Sunday Breakfast

draft

This is a cold breakfast because we know you also need to worry about taking down tents and packing BUT enjoy a hot cup of Cocoa with Muffins and/or assorted breakfast items, and a selection of fruit.

The following ingredients and supplies are provided:

Hot Cocoa Mix
Muffins and Assorted breakfast items from Saturday
Fruit – oranges, bananas, melons
Saturday bfst leftovers

Put on large pot of hot water for Cocoa.

While water is heating, cut up oranges, bananas, and melons in hand size pieces.

Cut muffins in half so everyone has a selection.

Set out leftovers from Saturday- eggs, bagels, cereal, yogurt?

Once water is hot, serve Cocoa with the muffins and fruit.

Wash your dishes, if necessary, and return the box and all leftovers and supplies.

Thanks! Have a safe trip home!

Annette XC

ooshirts

Get Help Call: 866-660-8667

Summary > Instructions > Shipping > Payment > Completion

Order Summary

Proceed with Checkout

Quantity Breakdown

Light Blue Gildan Youth 100% Cotton T-Shirt — 48 total

XS 0 S 0 M 0 ~~16~~ 17 L ~~17~~ 18 ~~19~~ 20 XL 1

Light Blue Gildan Cotton T-Shirt — 16 total

S 0 M ~~4~~ 5 L ~~10~~ 9 XL 1 XXL 1 3XL 0

Royal Blue Gildan Cotton T-Shirt — 21 total

S ~~7~~ 8 M ~~10~~ 8 + 1 me L 2 XL 2 XXL 0 3XL 0

3 Mark Merge done

Update Quantities

The order quantities entered above are final; please double-check they are correct before proceeding.

Order Sept 29th for Oct 13

Print & Design

Screenprint (edit design)

Front: 3 colors Back: 0 colors

Delivery Options

(•) Normal Shipping (Free!)	Guaranteed: October 9 ~~1~~
( ) Rush Shipping (+25%)	Guaranteed: October 2
( ) Super-rush Shipping (+50%)	Guaranteed: September 30

Referrals

Total Price $454.63

Add sales tax in CA/IN

Proceed with Checkout

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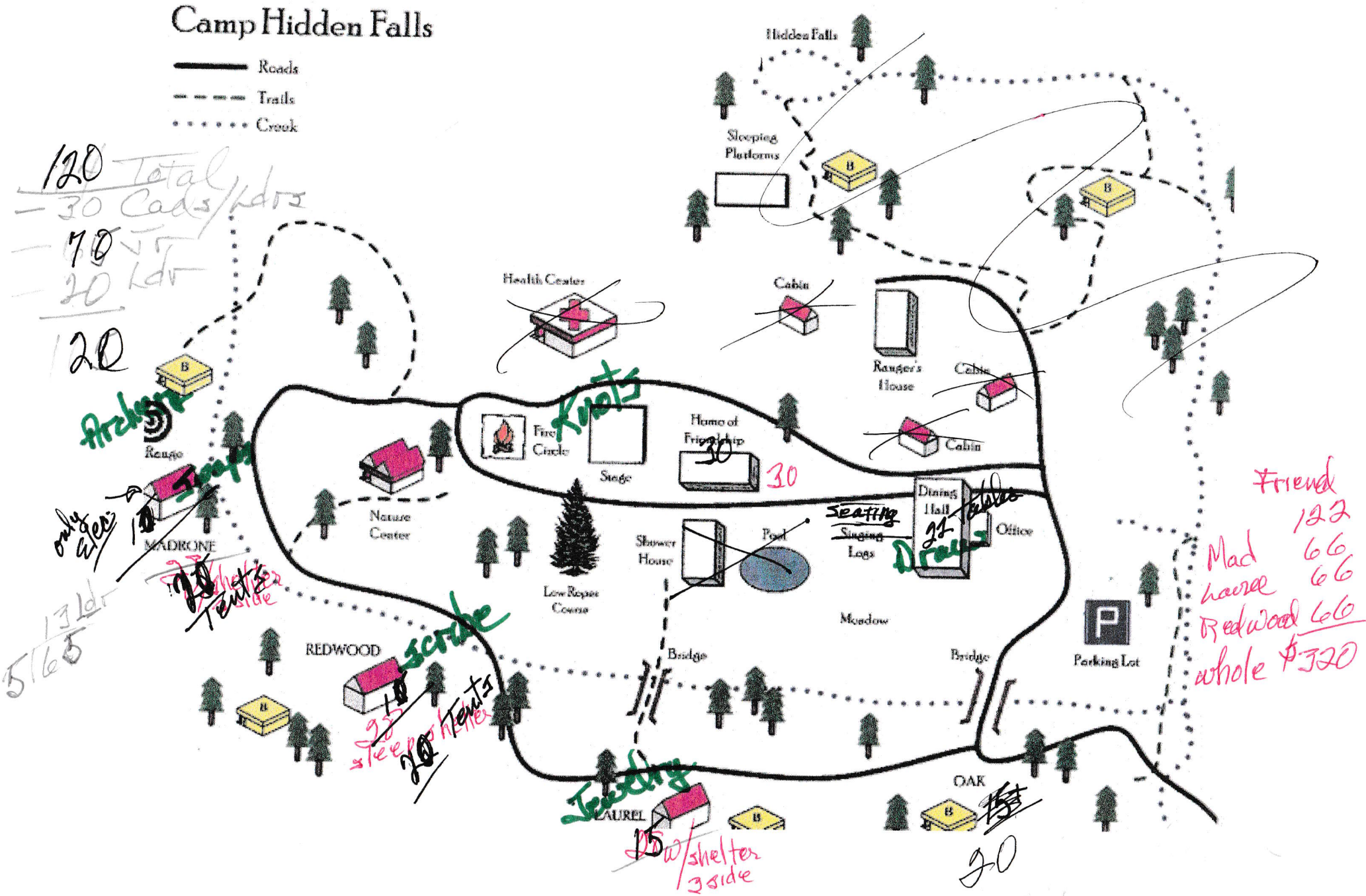
PREPARE FOR YOUR GAME!
JrJ
2014

