

Meal Planning Guide

Before Girl Scouts plan the meals for an overnight trip, there are some things they need to take into consideration. For younger girls, they will need to fill this out with assistance from an adult. For older girls, they should be able to answer these questions with less guidance, and they may not need to use this form.

Before You Start	Notes
What dietary restrictions do we need to plan for?	
What types of cooking do we have experience with? What types are we ready to try?	
What cooking skills are we good at? What do we still need to practice?	

Things to Consider While Planning	Notes
Time – How much time have we allotted for food prep and clean up? Do we need to readjust our camp clock to allow for more?	
Recipes - What new recipe do we want to try on this trip? What's an old favorite we want to do again?	
Cooking Equipment - What equipment will be available for us to use where we are going? What would be available/easy for us to bring to use?	
Transportation/Packing Space How many coolers/totes will we need to transport/store our food? Do we have enough space for those?	

Refrigeration Space - Is there a refrigerator or will we need to keep food safe in coolers for the whole trip? How many coolers and how much ice will we need?	
Cost - How much is in our budget for food? Do we need to adjust the budget?	
Balanced Menu - Is our meal plan well-balanced? (myplate.gov) Do we need more of any food group?	
Clean Up – What do we need to clean up from these meals?	