

# Outdoor Cooking Progression

Progression allows Girl Scouts to have a successful experience in preparing food in the outdoors. With experience, Girl Scouts will become skilled in several types of outdoor cooking, understand the impact outdoor cooking can have on the environment, and have fun while they plan nutritious menus.

## Nosebags

**Snacks and meals that don't require heating.**

Perfect for younger girls who are just starting to get outdoors. No fire required!

- GORP (trail mix)
- Pre-made sandwiches
- Pre-packaged snacks/cookies
- Fruit
- Veggies and Dip
- Chips



## Stick Cooking or Heat & Eat

**Food that can be heated over a campfire.**

Great for day trips or a first time camping overnight. Choose pre-cooked ingredients so girls just have to heat everything up.

- S'mores
- Hot dogs
- Kabobs
- Canned soup
- Cider/Tea/Cocoa



## Foil Packs

**Girls can help prepare and cook.**

Great for one-night campouts or new campers who are ready to step it up!

- Hobo dinners
- Banana boats
- S'macos
- Baked apples
- Baked potatoes
- Campfire nachos

## Pie Irons & Skillets

**Girls can prepare themselves and help with cooking.**

Great for a multi-night campout or experienced campers.

- Pie iron pizza
- Hobo pies
- French toast
- Grilled cheese
- Cinnamon rolls
- Quesadillas



## Dutch Ovens

**Foods that need baked, boiled, or stewed.**

Meals that require more time to prepare and cook. Great for multi-night trips and experience campers.

- Chili
- Pasta bakes
- Dump cake
- Cornbread
- BBQ pork
- Cheesy chicken

## Camp Stoves & Buddy Burners

**Cooking with gas and carrying less.**

Light and easy to carry camp stoves are the best option for backpacking and multi-night camping trips.

- Omelettes in a bag
- Burgers
- Pancakes
- Hashbrowns
- Dehydrated meals