2/4 Reservation: 80 girls
20 Adults



Event Evaluation Summary

Event Name J-Jamboree 2014 **Date** Oct 17-19, 2014

Event Organizer Name Lynn Thion Phone 510.331.9486

Address 731 Alquire Pkwy City Hayward Zip 94544

Other adults involved in event planning:

Name	Phone	Position
Annette Moore	925.443.7412	Workshops
Cecilia Melby	925.323.9346	Food/Kitchen
Margo Tschirky	925.485.0775	Archery

Other key contacts/resources for event:

Name	Phone	Contribution

Total number of troops participating 7

Total number of girls participating 407

Total number of evaluations received 6

Attach a copy of the evaluation form that participants/leaders (circle one) filled out.

- For each yes/no question: On the attached copy of your evaluation form, indicate the total number of yes responses and total number of no responses, for all evaluations received.
- Summarize the results for the GSLE. On the attached copy of your evaluation form, indicate the total number of responses for 15 possible outcomes. Which were you aiming to achieve with your event (usually 1 – 2 for events that are a couple of hours in length, 2 – 4 on overnight events)?

  #'s 1, 6, 7 & 8.

- For open-ended questions, summarize representative comments that were:

  Positive: Loved the Archery. Training Games - Team building. Cooking. New friends in unit-paired troops. Sleeping in tents.

  Negative: lots of walking, No lights in Brownies - too much talking in Scribe Workshop.

  General Comments and Suggestions: More detail (including complete recipes) in cooking. It's difficult to balance scheduled activities with cooking needs. Somebody is always early/waiting another is always late after meals.

  Ideas for future: Critter Hunt, Night Hike (we didn't do night hike per site mgr input the trails were unsafe in dark.)

Jr Jamboree: Prepare for Your Game!

October 17-19, 2014

Please circle responses:

1. Did you and your girls enjoy this event? Yes / No 6/0

2. Were the facilities appropriate for the program and number of participants? Yes / No 6/0

3. Was the event appropriate to the age level(s) it served? Yes / No 6/0

If no, please explain. _____

_____

4. Did you receive enough information about the event? Yes / No 6/0

5. Did you feel this event was priced fairly? Yes / No 6/0

6. Was there adequate time allotted for the event activities? Yes / No 5/1

7. What did you and your girls like BEST about the event?

_____

_____

8. What did you and your girls like LEAST about the event?

_____

_____

9. Which of the 15 Girl Scout Leadership Experiences did the girls gain during this event? **Circle all that apply.**

1. Develop strong sense of self //// 4	2. Develop positive values //	3. Gain practical life skills ///	4. Seek challenges in the world ///	5. Develop critical thinking //
6. Develop healthy relationships ////1 6	7. Promote team building/cooperation //// 6	8. Can resolve conflicts //// 5	9. Advance diversity in multicultural world /	10. Feel connected communities, locall and globally ///
11. Can identify community needs //	12. Are resourceful problem solvers ////	13. Advocate for themselves and others ///	14. Educate and inspire others to act //	15. Feel empowere to make a differenc in the world /

10. Comments? Suggestions?

_____

_____

11. Ideas for the future?

_____

Info Packet – in Early Sept.

Girl Scouts of Northern California

Jr Jamboree- Prepare for Your Game

October 17-18-19, 2014
Camp Hidden Falls, 726 Olson Rd, Soquel, CA

Check-in time is 5:00 p.m on Friday evening. Please be prepared to turn in a copy of your Roster. All troop leaders should keep a copy for themselves, and should have health forms and permissions, and should care for and dispense all medications. A First Aider is on site.

Emergency number for the Site Manager at Camp Hidden Falls: 831-475-5966. The Manager can get an emergency message through to anyone at the Camp and should be given to your families. Your families should have the directions so that everyone knows the way to Camp Hidden Falls if they need them. GPS devices will fade out, so be sure drivers have complete written directions. Address: 726 Olson Rd, Soquel, CA. Directions: Go South on 680 from Pleasanton/Dublin. Take Mission Blvd W exit (EXIT 12) to I-880 S. I-880 becomes CA-17S. Take Summit Rd exit, CA-35. Turn left onto Summit Rd. Turn right on Soquel San Jose Rd. Turn sharp right onto Olson Road. Follow Olson Rd to the Green sign w/white triangle on the left- go thru the gate & on into camp. Check-in will be in the parking lot beyond the second bridge.

