

## “So you're gonna cook for your youth group at Falls Creek, Huh?”

Here are some frequently asked questions with some answers and some other things to think about.

### Q. **Where Do I start?**

A. If you've cooked before at Falls Creek, are a first time cook, or maybe you are now in charge of the cooks the menus and the food purchasing, here are some initial things to think about to help you get ready for camp.

Yes! It's a big responsibility. But remember Joshua 1:9, “Have I not commanded you? Be strong and courageous. Do not be terrified; Do not be discouraged, for the Lord your God will be with you wherever you go.” In verse 11 it goes on to say “Get your supplies ready...”

To help you “get your supplies ready” we've broken things down into sections to help you get an overall picture of the task before you. Remember, there are many variables, but we hope the following will help you get focused.

- **Budget**

This is something you and your youth minister will need to discuss. Your per camper charge and donations will figure into this. Start with the money spent last year. Do you need more? Less? Just how much emphasis are you going to put on food for your youth group? We can't really give you any dollar amounts, but we've seen groups eat peanut butter and jelly all week and we've seen groups dine on steak and shrimp. This will be your decision. It's almost impossible to feed your youth too much! Also, nice meals don't have to be expensive! Don't forget snacks and beverages such as Gatorade to keep your kids hydrated and going all week.

- **The Cabin**

What cabin are you staying in this summer and where is it physically located? Make the trip to Falls Creek, check out a set of cabin keys from the camp office and visually inspect the cabin. If making the trip is not possible, call the cabin owners and find out who's in charge of their cabin. You may then direct your questions to that individual.

- **Cabin Layout**

What is the cabin's layout? Where is the kitchen in relationship to parking areas for reasons of unloading supplies and equipment? Parking can be extremely tight and if you're bringing kitchen equipment in on a trailer will you have adequate space for unloading and reloading, backing in and out, etc.? Where are your storage areas? (Both refrigerated and dry storage) Where are the cooks quarters, restrooms and showers? Where are the dorms for your youth? Is this cabin a one, two or multi-storied building?

- **Cabin Storage**

Dry storage: Does this cabin utilize kitchen cabinets and drawers for dry storage or does it have a separate pantry?

Refrigerated storage: Does this cabin utilize reach-in refrigerators and freezers or does it have walk-in refrigerators and freezers. If so, how many of each?

- **Kitchen Prep Space**

Is there plenty of work space for the type of cooking you'll be doing? Sometimes the amount of food prep space will determine if you purchase heat and serve meals or if you cook from scratch. Where are your kitchen sinks and are they adequate for the type of cooking and clean-up you'll be doing?

- **Kitchen Appliances**

Ice Machines: Does your cabin have an ice machine? If not, bagged ice is available for purchase from the Falls Creek Ice Dock.

Stoves: How many cook tops and number of burners are there? Are they gas (propane) or electric?

Ovens: How many ovens are in the kitchen? Will they accommodate commercial baking pans? Again, are they gas or electric? Are they convection ovens, standard ovens or a combo of the two?

Griddles: Does this kitchen have a griddle? Either a separate griddle or one built into the range?

Fryolators: Does this kitchen have a fryolator? Two? None? How will you prepare French fries, chicken strips, etc. without a fryolator? This could determine how you develop your menu for the week.

Outside grills and smokers: Does this cabin have outside grills, (propane or charcoal)? How many? Does it have a smoker? If so, how large or small is it? Don't forget your charcoal, wood, lighter fluid or grilling utensils.

**\*CAUTION:** call the Falls Creek office at 580-369-2101 to inquire as to whether or not there happens to be a burn ban in effect. If so, plan your menus accordingly.

- **Cookware/Utensils**

Is the kitchen fully stocked with utensils (stock pots, frying pans, steam table pans and lids, cookie sheets, serving spoons, spatulas, tongs, etc.)? Some kitchens are not!! You must bring all of these from your church kitchen if they are not provided in the cabin. You will not want to leave home without these items! Also, the Falls Creek Staff Cafeteria is unable to loan cookware and utensils. Contact your cabin owner as to what is available.

