

Redwood Magic Family Camp

Kitchen Handbook

This handbook is a guide of what has (and in some cases hasn't) worked in terms of the kitchen at Redwood Magic Family Camp. We are deeply indebted to Lisa Wetmore who was the camp cook from the inception of RMFC in 2013 through the 2018 camp. During the planning year for 2019, Lisa graciously offered her menus, shopping lists, recipes and a wealth of advice on what makes the kitchen, which is truly the heart of RMFC, work. The kitchen and dining hall provide sustenance to our campers - both physically and spiritually. We want to learn from Lisa and continue to provide the deeply nurturing and healing experience from the nurturing kitchen that we all have come to love at RMFC!

Some Principles:

- Camp should be safe for all campers - this includes children who have food allergies and sensitivities. We strive to make this a camp where the kids can safely participate in meals at camp and can feel included at all times.
- Healing diets are needed for some of our campers who are facing autoimmune disorders and other challenges that respond well to dietary changes, we want this to be a healing home for them.
- Organic food is provided as much as possible and only organic for things that fall under the "dirty dozen". Antibiotic/hormone free animal products - pastured, grass fed and organic are preferred.
- Habits are something many of us have and want to break. This camp is a wonderful, supportive environment where many have been able to "kick the habit" - from soda to sugar and even coffee!
- Food is a precious resource! To decrease our carbon footprint and to respect the work and energy that goes into producing food, we ask that people only take what they know they will eat. Wait until everyone has gone through the line once before getting seconds. We also measure how much food waste we have, make an announcement and chart it over the duration of camp to raise awareness and instill good habits.
- Kitchen staff work hard during camp and we pay the kitchen staff for the wonderful work that they do anchoring the heart of RMFC.

Annual Planning Cycle

October - Identify and have a firm commitment for the RMFC Kitchen Anchor

November - Start identifying the kitchen crew and get a “soft” commitment.

January - Check in with kitchen crew and see if still interested

March - Commitment from all kitchen crew. Identify Food Liaison role.

April - By end of April, request check for purchasing food (this can take up to 2 months and money needs to be available to cook by July 1st.)

May - Food Liaison begins working with registration and compiling food needs and communicating with Cook. Request second (last check) for paying kitchen staff.

June - Menu preparations and shopping lists prepared, Budgeting. Decision on creating some menu items ahead of time and freezing (soup/casseroles - particular for special food needs)

July - Final adjustments to headcount. Shopping. Reserve vehicle to transport food (traditionally a truck, could be a van which would keep items cooler). Borrow 6 large coolers for food transport. (Split food shopping is a possibility too)

Aug - Right before camp, purchase bread, eggs, milk, butter, yogurt (day before)

Camp!

Kitchen Staff Roles

A total of 5 Kitchen Staff (dedicated and paid) are needed for camp. Running the kitchen is hard work that commences months prior to camp. We have found that these positions should be paid staff and that the pay should be come out of the camp fees. This is a full payment, agreed upon up front, and we do not collect tips at the end of camp. In addition, we have 2 work/trade positions that support the Kitchen Staff. Our camp is typically 70 people, so larger camps may need additional crew members. Kitchen Crew and their children (a reasonable number, more than 2 or 3 may need discussion) are not charged for camp.

Roles for the Kitchen Crew are:

Head Cook - the anchor and lead for the kitchen. This person may be both the veg and meat cook, however it is recommended to have a dedicated Meat Cook and Veg Cook that prep the main dishes in these categories. These could be volunteers and could rotate by meals/days. They would work under the direction of the Head Cook. The Head Cook plans the menu, develops shopping lists, coordinates and/or does shopping, determines pay for the Kitchen Crew based on how well they supported the kitchen during camp. The Head Cook may choose to do all of their own shopping or delegate as they see fit. Some cooks prefer to select their own food. The Head Cook has a huge responsibility and needs to be selected with care and be someone who campers/weavers have known for at least 3 years and is known to be trustworthy and reliable.

Veg Cook - Accountable for preparing the cooked vegetarian main dishes

Meat Cook - Accountable for preparing the cooked meat main dishes

Prep 1 Salads (dedicated)

Prep 2 Chop/Cut (dedicated)

2 work/trade positions are also needed to support the Kitchen Staff

Expectation is 7-8 hours per day of cooking for Kitchen Crew. Kitchen Crew do NOT wash dishes which is a coordinated volunteer activity of all campers age 10 and up.

2019 Call for Kitchen Crew:

Come join us for four days of Reclaiming style, Earth-based spirituality, magic, and community!

Redwood Magic family camp, which sprang out of Witchlets in the Woods in 2013, brings together 60-70 people of all ages. Join us in the redwoods at Mendocino Woodlands as we

weave a web that crosses the generations.

