



On the Grid

ACT CUBOREE 2020

Kitchen Captain's Guide

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Table of Contents

INTRODUCTION	4
SECTION 1	6
SAFETY - HYGIENE	6
HYGIENE	6
Good camp hygiene	6
Sterilization	6
Wear gloves	6
Cover food	7
Keep the dust down	7
Food preparation surfaces	7
Use your common sense	7
SAFETY - FIRE	7
Fire Restriction Information	7
What rules apply during a Total Fire Ban?	7
SECTION 2	9
MEAL TIMES AND THE CUBOREE DAILY PROGRAM	9
SECTION 3	11
RECYCLING	11
SECTION 4	12
FOOD DISTRIBUTION AND RATION LIST FOR YOUR KITCHEN	12
Distribution times	12
Quantities for your kitchen	12
Be careful to look at how long items must last	12
Ice	12
Special food	12
SECTION 5	14
YOUR KITCHEN TEAM	14
SECTION 6	15
CUBOREE MENU AND COOKING IDEAS	15
Special Diets	15

Standard Menu	15
Breakfasts	15
Morning and Afternoon Teas	16
Dinners	16
Suppers	16
Milk 16	
CUBOREE MENU	17
Breakfast	17
Morning Tea	17
Lunch	17
Afternoon Tea	17
Dinner	17
Supper	17
SECTION 7	18
SPECIAL DIET MENU AND PEOPLE WITH SPECIAL NEEDS	18
Introduction	18
SPECIFIC DIET DETAILS	18
Gluten/Wheat Free – COEL	18
Low Cholesterol/Low Fat – LFML	19
Halal – MOML	19
Dairy Free and Lactose Free – NDRY/NLML	19
Egg Free –NEGG	19
Nut Free – NNUT	19
Seafood Free	19
Other	19
Vegetarian – VGML	19
List of specific persons against diet codes	20
SECTION 8	21
KITCHEN EQUIPMENT LIST	21
Suggested equipment list...	21
The QM Store will provide you with...	22
Lights	23
ATTACHMENT 1 – FOOD QUANTITIES FOR YOUR KITCHEN	24
ATTACHMENT 2 – SUGGESTED KITCHEN SUPPORT ROSTER	25

INTRODUCTION

Welcome to the role of Kitchen Captain at the 2020 “On the Grid!” Cuboree.

It is very important that all Cub Scouts/ Guides eat healthily for the duration of the Cuboree. This means that adequate menus (outlining a balanced and healthy diet) are planned and followed for the whole weekend. Camp Kitchens should not be concerned with making restaurant standard food; instead, the emphasis needs to be on simple healthy food, cooked well, and enjoyed by all. This particularly refers to Camp Kitchens that have Cub Scouts/ Guides/ Leaders with special dietary requirements.

The main points that you should be looking for are:

That the Camp Kitchen and Kitchen Team are working to an organised plan

- Hygiene, Clean-up & Waste
- Personal hygiene (long hair tied back, clean hands)
- Raw vegetables washed (if applicable) and raw meat kept separate from everything else
- All utensils/ pots are clean before commencing cooking and Kitchen Team cleaning as they go
- All utensils/ pots are cleaned up and stored away promptly
- Waste and waste water disposed of correctly

Preparation & Organisation

- Timings are taken into account i.e. is everything ready at the beginning of the meal?
- Think creatively about using leftovers – consider how extra may be used in the next meal (avoid waste).

The Food

- The meal prepared reflects what is stated on the menu
- That all Camping Group members have eaten a substantial meal
- Meat / vegetables are properly prepared, correctly cooked and served piping hot (if applicable)

The job of Kitchen Captain is one of the most important at Cuboree, as it is up to you, with all the assistance that the Catering Team can give you, to ensure that the Cubs/ Guides and Line Leaders are fed well and on time. The Cuboree timetable is very tight, and if a Camping Group team is running late for a ceremony or activity then the timetable is completely disrupted. One of the most critical things to ensure Camp Kitchens are on time is to have meals ready to go at the appointed times, get the kids served and their plates washed up so they can move on to having more fun.

