

GIRL GUIDES OF CANADA - CALGARY AREA

Calgary Area Camp Cook Off for Pathfinders, Rangers and Trex members Theme: Spring Renewal



Send any questions to
Any-calgarycampcookoff@girlguides.ca

**GUIDER
PACKAGE**

Welcome to Camp Cookoff 2025!

Date: April 6, 2025, 12:30 to 6:30 pm

Location: Camp Jubilee

Teams made up of a maximum of 5 youth members will be expected to cook an appetizer, main course, and dessert using the Theme of Spring Renewal as a part of the course. Must be Nut Free. The Teams should also consider other Dietary Concerns, i.e., Gluten Free, Dairy Free, Soya Free when planning their menus.

Attached to the Registration page are the following forms:

- Guider Package
- SG.1 and SG.2 Forms
- Excel Unit Registration Form

The SG1 and SG2 are editable. The event cost from Calgary Area is \$10 per youth member but does not include the food the unit is purchasing. Please update your SG1 to show how much your unit expects each youth member to pay. (i.e. the extra cost for the purchase of food and supplies)

Safe Guide Details

- Please email the unit registration sheet form by March 13, 2025, to **any-calgarycampcookoff@girlguides.ca**. (If the unit registration form is not received by this date, your unit will be removed from the event).
- **Register your Team! Up to a Maximum of 5 youth members per team (plus 1 supervising Guider - max 2 teams per Guider)**
- Units registering must have sufficient Guiders to cover ratio (1:15) **plus 1 extra Guider**
- Each unit must provide a First Aider and First Aid Kit. For minor events, the unit first aider will fill out H.4 ([First Aid Treatment Record](#)) for any first aid completed. Units must bring **completed and signed** H.1 and H.2 forms for all members attending - the unit first aider will keep these available at all times.
- Please bring the completed and signed SG2s to the event and hand in at sign in.

Event Schedule

12:30	One Guider from each group on site at this time
12:30-1:30	Arrival of groups and sign in – Gazebo at the Memorial Garden (Full arrival schedule to be provided on date below)
1:30	Opening, rule review, reveal of secret ingredients at Field beside the Memorial Garden
2:00	Cooking time begins
2:45	Deadline for bringing appetizers in for judging
4:15	Deadline for bringing main courses in for judging
5:00	Deadline for bringing desserts in for judging
5:00	Start Cleanup of sites
5:30	Award presentation and closing at Field beside the Memorial Garden

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6:30

Teams depart

Drop off and Pick up Information

At least one Guider must arrive before 12:30 pm to be ready to greet your Unit as they arrive.

- Each Unit will be assigned a drop off/pickup site and arrival time on March 25, 2025.
- **PLEASE MAKE SURE YOU COMMUNICATED THIS TO YOUR FELLOW GUIDERS AND PARENTS.**
- Parents are to be given the exact Drop Off Site and Arrival Time for the event and the Unit Name and Number. Encourage parents to car pool, so there is less vehicles arriving.
- The Pickup site will be the same as the Drop Off and there will be a Pickup time for your unit, parents MUST adhere to these times as we will have other units trying to drop off and pick up at their assigned times.
- All Guiders will be directed to their own assigned cooking site parking locations to unload the gear.
- Before you sign in at the event, the **complete unit must** be on site and have checked in with the Contact Guider at your assigned drop off site. Only 1 Guider needs to sign-in at the **Gazebo at the Memorial Gardens.**
- **Only after** everyone has signed-in with the Contact Guider, can the teams then go to their assigned site to start set-up.
- At 1:20 everyone is to go to the Field behind the Gazebo at the Memorial Gardens for instructions and to pick up the secret ingredients.

Our goal is to reduce traffic on site as well, so this is a bit of a balancing act.

Participants bring:

Patrol kit list, cooking ingredients, dishes and cutlery to display and for serving food for judges and themselves. Everyone attending is required to dress for the weather conditions as this is an outdoor event and have a full water bottle.

Patrol Kit List (1 per team – Teams cannot share equipment):

- Full camp kitchen set up: pop-up shelter, stove, etc. (brought by supervising unit Guider)
- Patrol bin with wash basins (dish soap, wash cloth, pots, pans, knives, cutting board)
 - There are not enough basins on site, so teams need to have their own.
- Stove, fuel, alternative cooking methods (box ovens, buddy burners, etc.)
- Recycling, composting, and garbage bags or buckets - you will be responsible for taking away your waste
- Cooler with ice packs for food that may sit out for a bit.
- Water containers – Bring a full or fill up from well water on site.
- LDP Buckets will be available at site, however units should have nylons, clips and j-clothes for straining food debris.
- Fire protection – suggestions include oven mitts, baking soda, fire extinguisher/fire blanket. Buckets for water will be available on site to be filled by the Team.

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- Lysol wipes and unit hand sanitizer for your station

Site Assignments:

- Teams will receive the information for their assigned sites on March 25, 2025. You will be sharing the site with at least 2 other Teams. (these might not be from your unit based on your supervision breakdown).
- Each team will have access to one picnic table.

Firepits

- **There are a limited number of fire pits available for the event.**
- Teams interested in being able to use a firepit will need to indicate this on the Unit Registration Form.
- Interested teams will be put in a random draw and notified on March 25, 2025, if they will be able to use one.
- If you win one of the firepits in the lottery, that team **MUST** use the firepit as one of the cooking methods.