Please remember that you are responsible for your Friday night meal. We suggest you bring a sack dinner, or something easy to heat up while you're setting-up camp. Every unit has an outdoor cooking area and a shelter. We recommend charcoal for the bbq's but propane stoves may be more convenient. All units have fire rings with free wood available. Each unit will be shared by 2 or 3 troops, and all supplies for meals will be shared. Unit assignments will be sent by October 1st. Vehicles can be driven to your unit to unload Friday & load on Sunday, but must otherwise be in the main parking lot.

Coffee and Hot water/teas will be available for all adults & staff during the day in the House of Friendship, aka The Capitol. We are hopeful that this will help support your adult staff. You may also want bring your own coffee supplies.

A schedule is enclosed and as you can see there will be some limited free time. During the Rotation portions of the schedule, most adults will be encouraged to take pictures, relax and visit with each other while 30708 Seniors & adult Staff will be running and supervising the stations. All girls and adults should use the Buddy system at all times.

SWAPS are not necessary- Juniors will be making SWAPS during the archery workshop rotation and we will have a SWAP exchange as part of our closing. Adults can make theirs during workshop rotations; supplies will be set-up in the Training Center.

Sunday morning activities will include a group activity, swap time, and scouts own that should end around 10:30 AM. Troops must sweep the biffys and shelter areas before departure on Sunday morning. Patches and badges will be available when your troop's evaluation is turned in after your unit checkout.

The weekend ends as your troop departs – Thank you for attending. Drive safely.

Jr Jamboree- Prepare for Your Game

Weekend Schedule

Friday

5:00 PM	Arrival- Parking lot Check in; Unload all gear @ unit & park in parking lot Dinner on your own-
7:30- 8:30 PM	Join us in the Training Center for 'Games Training' Pick-up Sat. Bfst supplies
9:30 PM	Lights Out - Zzzzzzz

Saturday

7-8:30 a.m.	Awake and Breakfast- Omelets- boil-in-bag, bagels, fruit
8:38 a.m.	Fire Drill (Shhhh... don't tell girls- meet at the Fire Circle)
8:45 am	Flag Up- All adults and Scouts in attendance
- 9:15 Am	Description of Activities

Workshop Rotations: Archery/swaps, Scribe, Knots, Jewelry, Drawing

9:30- 10:30 AM	Rotation 1 (Leader/Adult swap-making in Training Center
10:35-11:35 AM	Rotation 2 during workshops) Pick-up Lunch supplies
11:35- 1:30 PM	Box-oven Pizza Lunch Free time;
1:30- 2:30 PM	Rotation 3
2:35- 3:35 PM	Rotation 4
3:40- 4:40 PM	Rotation 5 Pick-up Dinner supplies
5:00 PM	Dinner- Camper Step 4- Cook in Foil; dessert & cocoa
8:00- 9:00 PM	Campfire at the Fire Circle Pick-up Sun. Bfst supplies
10:00 PM	Lights out- Zzzzzzz

Sunday

7:00-8:30 AM	Awake and pack- Clean Sleeping Areas; tents down. Breakfast – Muffins, fruit, cereal & Hot Cocoa!
8:30-9:30 AM	Clean Biffy's and finish packing; Load cars
9:30- 10:00 AM	Game Makers' Challenge; SWAPS
10:00-10:30 AM	Scouts Own, Closing

Sr. Check-out teams: inspections/collect evaluations; get your patches!!

11:00 AM Depart for Home- Farewell!! Drive Safely!!

Jr Jamboree ROSTER OF ATTENDEES

Please complete this roster of attendees for your event and turn in to registration upon arrival. The purpose of this roster is to contact families and inform authorities of people on site in the event of an emergency.

October 17-18-19, 2014 @ Camp Hidden Falls

Troop # _____ Leader/Adult in Charge _____

Name of Attendee	Emergency contact: name & phone #	Check if adult

Girl Scouts of Northern California

Parental Permission Form for Jr Jamboree Weekend

This is in addition to your Health Form.

Troop _____is attending Jr Jamboree Weekend, October 17-18-19, 2014.

Girl's Name _____ Weight _____ Height _____
Address _____
Special Diet _____ Allergies _____
Is Camper taking any medication? _____ If yes, state what it is, the dosage, and what medication is for _____

Note: All medications must be turned in to Leader. Leaders cannot administer prescription medication which is not in its original container and labeled by the pharmacy with the child's own name.

My child may be given the following over the counter medication as needed. Please indicate yes or no, and the dosage.
Tylenol _____ dose _____ Ibuprofen ___ dose _____
Benadryl for allergic reaction _____ dose _____
Calamine lotion _____ Hydrocortisone cream _____
Sunscreen and/or bug repellent I have supplied _____
Cold Medicine _____ dose _____
Cough Medicine _____ dose _____

My daughter, _____ has permission to participate in Jr Jamboree Weekend at Hidden Falls, October 17-19, 2014. I give permission for my daughter to receive emergency medical treatment if necessary. It is understood that every effort will be made to contact me or the person noted below before taking this action.

