



COUNCILWIDE SPRING CAMPOREE

April 28-30, 2023

At Gamehaven Scout Camp

All three districts are invited to the Spring Camporee! Currently leaders from all three districts are busy putting a great program together. Read through the information below to see what plans are being made for this event. We are also asking all units and council members to review the information and if you or someone you know has a passion for the topic and would be willing to assist please let us know.

The Camporee will feature a Hog and Turkey roast for the Saturday evening dinner. Each troop will be asked to bring a side dish and dessert for a camp wide potluck. Districts will choose the best side dish and best dessert and then these three will go head to head for the best in council.

Troops can participate by coming out just for the Saturday program activities or can camp overnight on Friday or Saturday. Webelos may come out for the Saturday program activities, but cannot camp overnight. There will be no cost for Scouts and a \$10 fee for Scout leaders Webelos Cubs, and Webelos leaders.

Even if some Scouts have earned the Cooking merit badge they can benefit from a refresher on the 4 key requirements that we will be covering. We will also be sharing some 7 exciting demonstrations on cooking topics. Even seasoned adult leaders will leave with new things to try when camping.

Cooking is a life skill. Hone your skills as you "Treat it as a tool for living."

We are hoping for a good turnout from all districts and need your support to make this happen.

If you have any questions contact Tom DeMarais tom.demarais.bsa@gmail.com

All registered adult leaders are invited to attend the Camporee planning meeting at GSR on April 4th at 6pm in the Admin building.

Registering for Council Wide Camporee: Scoutmasters can register their units on Black Pug. Adults who are not part of a unit can register themselves to attend as well. Deadline to register is Sunday, April 23rd.

[Black Pug Registration](#)

If there are any questions or problems with registration please notify Barbara at 507-361-5340.

SCHEDULE FOR THE WEEKEND

Friday Evening:

6:00 – 8:30- Friday night leader dinner – will have grills going, bring your own meat to cook. Hot coals, Potatoes, and Hot Coffee provided. Meet at the Cub Scout Pavilion

8:30-9:30- SPL Cracker barrel – go over schedule for weekend.

10:30- Lights out.

Saturday:

6:30- Reveille and Troop Breakfast.

8:15– Morning Flag

8:30-11:30- morning stations

11:30-1:00- Lunch

1:00-4:00- afternoon stations

4:00-5:30- Troops Cook Sides and Deserts for Competition and deliver to Cub Scout Pavilion at 5:30pm. District Judging with winners moving to Council Judging.

5:30- Troops arrive at Cub Scout Pavilion – bring plates/silverware/cups for everyone.

6:00- Supper is served.

7:30- Chapel

8:00- Campfire / OA Callout

9:00- Troop Time / OA Social

10:30- Lights out

Sunday: Troop time – checkout with District Leadership

SATURDAY STATIONS:

1. **Requirement** – Terms – Cooking Jeopardy
 - i.2e – food label terms
 - ii.3a – cooking methods
 - iii.1d – food allergy/intolerance/illnesses/diseases
2. **Requirement** – 1a, 1b Health and Safety -
3. **Requirement** – 1c, 1d Food handling
4. **Requirement** – 2a, b, Nutrition
5. **Requirement** – 2c
6. **Requirement** - 6 – trail and backpacking meals.
7. **Box Oven Cooking** – bring a box and leave with an oven (samples)
8. **Knives** – bring your knife and get an edge – expert sharpeners on hand.
9. **Stoves**- types, safety, when to use.
10. **Dutch Oven** – selection/Care/Cooking (samples)
11. **Hog Roast**- demonstration, fire hole cooking.
12. **Utensils**- Cooking without utensils

Highlights

- Hog Roast for Saturday Dinner
- Saturday Dinner Cookoff with District and Council awards for best Side Dish and best Desert
- OA Callout and Social
- Chance to Learn from Experts in the Council – everyone is guaranteed to leave to learn something new.

Make It Real

Each time a Scout cooks for the badge — whether at home, in camp or on the trail — they are supposed to ask those served to evaluate their efforts. Not surprisingly, the Scouts perform better when people are counting on them. They take a lot of pride in what they have prepared.

Prepare Them for Life

- Emphasize both techniques and terms when teaching the badge.
- Cooking is the one merit badge everybody can use,”
- Don’t treat it as just another merit badge. Treat it as a tool for living.”