- **Food Serving Line**

Does this cabin have a steam table for serving meals? If not, do you need to bring roaster pans from which to serve? Also, some cabins just barely have enough counter space to serve hot food items. If doing a salad bar, you may have to set it out in the dining area on a separate table.

- **Kitchen Clean-Up**

Does this cabin have a dishwasher? Three-hole sink? Or possibly just a standard double kitchen sink? Find this out to help determine how best to clean up the kitchen and your utensils. You'll need to bring all your cleaning supplies from dish soap to comet to scouring pads and dish towels and dish rags.

- **Laundry**

Some cabins have washing machines and dryers to help you clean your dishcloths and dish towels. Don't forget to bring laundry soap, dryer sheets, etc.

- **Outside the Cabin**

Does this cabin have an outside faucet for a garden hose? This allows you to clean out large ice chests, drink jugs, and trash cans much more easily. If so, don't forget to bring a garden hose with a spray nozzle.

**Q. How many cooks do I need to bring?**

- A. It obviously depends on the number of youth you are feeding, plus any number of variables. For example:
- Will you use heat-n-serve food items? These usually require less prep, therefore fewer cooks are needed.
  - Will you cook your meals from scratch? This requires more time and more cooks.
  - Will you utilize (in addition to your cooks who stay all week) those church members willing to come to camp and cook for one or two days only?
  - Will you use that individual who is willing to haul a trailer mounted grill to Falls Creek and grill steaks, burgers etc. one evening?
  - Is your church located close enough to Falls Creek so that a meal or two (or more) could be prepared by some of your church members in your church's kitchen and then delivered to Falls Creek?
  - Will you cook items such as chili or spaghetti sauce, a week or two before camp and freeze them, then heat and serve at camp?

Again, there are many variables!

**Q. What if I am unable to arrange for enough cooks? Should my group consider not coming to Falls Creek?**

- A. Please don't consider not coming to Falls Creek!!! There are some viable options!

We have had churches band together and share the cost of the cabin and share the cooking duties. This has worked for some of our smaller churches and may be an option for you. You'll have to get with the churches in your area in regards to this.

If all else fails, it has been an option for those groups who for whatever reasons are unable to obtain cooks for the week to dine in the Falls Creek Staff Cafeteria. The menu for the week will be much like the sample menu we've enclosed. And, as they would if dining in your cabin, the youth may possibly have to provide some help with setting up, clean-up and breakdown of the dining area. You may contact the Falls Creek office at 580-369-2101 for information such as cafeteria availability the week you plan to attend and meal charges.

**Q. What all food items do I need to purchase?**

- A. Well, obviously it depends on the menu you establish for the week. Once Your menu has been developed then you can start to prepare your grocery list.

In the sample menu some of the items are precooked and frozen, requiring only to be heated and served. For example, using frozen biscuit dough (which is an excellent item) means you don't have to collect and transport all the ingredients necessary to make biscuits from scratch which can be a time saver.

Some churches develop a list of needed food items and post it at church, say a month in advance of camp, As the items are donated they are crossed off the list. You must establish a

deadline of at least one week prior to camp so that items not donated may be purchased. Keeping track of this and updating it will be your responsibility and is time consuming. This system also requires storage of the donated items (refrigerated, freezer and dry storage)/ It also requires that all these items be properly packed and transported to Falls Creek.

Caution: The storage and handling of refrigerated and frozen food items will be critical during the trip to Falls Creek. Yes, we have had entire church groups pack up and go home before camp is over due to food poisoning resulting from the mishandling of food items.

Some churches ask only for monetary donations rather than food item donations. With this method no storage is needed and you can order most or all of your food items directly from a food vendor such as:

- **Sysco Foods (405) 717-2700 or 1-800-473-0133**
  - **(580) 221-1900 (Paul Branstetter, Sysco representative in Davis)**
- **Ben E. Keith (405) 239-7351**
- **U.S. Foods (405)775-7100**

You may call these vendors and ask for the food service rep in your area. This rep can answer a lot of your questions.

Your church may already have an account set up with one of these vendors. These vendors will deliver your order directly to Falls Creek which eliminates your having to transport food items yourself.

