

# Food & Cooking Suggestions

You will need to provide four meals for your family during your Family Campout weekend – lunch and dinner for Saturday and breakfast and lunch for Sunday. **Arizona State Parks Family Campout Program** will provide propane stoves for cooking as well as healthy snacks and a few essentials listed below. You should bring whatever pots, pans, and cooking utensils you will need to prepare your meals. Also, please bring eating utensils (forks, knives, spoons) for each member of your family. Your everyday home utensils are a fine option. We will supply plates, bowls, and cups for your family. Be sure to include additional items as necessary for anyone in your family with special dietary concerns.

Throughout the weekend we will provide light **snacks** such as vegetables, fresh fruits, nuts, raisins, sunflower seeds, and granola bars. In addition, we will provide coffee and hot water (for tea, etc.). **Fresh drinking water** is available onsite. Each family member should have a **refillable water bottle** to use throughout the weekend.

For **lunches**, it will be best to plan meals that do not need to be cooked. Lunches will take place at the beginning and end of campouts so having something that is quick and easy to prepare will be helpful. You can even prepare things like sandwiches at home for a ready-made meal. Chop carrots and celery at home and store them in a little water in a sealed container to save time at camp. Cut up vegetables and package them in foil for easy cooking. Pre-cook meats and store them in a sealed container. **Breakfast** should also be a quick and easy meal. Dried cereal, instant oatmeal, and yogurt are easy to transport and prepare. Hard-boil eggs at home for a quick breakfast at camp.

For **dinner**, there will be more time so that's where we will focus your experience with outdoor cooking. Campout staff will demonstrate the use of the provided **propane stoves** and will be available to help you throughout meal time. For **dessert** we will provide tastes from our dutch oven cooking demonstration and s'mores by the campfire.

## Suggested Menu

### Lunch (2 meals - Sat and Sun)

Turkey or ham sliced for sandwiches and/or peanut butter and jelly  
Sandwich bread, tortillas, or pitas  
Lettuce, tomato, onions, pickles  
Condiments (ketchup, mustard, etc.)  
Carrot and/or celery sticks

### Breakfast (1 meal – Sun)

Cold cereals and/or instant oatmeal  
Milk (for cereal and/or coffee & tea)  
Yogurt  
Hard-boiled eggs (cooked at home)  
Applesauce  
Cereal or granola bars  
Fresh fruit (bananas, oranges, etc.)  
Nuts, sunflower seeds, raisins

### Dinner (1 meal – Sat)

Beef or Turkey burgers, hot dogs  
Buns  
Lettuce, tomato, onions, pickles, avocado, & other toppings  
Condiments (ketchup, mustard, etc.)  
Fresh veggies (cooked in a foil pouch)  
Corn on the cob w/butter  
Baked beans  
Tossed salad (lettuces, tomatoes, cucumbers, carrots, peppers, etc.)  
Salad dressing  
Carrot and/or celery sticks  
Hummus (for dipping)  
Watermelon

# Suggested Shopping List

(Based on a family of 4, adjust as needed)

Expect to spend \$50-100 on groceries & supplies

## Dairy

½ -1 gal milk and/or milk alternatives  
½ pound butter  
12 cheese slices  
4 6oz yogurts  
4-6 eggs

## Produce

4-6 apples  
4-6 oranges  
4-6 bananas  
1 lb baby carrots  
1 celery bunch  
1 lb broccoli, cauliflower and/or zucchini  
4 corn cobs  
1 head of lettuce  
2 medium tomatoes  
1 medium onion  
2 green peppers  
2-3 avocados  
1 medium watermelon

## Meat

4-6 burgers (beef, turkey, or veggie)  
4-6 hot dogs  
1 lb sliced lunch meat (turkey, ham, etc.)

## Bakery

4-8 burger buns  
4-8 hot dog buns  
1 loaf sliced bread  
6-8 tortillas or pitas

## Groceries

1 box cold cereal  
1 box instant oatmeal  
1 jar peanut butter  
1 jar jelly  
3oz raisins  
6oz mixed nuts and/or seeds  
6-8 snack/cereal bars  
1-2 cans baked beans  
10-12oz hummus  
1 jar applesauce

## Condiments

1 jar sliced pickles  
1 bottle salad dressing  
1 bottle ketchup  
1 bottle mustard  
1 can olive oil spray (for cooking)  
Seasonings as desired (i.e. salt, pepper, garlic powder, onion powder, cinnamon)

## Paper & Other Goods

Trash bags  
Aluminum foil  
Cling wrap  
Plastic storage bags/containers (for leftovers, storage, & travel)  
Paper towels  
Napkins  
Shopping bags/boxes (for packing and transporting food items)  
Cooler(s)  
ICE (Lots of ICE!!!)

# Packing Your Food

In order to provide your family with **healthy meals** while camping, you will need to pack your food safely for transport and storage during the campout. All **perishable foods must be packed in ICE** to keep it at safe temperatures (kept below 40°F) for storage. Your Family Campout Coordinator will have thermometers handy to check your cooler's internal temperature. It's a good idea to avoid things like mayonnaise or prepared deli items that contain it as they can spoil easily.

A good quality, clean, sturdy, **hard-sided cooler** is necessary to keep ice from melting too quickly, especially during warmer weather campouts. Coolers come in different sizes, too. A 54 quart cooler can hold enough food for about 2-3 people for 2 days. You might want to consider more than one cooler for camping – for example, a small cooler for meat storage, and a medium to large cooler for storing other perishable foods. If you bring packaged beverages, you may want to store those in a separate cooler, too, to reduce the number of times the food storage coolers are opened and closed.

**Block ice** stays frozen longer than cubes. Don't drain the cold water from your cooler unless you are adding more ice. The water from melted ice is cold enough to keep the internal temperature of your cooler down and to slow the melting of the rest of the ice.

You can use **gallon water or milk jugs** to make ice blocks – just fill them about 3/4 full and put them in the freezer. The frozen jugs act like block ice but keep the melted water from getting into your foods. The water will stay cold so will continue to help keep the temperature in your cooler down. You can also drink the water as it melts and it will be nice and cold. (You can add a ¼ cup of salt to keep the water in the jugs frozen even longer although this renders the water undrinkable).

Make sure all the foods you pack in your cooler have been **pre-cooled**. Packing room temperature or warm foods will cause your ice to melt faster.

Pack your cooler with the **foods you will use last at the bottom** and the foods you will need first at the top (with the exception of meat and dairy products which should be stored directly on ice).

**Food storage containers** should be **leak proof**. Melted water inside a cooler that seeps into food containers can contaminate the contents making them unsafe to eat.

When packing your vehicle for travel, pack blankets and sleeping bags around your cooler for extra insulation. During the campout, **keep your cooler in the shade** as much as possible. Ice can last nearly two times longer in the shade than in the sun. **Open the lid only when necessary** and close it right away to keep cold air inside. **Check your cooler's internal temperature** periodically with a thermometer to see if you need to add more ice.