We gather at the Mendocino Woodlands Camp Three and the Kitchen is the heart of camp! We have created a culture of inclusion that includes a carefully crafted menu that meets the diverse dietary needs of the community, from food allergies to Autoimmune Protocol diets. One of the ways that we create a safe space for kids is by creating meals/snacks that work for all attendees and those with food sensitivities, allergies, special needs are nourished with a delicious menu that is created with love.

We are looking for Kitchen Crew to work with our Head Cook who creates a positive team atmosphere in the kitchen, ensures meals are prepared with love and brings in a spirit of fun!

We are looking for 3 paid and 1 work trade Kitchen Crew members who would like to work in a fun, lively kitchen nourishing this camp. These roles will need to take direction from the Head Cook, from washing and chopping veggies, making salads, setting up the serving line, labeling food, making snacks for young campers mid-morning and mid-afternoon. Each position includes a spot in camp for the Kitchen Crew member and accompanying child(ren).

Please note that dishwashing/clean-up from meals is the responsibility of campers and not part of the Kitchen Crew role.

Requirements for Kitchen Crew:

A positive outlook, desire to work in a team atmosphere, willingness to learn, love of cooking for large groups and ability to take instruction from Head Cook.

Paid Kitchen Crew:

Food Handler Certificate preferred

Experience in food prep/serving preferred

7-8 hours of work each full day of camp and 3-4 hours for partial days

Base \$350 with possibility of bonus based on quality of work during camp

Work/Trade

Some experience in food prep/serving preferred

5 hours of work each full day of camp and 2-3 hours for partial days

If you have the kind of experience required and are interested, please contact XXXXX at XXXXXX@domain.com by DATE. The RMFC Weavers aim to make a final selection for these positions by DATE.

If this isn't for you, but you know someone who might be a great fit, please pass this along!

Food Liaison

Works with families to understand special food needs of campers before camp, communicates with the Kitchen Anchor to plan meals for the camp that will meet needs of all campers. At camp, the Food Liaison continues to be the main conduit between campers and the kitchen. If campers have any questions or issues - from where is the ketchup to the soup was horrible or that was the best dinner ever - are directed to the Food Liaison. The Food Liaison connects with the Head Cook at least once a day to hear from the cook about the needs in the kitchen and to share feedback from campers. Food is deeply personally for all of us and this helps to keep communication productive, particularly if there are criticisms involved. This approach helps the Head Cook and Kitchen Crew to concentrate on their work and not be distracted with a variety of requests and comments.

The Food Liaison also communicates with campers prior to camp around the camp approach to snacks, personal food and use of refrigerators at camp. Communications need to include:

1. Kitchen refrigerators are off limits to campers. There are refrigerators in the dining hall that can be used by campers. All food must be secured and in a larger container (not see through) that is clearly labeled. Young ones do have a tendency to go into the refrigerators and if there are tempting treats that can be seen, these may go missing.
2. We ask that nobody bring sugary snacks and to be considerate when eating personal treats/food as there are a number of children with allergies and on restricted diets. This can be very difficult for them.

Here is an example of an e-mail that is sent out 3-4 weeks prior to camp:

As camp draws closer, you may be wondering what delightful food will be awaiting you! Our amazing Camp Cook and her crew have wonders in store for you. Seriously, the food at camp is so nourishing and delicious that it always helps me to renew my myself in a way that is wonderful.

There will be options for everybody with each meal having something for folks who are Vegetarian, Vegan, Omnivores as well as Gluten-Free and "Gluten-Full" options. There are planned treats and desserts that meet the dietary needs of the whole community (and they are wonderful!)

We do have a number of younger campers as well with a variety of allergies and other food restrictions. Lisa creates a safe food environment for the whole community in her kitchen, so please do NOT bring to camp treats or snacks for sharing. This can be really hard on little ones who cannot partake and there is not option for them. The Kitchen Crew has us covered in this department!

That said, if you just can't live without your daily snickers bar at 3:00, for example, or your double espresso each morning, please bring your own personal stash for yourself. If your personal special food is Marmite (ok, you got me there too), feel free to pull that one out as little ones aren't going to go nuts over it, but if it is one of those highly desired items for others, please keep it in your car or if it needs to be refrigerated please put it in a container of some sort with your name on it and that can be seen through so as to minimize temptation for little ones!

Some things to consider bringing for yourself/family: fancy coffee, special tea, hickory smoked salt if you love it on everything, your favorite bread, or if your child will only eat "Aunt Suzie's Peach Thumbprint Almond Cookies" for their afternoon snack, etc.

There will be a variety of tea that are more in the herbal, green tea realm. There is some coffee of the variety made in a giant percolator. For anyone who has lived in Seattle, this just may not work for you. Then again, if you've been planning on breaking a habit or two, this is a *great* place and time for that!