This short guide has the following Sections:

1. SAFETY – HYGIENE AND FIRE
2. MEAL TIMES AND THE CUBOREE DAILY PROGRAM
3. RECYCLING
4. FOOD DISTRIBUTION AND RATION LIST FOR YOUR KITCHEN
5. YOUR KITCHEN TEAM
6. CUBOREE MENU AND COOKING IDEAS
7. SPECIAL DIET MENU AND YOUR PEOPLE WITH SPECIAL NEEDS (A MUST READ)
8. KITCHEN EQUIPMENT LIST

Please read it all carefully.

The Catering Team is here to help you, not the other way around. Please contact the Catering Team immediately if you need help, whether it be for food shortages, issues with people who have special dietary requirements, to ask for advice, or any other catering concerns.

The leaders of the Catering Team are:

Q Store Managers: Eric Zurcher 0415 631 421 and Paul Murphy 0418 860 350

Special Diets Coordinator: Elizabeth Hickey elizabeth.hickey@bigpond.com 0405 329 602

Any questions or enquiries to:

Leo Farrelly leof1@iinet.net.au or 0430 581 672

SECTION 1

SAFETY - HYGIENE

HYGIENE

Good camp hygiene

Cleanliness in food preparation and consumption is essential to the success of the Cuboree. We do not want anyone having even minor tummy problems, and have adopted the following procedures to help.

Also, as the Cuboree is a high profile event, it is quite possible that health inspectors could pay us a visit. We need to be following best practice for camp cooking, and demonstrate that we are doing so. The Catering Team managers will visit Camp Kitchens over the course of the Cuboree to ensure that good hygiene practices are being followed.

Sterilization

Each Team Kitchen will be issued with 2 litres of Chlorine Sterilizer. It will be in the form of a 2 litre bottle of Regular Bleach

THIS HAS THE SAME ACTIVE INGREDIENT AS MILTON BABY BOTTLE STERILIZER – SODIUM HYPOCHLORITE.

****THE RECOMMENDED MIX FOR THE STERILIZER IS 24ml PER 6 LITRES OF WATER (4ml/litre).**

Please do not under or over dose. It needs to be strong enough to be effective but not so strong that it can hurt hands.

Before meal preparation, prepare a Sterilizer mix in a wash-up dish and ensure all Kitchen Team members rinse their hands and rinse all utensils before use.

When serving a meal have everyone line up with their plates and eating utensils, wash their hands in soapy water, then rinse hands, plates, mugs and utensils in the steriliser solution. Give hands and utensils good shake prior to members being served.

After meals, wash plates etc. normally, rinse in the sterilizer solution, shake them and put them away wet into mess kits. The sterilizer solution can then work as the plates dry.

~ DO NOT USE TEA TOWELS ~

Tea towels wipe off the sterilizer solution, and are a breeding place for bacteria and germs in any camp kitchen. Please ask Cubs and Adults to put their tea towels away in their tents, and do not let them use them.

Cooking equipment should also be rinsed in the sterilizer solution after washing up. If you use tea towels to dry cooking equipment they must be washed DAILY in boiling hot water and steriliser solution.

Wear gloves

Everyone handling food must wear disposable gloves at all times. Nitrile gloves are recommended in an effort to prevent latex allergies. Medical gloves are often made out of nitrile because it is also resistant to oils and fats in the body and they are recommended for all applications.

Please be aware of possible cross contamination when dealing with different food stuffs – this is especially important for handling meat or special diets.

You will be issued with 50 pairs each of medium and large gloves for the Cuboree.

Cover food

The campsite is sure to have lots of flies and dust. Cover food and use Eskies
Please cover food at all times. Keep the meat, milk, margarine etc. on ice.

Keep the dust down

Placing a piece of carpet down over highly trafficked sections of your cooking area will assist with keeping down the dust and leaves etc.

Food preparation surfaces

Keep the dining rooms tables clean at all times.

Wash any food preparation surfaces with sterilizer solution before each use.

Use your common sense

It's your Kitchen - make everyone act responsibly.

SAFETY - FIRE

COOKING OUTDOORS DURING A TOTAL FIRE BAN

Fire Restriction Information

The rules below have been taken from the ACT Emergency Services Agency website Total Fire Ban page. .

What rules apply during a Total Fire Ban?

Anyone who, intentionally or recklessly, lights or uses fire in the open without a permit from the Emergency Services Agency commits an offence punishable by a *severe fine or up to one year in gaol, or both*.