**NOTE:** The food service trucks with cabin orders are not allowed on the camp grounds due to extreme traffic congestion. They will meet you outside the camp gates where they will off load your order. This means you will need vehicles and man power adequate for hauling your order back to your cabin. This is usually a Monday morning affair so you will need your cooks at camp early Monday (they may arrive Sunday night if needed) to help facilitate the offload. This method has a few problems, as do all systems, but is an effective and safe way to get your food and supplies to Falls Creek.

Also, The storage in your cabin may not be sufficient for a weeks worth of meals, snacks, etc. The Falls Creek Grocery Store carries many bulk items that you may need to purchase to finish out your week.

Here is a list of local businesses that may be helpful as well:

- **Sooner Grocery in Davis (580) 369-2334**
- **Sooner Grocery in Sulphur (580) 622-2828**
- **Wal-Mart in Sulphur (580) 622-6146**
- **Super Wal-Mart in Ardmore (580) 226-1257**
- **Pizza Hut in Davis (580) 369-2302 (best to call the week before arrival to schedule a pizza night. They will deliver to the front gate.)**

**Q. What About dishes such as dinner and dessert plates, cups, bowls, silverware and napkins?**

A. Most churches will use Styrofoam, plastic ware and paper goods during their week. Garbage dumpsters are located near each cabin and pickup is daily. Don't forget to bring trash bags! Most cabins have trashcans inside, but ask the cabin owners about this as you may want to bring additional trashcans from your church.

**Q. What about First Aid?**

A. Most churches bring a well stocked first aid kit with them for minor cuts, burns, and bruises. However, Falls Creek maintains a First Aid Station staffed with doctors and nurses for more serious incidents.

**Q. Who can I speak to at Falls Creek in regards to menu planning, purchasing, or food service stuff in general?**

A. You may call the Falls Creek office at 580-369-2101 and ask to speak to the Food Services Manager, Don Brown.

### Sample Purchasing Supply List for Vendors

ITEM	PACK	HINTS/TIPS
Hoagie Buns (split) Deli sliced meats Lettuce Tomatoes Tomatoes Assorted chips (grab bags) Cookies (assorted) Cookies (assorted)	36/ case 6 2lb/ case 5 lb package 40 count whole 5 lb sliced 60 count Frozen Dough Pre-Baked	Case counts may vary by vendor (white or wheat) Roast beef, turkey, ham and other Shredded for burgers, sandwiches, etc.  Variety assortment Various counts, bake and serve Thaw and serve
Sausage (Pre-Cooked) Sausage (Raw) Eggs (Boil in bag)  Biscuits (Dough) Biscuits (Pre-cooked) Gravy (white/peppered) Milk (Gallons) Milk (1/2 pints) Juice (OJ, apple, grape) Juice (Individual) Assorted "cup" of cereal	12 lb/ 128 count 12 lb/ 128 count 6 5lb bags  168 count 168 count 6 pkg per case 4 per case 20 per case 12 32oz 96 4oz 60 count	Patty (pre-cooked is more expensive, but saves labor) Patty Frozen, thaw and boil in water on stove top in full steam table pan or stock pot. Easy, excellent product. Frozen, bake and serve Heat and serve Mix with water, easy to use. Whole, 2% Whole, 2%, Chocolate Each 32 oz makes 1 gallon Thaw and serve Variety Pack-General Mills or Kelloggs
Hamburgers (Pre-Cooked) Hamburgers (Raw) Buns (4") French Fries  Condiments Salad Dressings	40 Count Various Count 120 per case 6 5 lb per case  Bulk or individual 4 5lb bags Bulk or individual	1/3 lb or 14 lb heat and serve (excellent product) Great for grilling Frozen, Thaw and serve Prepare in fryolator if available or bake in oven (5 lbs will feed 20-25) Ketchup, Mustard, Miracle whip, Mayo, relish, etc. Lettuce/Romaine Mix-Chopped Assorted
Steaks (Rib-Eye) 8 oz Steaks (Sirloin) 8oz Potatoes Green Peas (Canned) Green Peas (Frozen) Parker House (Frozen dough) Hot Rolls (Pre-Baked)	20 Count 20 Count 70 Count 6 #10 Per Case 20lb bulk	Frozen-thaw, season, grill Frozen-thaw, season, grill 70 potatoes per 50 lb box    Thaw and serve
Pancake Sausage Stick Syrup (Bulk) Syrup (Individual)	48 per case 4 1 gallon/ cs.	Frozen-bake and serve
Chicken Breast (Raw) Kaiser Roll	5oz/ 48 count 8-12 count	Thaw, marinate in Italian dressing-grill or bake Thaw and serve
Brisket (Cooked/Sliced) Potato Salad Pork N Beans Texas Toast	4 5lb packages 3 10lb 6 #10 cans 6 24oz loaves	Thaw, heat and serve-Excellent product, no waste We recommend the southern mustard style Cook up your favorite recipe Frozen-Thaw and serve or thaw, toast and serve
Bacon (Pre-Cooked) Bread for Toast Muffins (Assorted)	300 slices/cs 6 32oz loaves 24 4oz	Very little mess-Heat & serve (excellent product) White or wheat Frozen- Heat and serve
Hot Dogs (1/4 lb) Hot Dogs Hot Dog Buns Chili (no beans) Fritos (bulk) Shredded Cheese	10 lbs. 40 count 10 lbs. 50 count 120 Count 6 5lb tubs 8 16oz bags 4 5lb bags	These ¼ lb dogs are great for grilling  Frozen- Thaw and serve Frozen- Thaw, heat and serve  Great for salad bar & Frito chili Pies (cheddar/jack)
Pizza Night		Pizza Hut Davis 580-369-2302
Smokies (Frozen) Belgium Waffles	4 3lb/ cs. 36 5oz/cs	Thaw, heat and serve
BBQ Beef (Chopped) Corn (canned) Corn (Frozen, bulk) Corn (cobbettes)	4 5lb 6 #10/cs. 20 Lb. 96. case	Thaw, heat and serve
Fried Chicken (Precooked 8 pc. Dixie) Mashed Potatoes (Precooked boil in bag) Green Beans	6 4lbs=24lbs  6 #10/cs.	

