

NO MATCH MEALS  
(aka Fire Ban Cooking)



Does this fire ban have you stumped? Troops still want to go camping! In fact a “no cook” camping trip could be come one of the most memorable experiences that will have the girls talking about for many years to come. No cook meals free up time to do hikes, exploring, team building, “free play”, board games, stargazing and more.

When camping at GSSJC camps remember the unit kitchens are locked unless requested otherwise at the time of confirmation. You may think the troop does not need the supplies in the cabinets since you are not “cooking”. However, cups, silverware, plates, dishpans, etc. also reside in the cabinet. Remember, the troop will still need to inventory every item in an open closet whether they use every item or not. If the troop decides not to use the supplies at camp, be prepared to bring all disposable utensils, plates and cups from home. You may decide to bring the troop’s own dishpans from home too.

Are you wondering how you are going to clean the equipment used from the cabinet if you can not build a fire to heat up water? Although hot water makes for easier clean up, it is not necessary for sanitation. In the “beaver line” girls will wash dishes in soapy water, rinse in clean water 2-3 minutes, then sterilize about 2 minutes in water that has had had 1 Tbsp. of bleach added per gallon of water.

## Snacks

By having snacks like GORP (Good Old Raisins and Peanuts) you carrying on camping traditions everyone enjoys. Be creative – add chocolate, butter scotch, dried apples, dried blue berries, almonds, pecans, etc. Always take into consideration allergies. Let everyone customize their GORP by putting what they want in their own zipper bag.

Another tip would be to stock up on nutritious and filling snacks like protein bars fresh fruits, and vegetables. High protein low carbohydrate foods provided a more consistent energy than high sugar/high carbohydrate foods.

## Use Your Resources Wisely – Precook Foods at Home

Get the girls together the night before the trip or divide up the meals and have each patrol prepare and bring a meal. It is important to include the girls in every aspect of the camping trip. Remember the GSLE (Girl Scout Leadership Experience).



Is time an issue? Many items can be purchased precooked, which will speed up meal preparation time. Tip: thaw any frozen precooked meat before you leave for camp. Items will stay fresh in your coolers, ice is available to replenish during warmer weather.

## Have Fun Thinking Outside the Box

Divide the girls into patrols. Give each patrol the same ingredients and let them create their own recipe. One or two girls from each patrol could judge each patrol's recipes. Feeling left out? The Leaders could make their own patrol and join the friendly competition.

## Canned Food Anyone?



Consider bringing canned food along, it stays fresh without being refrigerated and is usually precooked.

If you don't want to eat it right out of the can, try warming it up in the shoe box oven. (Don't forget a good can opener)

## Take the Chill Off (shoe box oven)

Consider warming precooked foods using the heat from the sun. Line boxes with foil, skewer hot dogs, boiled eggs, pre-cooked chicken, etc. and place in box, then cover with plastic wrap and let sit in the sun (plenty of that kind of fuel). In a short period of time you will have warm food to enjoy!

***“Regardless of which foods you decide to try, remember that the best no-cook camping foods are portable, non-perishable, yet still delicious.”***

## No Cook Recipes

Who doesn't like a good meal in the great outdoors? Even no cook meals can be quite appetizing.

Weather in Texas can be unpredictable. From too much to not enough rain, either condition can put a damper on a camping trip. But remember the Girl Scout motto is “Be Prepared”.

**“Whatever the reason, you need to eat - and eat well - but without cooking”.**

We are here to help. These recipes go beyond ordinary dry cereal with milk or a cold “Spanwich”.

*Are you ready to eat?*

## CANNED CHICKEN

### It's a Wrap - Chicken Salad

1 can of chunk chicken, drained  
1/4 can peas, drained  
1 red bell pepper, diced  
2 green onions, diced  
1 avocado, peeled and cubed  
4 packets of mayonnaise (approx 2 oz total)  
Flour tortillas  
Salt and pepper

Directions: In a bowl combine ingredients, mix together. Salt and Pepper to taste.

Divide chicken salad mixture evenly on tortilla and roll up. That's it!