The Emergency Services Agency may declare a fire to be exempt from the restrictions that apply during a total fire ban if:

- a fire lit, maintained or used on any land for an electric or gas heating appliance to cook food or heat liquids and, while the appliance is in use,
- the appliance is under the direct control of a responsible adult;
- an area around the appliance of at least 3m is cleared of flammable material; and
- a fire-extinguisher or a continuous stream of water is available for use.

Cuboree HQ will seek an exemption for Gas or Electric stoves and BBQs at Cuboree if a total fire ban is declared during the event.

Please make sure your kitchen is capable of complying completely with the above rules. The "continuous stream of water" condition will be met by having a hose attached to a working tap that can easily reach the cooking appliance. Please test the tap to ensure that water is available at a reasonable pressure.

Note that each appliance must be under the direct control of a responsible adult while it is alight during a Total Fire Ban. This means that the adult must actually be standing within close proximity of the gas or electric stove or BBQ.

Having an adult undertaking other tasks nearby while “in charge” of the gas or electric stove or BBQ does not meet this requirement.

SECTION 2

MEAL TIMES AND THE CUBOREE DAILY PROGRAM

Please note a couple of important things about meals times:

- The meals, including plate wash-up, must be finished by the nominated end time or your camping group will not have time to get to the next activity.
- Lunchtimes are tight – please ensure it is ready on time.
- The evening dinner break is also the most common Cub shower time.
- Please agree with your Communication Team Leader what time dinner should be served.

We suggest that serving time be between 6pm and 6.30pm.

From a Kitchen Captain's perspective the key times of day are:

DAY 1	FRIDAY 17 JANUARY 2020	
09.30 PM	SUPPER	CAMP KITCHEN
DAY 2	SATURDAY 18 JANUARY 2020	
07.30 AM – 09.00 AM	BREAKFAST	CAMP KITCHEN
12.15 PM – 02.00 PM	LUNCH	CAMP KITCHEN
04.45 PM – 07.30 PM	DINNER and SHOWERS	CAMP KITCHEN
09.30 PM	SUPPER	CAMP KITCHEN
DAY 3	SUNDAY 19 JANUARY 2020	
VISITORS' DAY	JOEYS 9.30 – 12.45 PM VIP'S 10.00 AM – 11.45 AM GUIDES 12.30 PM – 4 PM	SHAKESPEARE CENTRE HALL
07.30 AM – 09.00 AM	BREAKFAST	CAMP KITCHEN
12.15 PM – 02.00 PM	LUNCH	CAMP KITCHEN
04.45 PM – 08.45 PM	DINNER and SHOWERS	CAMP KITCHEN
09.00 PM	SUPPER	
DAY 4	MONDAY 20 JANUARY 2020	
07.30 AM – 09.00 AM	BREAKFAST	CAMP KITCHEN
12.15 PM – 02.00 PM	LUNCH	CAMP KITCHEN
04.45 PM – 07.30 PM	DINNER and SHOWERS	CAMP KITCHEN
09.00 PM	SUPPER	CAMP KITCHEN
DAY 5	TUESDAY 21 JANUARY 2020	
07.30 AM – 09.00 AM	BREAKFAST	CAMP KITCHEN

SECTION 3

RECYCLING

Caring for the environment is part of the Scout Law that we have promised to uphold. With that in mind, we strongly encourage Kitchen Teams to minimize waste and recycle as much of their rubbish as possible.

There will be recycling skips on site. Treat the recycling skips as you would your recycling bin at home. Please be sure that your Cubs and Kitchen Team know the difference between the waste and recycling skips, and use them appropriately. NO soft plastics (such as plastic bags) should be placed in the recycling skips. If you are unsure whether an item can be recycled or should go to land fill, ask us at the Q Store.

Much of the recyclable camp waste will be cardboard from boxes. There will be a trailer on site where you can leave your boxes (but please fully collapse them first). Cardboard may also be put into the recycling skips, but use of the trailer for this component will free up the limited space in the skips.

Some of the waste at Cuboree (e.g., juice popper boxes) can now be taken to ACT recycling centres, with a 10 cent deposit refund given for each item returned. These items will not be collected centrally. Camp Kitchens are encouraged to collect these items for the deposit refund, with profits going to the collecting Group. If your Kitchen does this, you may want to arrange for items to be taken off-site every day or two, so they do not attract insects or pests.

