



Fun Camping Foods for Kids

The family fun of camping season is upon us. Camping with kids while doing fun healthy outdoor cooking is the best! Getting kids involved in the cooking process while keeping safety as a top priority can teach invaluable lessons and make great family memories.

Recipes that involve putting a mix of ingredients together into a foil packet, allows kids to pick what they want in their mix.

Foil Packet Potatoes

- 1 medium potato, scrubbed with clean vegetable brush under running water
- 2 teaspoons oil - olive, canola, etc.
- 1 Tablespoon shredded cheese
- Salt and pepper to taste

1. Wash hands with soap and water.
2. Dice potato evenly. Place the potatoes on pieces of heavy-duty foil.
3. Drizzle with oil. Sprinkle with cheese, salt and pepper or other toppings as desired.
4. Fold foil up around potatoes. Seal the edges of foil well. Grill, covered, over medium heat for 30-40 minutes or until potatoes are tender.



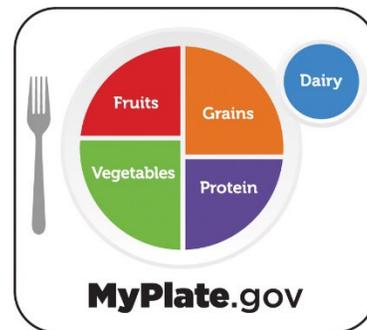
Makes 1 serving that contains 170 calories, 11 g fat, 2.5 g saturated fat, 5 mg cholesterol, 200 mg sodium, 15 g total carbohydrates, 2 g fiber, 1 g total sugar, 3 g protein.

Notes:

- Feel free to add additional toppings such as sliced or diced onion, fresh or dried herbs (basil, chives, etc.), bacon, etc.
- Try to prepare as much in advance of your camping trip as possible such as shredding cheese and dicing onions. Place ingredients in plastic bags and keep cold in coolers until ready to use.
- Building a variety of vegetables and meat on skewers to be grilled or cooked over the campfire, can be another fun opportunity for children to help prepare a meal. Kids can learn more about the foods they eat and how to be safe when cooking. Be sure to review food safety with your child in any cooking environment.

Sources:

1. Cooking Over Campfire Coals, Iowa State Extension: <http://bit.ly/1DhxmVC>
2. Campfire Safety, University of California- Davis: <http://safety.ucanr.edu/files/3307.pdf>



For more information check out Food Fun for Young Children at:

<https://go.unl.edu/foodfunchildren>

Campfire Safety

Campfire safety will make the experience more enjoyable.

Rules around campfires:

- Safety always comes first!
- A first aid kit, directions to the closest emergency care facility, and cell or land-line phone should be readily available before the campfire activity starts.
- Always supervise children carefully. Absolutely no running or playing near campfires.
- Never leave the campfire or grill unattended and have a bucket of water nearby. A responsible adult must be always present.
- Have a safety circle around the campfire or grate.
- Never wear loose or flammable clothing near campfires.

Article originally written by Pat Jones.