



**Girl  Guides**

**Ontario Council**

For Guiding in Ontario and Nunavut

# Table of Contents

Land Acknowledgment .....	3
Introduction.....	4
Guidelines.....	5
Challenge Tips.....	6
Pre-Challenge.....	6
Pre-Challenge Activities.....	7
How to Submit & Prize Details.....	8
Cooking Outside - Methods.....	9
Cooking Outside - Safety.....	12
Camp Jokes.....	15



# Land Acknowledgement

Land acknowledgements take the time to recognize the traditional territories of Indigenous peoples, both recorded and unrecorded. We honour the Indigenous peoples, past and present, who have been living, working, and supporting the needs of the land for generations. We thank all the people for cherishing and appreciating the connections and importance of the land. Learning about the history of the land that you live on and Guide on is an important step. Please take the time to complete a land acknowledgement at the beginning of your camp. The land you acknowledge will depend on where your event is taking place. To find out who to acknowledge, try the following options:

- Download [Whose Land](#) – A web-based app that uses GIS technology to assist users in learning about the territory your event is situated on.
- Contact a local Friendship Centre.
- As a unit or group, you could create your own land acknowledgment and share why the land you live on is important to you and what actions you take to respect and care for it. For guidance, please visit Member Zone for resources on how to build a Land Acknowledgement for your area.

For support, please contact: [inclusivity@girlguides.ca](mailto:inclusivity@girlguides.ca)



# Introduction

We have a brand new Outdoor Cooking Challenge for our member community this spring! This Challenge is open to all branches and all units. The goal is to inspire creativity and imagination with camp food, specifically food cooked outside. We want great outdoor cooking recipes from you – whether cooked on a camp stove or on a campfire or other outdoor means like a solar oven.

After you're satisfied with your creation(s), submit your recipe and pictures via our online [submission form](#) by the last Challenge date, May 4, 2025, for the chance to win a prize (see [page 8](#) for more prize details). We'll share the submissions online for units across the country and around the world to try out!

We can't wait to showcase the amazing talents and abilities of our members.

**Key Dates:** Photo submissions from March 4 – May 4, 2025.  
Winners will be notified on the week of May 5, 2025 after random draw selection.

**Branch Levels:** This Challenge is open to Guiding units, from Sparks through Rangers.

**Crests:** Don't forget to order the Outdoor Cooking Challenge crests designed by members of our Youth Forum.  
[Girl Guides of Canada, Ontario Council Merchandise](#)

**Survey:** Ontario Council wants to hear from you. Your feedback is important to us, please take a few moments to complete our [Outdoor Cooking Challenge survey](#).

**Social Media:** You can share your photos with us and others by using #ONNVoutdoorcookingChallenge. Please tag us using our usernames below so we can join in on the fun! (If you are sharing photos, please always make sure that image release forms (IR.1) have "yes" selected).



# Guidelines

Our goal is to gather many wonderful outdoor cooking recipes. We encourage you to submit as many as you can, so that they can be compiled into our Outdoor Cooking Cookbook. This cookbook will be made available digitally to print out and share with your Guiding community.

We hope these recipes inspire you to try them during your next camp out!

To be eligible for a prize, please adhere to the following criteria:

- ★ Recipe is cooked and prepared outdoors.
  - ★ Recipe must be practical for every unit, and reproducible.
  - ★ Branch age appropriate, with youth members being the main chefs.
  - ★ Photo of your creation.
  - ★ Photo submissions must include “action shots” of our youth making the recipe and a photo of the completed product. (If you are sharing photos, please always make sure that image release forms (IR.1) have "yes" selected in iMIS for all visible participants).
- 3 or more ingredients for Sparks and Embers
  - ★ Must include a minimum of:
    - 4 or more ingredients for Guides and Pathfinders
    - 4 or more ingredients for Rangers and Trex

**The winners of this contest will be selected by randomized draw.  
The more recipes you submit, the more chances you'll have to win.**



# Challenge Tips

There are several activities from the program platform that can help you prepare for your Outdoor Cooking Challenge. Try out one of these cooking activities as a unit before the Challenge or get creative and think about how you can complete them outdoors.

