



Magic Lamp Session – Good Eats!

GOAL

Adults and girls will develop their meal plans, how they are going to shop, cook, and store food at the event.

CRITICAL INFORMATION FOR MEAL PLANNING:

No open fires or charcoal can be used. Only gas or propane stoves or BBQs.

MATERIALS AND RESOURCES

- Print [Girl Menu Planning Idea Sheets](#) (one per person)
- Print [Meal Planning Worksheet](#) - (one per meal)
- White board or chalk board, Pencils or Pens

FACILITATION OF MAGIC LAMP SESSION

Core Activity Est. 1 hour	<ul style="list-style-type: none">▪ Evaluate/Review your food budget from the Fairy Session.▪ Read the Menu Planning and Equipment Tips.▪ Create your menu and shopping list.▪ Create a Kaper Chart of cooking and cleaning to make it fair for all to participate in the meal preparation and clean-up.
Extra Activities	<ul style="list-style-type: none">▪ Adapt a recipe using low fat or low sugar.▪ Try a food you have never tried before? Discuss fears / likes / dislikes.
Advanced Activities	<ul style="list-style-type: none">▪ Evaluate how your meal stacks up to the food pyramid? Do you need to make any changes to your menu to ensure healthy eating?▪ Create a Jubilation Cookbook with all your recipes that will be prepared at Jubilation.▪ Share your cookbook with other participants at Jubilation.▪ Practice creating one of your meals outdoors on the equipment you will be using at Jubilation.▪ Host an Outdoor Cooking day for younger girls to show your skills.

MAGIC LAMP SESSION NOTES:

Menu and Equipment Planning Tips

NO OPEN FIRES

- Keep it simple!
- Talk with the girls in your group about food you like to eat. Are any of these foods easy to make a meal with?
- Keep Friday evening's meal extra simple – you will need time to set up your camp.
- Does anyone have a food allergy that needs accommodation?
- How will you handle likes and dislikes when choosing a meal?
- Consider making meals ahead of time and freeze so you can just re-warm.
- Pack 1 small cooler for each meal and label.
- Do they have the equipment needed to prepare this meal?
- Do they have the knowledge to prepare the meal on the needed equipment?
- Once you have a list of meals for Jubilation, make a list of all food items for the shopping list.
- Update kitchen items packing list for meal for your packing list.
- Groups can cook using propane (stove or grill) or choose to have only cold meals.
- If you are planning only cold meals – disposable paper products only might be needed.
- Snacks may be needed for energy.
- Re-bag bulky items and keep trash to a minimum.

NO CHARCOAL

REMEMBER:



Troop 197 - Table
for 10..... Right
this way!

Propane Cooking Menu Ideas

Breakfast	Lunch	Dinner
Oatmeal Cream of Wheat Scrambled eggs Eggs in a Bag Pancakes French toast Pre-cooked bacon Pre-cooked sausage	Grilled cheese Quesadilla's Canned soup Hot dogs Top Raman Chili Mac	Macaroni and cheese Spaghetti Hot dogs and hamburgers Chili Sloppy Joes Canned soup Stew BBQ chicken Grilled cheese or Quesadilla's Tacos or Nacho Bar

No Fire Cooking Menu Ideas

Breakfast	Lunch	Dinner
Cold cereal Cereal bars Fruit Ready-made muffins Yogurt Hard-boiled eggs Bagels with cream cheese or peanut butter	Chicken salad Ham and cheese PB & J Tuna salad Fresh or canned fruit Chips Pudding Veggies and dip Yogurt Jell-O	Salads – all kinds of toppings Cold taco salads with Frito's Cold fried chicken Potato or macaroni salad Build a hoagie Meats, cheese, and crackers Cold tuna pasta

Snacks and Drink Ideas

Mid-Morning, Afternoon and Evening	Mid-Morning, Afternoon and Evening
Veggies with dip Crackers Trail mix Fresh Fruit or Fruit Cups String cheese Popcorn Pretzels Peanut Butter Rice Crispy Treats Granola Bars	Fruit Snacks Grapes Fruit kabobs Ants on a Log Raisins Boxed Juice Milk Water Gatorade or similar drink Water Mix-ins (Crystal Light or similar)

Girl Planning Menu Idea Sheet

Directions: Write your favorite breakfast, lunch, dinner and snack in the spaces provided.
Be specific: Peanut butter and Grape Jelly on wheat bread, Blueberry Muffins, Applesauce, Bananas.

Four large, colorful arrows are arranged on the page, each pointing in a different direction. The top arrow is yellow and points to the right, labeled 'Favorite Breakfast'. The middle-left arrow is light orange and points to the left, labeled 'Favorite Lunch'. The bottom-left arrow is light green and points downwards, labeled 'Favorite Snacks'. The bottom-right arrow is light blue and points upwards, labeled 'Favorite Dinner'. Each arrow has a thin purple or red outline.

Sample Meal Plan

Meal:

Dinner Friday Evening: Spaghetti with meat sauce
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Recipe and Notes:

Pre-cook the hamburger and freeze.

Sarah does not eat meat – so make sure a small amount of sauce is separate w/o meat.
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Food Items Needed:

2 lbs Hamburger
Spaghetti Sauce (1 large Jar)
French Bread (2 loaves)
Salt and Oil for noodles
Salad (1 large bag)
Salad dressing (1 large bottle)

Butter (1 tub)
Spaghetti Noodles (1 large Bag)
Milk
Parmesan Cheese
Cookies (2 boxes)

Items needed for cooking or eating:

Large Stock Pot (noodles)
Strainer
Large Stock Pot (Meat and Sauce)
Bread Knife
Ladle for Meat Sauce
Cutting Board
Large Serving Spoons
Bowl for Salad

Tongs for Salad
Small Stock Pot (for Meatless Sauce)
Forks and Paper Plates (divided or compartment style-so salad does not mix with spaghetti)
Paper Cups and Napkins

Meal Kapers:

Cooking crew and job:
Clean-up crew and job:

Meal Plan Worksheet

Meal:

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Recipe and Notes:

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Food Items Needed:

Items needed for cooking or eating:

Meal Kapers:

Cooking Crew / Jobs	Clean-up Crew / Jobs