During this activity, I may be reached at: Phone _____
Parent's name _____ Cell _____
Address _____
Insurance _____ ID# _____
Group # _____

If I cannot be reached in an emergency, the following person is authorized to act on my behalf:
Name _____ relationship _____
Phone#_____

Parent or Guardian's Signature _____ Date _____

Girl Scout Individual Equipment List

Wear: ___long pants
___t-shirt
___hiking boots or shoes with tread

Roll:
___ WARM Sleeping bag
___ Pad (optional)

Duffle Bag:
___ small pillow or pillowcase (to fill w/clothes)
Ziploc Bag- ___ toothbrush/toothpaste
___ hairbrush/comb and small towel
___ washcloth & small soap in small
___ extra pair closed-toe shoes or boots with tread
___ 2 pair long pants
___ 2 t-shirts
___ 1 long sleeve flannel or turtle neck shirt
___ 3 pair underwear
___ 3 pair socks
___ sweatshirt (preferably with hood)
___ Warm sweat suit to sleep in
___ empty trash bag (for dirty clothes)
___ jacket
___ mess kit- plate, cup & utensils in mesh bag
___ flashlight extra batteries (very important)

Backpacks: (for girls to have in car & during workshops- all optional)
_____ re-useable water bottle
_____ chapstick
_____ bug repellant
_____ sunscreen
_____ book and/or cards
_____ watch
_____ rain poncho (small type ok)

Not allowed: No radios or electronic equipment (the cell phones won't work anyway), No perfumes or nail polish or tank tops. **No candy, gum, soda or extra food unless enough for 100 people to share.**

ALL MEDICATIONS/PERSCRIPTIONS MUST HAVE GIRL'S NAME AND INSTRUCTIONS.

Label everything with troop # and name.
Girls need to be able to carry their own gear, so minimize and practice. Make sure clothes and shoes fit well and are comfortable. Suitcases are NOT recommended: soft baggage packs or a duffle bag are easier for girls to handle. Bunji cords work great. If your sleeping bag won't stay rolled, shove it in a tall kitchen trash bag.

Troop Packing List

_____ completed roster PLUS COPY OF ROSTER TO TURN IN AT CHECK-IN

_____ Jr Jamboree permission slips for all girls

_____ Health history forms for all girls

_____ Adult Health History for all adults

Individual troop leaders will keep and maintain permission slips, health forms and medications.

_____ 1-2 cs bottled water

_____ Dish soap & bleach, dishtowels/sponge for washing dishes, 3 tubs

_____ 2 lg pots, potholders, etc & can opener **& ½ gal pitcher**

_____ utensils: assort. knives, lg & sml spoons, scissors, tongs, 2-4 cutting boards

_____ paper products (paper towels) and disposable utensils if not using mess kits

_____ first aid kit and first aid book

_____ 20-30 feet of rope w/clothes-pins to hang mess kits or?

_____ propane stove w/4 bottles propane

_____ 5#(1 team) or 10#(2 teams) charcoal w/lighter stick, matches, fire starters & tongs

_____ water bucket- 2-3 gal

_____ tents & tarps, sledge? broom

_____ troop fun box: games, sharpies, pencils, glue, cards. Etc (optional)

_____ cooler with ice for food products

_____ 2-3 trash bags (more if you bring paper plates/etc) ps- you can burn paper plates/cups

_____ propane or battery lanterns for your site (no propane inside units)

_____ Extra sanitary supplies; surprises happen!

_____ coffee/tea/etc?

My favorite fire-starters are paraffin twists- buy 1 box of Parowax. It has 4 slabs of wax, each 3"x6". Cut each slab into 4-8 pieces, Tear 6" pieces of wax paper and wrap each piece like a piece of taffy. Shove into a pile of charcoal and light the ends. Use 3 to light 30 briquets.

Do you hate a watery cooler? Buy 2 SQUARE Crystal Geyser 1 gal bottles (best w/plastic handle instead of the strap). Remove cap and pour out the water in the slanted top of the bottle. Freeze- takes at least 24 hrs to freeze solid. The water will expand to fill the top; replace the cap. Since they are square, they fit in your cooler better. No more soggy food!!

** If there are any men in your group, they must sleep in a separate designated area. Please contact staff at check-in.

SPECIAL MEAL INFORMATION -

THE FOLLOWING MEALS (Ingredients/instructions) WILL BE PROVIDED:

- Saturday breakfast
- Saturday lunch
- Saturday dinner
- Sunday breakfast

We already offer vegetarian options as all meals have choices and we run a 'nut-free' camp. If you have other serious allergy issues in your troop, please let us know immediately, and we will try to help you.

