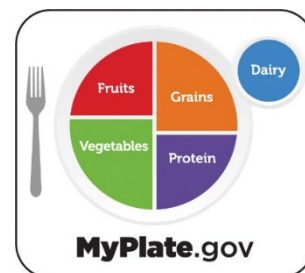




Fun Camping Foods for Kids

The joy of camping season with family has arrived! Camping with kids while engaging in enjoyable and healthy outdoor cooking is truly the best experience. Involving children in the cooking process—while prioritizing safety—can impart invaluable lessons and create lasting family memories. Recipes that involve putting a mix of ingredients together into a foil packet allow 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, 11g fat, 2.5g saturated fat, 5mg cholesterol, 200mg sodium, 15g total carbohydrates, 2g fiber, 1g total sugar, 3g 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.

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 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.

Source: Cooking Over Campfire Coals, Iowa State Extension:
<http://bit.ly/1Dhxmvc>

Pat Jones originally wrote this newsletter. It was peer reviewed and updated in 2025. For more information check out the Food Fun for Young Children Newsletter at:
<https://go.unl.edu/food-fun>