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🗨️ Conversation Starter · March 14 at 1:08 PM

Covid-19 got you locked down?

KYR! Know Your Resources social distancing addition.

Challenge: Bear picnic basket!

1.

Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.


Use this as a awesome challenge to look at what you already have and create awesome and delicious recipes from the stuff in your cabinets and fridge.

2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.

With covid19 this is an excellent time to talk about sanitation , planning safety etc

3. Select and prepare two nutritious snacks for yourself, your family, or your den.

Your kids are home for three weeks! Make sure they can create a awesome and nutritional snack (home made trail mix? Ants on a log? Both sound good and fulfill this requirement)

 on a log (celery sticks with peanut butter and raisins on top) if you didn't know.

4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking

Wiped out from kid over load? Your Bear Scout needs to make dinner tonight! Make sure everything is safe and you help but your scout should be able to do 95% of everything to prepare a healthy meal!

5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

You've been inside with these kids for a whole day at this point! Get them outside if you can have fire in your yard and cooking something (foil packs are great for this

<https://www.spendwithpennies.com/hobo-dinner-packs-hamburg.../> )

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meeting and planning

Keep an eye out here for more ideas to help with our three week Scouting in isolation experience