

Popcorn
Sack Lunch for sites away from camp

Popcorn

1/3 cup vegetable oil

1/2 cup popping corn

1/2 teaspoon salt (season to taste)

Put oil, corn and salt in center of 18-inch square piece of foil.

Fold into pouch, carefully turning down all seams twice. Push pouch onto cooking stick just under the fold.

Hold low over hot coals, shaking gentle and constantly.

When popping stops or slow to more than 5 seconds between pops, open pouch carefully.

Can add parmesan cheese or any desired spices.

Sack Lunch for sites away from camp

1 sandwich bread or rolls or pita bread (good for backpacking)

cold cuts or peanut butter & jelly

mayo, mustard, salt, pepper

fruit (e.g. apples, pears, grapes)

dessert (e.g. chips, cookies, granola bar)

juice box