Your troop is responsible for Friday dinner. You may bring something prepared or cook your own meal in the OUTDOOR COOKING AREA (one adult must have Troop Camping Certification). You will need to bring all of your own equipment; if you want to use the JrJ cooking set-up, you can get it after check-in. You may bring paper products or wash your own dishes. If you choose to bring paper plates/plastic utensils/cups, delete the 'mess kit' from the girl's packing list. The schedule allows you to cook or do something simple, and thus have more free time – you and your girls decide.

Some of you may be unsure as to the best way to feed your girls. Here are three ideas for Friday dinner- and we know you have some great ideas of your own. Remember that you should have Troop Camping Certification training and be planning with your girls.

Option 1	Have everyone bring a sack 'dinner' to eat after you arrive.
Option 2	Bring cooked spagetti & sauce. Heat separately (just a little water in the spagetti) Fruit?
Option 3	Bring soup to heat up & make sandwiches.

Girl Scouts of Northern California

Jr Jamboree- Prepare for Your Game

October 17-18-19, 2014
Camp Hidden Falls, 726 Olson Rd, Soquel, CA

Welcome to Jr Jamboree! Please turn in your roster and copies of your permission slips and health forms. Move into your unit area-

Your troop is assigned to Madrone:
#30149 & #31766 & #32072

Please be respectful of the other troops in your shelter and arrange your space – you may need to move a bit as others arrive. Each unit will be shared by 2 or 3 troops, and all supplies for meals will be shared. Vehicles can be driven to your unit to unload Friday & load on Sunday, but must otherwise be in the main parking lot.

Each shelter is 20x20'. There is a counter and wood burning stove.

Senior and adult Staff can be identified by their royal-blue t-shirts on Saturday; if you need help- look for a royal-blue shirt! Juniors/Ldrs in light-blue. A First Aider is on site.

Coffee and Hot water/teas will be available for all adults & staff evenings and mornings in the House of Friendship, aka The Capitol. We are hopeful that this will help support your adult staff. You may also want bring your own coffee/tea supplies.

A schedule is enclosed and as you can see there will be some limited free time. During the Rotation portions of the schedule, most adults will be encouraged to take pictures, relax and visit with each other while #30708 Seniors & adult Staff will be running and supervising the stations. All girls and adults should use the Buddy system at all times.

SWAPS are not necessary- Juniors will be making SWAPS during the archery workshop rotation and we will have a SWAP exchange as part of our closing. Adults can make theirs during workshop rotations; supplies will be set-up in the Training Center.

Sunday morning activities will include a group activity, swap time and Scouts Own that should end around 10:30 AM. Troops must sweep/clean the biffys and shelter areas before departure on Sunday morning. Patches and badges will be available when your troop's evaluation is turned in after your unit checkout.

The weekend ends as your troop departs – Thank you for attending. Drive safely.

Jr Jamboree- Prepare for Your Game

Weekend Schedule

Friday

5:00 PM	Arrival- Parking lot Check in; Unload all gear @ unit & park in parking lot Set up tent(s); dinner on your own.
7:30- 8:30 PM	Join us in the Training Center for 'Games Training' Pick-up Sat. Bfst supplies
9:30 PM	Lights Out - Zzzzzzz

Saturday

7-8:30 a.m.	Awake and Breakfast- Omelets- boil-in-bag, bagels, fruit
8:38 a.m.	Fire Drill (Shhhh… don't tell girls- meet at the Fire Circle)
8:45 am - 9:15 Am	Opening Flag- All adults and Scouts in attendance Description of Activities

Workshop Rotations: Archery/swaps, Scribe, Knots, Jewelry, Drawing

9:30- 10:30 AM	Rotation 1	(Leader/Adult swap-making in Training Center
10:35-11:35 AM	Rotation 2	during workshops) Pick-up Lunch supplies
11:35- 1:30 PM	Do-your-own Pizza Lunch Free time;	
1:30- 2:30 PM	Rotation 3	
2:35- 3:35 PM	Rotation 4	
3:40- 4:40 PM	Rotation 5	Pick-up Dinner supplies
5:00 PM	Dinner- Camper Step 4- Cook in Foil; dessert & cocoa	
8:00- 9:00 PM	Campfire at the Fire Circle Pick-up Sun. Bfst supplies	
10:00 PM	Lights out- Zzzzzzz	