The Weavers

At camp, the Food Liaison helps the camp know the rules of the kitchen, which includes:

No children in the kitchen! The island is the demarcation line. This is for safety - there are knives and hot stoves and people working hard and fast, so it is easy to miss seeing a child and providing proper oversight. For those children 12+ who are doing a kitchen clean-up, they can be in the kitchen during clean up.

Any announcements needed around the kitchen specifically and as needed throughout camp.

Allergies/Special Needs

The role of the food liaison is to work with campers prior to camp to understand the specifics for the dietary needs of their families. These can range from severe allergies to texture preferences for kids with sensory issues to special medical diets. The Food Liaison gathers this information and works with the Head Cook for menu planning/alternatives that can be done to accommodate specific needs. Historically, almost all food needs have been accommodated by the kitchen staff. Some campers may prefer to bring their own food and in

one case we had a camper just use the fridge and they had their own cooking station just outside of the dining hall using a camping stove.

Because children may come to the kitchen without parents and may not be clear on food allergies, we recommend having a list posted in the kitchen for the Kitchen Crew to reference as needed. This form can be completed before camp, printed and posted in the kitchen. A form is in the print section of this handbook.

Meal Set Up and Clean Up Volunteers

Meal setup: 2 people for each meal. Prep includes: Clear tables, spot clean if necessary, water pitchers filled and put on tables, glasses on tables, salt and pepper on tables.

Breakfast Cleanup: 4 people

Lunch Cleanup: 4 people

Dinner Clean up: 6 people

Breakfast

Consistency with the same basic items each morning can be important for kids. The Core Menu Plan has the same items each day for breakfast.

Lunches

To layout the sandwich buffet, roll the meat slices. This helps people take less and not take more than they actually want.

Dinner

First night dinner is the hardest. Families have just come in off the road, including the kitchen crew, so there isn't much time to get oriented, get the kitchen set up, start making food, join in the welcome and opening ritual.

Try to plan the first meal with easy to make items that can heat up quickly.

Recommend the welcoming crew provide snacks for arrival - watermelon is a great option. This should be set out by the registration/welcoming team as the Kitchen Crew will be challenged with getting dinner ready on the first night.

Menu Planning

Some tips for planning that keep the menu allergy friendly. No nuts in cooked foods. Nut butters on the side are ok. If anyone in camp has a severe allergy to a particular food, simply do not bring that food to camp.

Make sure all oats and pasta are gluten free.

Cooking dishes on the 'plain' side and then sauces can be added.

Coconut Aminos are easily used in place of Soy Sauce or Bragg's (also has soy).

During 2019 camp, it was noted that the kitchen clean-up is the biggest challenge on Sunday and a "bottle neck". The suggestion was made that breakfast on Sunday be a "cold" breakfast to facilitate the final clean up on Sunday. Some of the clean up could even happen Sat night during the dinner clean up. Something to consider and experiment with.

Core Menu

Breakfast:

Toast- wheat and gluten free; butter, jam, almond butter.

Milk- Whole and lowfat; Rice and Almond. Yogurt, Maple and Plain (Note: Plain not very popular - buy plain and stir in XXX Tbls maple syrup per quart). I AM THINKING 4 TBS???

Hard Eggs and Oatmeal; Corn Flakes, (?? Oat O's, Crisp Rice?) granola and fresh fruit

Breakfast Meat, a green will be served every morning and eggs will rotate between scrambled and hard

Breakfast meat to rotate between bacon and sausage

Lunches:

Thurs and Friday:

Sandwich Buffet

Turkey, Salami, Roast Beef, variety of cheeses, vegi. Lunch meats and PBJ

Lettuce, pickles, tomatoes, mayo and mustard

Potato Salad or cole slaw, chips

Saturday:

Pulled pork with plantanos and cole slaw

Black beans

Green Salad and leftovers from sandwich bar

Snacks - morning path and afternoon (about 2:30/3:00)

peanut butter (unless peanut allergy in camp), almond butter, sesame butter and jams.

Watermelon, hummus and chips;

Frozen bananas, apples and oranges for children's path (Fairies, Newts, Racoons)

Popcorn

Dinners

Wed:

- Veggie Coconut curry Soup (Note: could be made ahead and frozen)
- Chicken/Tofu

- Served over white/brown rice and Dahl
- Green salad with mango, red onion, cilantro, lime juice, salt and pepper
Gingerbread (leftovers for kid path snack on Thursday)

Thursday:

- Roast Chicken and Field Roast with Roast Potatoes
- Roast Veggies
- Green Salad
Cobbler

Friday:

- Beef Fajitas sautéed with Bell Peppers and Onions
- Tofu Fajitas
- Spanish Rice and Pinto beans
- Salsa, Sour Cream, Cheddar cheese Guacamole
- Green Salad
Chocolate Brownies

Saturday:

- Chili- Vegetarian and Turkey (Lisa says no chili! It doesn't go over well)
- White and Brown Rice
- Cornbread with Green Salad
Dessert

Once the menu is planned, then check that there are recipes for each item on the menu.

