

Effective Youth Ministry Free Resource

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Regards,

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Guidelines for Camp Cooks

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Guidelines for camp cooks (If the campsite is un-catered).

The primary role of cooks is to support the leaders through ministry in the kitchen. Your service in this way will free the other leaders to concentrate their energy on serving the youth on camp.

DUTIES BEFORE CAMP

- Prepare menus and shopping lists for the camp. (Consider special dietary needs for camps: allergies, vegetarians)
- Shopping for all food needed.
- Co-ordinate packing/transport of food to camp.
- Manage food budget. Keep receipts and give to leader at end of camp.

DUTIES ON CAMP

- Provide/co-ordinate meals and snacks for the duration of the camp.
- Assist leaders in supervising clean up after each meal.
- Co-ordinate cleaning of kitchen at close of camp.

HELPFUL GUIDELINES

Prepare menus according to your skill level. Don't cook meals that are a challenge unless you are experienced in cooking for large numbers.

It is better to over-cater than to run out of food!

There are some items that can be returned and refunded (packaged and tinned foods). Also some items have a long shelf life and can be stored for the next camp or church function.

Stick to budget.

Try to stay away from expensive pre-made items and do as much as you can with basic ingredients (e.g., don't buy prepared spaghetti bolognese sauce but make this from scratch). If you can come under budget that is usually a good thing for the youth ministry.

Keep breakfasts simple.

Avoid a cooked breakfast (i.e., pancakes, egg dishes, meat). Breakfast is often the hardest meal to start on time. A cooked breakfast can create stress for leaders and cooks. They also stretch the budget. Cereal and toast is more than adequate and much more what the campers will be used to at home.

Extra items that can make a breakfast interesting without cooking: yogurt, tinned fruit, tasty jams and spreads, hot chocolate.

Avoid providing caffeine to campers after lunch (exception: leaders and adults).

Avoid sugar for late night snack time.

You will have your own room on camp but the poor leaders will not! So don't load the kids up on sugar before they go to bed.

Prepare menus that provide fresh fruit and some healthy snacks.

This will keep people in good health and good moods.

Hygiene hints: provide hand sanitizers for everyone before they eat their food, avoid using tea towels but air-dry or use a dishwasher when available, wash hands before handling any food, make sure all helpers wash hands, learn how to handle and prepare food safely (food poisoning can be a cook's worst nightmare!). If you must dry with towels, have plenty available.

Paper plates or finger food (e.g., hot dogs) for last day meal of camp will help you with clean up.

TOP 5 EASY CAMP LUNCHES:

Hot dogs and chips

Hamburgers

Building your own sandwich

Soup and bread

Packed sandwich lunch

TOP 5 EASY CAMP DINNERS:

Spaghetti Bolognese (included: sauce, spaghetti, garlic bread, salad)

Hamburgers

Soup and bread

Tacos or Nachos

BBQ (meat, sausages, salad and bread)

TOP 5 EASY DESSERTS:

Ice cream and topping

Apple (or fruit) crumble

Pre-made chocolate cake or dessert

Fresh fruit salad and ice cream

Watermelon and other melons (good for warmer weather)

SOME PASTORAL ADVICE FOR THE COOKS

Be flexible.

Remember you are there to assist in the smooth running of the camp. Sometimes schedules and activities will make your task difficult. Do your best to support the leaders in their task. Don't complain when clean up is not adequate or schedules are not on time, the leaders have a lot of other important things to do.

Try to make the kitchen a friendly environment.

Sometimes leaders may want to escape to the kitchen for a quiet coffee or kids may want to aimlessly wander through. Don't shoo them away but try to talk with them and make sure they are enjoying camp. Sometimes the kitchen is the place they will gravitate to for comfort if they are stressed or not enjoying camp for some reason.

Pray for the leaders and the camp.

You will have times when the kitchen is frantic and times when all is quiet and calm. Take some time each day to pray for the leaders and camp and let them know you are praying for the camp and would love updates and things to pray for.

OTHER RESOURCES FOR CAMPING:

See also, "Camp preparation" in "Free Resources" effectivelyouthministry.com

See also, "Camp schedule" in "Free Resources" effectivelyouthministry.com

See also, "Instructions for camp parents" in "Free Resources" effectivelyouthministry.com

See also, "Guidelines for running a discussion group" in "Free Resources" effectivelyouthministry.com

See also "Powerpoint: End of day Compline" in "Free Resources" effectivelyouthministry.com