

### Plan:

- How can you learn about great vegetarian meals that are a good fit for your camp?
- When and where will you do your shopping?
- What is your budget?
- How will you divide up the tasks for this Adventure?

### Do:

- Have a great camp, while enjoying delicious vegetarian meals.

### Review:

- What do you know now that you did not know before?
- How was your menu received by the other Venturers?
- How did the expense of a vegetarian menu compare to other camp menus?
- What are some of the social and environmental benefits of a vegetarian diet?
- How did you choose the meals?
- How did the meals compare to your expectations?
- How has this experience affected how you will prepare future camp menus? Would you consider attempting a vegan menu?



It starts with Scouts.

### Safety note:

Are there any dietary restrictions in your Company that you need to consider?

### Online Resources:

- [Canada's Food Guide](#)
- [10 Best Vegetarian Recipes for Camping](#)
- [Toasted Chipotle-Cumin Quinoa Wrap](#)

# Vegetarian Camp

Active & Healthy Living



### The Adventure:

For many Canadians, it's hard to imagine a meal without meat, especially if that meal is supper. It can be even harder to imagine vegetarian meals when out on a camp, since most of us have some meat-based camp favourites that we look forward to.

But there are good reasons to consider cutting back on the amount of meat that we eat. These reasons could be nutritional, environmental, ethical and even financial.

As an Expedition Team, add a challenging dimension to your next camp by planning a wholly vegetarian menu. Try to come up with meals that **meat** meet all your nutritional needs, and that are even more appealing than what you would otherwise prepare.



Canadianpath.ca

V-17



### Plan:

- How can you learn about great vegetarian meals that are a good fit for your camp?
- When and where will you do your shopping?
- What is your budget?
- How will you divide up the tasks for this Adventure?

### Do:

- Have a great camp, while enjoying delicious vegetarian meals.

### Review:

- What do you know now that you did not know before?
- How was your menu received by the other Venturers?
- How did the expense of a vegetarian menu compare to other camp menus?
- What are some of the social and environmental benefits of a vegetarian diet?
- How did you choose the meals?
- How did the meals compare to your expectations?
- How has this experience affected how you will prepare future camp menus? Would you consider attempting a vegan menu?



It starts with Scouts.

### Safety note:

Are there any dietary restrictions in your Company that you need to consider?

### Online Resources:

- [Canada's Food Guide](#)
- [10 Best Vegetarian Recipes for Camping](#)
- [Toasted Chipotle-Cumin Quinoa Wrap](#)

# Vegetarian Camp

Active & Healthy Living



### The Adventure:

For many Canadians, it's hard to imagine a meal without meat, especially if that meal is supper. It can be even harder to imagine vegetarian meals when out on a camp, since most of us have some meat-based camp favourites that we look forward to.

But there are good reasons to consider cutting back on the amount of meat that we eat. These reasons could be nutritional, environmental, ethical and even financial.

As an Expedition Team, add a challenging dimension to your next camp by planning a wholly vegetarian menu. Try to come up with meals that **meat** meet all your nutritional needs, and that are even more appealing than what you would otherwise prepare.



Canadianpath.ca

V-17