**Option:** Use lettuce as their wrap instead of flour tortillas

## Sweet Chicken Salad

1 can of chunk chicken, drained  
1/4 cup of dried cranberries  
2 tablespoons of sunflower seeds  
4 packets of mayonnaise (approx 2 oz total)  
4 packets of sweet relish  
Flour tortillas or pita bread  
Salt and pepper

Directions: This one is easy and doesn't require any fresh veggies. In a bowl combine ingredients, mix together. Salt and Pepper to taste. Divide chicken salad mixture evenly on tortillas or pitas. Enjoy!

## Light My Fire Chicken Crackers

1 can of chunk chicken, drained  
6 packets of mayonnaise (approx 3 oz total)  
1/4 small can of jalapeno or green chile pepper slices, drained  
1 tomato, diced  
1 green onion, diced  
Ritz or other crackers  
Salt and pepper

Directions: In a bowl combine chicken, mayo, jalapeno and onion. Mix together. Salt and Pepper to taste. Spread on crackers. Don't prepare this and plan on paddling or hiking immediately afterward. Depending upon how many jalapenos you use, it has a quite a kick!



## CANNED TUNA



### Islander Tuna Salad

1 can of tuna, drained  
1 small can of crushed pineapple, drained  
1 green onion, diced  
1/4 cup of celery, thinly sliced  
1/4 cup of pecans, lightly chopped  
6 packets of mayonnaise (approx 3 oz total)  
2 packets of dijon mustard (approx 1 oz)  
Dash of red (cayenne) pepper  
Ritz or other crackers

Directions: In a bowl combine ingredients and mix. Spread on crackers. Who would have thought that pineapple and tuna fish will work together to form a delicious spread for crackers? If you just can't do the tuna, use chicken instead.

### Fake Waldorf Tuna Sandwich

1 can of tuna, drained  
1 apple, cored and chopped  
1/4 cup of raisins or dried cranberries  
1/4 cup of nuts (walnuts or pecans)  
4 packets of mayonnaise (approx 2 oz total)  
1/4 cup of celery, chopped (optional - if you have it)  
Pita Bread

Directions: In a bowl combine ingredients and mix. Fill pita bread with mixture. That was easy!

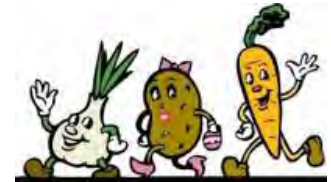
### Spicy Scavenger Tuna Wrap

1 can of tuna, drained  
4 packets of mayonnaise  
2 packets of salsa or horseradish (think outside the box)  
1/2 packet of yellow mustard  
1/2 packet of lemon juice  
Flour tortillas  
Salt and pepper

Directions: Now I can't recommend that you scavenge local restaurants for packets of condiments but that is one way to get them. Like most of these recipes, combine ingredients in bowl and mix. Add salt and pepper to taste. Spread on tortilla and it's a wrap!

## VEGGIES

### Bohemian Veggie Pita



1 large avocado, peeled and cubed  
1 small can of roasted red peppers  
1 tomato, diced  
4 mozzarella cheese sticks, cut into cubes  
1/2 bag of spinach leaves  
1/4 cup of chopped red onion (optional)  
2 packets of balsamic vinegar  
Pita Bread

Directions: In a bowl combine avocado, peppers, tomato and cheese and mix together. Add vinegar. Line pita with spinach and fill with mixture. Peace out!

### Greek Veggie Pita

1 bag of spinach leaves  
1 cucumber, peeled and sliced  
1 tomato, diced  
1/4 cup of red or green onion, chopped  
1/2 cup of feta cheese (if you can get it- optional)  
Pita Bread  
Salt and pepper

Directions: In a bowl mix cucumber, tomato, onion and cheese. Add in salt and pepper to taste. Line pita with spinach and fill with mixture. Yum!

## Chef's Salad

Lettuce  
Tomatoes  
Pre-packaged fajita chicken strips  
Ham  
Hard boiled eggs (prepared at home)  
Pre-packaged Bacon bits  
Shredded cheese  
Dressing – limit to two of the girls' favorite flavor

Directions: let the girls create their own Chef's Salad with their favorite ingredients.