Menu Grid

Note: Customize and print out, post at camp and put in the camp packet, e-mail a week ahead of camp.

	Breakfast	Lunch	Dinner
Wednesday			Veggie Coconut curry Soup Chicken/Tofu white/brown rice Dahl Green salad Gingerbread
Thursday	Oatmeal Eggs Fruit Yogurt Granola Cereal Toast Greens Bacon or sausage	Sandwich Buffet Potato Salad or cole slaw chips	Roast Chicken and Field Roast with Roast Potatoes Roast Veggies Green Salad Cobbler
Friday	Oatmeal Eggs Fruit Yogurt Granola Cereal Toast Greens Bacon or sausage	Sandwich Buffet Potato Salad or cole slaw chips	Beef Fajitas sautéed with Bell Peppers and Onions Tofu Fajitas Spanish Rice and Pinto beans Salsa, Sour Cream, Cheddar cheese Guacamole Green Salad Chocolate Brownies
Saturday	Oatmeal Eggs Fruit Yogurt Granola Cereal Toast Greens	Pulled pork with plantanos and cole slaw Black beans Green Salad and leftovers from sandwich bar	Chili- Vegetarian and Turkey (Lisa says no chili! It doesn't go over well) White and Brown Rice

	Bacon or sausage		Cornbread with Green Salad Dessert
Sunday	Oatmeal Eggs Fruit Yogurt Granola Cereal Toast Greens Bacon or sausage		

Budget

Once the menu and recipes are determined, then start detailing all the food items needed for purchase. When there is a final count for campers where it is clear how many vegan/veg/omni eaters there are and ages, it is possible to break out the amount needed to purchase. There are also items like parchment paper, vehicle rental, gas that may be needed as well. Think about the full amount of costs to run the kitchen! This is an example worksheet based on past experience, however items need to be considered based on the plan for your camp and current costs. If the budget looks like it won't cover the menu, then the menu needs to be examined to see if it can be adjusted in some way and then go back to the budget. After all expenses are paid, the Head Cook decides how much to pay each member of the Kitchen Staff based on the work performed during camp. Ideally, all Kitchen Staff should be paid at the conclusion of camp. A range may be discussed with Kitchen Staff up front, however the final amount should reflect the quality of the work. We find that this leads to a more smoothly run kitchen with dedicated staff.

In some circumstances, the Head Cook may purchase all items up front and be reimbursed after camp. However, we believe that the Head Cook role should not be restricted to individuals who have credit cards and/or the financial ability to pay such a large sum up front. Rather, a bank account should be set up specifically for the camp and funded at least 30 days, preferably 60 days, prior to the start of camp to enable the Head Cook to do the prep work needed for a successful kitchen.

If at the end of camp, the full budget is not used, any extra should return to camp to support the ongoing costs of creating camp the following year or for special fundraising. For example, it could be used to donate back to the camp site for improvements in the kitchen, such as getting a Hobart commercial dishwasher.

The total budget has been driven by \$100/person over the age of 4 for the last several years (through 2018). As food costs rise, we will likely need to increase in 2019. This is per camper and used to cover all costs for supplies, kitchen staff, etc.

Budget needs to include:

Kitchen Staff (fully paid, not based on tips)

Food

Supplies (parchment paper, oil, spices, etc.)

Contingency/going to town during camp \$500

Budget Worksheet

	Item	Amount	Cost per	Total	Remainder
Campers (drives total budget)		65	100	6,500	6,500
Expenditures					
Truck Rental	1	1	500	500	4000
Gas	250 miles	25	4.00	100	3900
Food					
Contingency "runs to town"				500	3400
Pantry (oil, spices, tea, coffee, sweetners)				500	2900
Meat/Dairy/E ggs (about 50%)					1450
Veg/Dry Goods (about 50%)					1450
Kitchen Staff					
	Head Cook	1			
	Staff	4			

Shopping

Shopping Lists

Based on the menu and the age/number of campers, an estimate can be made of how much food to buy.

Milk - When there are a lot of young kids (toddlers-5 yrs), plan for a lot of milk. Parents ask for milk to fill bottles. When camp is older, then the amount of milk needed is less.

RMFC goes through a *lot* of bananas! They are served at some meals and are also cut in half on a popsicle stick and frozen. These treats go fast! Some years, they are even dipped in chocolate!

