

# Pacific Jamboree Food Guide



14th Pacific Jamboree  
Camp Barnard, Sooke, BC

July 6 – 13, 2024

[www.pacificjamboree.ca](http://www.pacificjamboree.ca)

## Introduction

Amidst all the fun and incredible things you'll be doing at the Pacific Jamboree 2024 (PJ'24), you will also be cooking your own meals. It's food that will help give you the energy you need to enjoy PJ, but we also know you would prefer to be out having fun rather than cooking at your campsite.

We have designed meals that taste good, are nourishing and are quick. All the lunches can be taken with you to your program activities. Make sure you follow the instructions for each meal and ENJOY!

In this Food Guide you'll find the menus and food lists, along with daily cooking instructions and some tips and guidelines on how to prepare your meals quickly and safely.

Please read this Food Guide all the way through so that you can plan ahead and be prepared.

Please bring this Food Guide to PJ'24

## How you get your Provisions:

Patrols pick up rations for a 24 hour period from the food warehouse, located between townsite and the bus pick-up/drop off. You can't miss the warehouse – it is located right beside the road in a large white tent with reefer trucks outside. The food warehouse is open from 2pm to 7 pm daily, except on arrival day when we are open at 11 am. You store your rations in your campsite – you will need to bring a secure container like a rubber mate and bring or rent a cooler. Block ice will be available from the food warehouse 3 times during the jamboree. Bring bags or backpacks to carry your food back to your campsite. Quantities you pick up are based on the size of your patrol, and patrols can chose not to take items they do not plan to use (to minimize wastage and food spoilage).

Do NOT send your whole patrol to pick up rations, send a couple of scouts entrusted to make decisions on behalf of your patrol with a Scouter. The scouter must present his/her id confirming your patrol number before leaving with the rations. If you have individuals with special dietary considerations, they should also come to pick up rations as there is a separate line up for special diet rations.

## Maintaining Your Kitchen

Keep your kitchen really clean!

- Wash your hands BEFORE preparing your food. Use clean water.
- Be Food Safe and critter safe: compost left-overs and clear away recycling and garbage, after every meal.
- Store your staples and non-perishable food in your food storage box and your perishables in your cooler. The last thing you want to do is share your food with bears or squirrels!
- Wash your dishes and clean your workspace after EVERY meal.

## Staples

When you come to the warehouse for the 1<sup>st</sup> time, you will pick up a number of staples - items you'll need on a daily basis, such as ketchup, mustard, relish, jam, sugar, juice crystals, hot chocolate, margarine, salt & pepper, coffee, bleach, dish soap, scouring pads and cleaning cloths. We encourage groups camping together to share staples to minimize food waste. If you run out during the camp, you can always pick up more.

## Overnight Events

If you have selected an overnight program activity, the day before your departure you pick up your supper and breakfast as per normal, but will ALSO go to the special diets line, where you will receive all rations required for your overnight offsite event. All overnight rations will be non-perishable and will not require a cooler.

## Water

The water provided by the taps on site is of a very high quality. It can be used for the preparation of food and drinks, for washing hands and for cleaning kitchen equipment. However, please don't wash your hands or dishes by the taps – get your water in the water containers you brought with you and do your wash-up in your campsite – then take your greywater to your SCHQ to dispose of.

## Recycling and Compost

Recycling and composting is required at PJ 2024 - there should be zero garbage. Each subcamp will have multiple recycle streams for all food packaging. Collapse all paper and cardboard containers. Wash all rigid plastic, glass and tin. Separate all soft plastic. Compost goes in the compost bin – the jamboree could be subject to fines if there is food in the waste stream. At the end of the jamboree you are welcome to take all your remaining food with you or dispose it in the proper recycling bins– once food has left the warehouse it cannot come back.

## Questions / Need Help?

If you have questions or concerns in regards to your food, talk to the Food Warehouse supervisors. We may be able make changes to our system and menu, but can only fix food issues if we know about them. We want PJ'24 to be a great experience, so if you're having a problem, make sure you ask for help.

## Special Diets

If you have special food requirements due to health, religious or philosophical reasons please complete the on-line food form by the deadline indicated in the email you will receive from ePACT. We have adapted the menus to accommodate various dietary needs, based on your completed food forms. We expect to follow-up with contact Scouters prior to the Jamboree to verify and clarify special diet requirements.