ITEM	PACK	HINTS/TIPS
Cinnamon Rolls (Frozen)	60 count	Pre-baked product, heat and serve
Desserts: Premade Cobblers (Various) Cookies (Various) Dumplings (Apple) Parfaits- Chocolate & Strawberry Pie/Sliced Apple Pie/Sliced Cherry Pie/Sliced Pecan Cake Mixes: Chocolate White Yellow Cake Icing Brownie Mix	96 count 48 count 48 count 48 count 48 count	These are just a few-There are many more Bake and serve Bake and serve Bake and serve with caramel sauce Thaw and serve Thaw and serve Thaw and serve Thaw and serve

## Falls Creek Menu Planner

### Sample Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
	Sausage, eggs, biscuits, gravy, milk, juice, coffee, assorted fruit, assorted cereal	Pancake/Sausage stick, Syrup Eggs Milk, juice, etc	Bacon, eggs, Toast, muffins, Milk, juice, etc	Lil' Smokies, eggs, Belgium waffles, syrup, Milk, juice, etc	Cinnamon Rolls plus any left over breakfast items, Milk, juice, etc.
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Lunch on the road	Hamburgers/ Buns French Fries (or chips), condiments, LOTCH, salad bar, dessert	Chicken Breast on Kaiser roll, condiments, LOTCH, Salad bar, chips, dessert	Hot dogs, buns, chili, Cheese, frito's, condiments Salad bar, dessert	BBQ Beef, Buns, Corn, chips, salad bar dessert	Lunch on the road
	Gatorade/powerade				
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Hoagie Buns Deli-Sliced Meats: Roast beef, turkey, ham, LOTCH Assorted Chips Assorted Cookies	Steak Night, baked potatoes and Fixins', Green peas, salad bar, hot rolls, dessert	Brisket, BBQ sauce, Potato salad, baked beans, Texas toast, salad bar, dessert	Pizza Night Call Pizza Hut in Davis one week in advance to schedule 580-369-2302	Fried Chicken, Mashed potatoes Green beans, biscuits & gravy, salad bar, dessert	
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>

LOTCH= Lettuce, Onion, Tomato, Cheese.

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<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>