Breakfast cereals

- Organic Rainforest Corn Flakes (4 large bags)

- Trader Joe's Organic O's (1 box)

- Granola a berry/mixed berry type (1 lb)

Shopping Tips

Food can spoil on the long drive up to the woodlands, so plan accordingly! If possible purchase meat/dairy/eggs as close to camp as possible. Non-perishables can be purchased well ahead of time and transported long distances. Think about this with the logistics.

Costco has good prices and a number of organic items as well.

Trader Joe's has great deals on bananas

Rainbow Grocery (or local coop) is great for bulk spices, tea, coffee, oil, honey and discounts may be available.

Mendocino grocery store - will deliver to the woodlands and will give discounts on cases and an additional discount if you tell them it is for "Witchcamp".

Pamela's gluten free cake mixes are great and easy to use at camp to make quick desserts/treats at camp.

Acme Bread Company - Can stop on the way up to camp and buy day old bread. They will wrap it up and provide additional discount for a cash payment. This bread should be first at camp and will last 3 days.

How to fund shopping trips?

This may vary by who is doing the shopping. Some years one person does all of the shopping and is reimbursed afterwards. In other years, the shopping tasks were delegated across several volunteers. The cost of these shopping trips can be substantial, so it may be necessary to provide money ahead of time from the camp funds. Furthermore, this role should be based on skills and interest rather than financial ability to fund the kitchen up front and wait a month or longer to be reimbursed. One way to set up funds is to create a bank account specifically for this purpose that has a debit/credit card that pulls directly from the account. Such an account should be set up at least 30 days, preferably 60 days, before camp. This can be done at Redwood Credit Union with an account that has a RCU Visa debit card connected to the account.

Equipment

Knives - while there are some knives at the Woodlands, it is critical for the Kitchen Staff to bring their own knives that have been freshly sharpened.

Hot water kettle is very helpful for the coffee/tea station and eliminates the need for the Kitchen Staff to boil water on the stove for those who want tea.

Toaster (s) - These do not come with the kitchen! If they are present, they may have been left over from another camp. Bring a toaster!

Food Processor - Very helpful and saves time! Not provided equipment, so please bring one.

Parchment paper is very helpful when roasting in the oven and makes clean up much easier. At least 4 boxes of parchment paper are recommended for a camp that is 65-70 people (about 1 box for every 15 people at camp).

Preparation

Some menu items can be prepared ahead of time, whether a few weeks or just before camp. The Head Cook should identify these items and either prepare them or ask for volunteers to prep items ahead of time. Some items may be frozen well ahead of time and these can serve as items to keep coolers cold during the trip. Sauces can be prepped early as well as soups.

Garbology

What on earth is “Garbology”? This is a way to measure the amount of food waste we generate as a camp at the end of each meal. It also helps to scrap the dishes, making the dishwasher’s job a little bit easier.

At the first night’s dinner announce that all food scraps should go into the food scrap bucket.

After dinner, weigh the amount of food scrap (minus the bucket weight) and write it on a chart. Share the amount of waste with the group and get the group to decide how much to reduce food waste by at the next meal. Record at each meal. The goal is to get as close to zero as possible!

Leftovers at the end of camp can be challenging. These can be offered to campers to take home. Mendocino has a homeless shelter called Hospitality House, and if we make arrangements ahead of time, they will send someone out at the end of camp and pick up everything they can use.

Post-Camp

Take a moment to collect ideas/insights during the camp feedback circle overall. Ask each member of the Kitchen Crew and the Food Liaison for insights and feedback. What worked well? What was challenging? What would you change next year? Make notes right away because it is easy to forget these insights. By

documenting them and referring to them during the planning cycle, continuous learning will help improve the process year over year!

Kitchen Set Up - CONFIRM

Label each fridge, one for:

Fruits/Vegetables

Meat/Dairy/eggs

Center island for spices, chef's knives (to be kept separate from the kitchen knives)

Post Allergy Food List

Post kitchen checklists (dishwashing, roles, etc.)

Post signs for dish collection station in dining hall

Put all food away, priority are the refrigerated items

Print for Camp

The pages follows are signs to be posted at camp

Cooking Chore List RMFC 2019

#1!!! WASH HANDS before working on any Food in the Kitchen.

Wear Gloves and make sure the knife you use is to your size. ***If***

you are working on any food item that campers have an allergy to, you

must wash your hands and equipment (knife, cutting boards, counter space)

before working on any other food items.

Cutting Veggies

For lunches we will need all the cabbage cut very thin for coleslaw.