SECTION 4

FOOD DISTRIBUTION AND RATION LIST FOR YOUR KITCHEN

Distribution times

Food will be distributed to the Kitchen Team twice each day, at times agreed between the Kitchen Team and the Q Store Managers.

Generally food distribution will be:

- Friday afternoon – initial general stores and milk for supper; Saturday's breakfast, fruit and muesli bars.
- Morning distribution – lunch; bread for lunch, fresh vegetables, dry goods for dinner; juice poppers for afternoon tea.
- Afternoon distribution – meat, frozen vegetables, cheese, custard for dinner; milk for supper; and next day's breakfast, next day's fruit and muesli bar supply, juice poppers for morning tea.
- Special Diets stores will be distributed throughout Cuboree with your standard rations. Food will be distributed in 60 litre crates and recyclable bags. These must be emptied promptly and returned to the Q Store so they can be refilled for the next distribution.

Quantities for your kitchen

A detailed list of the food calculations, quantities and distribution for your Team will be distributed to Kitchen Captains at Cuboree, and forms Attachment 1 of this guide.

If you want help in understanding it please see one of the Catering Managers.

Be careful to look at how long items must last

For example, you get all your tea-bags and coffee in one issue.

The Milo is for all four nights.

On Sunday morning you get twice as much lettuce as other days, but half is for dinner.

You can work all this out from the spreadsheet, but please ask for help if necessary.

Ice

Weather during Cuboree will be hot and it is essential that perishable food is suitably stored in an esky or cool room. Ice will be available from the ice truck during the morning and afternoon distribution times. Please use it wisely; if demand is too high, we will be forced to ration it. Ice is to be used only in eskies or for cooking drinks, not for play or for cooling "swimming pools".

We encourage you to bring empty clean milk or cordial bottles to the ice truck, where they can be filled and frozen and collected for later use. Frozen bottles of ice work better than bags of cubes in eskies, as they last longer and keep the melt water contained.

Special food

If you have people with special dietary needs in your Team (and nearly everyone does), their food will be identified separately. Special Diets food needs consideration around storing of food items and serving. Please take note of the information provided closer to Cuboree or speak to the team.

This guide includes the special dietary menu; a list of the special dietary codes and what special dietary foods your Kitchen will be issued at Cuboree.

Please check with individual people with special dietary requirements that we have it correct – we need to be corrected if any errors which have been made. If someone identifies an issue at arrival or during Cuboree please communicate with the Special Diets Team so that we can assist you to accommodate the changes required.

Any problems at all with special food please see Elizabeth Hickey (Special Diets Coordinator), or Q Store Managers Eric (Raven) or Paul (Wombat) in the Q Store.

SECTION 5

YOUR KITCHEN TEAM

The Kitchen Captain is responsible for gathering together a Kitchen Team to staff the camp kitchen.

The Kitchen Captain will need a team to collect food supplies from the Q Store, to prepare and serve the meals, to prepare and distribute the morning and afternoon teas to the activity sites that your cubs are at, to clean up the food preparation utensils, and to keep the kitchen area tidy and hygienic.

On Friday afternoon they will need to collect the kitchens initial issue of non-perishable food

The daily list of jobs is:

- Prepare breakfasts and serve at 7-30 am. Clean up the kitchen area.
- Prepare morning tea and distribute to the Activity site between 10 am and 10-30 am.
- Collect the food for lunch and afternoon tea (arrange a time with Q Store Manager). (Milk and bread are delivered to the site at about 9 am).
- Prepare lunch to serve by 12-30pm. Clean up the kitchen area.
- Prepare afternoon tea and distribute to the Activity site between 2-30 pm and 3 pm.
- Collect food for dinner, breakfast and morning tea (arrange a time with Q Store Manager).
- Prepare the dinner to serve at approximately 6 pm (check with your Team Leader for the best time for your Kitchen). Clean up the kitchen area.
- Prepare supper for around 9 pm. The exact time will vary from day to day depending on evening activities. Clean up the kitchen area for the night.

We have prepared a sample Duty Roster (Attachment 2) in this guide for the Kitchen Captain to use. The number of kitchen staff recruited will be up to the Kitchen Captain. The start and finish times on the sample Duty Roster provides coverage of all jobs, but may be varied if needed.

