

# SERVING AND BUYING GUIDE

This list states quantities per person per meal. Multiply by number of campers to obtain totals required. Remember that very hungry campers, athletes or teenagers might eat two servings.

## **MEAT & CHEESE**

Hamburger-	4 oz.	Baked Ham	- 5 oz.
Bacon-	2 ½ oz. - 3 slices - 18-20 per lb.	Meat Loaf	- 3 oz.
Chicken-	7-8 oz.	Sausage	- 4 oz.
Beef Stew	- 6 oz.	Cold Ham-3 slices	- 4 oz.
Weiners	- (8-11 per lb.) 4 oz.	Cheddar Cheese	- 1 oz.
Pork Chops	- 7 oz.	(1 lb. 20-24 slices)	
Sandwich Loaf	- 1 lb. con. 10-12 slices	Cream Cheese	- 2 oz.

## **CANNED FOOD**

Applesauce, fruit cocktail, etc.	4 oz.	Corn, peas, carrots, etc.	- 4 oz.
(approx. 5 per #2 can, 28 per #10 can)		Tomatoes	- 5 oz.
Pork & Beans, etc.	- 8 oz.	Tuna fish	- 1 oz.
Soup	- 8 fl. oz.		

## **DRY FOOD**

Bisquick	- 1 ½ oz.
Dry Cereal	- 3 oz.
Oatmeal	- 2 ½ oz.
Macaroni	- 2 ½ oz.
Spaghetti	- 3 oz.
Rice	- 1 ½ oz.
(1 cup rice makes 3 cups cooked)	

## **FRUIT – fresh**

Watermelon	- 2 lbs.
Apples for salad	- ½
Raisins	- 1 oz. (3 cups = 1 lb.)
Apples, oranges for eating	- 1

## **VEGETABLES – fresh**

Potatoes	- 8 oz.
Lettuce	1 head serves 8
Onion	- 4 oz.
Peas	- 4 oz.
Cabbage	- 6 oz.
Carrots	- 5 oz.

## **MISCELLANEOUS**

Regular Bread	20 slices per loaf
Marshmallows	1 lb. Contains about 100

## **BEVERAGES**

Juices	- 4 oz.
Coffee	- ½ to 1 oz.
Hot Chocolate Mix	- 1 oz.
Milk	½ gal. = 10 servings
Powdered milk can be used for drinking and works very well in cocoa and cooking.	

## **CONDIMENTS**

Ketchup	- 1 ½ oz.
Syrup	- 1 ½ oz.
Salad Dressing	- 2 oz.
Pickles	- 2 ½ oz.
Flour for pancakes	- 3 oz.
Butter	- 3 oz.
Peanut Butter &/or Jam	- 3 oz.
Salt or pepper	- ½ oz.