

# Outdoor Cooking Patch Program® Shopping List



Day/Date \_\_\_\_\_ Number of People \_\_\_\_\_

## Breakfast

Protein: \_\_\_\_\_

Fruits/Veggies: \_\_\_\_\_

Other: \_\_\_\_\_

## Lunch

Protein: \_\_\_\_\_

Fruits/Veggies: \_\_\_\_\_

Other: \_\_\_\_\_

## Dinner

Protein: \_\_\_\_\_

Fruits/Veggies: \_\_\_\_\_

Other: \_\_\_\_\_

## Snack

## Drinks

## SHOPPING LIST

ITEM	AMOUNT

# Outdoor Cooking Patch Program® Cooking Methods

Make use of the equipment and supplies you have.



Research what specialty items you need for each type of cooking and write it in the space provided. Find out what you already have available or easily obtained and plan your meals accordingly. For this worksheet, assume you have basic cooking utensils such as tongs and spatulas.



photo: stock.adobe.com/

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



photo: stock.adobe.com/

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



photo: stock.adobe.com/

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



photo: stock.adobe.com/

Supplies/equipment needed:

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photo: stock.adobe.com/

Supplies/equipment needed:

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photo: stock.adobe.com/

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



photo:thecrazyoutdoormama.com

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



photo:beyondthetent.com/

Supplies/equipment needed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Outdoor Cooking Patch Program® Cooking Methods (answer key)

Make use of the equipment and supplies you have.



Research what specialty items you need for each type of cooking and write it in the space provided. Find out what you already have available or easily obtained and plan your meals accordingly. For this worksheet, assume you have basic cooking utensils such as tongs and spatulas.



photo: stock.adobe.com/

Supplies/equipment needed:

- Sticks
- Pocket Knives
- 



photo: stock.adobe.com/

Supplies/equipment needed:

- Dutch Oven
- Charcoal
- Lid lifter or Gloves



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Supplies/equipment needed:

- Sandwich Basket
- Grate
- 



photo:thecrazyoutdoormama.com

Supplies/equipment needed:

- Tin Foil
- 
- 



photo: stock.adobe.com/

Supplies/equipment needed:

- Tripod
- Cast Iron Pot
- Gloves



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Supplies/equipment needed:

- Rotisserie
- 
- 



photo: stock.adobe.com/

Supplies/equipment needed:

- Grate
- Cast Iron Pan
- 



photo:beyondthetent.com/

Supplies/equipment needed:

- Pie Iron
- 
-

# Outdoor Cooking Patch Program® Food Safety

Solve the puzzle to test your knowledge of safe food handling while outdoors.

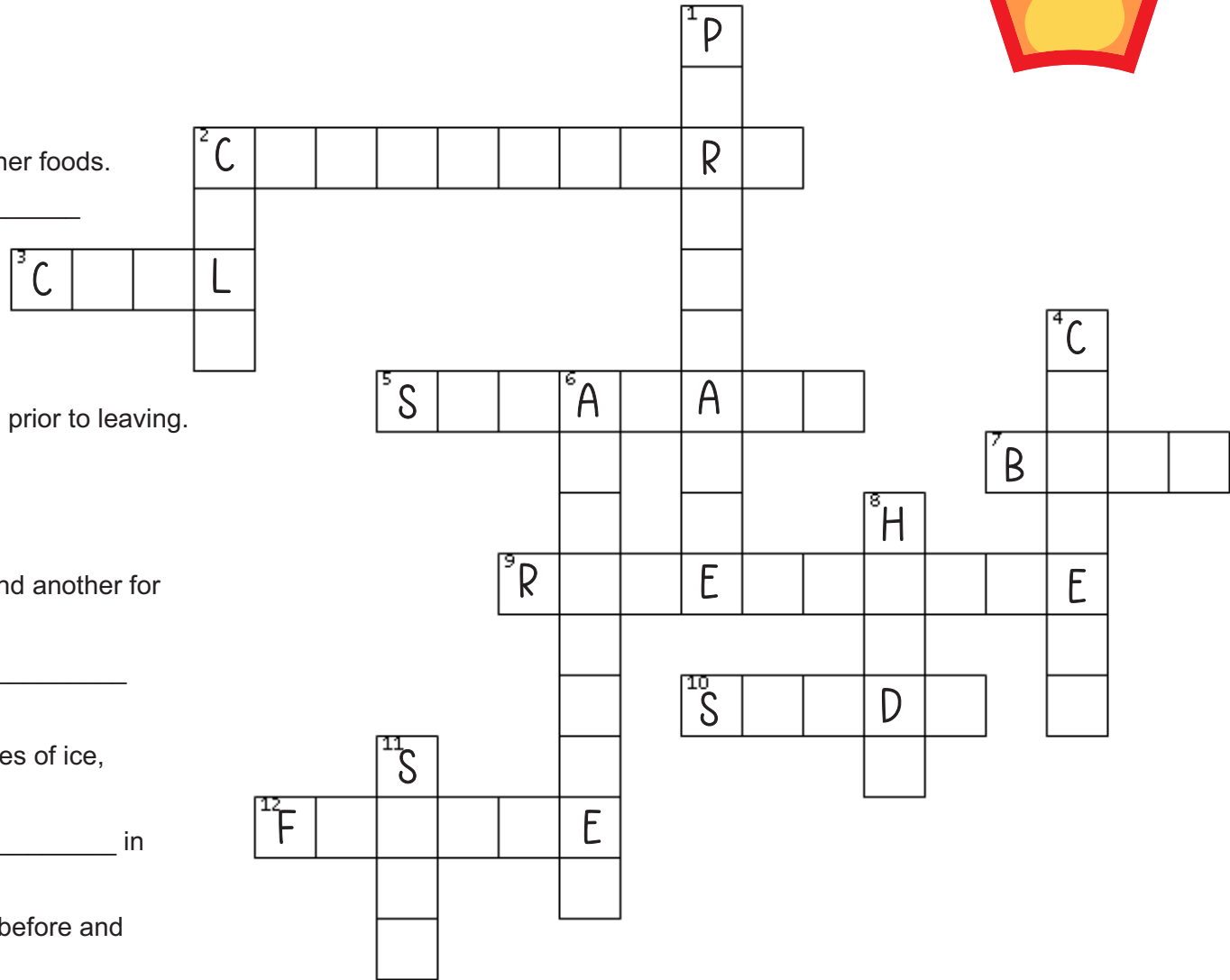


## ACROSS

2. Store food in watertight \_\_\_\_\_ to prevent contact with melting ice water.
3. \_\_\_\_\_ food prior to leaving.
5. Keep raw foods \_\_\_\_\_ from other foods.
7. Use bottled water for drinking or \_\_\_\_\_ water to remove impurities.
9. Use \_\_\_\_\_ bags instead of bottles, jars, and cans.
10. Keep cooler in the \_\_\_\_\_.
12. \_\_\_\_\_ as many items as possible prior to leaving.

## DOWN

1. Bring one cooler for drinks and snacks and another for \_\_\_\_\_ food.
2. Never bring meat or poultry without a \_\_\_\_\_ source to keep them safe.
4. Pack your \_\_\_\_\_ with several inches of ice, blocks of ice, or frozen gel-packs.
6. Plan meals and snacks based on any \_\_\_\_\_ in your group.
8. Make sure to clean your \_\_\_\_\_ before and after handling food.
11. Properly \_\_\_\_\_ bags and containers to prevent the smell from attracting wildlife.



# Outdoor Cooking Patch Program® Food Safety

Solve the puzzle to test your knowledge of safe food handling while outdoors.



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3 C O O L D

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## Answer Key