SECTION 6

CUBOREE MENU AND COOKING IDEAS

Special Diets

CUBOREE IS A NUT FREE AND SEAFOOD FREE ACTIVITY – Please be aware that under no circumstances should Nuts or Seafood be used/prepared or consumed onsite as these foods are common non-contact allergens with potentially severe side effects.

It is important that all kitchens consider this guidance on special diets. For Cuboree there will be a specific number of special diet options – these will include Gluten Free, Nut Free, Dairy/Lactose Free, Halal/Kosher diets. These options will be in addition to a full allocation of standard rations issued for each person. Other diets will be accommodated depending on complexity, risk and requirements. If a diet is not catered for by Cuboree, participants will be advised and requested to supply desired alternatives (within the permitted requirements of Cuboree) – participants and families will be contacted and supported to manage this by the special diets team. Participants and families will be contacted directly regarding special diet confirmation in late November/early December.

Make sure you read Section 7 on Special Diets.

If you have any vegetarians or people who require gluten free food or pork-free food, it is essential that their food be prepared separately where necessary. Please remember Bacon is a pork product.

For example, a vegetarian sausage, gluten free sausages and burgers or soy burger **MUST NOT** be cooked on the same barbecue as meat. It should be cooked on a separate BBQ or in a pan; the use of foil trays on the normal BBQ can also be useful in this situation.

Cross contamination can make these people gravely ill. Gluten free people **CANNOT** have gravy or French onion soup in their Saturday and Monday dinners, as both these foods contain gluten. Please be aware Milo also contains gluten.

Please remember that some people may have issues with Eggs, nuts or other foods and as such serving utensils must be separate for each food type. It is good practice to service people with special diets first.

Contact will be made with each sub-camp regarding all special diets that are known to the team by the end of December. Information will be confirmed about what the Cuboree Special Diets stores will provide and what families may be providing their own alternatives.

If you are struggling at Cuboree with the diet requirements please contact the **Special Diets Coordinator** or one of the Catering Managers.

Standard Menu

The Cuboree Menu is at the end of this Section.

It is easy to work out how to cook most items, but a few hints follow, along with the recipe for Monday night's dinner.

Breakfasts

Most people would probably prefer their bread toasted (on the BBQ with a small amount of oil works fine). Monday morning is Toad-in-the-Hole, i.e. cutting holes in bread slices and frying the eggs inside them – most Cubs love eggs this way, and also eating the toasted cut-outs.

Morning and Afternoon Teas

Your day's fruit supply must be split:

- 35% morning tea,
- 30% lunch, and
- 35% afternoon tea.

Please cut up the fruit and place it in a container of ice water– Cubs like it this way and will eat a variety of fruit. This can be a great thirst quencher on those hot days.

The fruit is not being distributed in a way that allows giving individuals a whole piece each (e.g. the apples and oranges would be too big) – **it is being distributed by weight.**

Cordial – kitchens will be issued with 8 litres of orange cordial each day. 8 litres mixed up using a ratio of 4 parts water to 1 part cordial gives 40 litres of cordial (160 serves).

Remember; if it's hot everyone needs to drink sufficient amounts of fluid; a mix of cordial and water.

Dinners

Hopefully the first two dinners are self-explanatory.

Monday can be called either “Spaghetti Bolognese” or “Beef and Vegetable Pasta” depending on the age of the person to whom you are serving. The recipe is:

- Cut up the vegetables into pieces.
- Brown the meat on the barbecue, this is also a good way to reduce the fat in the meal.
- Fry the onion on the barbecue until transparent.

Vegetarians - If you have vegetarians place their vegetables into a separate pot, along with the extra “three beans” for them. Fry their onion separately.

- For the standard meal, put the meat and vegetables into a pot.
- For both meals, add tinned tomatoes (if you think using the whole tin would be too much tomato, leave some out).
- **Gluten Free - If you have a gluten free person, separate their meal out at this stage, as French onion soup contains gluten.**
- Add the French onion soup to the standard and vegetarian meals.
- Simmer until cooked. Don't overcook it, as the vegetables will become mushy; it won't take long to cook.
- Boil the pasta (and rice vermicelli for gluten free people). The pasta comes in 5kg bags for price reasons. If you have less than 40 people to feed you might consider only cooking 80% of the pasta.