Sunday

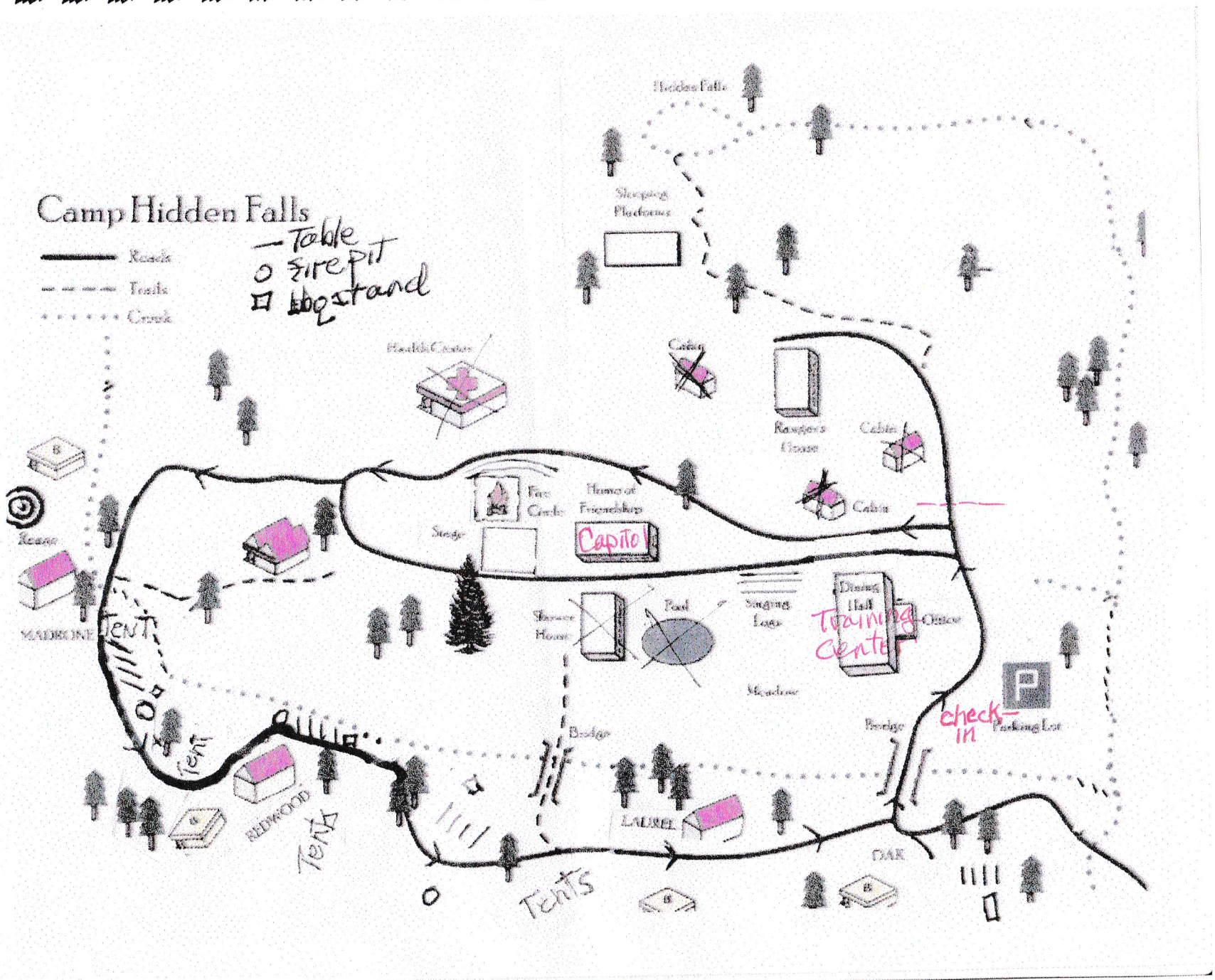
7:00-8:30 AM	Awake and pack- Clean Sleeping Areas; tents down. Breakfast – Muffins, fruit, cereal & Hot Cocoa!
8:30-9:30 AM	Clean Unit Biffy & Shelter and finish packing; Load cars
9:30- 10:00 AM	Game Makers' Challenge; SWAPS
10:00-10:30 AM	Scouts Own, Closing

Sr. Check-out teams: inspections/collect evaluations; get your patches!!

11:00 AM	Depart for Home- Farewell!! Drive Safely!!

PREPARE FOR YOUR GAME WORKSHOP ROTATION SCHEDULE

Locations:	Madrone Archery/Swaps	Adventure Center Scribe	Capitol Knots	Training Center Jeweler	Meadow Drawing
Morning					
9:30-10:30	31755 & 30620- 13	31766/30149 & 32072- 10	31340- 10	OFF	31413- 8
10:35-11:35	31413- 8	31755 & 30620- 13	31766/30149 & 32072- 10	31340- 10	OFF
Afternoon					
1:30-2:30	OFF	31413- 8	31755 & 30620- 13	31766/30149 & 32072- 10	31340- 10
2:35-3:35	31340- 10	OFF	31413- 8	31755 & 30620- 13	31766/30149 & 32072- 10
3:40-4:40	31766/30149 & 32072- 10	31340- 10	OFF	31413- 8	31755 & 30620- 13


Camp Hidden Falls
Roads
Trails
Creek
— Table
o fire pit
□ bbq stand
Hidden Falls
Sleeping Platforms
Health Center
Cabin
Ranger's House
Cabin
Cabin
Fire Circle
Home of Friendship
Stage
Capitol
Rec
MADRONE
TENT
Shower House
Pool
Singing Logs
Dining Hall
Training Center
Office
Meadow
Bridge
Bridge
check-in
Parking Lot
tent
tent
REDWOOD
LAUREL
OAK
Tents

can peaches-#10	6# 10oz * 3		$4.49	$13.47		Peach Crisp- 2 pans p
oatmeal pkts	50 ct/4				$8.19	
marj-	1/2 cube ea				$0.99	
cocoa	8 oz				$0.00	Fudge- 1 batch per u
vanilla	1 tsp ea				$1.00	
butter	1 cube ea/1#					$2.49
cream chz	2*1.89				pd	
pow sugar	2*2# @1.88				FMxx	$3.76