(please think of the size that would be comfortable for your mouth then think of small pieces for kids and cut appropriately.) see Lisa

Wednesday Night team: Cut all the tomatoes thin for sandwiches- remember it has to fit with the other sandwich items and store in two containers; in rows

Cutting Red onions-thin to win

Cutting Veggies- Please cut all the broccoli, cauliflower and zucchini. Think of the pieces and sizes for small people and find a clean tub to store it in. (Check with Lisa or HeyZeus to be sure or if you have any questions)

Every Day Snack Team: Prepare snacks for Paths-Check in with each path after breakfast and find out what they would like in the way of snacks and make them; tray on two oval plates

-Choices:

PB&J sandwiches, Rice crackers, cut fruit, grapes. Typically snacks go to Fairies, Newts and Racoons

Thursday Team:

Wash and cut up half a bag of potatoes. Please cut out the dark parts or potato blemishes. Cut into pieces that if they were potato salad they would be edible to everyone's mouth, young children included. Check with HeyZeus or Lisa first to be sure of size.

Make Giradelli Brownies-follow recipe-make sure you put parchment paper down before you put them on the tray. Make GF Pamela's brownie mix (make in the afternoon put parchment paper down before the mix) store on rack to cool

Friday Team:

Wash all the potatoes. Ask Lisa for instructions on how to prep potatoes for friday night dinner.

Shred all the Beecher's Cheese for Mac and Cheese for Saturday lunch. Use the Cuisenart and ask for help putting it together. Store the cheese in large containers. Put lids on it and a paper towel over cheese so it cannot get moist or wet.

Saturday Team:

Make GF white cake. (always put parchment paper down before the mix) Store on rack to cool.

Fruits/Vegetables

Refrigerator

Meat/Dairy/Eggs Refrigerator

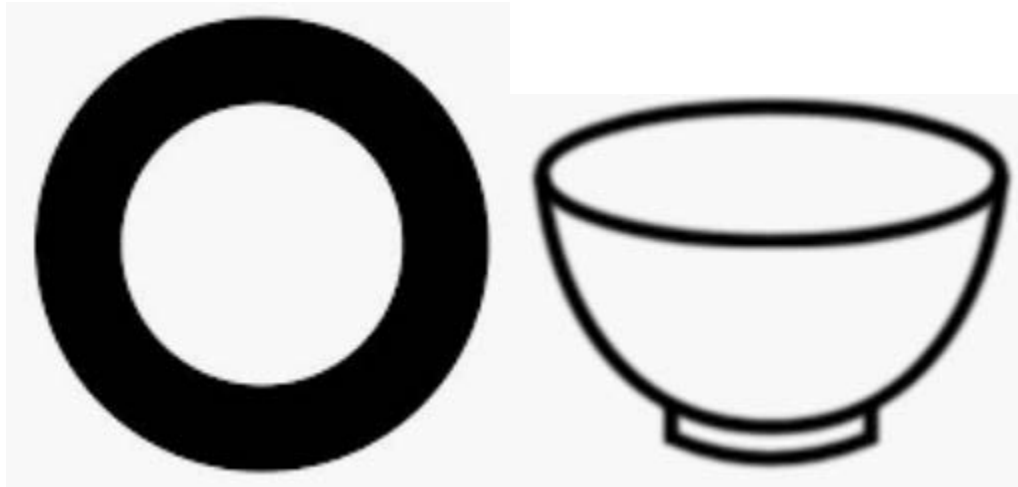
Food Scraps



Spoons, Knives & Forks



Plates/Bowls



Glasses/Mugs



Meal Prep Checklist

- Clean off tables
- Spot clean as needed
- Water glasses, pitchers with water and salt and pepper shakers are placed on each table
- Set up Kid Hand Washing Station:
- Dishpan with warm (not hot) water and soap is placed in hand washing area, dishpan with clean water for rinsing.
- Set up Dish Station
- Bucket for "Garbology"
- Dishpan with soap and water for cutlery (label on wall)
- Dishpan for plates and bowls (label on wall)
- Dishpan for glasses and mugs (label on wall)

Dishwashing Process

There are three sinks for dishwashing. Children may help with drying, putting away and washing in the soap/water basin only. They are not to work with bleach.