Serve it up – offer the diners grated cheese on top, and/or a shake of parmesan.

Suppers

Please remember that your issue of Milo is for four nights – just use it one quarter each night. It is plenty. Look at the ration list for how much milk you have for supper.

In your handbook folder there is a recipe to extend the Milo using some powdered milk.

Milk

At this Cuboree, we are trialing the use of both UHT and fresh milk. UHT milk can be kept unrefrigerated until opened, but some people may object to the slightly different taste. Try using UHT milk when preparing hot milo, but using fresh milk on cereal.

CUBOREE MENU

Breakfast

Each day:

- Corn Flakes, Rice Bubbles, Weet-Bix;
- Bread/Toast, Jams, Vegemite, Honey
- Milk, Fruit Juice, Tea, Coffee

Plus:

- Saturday — Baked beans, spaghetti, sausages
- Sunday — Bacon & egg roll
- Monday — Sausages and hash browns
- Tuesday — Baked beans on toast, eggs

Morning Tea

Cordial/water. Muesli bars (as option) and fruit selection. Poppers and option of flavoured milks on one day.

Lunch

Each day:

- Cold meat selection; cheese slices/sticks; lettuce, tomato, carrot, cucumber, pineapple, onion, beetroot, eggs (to be boiled);
- Bread rolls on Saturday, sandwich bread on Sunday, and wraps on Monday;
- Vegemite, jams etc.;
- Mixed fruit;
- Cordial/iced water, tea, coffee.

Afternoon Tea

Each day — Fruit juice (popper), muesli bars (as option) and fruit selection.

Dinner

- Saturday — Rissoles, gravy; onions, potatoes, pumpkin, peas; fruit salad, custard
- Sunday — Chicken schnitzel, lettuce, tomato, onion, grated carrot, mayonnaise; ice cream
- Monday — Spaghetti Bolognaise with lots of vegetables - (carrot, zucchini, celery, onions and tomatoes - in the sauce); spaghetti; grated cheese; fruit salad, custard
- Each day - Cordial/iced water, tea, coffee

Supper

Each day – Milo, tea, coffee, biscuits

SECTION 7

SPECIAL DIET MENU AND PEOPLE WITH SPECIAL NEEDS

IT IS IMPORTANT THAT THE KITCHEN TEAM ARE BRIEFED ON PEOPLE IN YOUR TEAM WHO HAVE A SPECIAL DIETARY REQUIREMENT.

THEY NEED TO UNDERSTAND THE CODES AND WHAT THAT CODE MEANS.

Introduction

The special diet matrix for Cuboree 2020 has people divided into a number of Categories. A full list will be provided to each Kitchen Captain with explanation of changes to standard menus as needed before and at camp.

Please treat any food change as life threatening – they may not be, but due to the nature of food allergies/intolerances you may not know the effect on each individual. If you would like to discuss special food requirements, please contact the Special Diets team.

If there is an issue in your kitchen at any time, PLEASE CONTACT Q-Store (Special diets are coordinated within this team). Please ensure you communicate directly with the special diets team to find a resolution to your problem.

Gluten/Wheat Free – COEL	No wheat, gluten containing food. Alternatives Provided. Bread substitute, uncrumbed chicken, gluten free sausages and rissoles, gluten free Bolognese, gluten free snacks, gluten free custard powder, gluten free meat slices for lunch, gluten free hot chocolate mix.
Low Cholesterol/Low Fat – LFML	Low fat milk is provided as part of standard milk issue.
Halal/Kosher – MOML	No pork, bacon, ham – Alternatives will be provided and food that is not appropriate can be excluded. Care to be taken when preparing and cooking food. Further information will be given to kitchens as required.
Dairy Free and Lactose Free – NDRY/NLML	Soy or rice milk, dairy free custard powder provided/dairy free dessert alternative
Egg Free – NEGG	No egg, uncrumbed chicken, egg free custard
Nut Free – NNUT	Although the Cuboree is intended to be nut free, Muesli bars and other items may indicate possible contamination. Alternatives will be provided for these items.
Other – OTHR	Alternatives may be provided based on other diet requirements.
Vegetarian/Vegan – VGML	No Meat, alternatives provided e.g. Veg patties/sausages/falafel.
Self-catered	These people will be self-catering for their specific dietary needs. Food can be stored at the QStore and delivered to camps. More information will be provided to each camp.