Sunday Breakfast

bananas	3# x3		$1.39	$4.17		
oranges	10# bag/4		$10.22	$7.99		
melon-cant	4	2@ 5.49		$10.98		
muffins	12 ct x6		$7.00	$42.00		
leftover eggs/bagel/cereal/yogurts from Sat.						
milk?	from Sat					
oj?	from Sat					

Other

cocoa	3- 60ct 1.5 per		$6.79	$20.37		
Alpine Cider	60 ct/4		$6.99	$6.99		
coffee						$16.48
Coffee Mate						$2.69
tea						$2.19
sweetner	ls			$0.00		
sugar	ls			$0.00		
Q Chewy				$9.99		
QO Cereal Bars				$6.89		
snack	80-.9 oz		$8.49	$8.49		
salt/pepper	$1 per set					$3.00

paper plates	95 ct				$4.99	
Hduty foil	18"x25' x9		$2.39			$19.12
qt freezer bags	120 ct				$10.00	
Gal stor bags	40 ct				$3.49	
squirt bottles- p-sauce		4 16oz				$4.00

TOTAL $695.82

Saturday Breakfas	/4 units-24	Food/Shopping Cost	Costco	budget- $700 Smart&Final	other	85 peopl
eggs	7 doz- 5 & 2	7.69 + 3.39	$11.08			
cheese- mozz/mtJ	3 * 5#	$13.36		$42.97		
cheese- ched	2 * 5#	$14.58		$29.98		
sausage- turkey	28oz				$8.59	
peppers	1 ea		$0.00		$2.00	
diced onion	5#- 1.25# ea		$5.79			
bagels	36ct mini *4	$4.99	$14.97			
cream cheese	3# /4		$7.99			
strawberry Jelly	18oz x4	$1.99		$8.00		
marj- 1st St	1 cube ea- 1#				$0.98	
cereal GM	var-12ct x 4	$8.79	$35.16			
milk	gal 1% *6	2pk 5.99	$17.97			
yogurt GoGurt	32-2.5oz *4	$7.89	$31.56			
orange juice	1stSt gal *6	$4.19	$25.14			
Saturday Lunch						
sandwich thins	24 ct orowt x4	$5.99	$23.96			
pizza sauce	67oz Prego/4		$4.59			
cheese from bfst						
pepperoni	2 12oz/4	$3.99		$7.98		
olives, sliced	4			$6.36		
grapes	4# ea	$6.79	$27.16			
Saturday Dinner	Tyson 10# 53sr	$31.99	$31.99			
Tysons ck strips	4 22oz	2*10			$20.00	80
veggie patties- TJo	4 ct x2	$2.50		TrJoe	$6.78	8
Instant rice-First St	2 x-lg bx	$6.00		$12.00		
Mushroom soup	2 reg can	$1.39			$2.78	
Gold Mush soup	1 cans x4	$1.61		FMxx	$6.44	
Tomato soup	2 cans x3	$0.79		FMxx	$4.74	
onion frsh diced	5#	left from bfst				
peas- frz	2#/4				$4.40	
carrots- shredded	5# /4		$4.29			
seasoning	no-salt 14.5 oz/4		$4.00			
Ceasar dressing	Old Ceasar	$1.79		$3.58		
romaine-chopped	2# x4		$11.56			
Parmesan	24oz /4			$6.59		
croutons	4 bags	$0.98		FMxx	$5.00	
melon honeydew	4	$2.99	$11.96			
strawberries	2# x4	$3.40		$10.98		
blueberries- dried	2 20oz	$7.89	$15.78			
lemonade- Ctime	82.5oz- 8gal/3		$6.99			

1 wk before $ w/Food

Saturday Breakfast

We encourage adults to supervise the girls but let the Junior Girl Scouts prepare as much of the meal as they can. Have fun!

You are being supplied with the following ingredients and supplies for 18-24 people.

Cocoa packets
1 ½ - 2 dz Eggs
Sausage links to dice
Cheese
Diced Onion
Pepper to dice
Salt/Pepper
Bagels
Cream Cheese
Jelly
Margarine
Yogurts
Cold Cereal
Milk
OJ

bowls for toppings w/tops

freezer bags
2-3 sharpie markers

Each team puts on a large pot of water on a Propane Stove – cover with lid and bring up to boil. While water is heating, dice the following items- onions, green peppers & sausage.

Prepare a freezer bag by putting your name on your bag.

Each person will crack one egg in their bag- add a bit of milk, and salt/pepper to taste. Add any additional ingredients and squeeze to stir. Make sure that you **squeeze out the air** & seal the bag WELL. Lower into the boiling hot water. Boil until omelet forms – it will pull away from the bag and slide out easily when done. Use tongs to remove from pot.

Enjoy omelet with the hot cocoa and a bagel with cream cheese/jelly, or cold cereal, or yogurt. YUMMMMMMMMMYYYYY.