## Food Allergies

At the Pacific Jamboree 2024, Scouts Canada and its volunteers will endeavor to address all food related allergies. We will be purchasing rations from a commercial distributor and anticipate all ingredients will be clearly labeled. It is the obligation of all attending Scouters and Scouts to ensure that they accurately complete the ePACT forms which collect medical information including specific details related to food allergies. Analysis of the submitted information will be used to provide alternate food items that will be consistent with the Jamboree menu. There will be gluten-free (GF), dairy free (DF) and vegetarian alternatives where appropriate and none of the items should contain tree nuts or peanuts. Supplements for those with dietary restrictions are in brackets beside the ingredient. We are unable to guarantee an environment that is completely free of all food-related allergens.

Participants with food allergies are expected to remain vigilant of their surroundings. Groups should be aware they may have food substances that could provoke an allergic reaction to others camped around them. Youth and Scouters with allergies to various food products should take the normal precautions they would take in any crowded public setting.

Saturday, July 6, 2024

### Supper

Hamburgers	Food list: pre-made patties (plus GF veggie patties)
Cheese slices	hamburger buns (plus GF)
Potato chips	cheese slices (plus dairy free)
Vegetables and dip	relish/mustard/ketchup/mayo
Rice crispies	lettuce/tomatoes
Hot chocolate	potato chips
	vegetables (broccoli, carrots, cucumber Celery * save ½ celery for lunch tomorrow)
	Hummus, dip sauce
	Rice crispies (plus GF alternative)
	hot chocolate (plus hot apple cider)

### Snack

Juice crystals	Food list: juice crystals
Cookies	wafer cookies (plus GF alternative)

### Preparation instructions:

**Hamburger patties:** Should be cooked well, so that if you press them, the juice runs clear. You can start frying them even if they're still frozen.

**Vegetables:** These can be cut into finger-sized bits for dipping.



Sunday, July 7, 2024

### Breakfast

Apple juice  
Pancakes (+ GF/DF)  
Bacon (+ veggie bacon)  
Cereal (+GF)  
Milk (+ rice milk)  
Syrup\* (save ½ for Tues)

### Lunch

Cheese Sandwiches  
(+GF bread/DF cheese)  
Baby carrots  
Celery sticks (from Sat)  
Cookies (+GF)  
Oranges  
Juice

Follow the instructions on the pancake mix bag. Heat frying pan or griddle over medium heat. Add a small amount of margarine to grease the pan. Scoop spoonful's of the batter onto the frying pan. When the top is bubbly and the edges a bit dry, turn over.

You can eat your sandwiches cold, or grill them at camp. Heat frying pan or griddle over medium heat. Add a small amount of margarine to the outside of the bread to grease the pan.

---

### Supper

Spaghetti  
Meat sauce  
Garlic bread  
Salad  
Fruit cocktail  
Hot Chocolate

Food list:  
dry spaghetti (+ brown rice pasta)  
ground beef (+veggie ground round)  
tomato sauce (+ alfredo sauce)  
prepared garlic bread (+GF roll)  
bagged green salad  
Italian dressing \*(save some for Tues)  
fruit cocktail (+ apple sauce)  
Hot Chocolate (+ apple cider)

### Snack

Soup in mug  
Crackers & cheese\*

Food list:  
instant soup (+GF vegetarian)  
stoned wheat thins (+GF cracker)  
cheddar cheese (+ DF)

### Preparation Instructions:

**Spaghetti sauce:** Brown the ground beef in a saucepan. When cooked, pour off excess fat. Add the sauce to the beef and simmer while the spaghetti pasta cooks, and you make the salad.

**Spaghetti pasta:** Add the dry spaghetti to boiling water and cook for 10 – 12 minutes until tender but not soft. Drain the water off and serve with sauce over top.

**Snack:** \*Save half the crackers for Wed. snack.



Monday, July 8, 2024

**Breakfast** Orange juice  
Oatmeal (+GF)  
Toast (+GF)  
Yogurt (+DF)  
Milk (+rice milk)

**Preparation instructions:**

**Breakfast:** Here's an easy breakfast – just don't fight over the oatmeal flavours. Didn't bring a toaster rack for your stove? Be inventive and figure out a safe way to make toast.

**Lunch** Kaisers (+GF)  
Cold cuts & Cheese  
(+ DF and veggie slice)  
Soy butter & jam (staples available any day)  
Margarine (+vegan)  
Cookies (+GF)  
Fruit (grapes)  
Frozen juice boxes

**Lunch:** Today's lunch is the first to be packed and taken with you. All the rest of the lunches can be prepared the same way. You can make up your wow butter & jam sandwiches right away. For meat sandwich, do not put the meat in until lunch time! Keep the meat in its package and keep it cold with the frozen drink boxes while you do your morning activities. It'll take no time to add the meat to your rolls at lunch. Follow these simple instructions and stay healthy.