## Bean Dip and Chips

Cans of Bean Dip  
Favorite dipping chips



Directions: Open the bags of chips and the cans of bean dip and place in a dish (or just eat from the can). Very filling!

## Vegetables and Ranch Dressing Dip

Carrot sticks  
Celery sticks  
Broccoli trees  
Cauliflower trees  
Pea Pods  
Squash slices/sticks  
Cucumbers slices/sticks  
Cherry tomatoes  
Hidden Valley Ranch Dressing mix  
Sour Cream

Directions: Wash vegetables and cut into sticks and/or slices. Follow directions on Hidden Valley Ranch Dressing mix.

Note: Challenge the girls to try a vegetable that they have never tried or think they don't like.

## FRUIT:

### Fruit Salad (serves 12)

4 apples  
½ cup Mayonnaise  
4 oranges  
mini- Marshmallows  
4 Bananas ( as many as you want)  
½ cup of nuts



Dice apples, oranges and bananas then mix together. Mix in nuts, mayonnaise and marshmallows.

(Consider making a "Friendship Salad" and have everyone bring one ingredient to add to the mix – makes for an interesting salad)

### What about a good old-fashion PB and J?

Peanut butter  
Bread  
Jelly or whatever the girls like with their PB  
(Note: Beware of any peanut allergies!!)

## DESSERTS

### Diced Apple Dessert

2 apple sauce cups (8 oz total)  
2 bananas, sliced  
1 chocolate bar, cut or broken into small pieces  
¼ cup of nuts (peanuts, walnuts)

Directions: In bowl mix all ingredients. Spoon onto dinner plates and enjoy!

### Apple Sauce Parfaits

2 apple sauce cups (8 oz total)  
½ cup graham cracker crumbs  
1 small can of chunk pineapple  
½ cup dried blueberries or cherries  
¼ cup of nuts (peanuts, walnuts)

Directions: Spoon a layer of apple sauce into cup. Add layer of graham cracker crumbs. Add layer of fruit and nuts. Repeat until full.



### **S'More – Fire Ban Style**

Graham Crackers  
Chocolate Bar  
Marshmallow Crème

Directions: Add a generous helping of marshmallow crème to the graham cracker add a chocolate square (or two), place in a warm spot or shoe box oven to melt for a few minutes and enjoy! Just as yummy and no burnt fingers...

Burnt Marshmallow Modification: Prepare burnt marshmallows – just the way you like them - at home and freeze. Replace marshmallow crème with your deliciously burnt marshmallows. This will take longer to melt.

### **Individual Pudding (serves 3)**

2 cups cold milk  
1 box (3.5oz) instant pudding mix any favor  
Container with lid

Place 2 tablespoons pudding and 2/3 cup milk in to container. Seal, shake well and let it set for three minutes.

### **Kick The Can Ice Cream (makes 3 quarts)**

2 qts cold milk  
1 cup sugar  
2 cans sweetened condensed milk  
3 cups rock salt  
1 pkg (4 ox) instant pudding (any flavor)  
10 lbs ice

Mix pudding with milk. Add sugar and condensed milk. Use two different sized cans with TIGHT lids. Mix ingredients and place in smaller can, leaving a one-inch space. Put ice and rock salt around smaller can. Place lids tightly on cans,. Take turns kicking the can around. (1 lb coffee can inside a 3 lb coffee can works well for size; however you will want to secure the lid with duct tape. One recipe makes thee one-pound coffee cans.)



### *References:*

[www.campgrounds.com](http://www.campgrounds.com)

[www.clubkayak.com](http://www.clubkayak.com)

*Outdoor Facilitators*

*Pocket Stew – 4<sup>th</sup> Edition – Fireless Foods*



**Girl Scouts of San Jacinto Council  
Statement on Pluralism**

The Girl Scouts of San Jacinto is a pluralistic movement, committed to understanding our similarities and differences, building relationships and promoting a dialogue of acceptance and respect. Each individual involved must uphold the basic tenet that Girl Scouting is for all girls.

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