Set up for Dishwashing

Sink to far right with hot water and soap

Middle Sink - hot water for rinsing

Left sink - cool water and 1 cap of bleach (sanitizing as per health codes)

Steps for Dishwashing

Rinse or scrape extra food

Wash

Rinse

1 min in Sanitizing sink with bleach

Place on rack and let air dry

Dry towels and put away

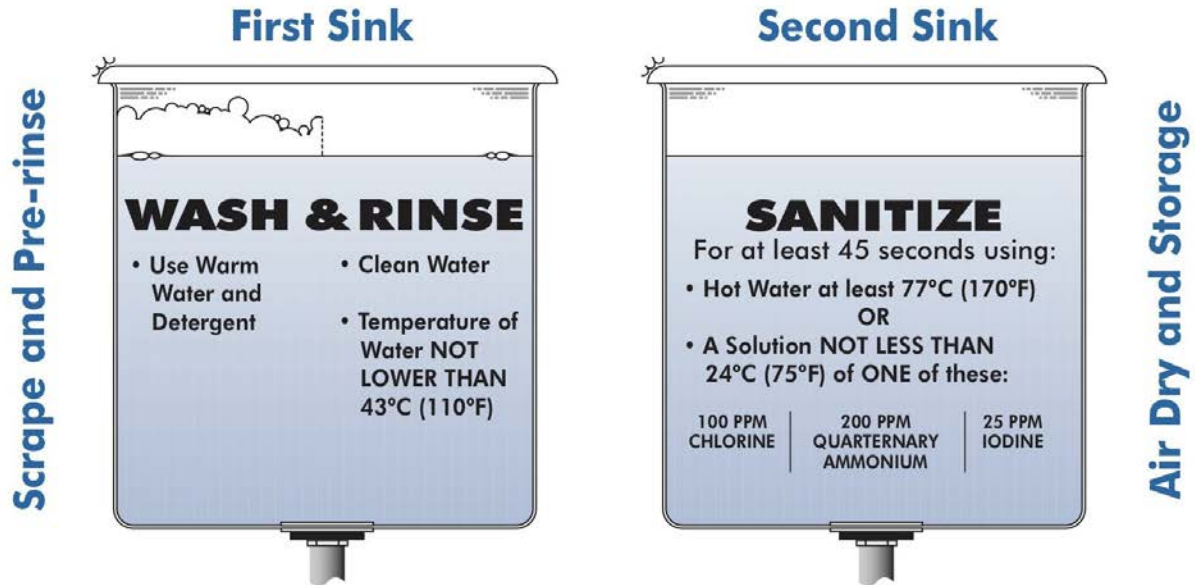
Clean and sanitize the sinks, sideboards and all food prep surfaces in the kitchen with the bleach solution water in the third sink.

NO DISHES SHOULD BE LEFT IN RACKS AT END OF SHIFT

Dishes that were used by kitchen crew for cooking may be washed in soapy water and rinsed with hot water only in the 2 sink station on the other side of the kitchen. Any utensil that may have been used for eating or drinking must go through the 3 sink and sanitization process.

CORRECT DISHWASHING PROCEDURE

The Two Sink Method



*Classic 3-sink dishwashing set-up – tape signs above sinks
Wash pots & pans and serving dishes in separate sink, or do them last*

1.

**Rinse Dishes thoroughly
with hose or in a separate wash-bin**

No food-scrap go into wash water

OR - if necessary change wash water every 20-25 people

2.

SINK #1

Hot Soapy Water

**Keep this clean – change as needed
especially for oily dishes (fried chicken, etc)**

3.

SINK #2

Warm Clean Water

Rinse dishes before dropping into bleach sink

4.

SINK #3

Cold Water + scant capful of bleach

Let dishes soak 30 seconds or more

Wear gloves to remove dishes for drying

Meal Clean Up Checklist

- Wash dishes
- Dry dishes
- Put away dishes
- Clean sinks, sideboards and all counters with a final rinse with bleach solution
- Clear all tables of abandoned dishes, pitchers, salt & pepper
- Wipe down tables
- Put away leftover food
- Take out garbage and recycling
- Sweep dining hall
- Set out tea/coffee service
- Hang up wet kitchen towels to dry
- Write any work order needs or supplies needed (garbage bags, soap, sponges, gloves) on the work request form on the bulletin board

Kitchen Supplies List

- Electric Hot Water Kettle
- Instant pot/rice cooker
- Masking tape
- Sharpie/Pen
- Paper/notebook
- Knives - sharpen before coming to camp
- Blender/Bullet/Vitamix
- Food Processor
- Parchment Paper (3 boxes)
- Aluminum Foil (?)
- Waxed paper (?)
- Dishwashing gloves (small sizes)
- Dawn Dishwashing Soap
- Popsicle sticks
- Muffin tin liners (if muffin/cup cakes on menu)
- Toothpicks
- Vegetable peeler
- Kitchen timer(s)
- 6 coolers
- Freezer packs
- Tarps & bungee cords if renting a truck (not needed for van)

Food List

Dairy

- Eggs
- Milk Whole
- Milk Skim (?)
- Whipping Cream
- Butter
- Plain Yogurt (sweeten with maple syrup)
- Cream Cheese
- Sliced Cheese - Types??? For lunches