[MasterChef Junior](#) | Sparks

[MasterChef](#) | Embers

[Iron Chef](#) | Guides

[Community Cookbook](#) | Guides, Pathfinders, Rangers

[Chopped](#) | Pathfinders, Rangers

[Cutthroat Kitchen](#) | Rangers

## Pre-Challenge

While you don't have to complete this pre-Challenge section, we thought it may provide some more fun! We have provided the descriptions to activities that are on the [Program Platform](#). Please visit the platform to gather more activity information.

Can you adapt these activities for the outdoors?

Keep in mind that youth can partake in activities recommended for their branch level AND the branch level above or below theirs.

All activities and program areas are suggestions – please modify as you see fit to match the personal style and needs of your unit.



# Pre-Challenge Activities

## [Kitchen Tunes](#) | Sparks

In this activity, you'll explore sounds and rhythms using things you find in the kitchen. Pull out your pots and pans; let's whip up some music!

## [Fundraising Fun Facts](#) | Guides

Selling Girl Guide cookies helps your unit do fun things throughout the Guiding year. Find out about the fundraising experience in your unit as you prepare for your cookie campaign in this quick stand-up sit-down game.

## [Kitchen Tool Taboo](#) | Guides

To cook something great, you need the right tools. In this Taboo-style game, you'll get to know some of the tools in your kitchen as you try to guess what's on your teammate's card. Remember, if you're giving clues, try not to say the taboo words at the bottom of the card, or the other team will get a point!

BONUS Activity | Sparks, Embers, Guides, Pathfinders, Rangers

Take a look through the [Cookie Recipe Competition Cookbooks](#) and make one of the recipes over a fire!

**We have a great crest available for this Challenge, designed by one of our own Youth Forum members. Available for order:**

[Girl Guides of Canada, Ontario Council Merchandise](#)



# How to Submit

When you are ready to submit, please visit our [online form](#) and fill out the following details before May 4, 2025.

- Your name, email, and iMIS number.
- Your unit name (ie. 1st Ontario Link) and unit iMIS number.
- Your recipe with ingredient list and directions. Please be clear on the type of cooking (camp stove, campfire) and the apparatuses required so that the recipe can be replicated by others.
- A picture of your creation.

**\*NOTE\*** You may submit up to three pictures. One of the pictures must be a clear photo of your creation (before you eat it).  
Close-up is best as we may showcase winning recipes.

**Prizes:** Three prizes will be awarded, one for each category below:  
**Sparks & Embers**, **Guides & Pathfinders**, **Rangers & Trex**.

Prize value will be \$100 each.

Winners will be selected through a random draw.

Winning units will receive camping cooking equipment (pots and utensils) suitable for your Outdoor Cooking adventures!



# Cooking Outside

There are many great ways to cook food outside. Of the ways listed below, how many have you tried? Is there one that you like best?

## Campfire Cooking

### Direct Heat:

This is the most basic method where you cook food directly over the flames of a campfire. This is great for grilling meats, vegetables, and even some desserts like s'mores.



### Indirect Heat:

This method involves cooking food away from the direct flames, usually by placing it on a grill or in a Dutch oven over the coals. This is a good way to cook things that need to be cooked slowly and evenly, like stews, soups, and roasts.



### Reflector Oven:

This is a simple but effective way to cook food using the radiant heat of a campfire. It consists of a metal box with a reflective surface that reflects heat onto the food inside.



# Cooking Outside

## Camp Stove Cooking:

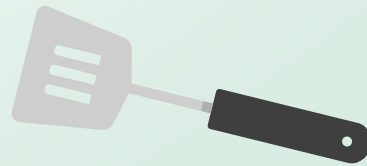
### Stovetop Cooking

This is a great option if you want to cook more elaborate meals or if you have a lot of people to feed. There are many different types of camp stoves available, including propane, butane, and canister stoves.



