

# MEAL PLANNING CHECKLIST

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| **Before You Start** | **My Notes** |
| Be sure to check the cooking progression |  |
| Be aware of your girls’ kitchen skill level |  |
| Girls should plan the menus\* |  |

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| **Things to Consider While Planning** | **My Notes** |
| **Time –**  Schedule  Cooking Methods (some take longer)  Preparation Time (girls take longer) |  |
| **Recipes -**  Bring a variety of recipes for the girls to look through\*\* |  |
| **Cooking Equipment -**  Be sure to use the equipment that is available (contact the site beforehand) |  |
| **Transportation/Packing Space**  Powdered drinks & juice save space |  |
| **Refrigeration Space -**  How many ice chests & how much ice will you need |  |
| **Cost -**  Be sure to stay within your budget |  |
| **Dietary Restrictions -**  Religious/allergies |  |
| **Balanced Menu -**  Include a variety of foods (pyramid) |  |
| **Clean Up -**  Set up soap water and rinse water  Wash, dry, and put away dishes |  |

\*At least one new dish at each overnight is a good practice

\*\*Bring copies of recipes the girls have chosen in a sheet protector or recloseable bag with you

on the overnight.01/2015