Grains/Bread

- Oatmeal (Gluten Free) (10lbs???)
- White Rice - 5 lbs? Type - long grain?
- Brown Rice - 2 lbs?
- Popcorn
- Pasta (Gluten Free)
- Bread (Gluten Free)
- Bread - ACME baking Company Sandwich Loaf
- Bread - Whole Grain
- Beans (4lbs per meal with beans)
- Maple Syrup
- Honey
- Sugar
- Confectioner's Sugar
- Cocoa
- Jam - kinds?
- Peanut Butter (how much?)
- Almond Butter

- Sunflower Seed Butter

Coffee/Tea

- Coffee (organic)
- Green Tea
- Chai - NEED RECIPE
- Herbal Tea. Peppermint, Chamomile, ??
- Stevia - Type???
- Lemons/Lemon juice (make stevia lemonade - need recipe)
- Nutritional Yeast
- Vanilla
- Salt
- Pepper

Fruit/Veg

- Bananas (a lot-4 cases- purchase green, Trader Joe's discount by case)
- Apples
- Melon
- Broccoli (1 case)
- Cauliflower (1 case)

Dairy/Eggs

- Eggs
- Milk
- Heavy Whipping Cream
- Eggs
- Cheese

Meat

Redwood Magic Family Camp and Teen Earth Magic

Menu and Food List 2016

70/30 Organic

Breakfast:

Toast- wheat and gluten free; butter, jam, almond butter.

Milk- Whole and lowfat; Rice and Almond. Yogurt, Maple and Plain.

Hard Eggs and Oatmeal; Corn Flakes, granola and fresh fruit

Breakfast Meat, a green will be served every morning and eggs will rotate between scrambled and hard

Lunches:

Monday and Tuesday:

Sandwich Buffet

Turkey, Salami, Roast Beef, variety of cheeses,
vegi. Lunch meats and PBJ

Lettuce, pickles, tomatoes, mayo and mustard

Potato Salad or cole slaw, chips

Wednesday:

Pulled pork with plantanos and cole slaw

Green Salad and leftovers from sandwich bar

Snacks:

peanut butter, almond butter, sesame butter and jams.

Watermelon, hummus and chips;

Frozen bananas, apples and oranges for children's path (Fairies, Newts, Racoons)

Dinners

Sunday:

- Veggie Coconut curry Soup
 - Chicken/Tofu
 - Served over white/brown rice and Dahl
 - Green salad with mango, red onion, cilantro, lime juice, salt and pepper
- Gingerbread

Monday:

- Roast Chicken and Field Roast with Roast Potatoes
- Roast Veggies

- Green Salad
Cobbler

Tuesday:

- Beef Fajitas sautéed with Bell Peppers and Onions
- Tofu Fajitas
- Spanish Rice and Pinto beans
- Salsa, Sour Cream, Cheddar cheese Guacamole
- Green Salad
Chocolate Brownies

Wednesday:

- Chili- Vegetarian and Turkey
- White and Brown Rice
- Cornbread with Green Salad
Dessert

RMFC Recipes

Lemonade

Chai

Hot Cocoa

Popcorn

Chocolate Covered Bananas

Rice Krispy Treats (depending on food allergies, can be made with almond butter - SARAH TO ADD RECIPE)

Coconut Curry

Coconut milk, sweet potatoes, ¼ cup lime juice, veggie broth, green onion, cilantro 1.5 cup, salt and pepper, red peppers

Kefir lime leaves, red curry paste, mung beans (on side)

Tofu sliced and roasted in oven on parchment paper with oil, salt and pepper.

Brown rice

Salad with lime dressing

Red leaf lettuce, cucumbers, and spring mix

Cornbread:

1/2 cup (1 stick) unsalted butter, melted, plus more for pan

1 1/4 cups yellow or white cornmeal

1 1/4 cup all-purpose flour (spooned and leveled)

4 tablespoons sugar

2 teaspoons baking powder

1 teaspoon fine salt

1 cup milk

3 large eggs

Servings - ???

Do not double or triple cornbread recipe! It needs to be made in batches. 4-6 batches are needed for a meal.

Salsa

Desserts

A word on dessert - they really are a must have at camp. The pieces do not need to be large, but a little something each night is important for the morale of the camp!

Brownies

Ghiradelli box mix, Namaste (also at costco) works for food allergies

Gingerbread

dry

15 cups of flour, plus more for pan

4.5 cups of turbinado sugar

1.5 tablespoons of ground cinnamon

1.5 teaspoons of salt

¼ cup of baking powder

wet in blender

1.5 cups of light molasses

3 cups of canola oil

6 cups of almond milk

3 cups of water

lots of fresh ginger

Servings (???)

Notes: Lisa Feb 23, 2019

Post meeting with Hey Zeus