### Griddle Cooking:

A camp griddle is a great way to cook pancakes, bacon, eggs, and other breakfast foods.



# Cooking Outside

## Other Methods:

### Dutch Oven Cooking:

A Dutch oven is a heavy pot that can be used for baking, roasting, and stewing over a campfire or on a camp stove.



### Foil Packet Cooking:

This is a simple and easy way to cook meals in foil packets over a campfire or on a grill.



### Solar Oven Cooking:

This is a more advanced method that uses the sun's rays to cook food.



# Cooking Outside - Safety

No matter what method you choose, there are a few things to keep in mind when cooking at a campsite:

## **Safety First:**

Always be aware of fire safety when cooking over a campfire. Never leave a fire unattended, and make sure it is completely extinguished before you leave the campsite.

## **Plan Your Meals:**

Decide what you want to eat before you go camping, and make sure you have all the ingredients and equipment you need.

## **Keep it Simple:**

Camping is not the time to try to cook gourmet meals. Stick to simple, easy-to-prepare dishes that everyone will enjoy.

## **Try New Things:**

Just because a meal is simple doesn't mean it can't be creative. This is also a perfect opportunity to try new things. There was someone who roasted the very first marshmallow over a fire! What can you discover?

## **Clean Up:**

Leave your campsite cleaner than you found it. Dispose of your trash properly and wash your dishes in a designated area.



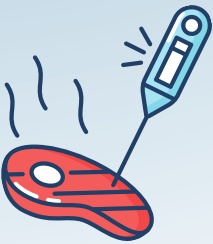
# Cooking Outside - Safety

Here's a summary of safety considerations when cooking outdoors:

## Fire Safety

- Campfires:**
- Build fires in designated areas.
  - Never leave a fire unattended.
  - Completely extinguish fires with water before leaving.
  - Keep flammable materials (tents, branches) far from the fire.

- Grills/Stoves:**
- Use on stable, level surfaces.
  - Keep grills away from flammable materials (decks, overhangs).
  - Never use grills in enclosed spaces like tents or some kitchen shelters.
  - Properly extinguish grills and stoves before leaving.



## Food Safety

- Proper Food Handling:**
- Keep raw and cooked foods separate.
  - Wash hands thoroughly before and after handling food.
  - Keep perishable foods refrigerated or in coolers.

- Thorough Cooking:**
- Cook food to the proper internal temperature to kill harmful bacteria.
  - Use a food thermometer to check temperatures.



# Cooking Outside - Safety

## Personal Safety

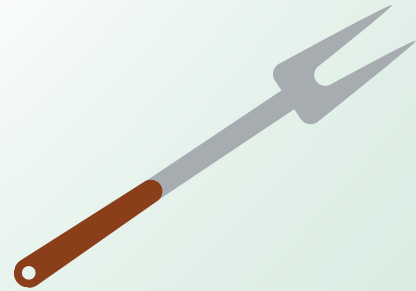
**Wear appropriate clothing:**

Avoid loose-fitting clothing that can catch fire. It is also a good idea to tie back longer hair.

**Use caution around hot surfaces:**

Wear heat-resistant gloves and use long-handled utensils.

**Supervise young children (Sparks, Embers) carefully around cooking areas.**



**By following these safety guidelines, you can enjoy safe and enjoyable outdoor cooking experiences.**



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# Camp Jokes

What did one marshmallow say to the other marshmallow around the campfire?



**Time to get toasty!**



What's a frog's favourite camping snack?

**French flies**

Do fish like camping?



**No, they are always in school**

What did the campers say when the Guiders asked them how they enjoyed the campfire?



**They all gave it glowing reviews.**

What does a campfire say after a long day of work?



**I'm burned out.**



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