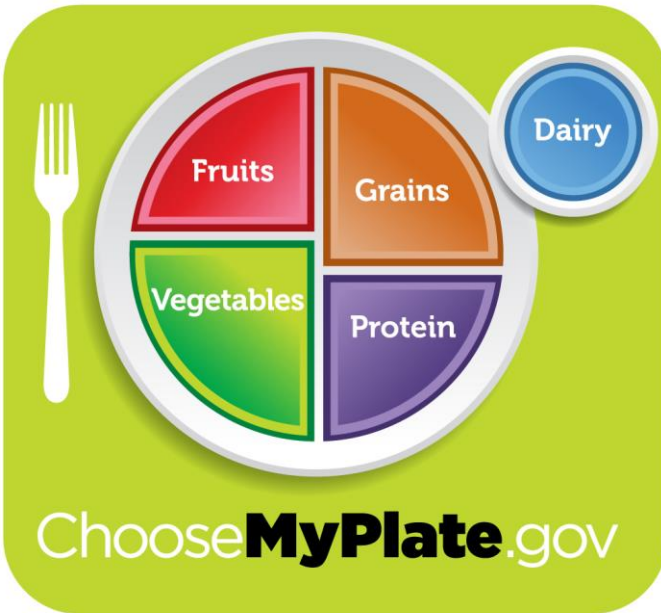




## Food Planning Notes



Half of your menu FOR THE DAY should be fruits and vegetables. Apples, bananas, carrots, oranges, raisins don't have to be cooked and are easy to pack.

Make sure you know how to cook what is on your menu! (Particularly check how long something has to be cooked) Consult a cookbook, ask an adult, look it up.

Don't forget to plan for snacks on long days and desserts.

### DON'T FORGET:

Paper Towels, Garbage Bags, Matches, Dish Soap, Sponge, scrubby, Hand Sanitizer, Tin Foil, 2 CLEAN Dish Towels