SPECIFIC DIET DETAILS

Gluten/Wheat Free – **COEL**

- 2 loaves gluten free, yeast free bread per person. Issued 1 at a time, plus a very small number of spares. Kept frozen until issue.

- Breakfast: Cereal Alternative - GF Cereal as provided
 - Saturday and Monday – 2x g/f sausages per person per day.
 - Saturday - 1 small tin baked beans.
- Morning and Afternoon Tea:
 - 2 snack bar alternatives, 1 pack rice cake, 6 pieces of GF Slice or alternative
- Lunch:
 - Serve first, alternative GF sandwich meat. Bread Alternative
- Dinner:
 - Saturday – 2xGluten-free/low fat rissoles per person.
 - Sunday –150g uncrumbed chicken per person.
 - Monday – 1 packet rice vermicelli per person as spaghetti alternative, and leave French onion soup out of the Bolognese for g/f people.
- Desserts:
 - GF Custard Alternative
 - Sunday dessert – GF Dessert Alternative
- Supper:
 - Gluten-free chocolate drink provided as alternative to Milo.
 - Alternative to biscuits - 1 packet per person Nut Free/GF Biscuits for duration of Camp

Low Cholesterol/Low Fat – LFML

- Low fat milk – 2x1L Skim milk per person.

Halal – MOML

- NO Pork products.

Dairy Free and Lactose Free – NDRY/NLML

- 2x 1L long life rice milk per person, issued 1 at a time.
- Dairy free custard powder
- Dairy Free Dessert Alternative for Sunday night.

Egg Free –NEGG

- No egg
- Other Alternatives provided where needed

Nut Free – NNUT

- Morning/Afternoon Teas:
 - No muesli bars, nut free alternative provided
- Supper:
 - Alternative to biscuits - 1 packet per person Nut Free/GF Biscuits for duration of Camp

Seafood Free

- No Seafood is being served at Cuboree

Other

There are a number of participants that are unable to eat other specific foods, these include oranges, peas and beans, tomatoes and many others. A full listing will be provided closer to Cuboree for each camp as required.

Vegetarian – VGML

- Breakfast:
 - Vegetarian Sausage alternative to bacon/sausages. 2 Per Person.
- Lunch:

- Alternative protein source
- Dinner:
 - Saturday – Alternative provided – issue 2 per person.
 - Sunday – Alternative provided – issue 2 per person.
 - Monday – Small tin beans per person – large tin may be provided if more than one in camp.

List of specific persons against diet codes

A list of known individuals requiring special diet menus against each code will be provided to Kitchen Captains at the start of the Cuboree.

IT IS IMPORTANT THAT THE KITCHEN TEAM ARE BRIEFED ON PEOPLE IN YOUR TEAM WHO HAVE A SPECIAL DIETARY REQUIREMENT.

THEY NEED TO UNDERSTAND THE CODES AND WHAT THAT CODE MEANS.

SECTION 8

KITCHEN EQUIPMENT LIST

Suggested equipment list...

- Dining Fly to comfortably hold 40 people.
- Kitchen tent/shelter if not part of the dining fly.
- Food storage tent if not part of kitchen tent.
- Tables for up to 30 Cub Scouts/ Guides and 10 adults
- Up to 40 chairs or stools
- 2-3 large kitchen/cooking/serving tables
- 3-4 lights (see note below)
- Wash-up stand with 3 large bowls (pre-rinse, wash, sterilizer)
- Dish rack for draining large cooking items after washing up
- 3 large closable dry food and utensil storage boxes (e.g. patrol boxes), or 6 large plastic storage containers (80-90 litre) with lids, or equivalent
- Selection of plastic food containers with lids (ranging from large enough to fit 3 shredded lettuces, down to small ones to hold some leftovers)
(3 very large, 3 large, 5 medium, 5 small)
- 4 large eskies (milk, meat, fruit, vegetables)
- 2-3 large drink coolers (cordial and water)
- 2 large BBQs (at least 3 burner) on legs or stands
- Put & Take or gas hot water heater or **LARGE** boiler to produce hot water, plus large burner
- 3 other gas burners (2 for cooking, plus one for tea/coffee) plus stands
- At least 4 by 9kg gas bottles
- Combination of some single and some dual gas connection lines (to allow for gas refills) plus regulators
- Electronic gas lighter
- 30m garden hose, with tap connectors (both 12mm and 19mm) and trigger spray
- 4 plastic buckets
- Fire blanket and fire extinguisher
- Garden spade and rake
- 2 garbage bins with lids
- Carton or bin for your recyclable waste (plastics, tins, cardboard etc.)
- Disposable containers for fat from BBQs
- 2 sets of dust pans and brooms
- Clothesline and pegs
- 2 large boilers (15-20 litre, to cook rice, pasta, potatoes)
- 2 medium boilers (8-10 litre, to cook peas, beans, hot water for tea/coffee)

