaine lettuce
- 1 bunch green onion, diced (optional)
- 1 (8 ounce) bottle Caesar dressing
- 1 (3 ounce) jar hormel real bacon bits
- 1/4-1/3 cup parmesan cheese
- 1 (6 ounce) box Caesar-flavor croutons
- 1 (8 ounce) package finely shredded mozzarella cheese
- salt and pepper

## Directions:

1. Wash and lay out lettuce leaves on paper towels and pat dry.
2. Cut lettuce into 1 inch strips and place in a large mixing bowl.
3. Add chicken, bacon bits, mozzarella cheese, green onions, and toss.
4. Cover lettuce with a fairly generous amount of Parmesan cheese and salt and pepper and toss again.
5. Mix in Caesar Ranch dressing until lettuce is nicely coated.
6. Add croutons to individual salad bowls when serving so they won't get soggy

**Sandwiches/Subs**—Bring some lunch meat, cheese, condiments, etc.

## Fruit Salad

**Prep Time:** 15 Min **Ready In:** 15 Min

Original Recipe Yield 8 servings

### Ingredients

- 4 cups fresh strawberries, halved
- 2 cups fresh blueberries
- 2 kiwifruit, peeled and sliced
- 2 bananas, sliced
- 2 cups seedless grapes, halved
- 1 (8 ounce) container plain or vanilla yogurt
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon vanilla extract

### Directions

1. In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes. In a small bowl, combine yogurt, lemon juice, sugar and vanilla; mix well. Serve with fruit.

## Non-Cook Sides:

- Chips
- Pretzels
- Crackers
- Cookies
- Pudding Cups
- Whole Fruit
- Fruit Cups
- Trail Mix (everyone bring an item and mix all ingredients into one large ziplock.)  
Distribute into small ziplock bags for kids and adults.
- Water/Juice

## Non-Cook Snack Recipe Ideas:

- **Walking Salad** - Core small apples (or apple halves dipped with lemon juice and water). Stuff with 2 tsp. Miracle Whip, cream cheese or peanut butter mixed with chopped celery, nuts, raisins or chopped dates.
- **Ants on a Log or Bugs on Snow** - Stuff celery sticks with peanut butter or cream cheese. Line stuffing with raisins.
- **Applewiches** - Spread apple slices with peanut butter or cheese spread.
- **Pudding Cones** - Prepare any flavor instant pudding. Use to fill ice cream cones just before serving. Can be topped with marshmallow topping, pie filling, chopped nuts, etc, or added on top of sliced bananas already in the cone.
- **Rainbow Pudding** - Prepare instant vanilla pudding. Swirl a small package of M&Ms through the pudding just before serving.
- **Carrot Wheels** - Dip slices of large carrots in peanut butter or cream cheese thinned with a little honey
- **Quick Banana Boats** - Slice bananas. Mix with Cool Whip, chocolate chips and mini-marshmallows
- **Toothpick Kabobs** - String any combination of small cubes of vegetables, cheese, meat, Vienna sausage, pickles, and/or fruit on toothpicks.
- **Mini Burritos** - Use round corn chips to assemble bite-sized burritos with refried beans, grated cheese, chopped lettuce, salsa, etc.
- **Veggie Patch** - Use ranch dressing for a dip. Serve with assorted raw vegetables such as cauliflower, broccoli, carrots, zucchini and cucumbers.
- **Roll-M-Ups** - Cream cheese or peanut butter and raisins rolled in a lettuce or Chinese cabbage leaf or a stick of cheese and a pickle rolled in a cold cut slice.
- **Salad on a Stick** - String assorted vegetables on a skewer. Dunk in salad dressing.
- **Cottage Cheese Crunch** - Chop crunchy vegetables and mix with cottage cheese.
- **Candles** - Place a pineapple ring on a lettuce leaf. Stand ¼ or ½ banana in center of ring. Spoon on Miracle Whip, if desired. Top with a maraschino cherry on a toothpick.
- **Friendship Salad** - Each person brings a piece of fruit. Dice the fruit and mix with a little honey and a dash of lemon juice or mix with undiluted frozen orange or apple juice concentrate. Mini-marshmallows and nuts can be added.
- **Golden Salad** - Serves 16. You need one 13 oz can pineapple tidbits, one 11 oz can Mandarin oranges, 1 or 2 cups grapes OR #2 can fruit cocktail, 1 can peach or apricot pie filling and 1 or 2 sliced bananas. Drain canned fruit. Mix with pie filling and chill. Add bananas before serving.

*Final Tip: Make sure to HAVE FUN!!!!*