

READY, SET, SPATULAS!

ARE YOU PLANNING TO OFFER COOKING WORKSHOPS AT CAMP THIS SUMMER? THIS SHEET WILL ANSWER YOUR QUESTIONS SO THAT YOU'RE ABLE TO OBSERVE THE GUIDELINES.

SUMMER 2020



HOW DOES THIS SHEET WORK?

We've developed tricks and tips that will make it easier to adapt the cooking workshops you offer at camp this summer.

THERE ARE FIVE THEMES TO DISCOVER

- 
 ORGANIZE YOUR ENVIRONMENT
- 
 A BREATH OF FRESH AIR
- 
 IN INDIVIDUAL MODE
- 
 WASH-O-THON
- 
 POWER UP TRICKS



ORGANIZE YOUR ENVIRONMENT

The more visual markers there are at camp, the more your campers will know where to position themselves to observe physical distancing guidelines.

Plan the work space.

Each camper has his or her own little place at the table. Consider an activity that involves creating colourful and personalized placemats with your campers. You can even have the placemats laminated so that they're easier to wash.

Place coloured cartons or hoops on the ground to mark off each camper's space. Encourage your campers to be creative and original.

Have the campers stand in a semi-circle so that they can all see you at the front and have visual contact with one another.

Waste management: Provide contact-free garbage cans / compost bins

Create a fun one-way path to the garbage cans. This will prevent the campers from crossing paths while being much more dynamic. Consider marking the ground with coloured tape or using arrows to indicate the direction to follow.

Raise awareness among the campers about what items go in the garbage, the recycling and the compost.

A BREATH OF FRESH AIR

Prioritize outdoor cooking workshops, whenever possible.

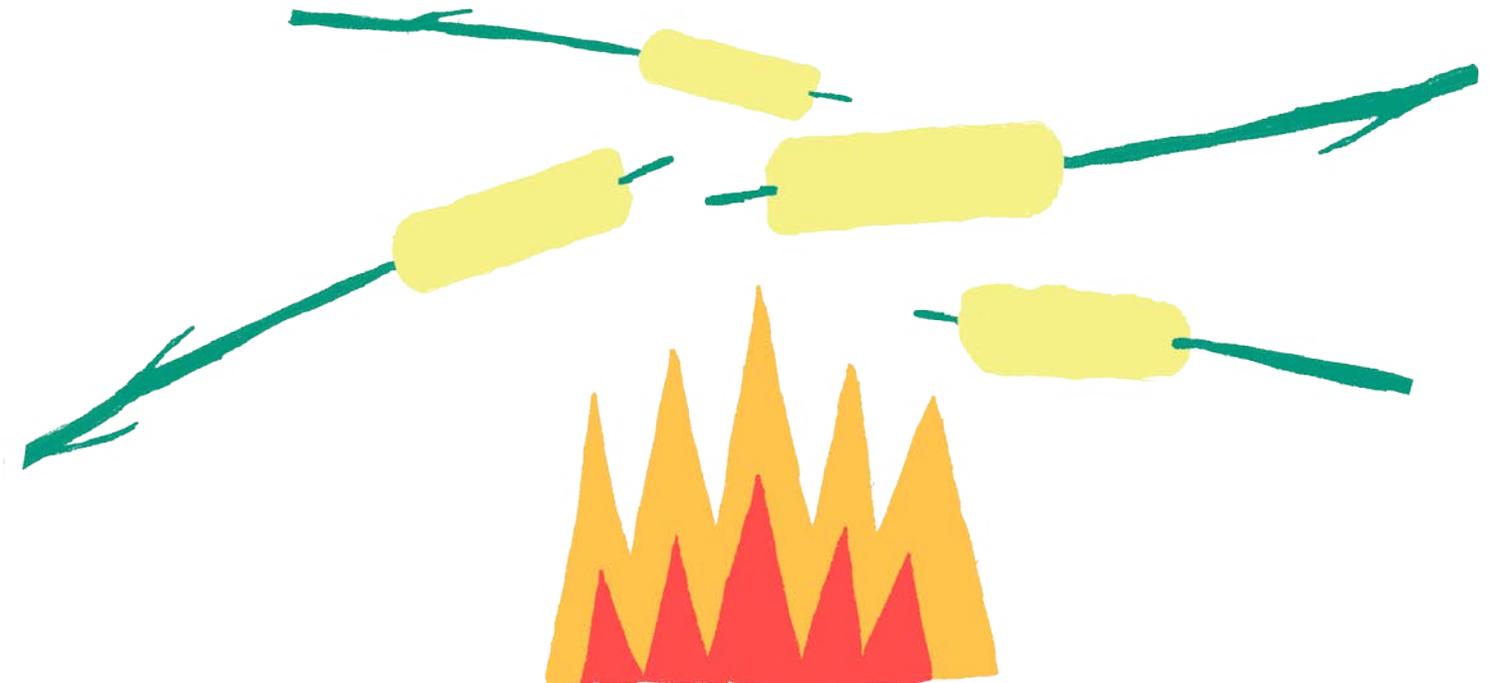
Use easy-to-wash plastic tablecloths on picnic tables.