Note to Counselor:

- Cooking is a life skills merit badge. It is expected that the completion of this merit badge may take a longer period than some of the other merit badges. The counselor should keep the following in mind:
- The meals for this merit badge may be planned, prepared, and cooked at different times. The goal is for the Scout to understand each phase of meal planning by working on one part of the process at a time. The meals planned and cooked for this merit badge may not count for any other merit badge or rank advancement.

Station 1: Cooking Jeopardy Game – Award for top scoring Patrol

- Scouts will read the clue answer and answer in Jeopardy style in the form of a question. Jeopardy board will have 5 topics with different point value answers. Scouts can choose the value of the correct question when the Daily Scout Double flashes.
- Patrols will take turns selecting a question and must answer as one with each Patrol Member taking a turn to provide the answer.
- Scouts should prepare by reviewing the topics covered by the Cooking Merit Badge Requirements. Special focus on terms from requirements 1d, 1e, 3a
 - Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein.
 - Discuss with your counselor why reading food labels is important. Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.
 - Discuss EACH of the following cooking methods. For each one, describe the equipment needed, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.

Station 2: Cooking Health and Safety. Requirements 1a, 1b

- Scouts will learn the hazards they may encounter while participating in cooking activities and what they should do to anticipate, help prevent, mitigate, and respond to these hazards.
- Scouts will learn first aid for and how to prevent injuries or illnesses that could occur while preparing meals and eating, including burns and scalds, cuts, choking, and allergic reactions.

Station 3: Cooking Health and Safety – food handling and allergies 1c,1d

- Scouts will learn how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking and how to prevent cross-contamination.
- Scouts will learn about food allergies, food intolerance, and food-related illnesses and diseases and why someone who handles or prepares food needs to be aware of these concerns.

Station 4: Nutrition Requirements 2a, 2b

- Scouts will learn about the MyPlate food guide or the current USDA nutrition models and learn examples of the following food groups, the recommended number of daily servings, and the recommended serving size: 1) Fruit, 2) Vegetables, 3) Grains, 4) Proteins, 5) Dairy.
- Scouts will learn why and how they should limit their intake of oils and sugars.

Station 5: Updated Nutrition Requirement 2c, 2d

- Scouts will learn how to Track their daily level of activity and their daily caloric need based on their activity for five days and then, based on the MyPlate food guide, define an appropriate meal plan for themselves for one day.
- Scouts will discuss current eating habits and what they can do to eat healthier based on the MyPlate food guide.

Station 6: Trail and Backpacking Meals – requirement 6

- Scouts will learn what makes Trail and Backpacking Meals different from camp meals. Sample menu items will be discussed that explain how weight, lack of refrigeration, and type of cooking equipment factor into meal planning.
- Scouts will observe Backpacking cooking methods and sample menu items.

Station 7: Cardboard Box Oven

- Ever cooked in a cardboard box? Each Patrol will have the opportunity to assemble a cardboard box oven they can take back and use on the next campout.
- Scouts will observe items baking in a cardboard box oven and sample the goodies.

Station 8: Knives – keeping the edge.

- When was the last time you were able to get your knife back as sharp as it was when you purchased it? Scouts will learn from expert Knife Sharpeners on how to identify the correct sharpening angle, and the different methods to be used to get the edge back.
- Bring your knife and you may be the lucky scout in your Patrol that leaves with an expert sharpening job.

Station 9: Stoves, Stoves, Stoves – so many – how to choose

- Scouts will be exposed to many different types of stoves and learn which stove is the best for each type of cooking (camp cooking, trail cooking, backpack cooking, baking, etc.)
- Scouts will observe Stoves being used for cooking and sample the goodies.

Station 10: Cooking Dutch – selection/care/cooking/baking

- Ever cooked in a Dutch Oven? Scouts will learn how to select, care for, cook, and bake in a Dutch oven for some of the best food on a campout.
- Scouts will observe Dutch oven cooking and sample the goodies.

Station 11: How do you roast a Hog and cook from a hole in the ground

- Observe a roasting Hog, learn how it is prepared and cooked.
- Learn how to create a leave no trace fire hole that uses minimal fuel with controlled heat output.

Station 12: Cooking without Utensils

- Learn how to move beyond tin foil dinners and cook other foods without utensils.
- Scouts will have the opportunity to try one of the methods and then eat the results.

