

YUMMY AND HEALTHY!

FOOD FACTS

The majority of the breakfast options will be available every day, the only one not will be the breakfast with meat. This will only be offered once due to the time it takes to cook.



Juice will be provided daily, however water will be the main drink at camp as per Canada's food guide.



The lunch options are available every day, unless you need a bagged lunch and then a sandwich type meal will need to be made in the morning prior to programming starting.

Supper will have to be decided on as a group. Keep in mind you will only have a limited amount of time to cook at each meal and cooking on camp stoves will take more time. It would be very time consuming to cook multiple meals at a time.



Patrols will do doing all their own cooking, so keep the time required for this when planning your meals.



Any dietary concerns will be handled at camp. Please let us know any questions you may have. Camp will be tree nut and peanut free as well.

There will be no storage available in the store for personal food. Ice can be provided if you wish to bring an extra cooler
(GUIDERS ONLY)