Don't have a table? No worries!

Place tablecloths on the grass, yoga mats, milk crates, wooden bins or any other ingenious idea for giving each camper their own special place.

Seize the opportunity to introduce your campers to recipes that can easily be made outdoors, including over a fire.

Ever hear of **bannock**? Discover the recipe [here](#).





IN INDIVIDUAL MODE

In order to avoid physical contact, favour recipes made individually.

Organize your schedule in such a way that you limit the number of campers per workshop.

If you are in charge of all the cooking workshops at camp, establish a rotating schedule with a minimum 30-minute break between groups for cleaning.

Avoid sharing materials: Each camper should have his or her own equipment.

For example, provide small individual bowls for mixing, small plates for tasting, small cutting boards, etc. You can even give each camper an individual storage bin.

Consider organizing the materials in advance; this will cut down on waiting time for campers at the start of the activity.



Make sure that you distribute the ingredients to each camper in order to minimize food handling and thus reduce the risk of contamination.

Consider placing each camper's food items in an individual container.

Psssst! Make sure to wash your hands before you prepare and distribute food items.

Each camper can make their own dish.

A dip for fruits or vegetables, a mini pizza, a muffin or an omelette in a cup, fruit salad, a smoothie, etc.

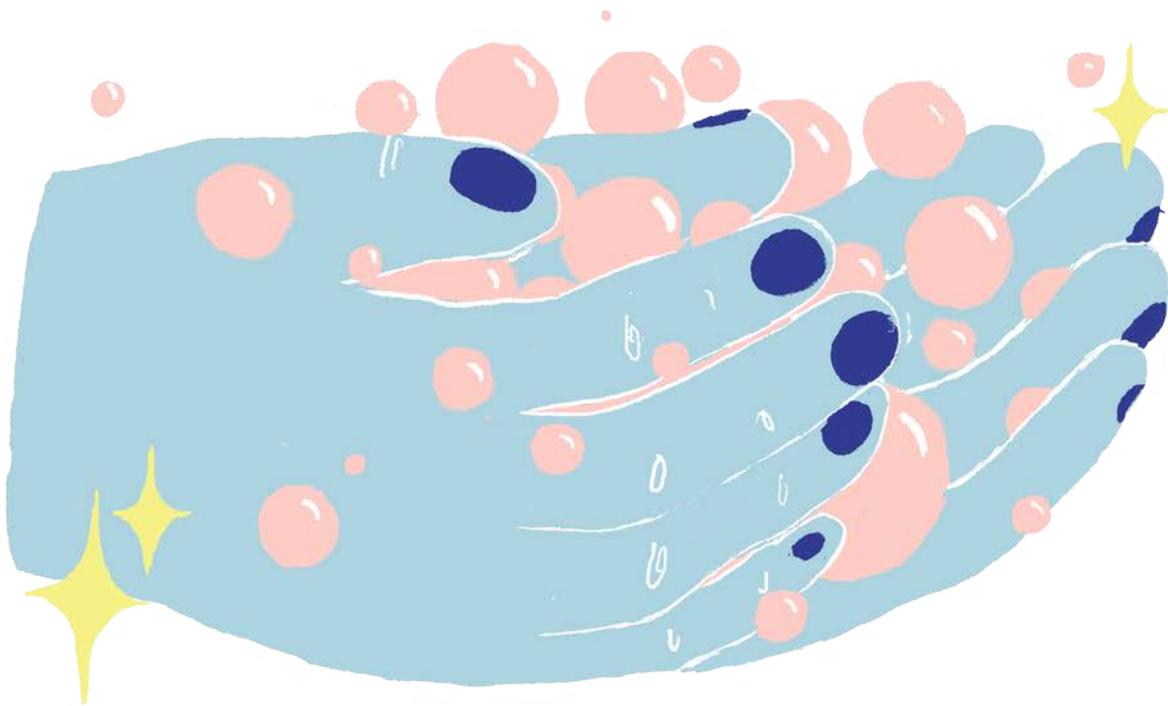


ONE POT

Consider favouring individual "one-pot" recipes.