**Supper** Chicken stir-fry  
with vegetables  
Rice  
Watermelon  
Juice Crystals

**Food list:** chicken breast (+ tofu)  
stir-fry mix  
red & green peppers  
onion, broccoli and carrots  
cooking oil, soya sauce  
quick cooking rice  
Watermelon  
Juice Crystals

**Snack** Hot chocolate (+apple cider)  
Cookies (+GF)



**Preparation instructions:**

**Chicken stir-fry:** Follow the instructions on the stir-fry mix packet. What? You didn't bring a wok? Never mind, just use your biggest frying pan. The key to good stir-frying is lots of heat, constant stirring and not over-cooking. Have all the vegetables cut in small pieces and ready to go before you start cooking. Make sure the chicken is cooked all the way through – no pink bits. And make the rice FIRST!

**Rice:** Here's the best way to make good rice at camp.... follow the instructions on the box and measure accurately. Any questions?

Tuesday, July 9, 2024

Please don't feed  
the wildlife

### Breakfast

Orange slices

French toast

Sausages

Cereal

Milk

Syrup

Food list: oranges

white bread (+GF)

eggs (+vegan alt.)

margarine (+vegan)

breakfast sausages (+vegetarian)

milk (+rice milk)

Cereal (+GF)

syrup (from Sun)

### Lunch

Sub sandwich

Mayonnaise

Lettuce & tomato

Granola bars

Fruit

Frozen juice boxes

Food list: sub buns (+ GF)

mayo/mustard

cold cuts (+veg slice)

cheese slices (+DF)

lettuce/tomato

granola bars (+GF)

apples

juice boxes



### Preparation instructions:

**French toast:** In a pot, mix eggs with 2 tablespoons of milk per egg, and a dash of salt. Quickly dip the bread into the egg mixture (both sides) and fry lightly using medium heat in a frying pan, until golden brown on both sides. Make sure you keep adding margarine to the pan so the bread doesn't stick.

### Supper

Burritos (+corn wraps)

Ground beef / Refried Beans

Sour cream, peppers, onion

Lettuce/tomato

Corn chips and Salsa

Salad with dressings

Chocolate cake (+GF)

Hot Chocolate/Juice (+cider)



### Snack

Soup in mug

Crackers & cheese (crackers

from Sun.) (+GF/DF)

### Preparation instructions:

**Burritos:** Not frozen this year (that's a myth busted). Cook the ground meat. Add in onion, peppers to meat (if desired). Add refried beans. Rip lettuce into small pieces, and cube tomatoes – use some in the burrito and the rest in your salad. Add sour cream for flavour. Use as many or as few ingredients as you want.

Wednesday, July 10, 2024

<b>Breakfast</b>	Fruit cocktail Granola Eggs Toast Milk (+rice milk)	Food list: canned fruit cocktail granola (+GF cereal) eggs (+vegan alt) whole wheat bread (+GF) margarine, jam, milk
<b>Lunch</b>	cheese sandwiches (cold or grilled) <b>Sandwiches from staples</b> Lettuce & tomato Cookies Fruit Frozen juice box	Food list: Bread (+GF) <b>Cheese (+DF)</b> Lettuce, Tomato Choc. Chip cookies (+GF) Apples Juice box



**Preparation instructions:**

**Eggs:** So many ways to cook your eggs. To scramble: Crack eggs into a small bowl and mix up with a fork (remove bits of egg shell that fell in). Add a splash of milk. Add cooking oil or margarine in the frying pan over low heat and pour in eggs. STIR CONTINUOUSLY so the eggs cook evenly and don't burn on the bottom. Remove from heat when the eggs look done. For good boiled eggs, start eggs in cold water deep enough to cover the eggs. Set over high heat and wait until the water starts to boil. Now start timing. For soft boiled, 4 minutes; hard boiled, 8-10 minutes.

**Lunch:** If you're going to be near your site at lunch, you might want to have grilled cheese sandwiches, for a change.

---

<b>Supper</b>	Minute steaks (+falafel balls) Mashed potatoes (+rice) Frozen mixed vegetables Ice cream (+DF frozen bar) Hot Chocolate / Juice crystals (+apple cider)
<b>Snack</b>	Apples / Bananas Raisins



**Preparation instructions:**

**Mashed potatoes:** Follow the instructions on the packet.

**Mixed vegetables:** Boil for about a minute.

**Steak:** Fry in a bit of margarine or cooking oil. Cook rare to well done – your choice.

**Ice Cream:** really? You were looking for instructions on this?!

No, we're not kidding ... you get ICE CREAM today (but only if you eat all your veggies)! Now we know you want ice cream, not guck, so the ice cream is coming separately to subcamps, about 6:30pm. Send a runner down to subcamp HQ. Enjoy!