- 1 small boiler or large billy (gravy etc.) with lid
- Kettle
- 3 cutting boards
- 4 cooking knives
- 4 knives to butter bread
- 4 egg flips
- 2 BBQ tongs
- BBQ scraper/cleaner
- 6 large serving trays (or equivalent)
- 2 slotted serving spoons
- 2 unslotted serving spoons
- 6 serving tongs
- 2 ladles (milo, tea, water, etc.)
- Potato masher
- 2 can openers
- 2 large mixing bowls
- 2 sugar containers
- 4 plastic squeeze bottles for sauces
- 3 salt & pepper sets
- Grater
- Packet of large freezer bags with ties
- 3 vegetable peelers
- 2 colanders
- Aprons
- Pot holders
- Something to cover food prior to serving and during meal times
- Sealed table top container to store knives and other cooking/preparation/serving implements
- 4 tea towels, for cooks use only
- 3-4 spare complete sets of plates, mug, cutlery (for visitors, and when Cubs “lose” theirs)
- First aid kit – for minor injuries e.g. cuts, grazes, splinters etc. Useful inclusions are cotton buds, cotton balls, hydrogen peroxide, band-aids and some non-stick dressings.
- Trek cart or similar to pick up rations (essential)
- Square of old carpet for kitchen area to keep down dust (available very cheaply at Revolve)
- Fencing ropes for two outside boundaries of campsite
- Wash-up liquid

- 3 wash-up brushes
- 6 scourers
- 10 sponges
- Packet “chux” type wipers

The QM Store will provide you with...

Your initial distribution from the Q Store will provide each kitchen with the following items:

- Roll cling film
- Roll alfoil
- Disposable rubber gloves
- Chlorine bleach sterilizer to be used at each wash-up and as pre-rinse before meals
- Paper towels
- Hand Sanitizer
- Sauces, salt, pepper, tea bags, coffee, sugar, jams and spreads

The following items will be issued to you each day:

- Ice (we’ll have plenty)

Lights

LED BATTERY LANTERNS should be used for lighting at the Cuboree. These have become the norm for Scout Groups in recent years, especially for large events such as Jamborees and Cuborees.

Mains power will not be available for campsite use. Generators may not be used.

ATTACHMENT 1 – FOOD QUANTITIES FOR YOUR KITCHEN

Will be issued to Kitchen Captains at the Cuboree

ATTACHMENT 2 – SUGGESTED KITCHEN SUPPORT ROSTER

Day & Date	Roster Time	Meal	Volunteer	Volunteer
Friday 17th January	9pm – 10pm	Supper	1	2
			3	4
Saturday 18th January	6:30am 9:30am	Breakfast	1	2
			3	4
Saturday 18th January	11:00am – 2:30pm	Lunch	1	2
			3	4
Saturday 18th January	4:30pm - 8pm	Dinner	1	2
			3	4
Sunday 19th January	6:30am - 9:30am	Breakfast	1	2
			3	4
Sunday 19th January	11:00am – 2:30pm	Lunch	1	2
			3	4
Sunday 19th January	4:30pm - 8pm	Dinner	1	2
			3	4
Monday 20th January	6:30am – 9:30am	Breakfast	1	2
			3	4
Monday 20th January	11:00am - 2:30pm	Lunch	1	2
			3	4
Monday 20th January	4.30pm – 8pm	Dinner	1	2
			3	4
Tuesday 21st January	6.30am – 9.30am	Breakfast	1	2
			3	4