Don't forget to put on hot water so that you can set up dish-wash system: wash, rinse, bleach rinse. Wash your dishes and clean up your area so you are ready for Lunch!

Please return your box and leftovers for Lunch supplies.

Thank you!

Saturday Lunch

You are being supplied with the following ingredients and supplies for 18-24 people.

Individual pizza: make your own-

Ingredients-

- Sandwich thins
- Pizza sauce- in squirt bottle(s)
- Shredded mozzarella
- Shredded cheddar
- Pepperoni slices
- Olives- canned/sliced- drain
- Onion
- Peppers

- Grapes
- CountryTime Lemonade

troop supplies- charcoal & paraffin twist fire starters
2-3 20x13 foil pans
2-3 sets of 2 racks & a 'tent', 6 clips each
bowls for toppings
foil

foil pan for grape clusters
troop supplies- Pitcher

Use 30 charcoal briquets w/3 paraffin twists in each of the three foil pans. While charcoal gets hot, set-up pizza bar: drain olives, place all toppings in bowls. Tear/cut foil into 6"x9" pieces. Write names on foil. When coals are hot, spread coals to cover the pan, clip-on the racks & one side of the 'tent'. Place pizzas on the rack and clip-on the other side.

Each person gets one sandwich-thin to build 2 mini-pizzas: place the halves on your foil, squirt on pasta sauce, add cheese & toppings. Place your foil w/pizzas on the rack (holds 6), cover with the tent. Pizzas will take 5-10 minutes; check regularly, unclip & lift the tent carefully!

Cooks: Wash and cut clusters of grapes while pizza cooks.

Don't forget to put on hot water so that you can set up dish-wash system, wash everything well, and clean up your area so you are ready for Dinner!

Please return your box and leftovers for Dinner supplies. Keep your foil, foil pan & foil cooking sets.

Thank you!

Saturday Dinner

Dinner will be a chicken/veg patty with rice and vegetables cooked in a foil packet. You will be preparing for 18-24 individuals. Enjoy with Caesar and fruit salad, and then for dessert, you will make peach crisp and fudge.

The following ingredients and supplies are provided:

Pre-cooked Chicken strips
Bag of instant white rice
Vegetarian patties available at the Capitol
Vegetarian rice available at the Capitol
Golden Mushroom & Tomato soup (3-4 cans soup, 3-4 cans water, 8-10 cups rice)
Onions (best used in the bottom of the foil to prevent burning)
Carrots- shredded
Peas-frz
Seasoning
bowls for toppings
Fruit salad- melon, strawberries & blueberries
pan from lunch
Caesar Salad: shredded romaine & dressing
pan
Parmesan cheese
Croutons
Lemonade
Dessert: Peach Crisp- 1 or 2 bag(s) of canned peaches, instant oatmeal, margarine
Fudge in a bag- cocoa, vanilla, butter, cream cheese, powdered sugar
Hot cocoa for after campfire

Use 30 charcoal briquets w/3 paraffin twists in each of the three foil pans from lunch. Light the twists and allow charcoal to get hot.

While waiting for charcoal, in a large pot or bowl mix the soup with equal cans water, to specified cups of rice - it will be very thick. Cut up vegetables and set up assembly line. Each person can place their strips/patty, rice and choice of vegetables and seal in a piece of foil. Wrap up securely. Use a sharpie marker to write names on each packet. Put a rack on the foil pan, lay packets on it, fasten tent and watch carefully. Turn w/tongs after 10 min. Foil wraps are done when steam rises when opened slightly.

While foil wraps are cooking, Cooks cut up fruit and stir together in a large bowl. Mix Lemonade. Serve foil dinner with fruit & Caesar salad- romaine, parmesan & croutons.

Shake your coals pan and add more coals/paraffin as needed. Make Peach Crisp- use 1 bag for each pan, mix 4-6 oatmeal packets w/1/2-3/4 cube margarine; mix in half; sprinkle remaining half on top. Bake 30-40 minutes.

Do before dinner -Fudge- Add cream cheese, butter and vanilla to your bag of powdered sugar & cocoa. Massage/mix thoroughly. Flatten the bag, then chill in your cooler.

Don't forget to put on hot water on the propane stove so that you can set up dish washing system. Wash all of your dishes and clean up your area.

Please return the box with all leftovers and supplies.

Thanks!

Sunday Breakfast

draft

This is a cold breakfast because we know you also need to worry about taking down tents and packing BUT enjoy a hot cup of Cocoa with Muffins and/or assorted breakfast items, and a selection of fruit.

The following ingredients and supplies are provided:

Hot Cocoa Mix
Muffins and Assorted breakfast items from Saturday
Fruit – oranges, bananas, melons
Saturday bfst leftovers

Put on large pot of hot water for Cocoa.

While water is heating, cut up oranges, bananas, and melons in hand size pieces.

Cut muffins in half so everyone has a selection.

Set out leftovers from Saturday- eggs, bagels, cereal, yogurt?

Once water is hot, serve Cocoa with the muffins and fruit.

Wash your dishes, if necessary, and return the box and all leftovers and supplies.

Thanks! Have a safe trip home!