We all scream for  
ice cream!



Thursday, July 11, 2024



**Breakfast**

- Orange juice
- Pancakes (+ GF/DF)
- Bacon (+ veggie bacon)
- Cereal (+GF)
- Milk (+ rice milk)
- Syrup

**Lunch**

- Tuna wraps
- Vegetable sticks
- Granola bars
- Fruit
- Frozen juice boxes

**Food list:**

- wraps (whole wheat) (+corn wrap)
- can tuna (+ can chicken/cream cheese)
- mayo
- carrots/celery
- Oat and Honey bars (+GF)
- oranges, juice boxes

**Preparation instructions:**

**Pancakes:** Check out the instructions on the bag of pancake mix.

**Lunch:** You know what to do – tuna is safe enough to make up your wraps before you head out, but make sure you pack them with the frozen juice boxes. You can add lettuce and tomato if you saved any from last night.

**Supper**

- Sloppy Joes
- Salad with dressings
- Watermelon
- Non-cook Chocolate pudding
- Iced Tea

**Food list:**

- Ground Beef (+veggie ground round)
- Hamburger Buns (+GF)
- Sloppy Joe Seasoning mix
- Tomato Paste
- salad, dressing
- Jello Pudding Mix (+belsoy pudding)
- Juice Crystals

**Snack**

- Hot chocolate (+hot apple cider)
- cookies (+GF)

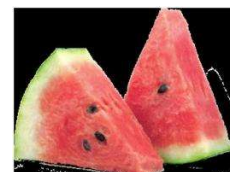


**Preparation instructions:**

In large skillet, brown ground beef. Add tomato paste, water and Club House Sloppy Joes seasoning mix. Cook and serve over toast or buns! To make the meal lower carbs, serve open faced.

**Chocolate pudding:**

Follow the instructions on the packet. You could make this in a large baggie and save washing a bowl.



Friday, July 12, 2024

**Breakfast**

Apple juice  
Oatmeal (+GF)  
Toast (+GF)  
Yogurt (+DF)  
Milk (+rice milk)

**Lunch**

Kaisers (+GF)  
Cold cuts (+veggie slice)  
Wow butter & jam  
Margarine (+vegan)  
Baby carrots  
Cookies (+GF)  
Oranges  
Frozen juice boxes

**Preparation instructions:**

**Breakfast:** Last full day = easy breakfast – just don't fight over the oatmeal flavours. Didn't bring a toaster rack for your stove? Be inventive and figure out a safe way to make toast.

**Lunch:** You should know what to do by now!

**Supper**

Hamburgers  
Cheese slices  
Potato chips  
Vegetables and dip  
Cookies  
Hot chocolate

Food list: pre-made patties (+ GF veggie patties)  
hamburger buns (+ GF)  
cheese slices (+DF)  
relish/mustard/ketchup/mayo  
lettuce/tomatoes  
potato chips  
vegetables (broccoli, carrots, cucumber, celery)  
Ranch dressing (+ hummus)  
Cookies (+GF)  
hot chocolate (+ hot apple cider)

**Snack**

Fruit

apples/bananas  
Raisin

**Preparation instructions:**

**Hamburger patties:** Should be cooked well, so that if you press them, the juice runs clear. You can start frying them even if they're still frozen.

**Vegetables:** These can be cut into finger-sized bits for dipping.

Saturday, July 13, 2024

**Breakfast** Apple juice (box)  
Bagels (+GF)  
Cream Cheese spread

**Lunch** Cheese or wow butter/jam sandwiches (+DF, GF)  
If we have extras in the warehouse, we'll make them available for your lunch  
Granola bars (+GF)  
Fruit (Apple)  
Juice box



**Preparation instructions:**

**Breakfast:** This is the last meal at camp (sniff). It's designed to be easy and quick.

**Lunch:** Make up bagged lunch for the journey home. Take any remaining food with you, if you wish – it's yours.

Please take the time to properly recycle all your food packaging and compost any open food you are not taking home with you. Containers need to be clean of all residue before recycling. Any **UNOPENED** food should be **returned to the food warehouse** to go to the local food bank.

---

We hope you've had an amazing week and that you enjoyed the meals.

Have a safe trip home, and try to impress your parents with your new cooking skills! Goodbye and Safe Scouting!

Questions? Contact  
[PJ24FoodServices@gmail.com](mailto:PJ24FoodServices@gmail.com)