Judging and awards

- Teams must bring their completed dishes to **Rabbit**, for judging no later than the times specified in the schedule above (they can be brought in earlier). Will lose points if delivered late.
- Each course must be started **only after** the previous course has been delivered for judging.
- The serving size brought for judging should be sufficient (2 plates/dishes only) for up to 5 – 8 **celebrity judges** to taste **a couple of spoonful** for each judge will be sufficient.
- There will also be judges roaming the sites to observe some of the criteria

Points are awarded to each team for each course out of 25 based on the following:

Presentation	5 points
Consideration of Dietary Restrictions (IE a gluten free course)	5 points
Creativity	5 points
Use of secret ingredients	5 points
Taste	5 points
Sub- Total	25 points per course

Execution – Judges will be roaming during cooking times.

Cooking Methods (points for variety between courses)	10 points
Teamwork	10 points
Site Management (organization, safety, cleanliness)	5 points

Total Point Breakdown is out of 100

Appetizer	25 points
Main Course	25 points
Dessert	25 points
Execution	25 points

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Preparing For the Event

All teams must come to the event prepared with all supplies and ingredients. This may take a couple meetings. Here is a suggested breakdown of 2 meetings on how this could be tackled.

A budget spreadsheet has been provided for the unit to use if they'd like but this does not need to be submitted. It can be edited to work for your unit.

We understand that the cost of food is high – Teams will not be able to share ingredients at the event, but units are able to coordinate ingredients to ensure that the economies of scale can help with pricing. Ingredients can be separated out pre-event between the teams and then handed out before the cooking starts. We encourage having teams manage this part themselves, as much as is possible for your unit.

While teams within a single unit compete against each other, we strongly encourage ingredient collaboration to optimize cost. Remember that we are creating bites for the judges, not full plates and keep this in mind for quantities.

Meeting 1: Planning and Budgeting

- Hold this at your local library and search through cookbooks and online resources to come up with different ideas for each course.
 - What can they achieve outside? What tools will you be using to make this meal? What makes this creative? What dietary restrictions can we make this meet?
- Each team will put together their recipes with ingredients that they need.
- Use online resources to price out what you anticipate your meal will cost and create a budget. Compare between different stores and where you can shop in your neighborhood.
- Plan on how this will be presented. What items do you need for that?

Meeting 2: The Shop!

- Hold a meeting night at the grocery store and shop for your ingredients and presentation items.
- Keep an eye on quantities- What will be split between teams? What do you need more of?

Depending on the activities for this meeting, from planning the meal to budgeting to shopping, these meeting items would fall into the Life Skills Programming Area.

A template for brainstorming is at the end of this package and units are free to use this or something else to come up with ideas. Template is not required to be used. Word files will be available on the registration page for digital use.

General Safety Requirements for Youth members Cooking

General cooking safety requirements

- Plan according to the age, abilities, and skills of your group
- Wash or sanitize hands before handling food
- Tie back hair, roll up sleeves and remove loose clothing
- Review basic food handling guidelines with youth members
- Ensure a first aid kit is readily available
- Review age-appropriate knife safety with youth members
- Have potholders and/or oven mitts and BBQ Tongs available
- Wear close-toed shoes

Cooking over a campfire, camp stove or BBQ

When youth members are cooking over a campfire, camp stove or BBQ follow these guidelines:

- Check for fire restrictions or fire bans (will be advised in advance)
- Review fire, camp stove or BBQ safety
- If applicable, review camp stove or BBQ operation instructions
- Always use a fire pit if available.
- Have a bucket of water or sand nearby, that are available at each site.
- Consider setting a boundary around the cooking area to keep youth members who are not cooking away
- Always extinguish a campfire fully. Campfires are completely extinguished when they are wet and cold to the touch

Other details:

- Guiders are not to assist teams with food preparation or cooking – they are there for supervision and to ensure the teams are working safely only.
- Teams are responsible for bringing all their own cooking equipment, utensils, fuel and ingredients (other than the secret ingredients). Teams should bring coolers if items need to be kept cold as they will not have access to any of the buildings. Teams can access wood, water, axes, and saws on site.
- Teams cannot go off site to purchase or otherwise acquire ingredients.
- Teams that win the “Fire Pit Lottery” MUST use the fire pit for some of their cooking. The team and Guiders will also be responsible to make sure the fire is out, and the pit is clean.
- Meals must be nuts and peanut free.
- Three secret ingredients will be revealed at the beginning of the event. One ingredient needs to be included in each course (which ingredient goes in which course is up to the team).
- Teams should write a brief description of the dish and a list of all ingredients, and which secret ingredient is used in the dish and how it was cooked (index cards and pens will be provided for this purpose) to accompany each dish for the judge’s information.

- No electrical methods of cooking are allowed. Permitted methods of cooking include, but are not limited to propane stoves, buddy burners, foil ovens, fire pits. If you are in doubt about a cooking method, please ask in advance.
- Precooking of any or all of the meals is not allowed
- Teams are expected to clean up their cooking area before leaving the site and take any garbage they produce home.
- The Playground will be OFF Limits to all participants.
- The Pit Toilets will be stocked with toilet paper and hand sanitizer.

Course	
Recipe & Ingredients Write Ingredient types and quantity of each that you think you'll need. Add a link to the recipe if you're doing this on a computer. (use the back of the page for more room if writing)	
How is this being cooked in an outdoor setting? What kind of cooking equipment do we need? How can we make this creative? What dietary restrictions are we able to incorporate here? How do we present things to the judges and what materials do we need?	