They are fun and easy-to-make, and they require less material and fewer dishes per camper, since all the ingredients are mixed in the same bowl.

Visit <https://tremplinsante.ca/en/> to view ideas for energy balls, a super-simple recipe idea for guaranteed fun!



WASH-O-THON

Make hand - and equipment - washing fun and instructive.

Remind your campers about the hygiene guidelines.

Wash your hands before and after the cooking workshop, don't put your hands in your mouth, etc.

All these guidelines are set out in the guide entitled **What's your Recipe?**

Set up a station for hand-washing with warm water and soap

Make sure posters are displayed to remind the campers about the proper hand-washing technique.

For inspiration: **The Hand-washing is awesome activity.**

Provide the required cleaning products.

Make sure that kitchen equipment is washed after each use.

Usually, the campers do it themselves, but this summer it's important to limit contact with equipment to one person only. You can still display laminated posters showing the proper equipment-washing procedure so that the campers learn the best practices in this regard.

If you're leading several workshops, make sure that you clean the tables or work spaces between each group.

It's important to take the time to do it properly.

WASH WASH FUN

Find ways to make washing fun for the campers.

Have them sing or play a guessing game about fruits and vegetables.

For inspiration, check out the **Energy Quiz activity.**





POWER UP TRICKS

Consider favouring recipes served cold, such as salads, sandwich spreads or dips.

They are easier to make and require fewer materials, yet they're every bit as delicious!

For inspiring recipe ideas, go to <https://tremplinsante.ca/en/>. You can also refer to the activity entitled **Fun with cooking** for ideas on structuring your workshops.

Use images to present ingredients and avoid handling food items.

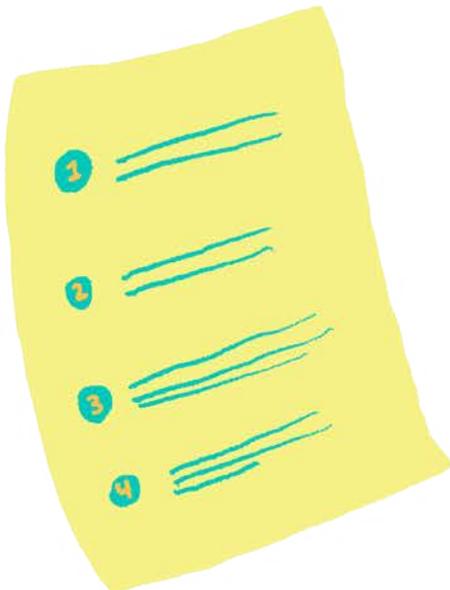


Take the time to question the campers:

Have you ever tasted this food item? What other recipes call for this ingredient? How does this vegetable grow? Where does this fruit come from?

Visual content is always a winner! If possible, print a recipe for each camper or post it in large format where the workshop is held.

At the end of the workshop, send the recipe to parents, post it on the camp website or on social media networks so that your campers can make the recipe at home.



Taste! After putting in the effort to concoct the recipe, it's time to take the taste test!

Make the moment special and unique by tasting your masterpiece together with your campers.

See the tasting section of the guide entitled **What's your Recipe?** for inspiring ideas on the tasting portion of the activity.

You can also use the tool entitled Tasting expert to get your campers to speak from all five senses

Have fun describing the food items, their shapes, colours, textures, taste, etc

Share the following information with parents in order to reassure them: hygiene measures, schedules and step-by-step details on activities.

You can also ask parents to include an empty container in the camper's lunchbox for leftovers.

Remember that this is not an haute cuisine competition. The important thing, for you and your campers, is to have fun!



✧ THANK YOU FOR FULFILLING YOUR MISSION TO PRESENT OUTDOOR ACTIVITIES THIS SUMMER. ✧

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