

# Cooking Essentials

## **What to Expect**

You will be at the cook shed with your unit once during the week. Check your unit schedule for your assigned day.

Campers scheduled for cooking shed don't need to bring lunch that day. You will be given a note the day before your assigned day as a reminder. Cook shed does get noisy and very busy. We have a large number of people in a small space. Just keep your unit on task and you'll have a great time.

## **What You Need to Know**

You will spend most of the day in cook shed. Arrive around 10:00am and leave around 2:30pm. Your job is to work with the girls to prepare the meal. The older the girls, the more they can do and you can just supervise. PA's need to help supervise and prepare the meal. You will be given instructions when you arrive at cook shed to help you get oriented and started.

## **Menu**

The menu is based on age group and follows the Rainbow Program by building outdoor cooking skills. Each group is learning a new skill such as one-pot cooking, stick cooking, knife and fire safety.

## **Food allergies?**

Camp Wil-Lo-Lin is NOT a peanut-free camp.

Specific food handling stations and procedures are followed in the cook shed to ensure proper segregation of peanut containing foods and utensils. On-site training of unit leaders, cook shed staff and all the program aides will address the proper handling of these foods and areas.