

# Scout Workshops

for

Cub Scouts & Boy Scout Troops



**Chefsville  
Kids**



**Cooking**

**Fitness**

**Nutrition**

**Safety**

**Relationships**

## “Badge Workshops” and Cooking Workshops

Duration: 1- 1.5 hours

Costs: \$15 per scout,

**Boy Scouts - “Cooking Merit Badge”**

\$100 minimum

Have 1<sup>st</sup> Class Kids come to your Scout Troop meeting locations to offer scouts the chance to complete the cooking, citizenship and cultural part of the merit badge requirements or to create an exciting atmosphere of fun with a hands-on cooking class.

### **Scouts—“Cooking Merit Badge”**

This workshop introduces scouts to cooking skills that they can use for the rest of their lives. Segments may include manners, etiquette, food safety, nutritional guidelines, meal planning, culture, citizenship and methods of food preparation.

#### Suggested healthier choice foods such as:

Ants on a log - raisins, peanut butter on celery, or olives, cream cheese on celery

Chocolates - truffles, pretzels & dipping fruits in chocolate

Fruit salad with yogurt dressing topped with honey & granola

Healthy Nachos with Mango Yogurt Sauce

Yogurt, fruit parfaits

Dressing cookies with cream and fruit

Trail mix

Finger sandwiches

French Omelets and Fruit Smoothie

Fruit Salsa

S'mores with Raspberry Sauce

Custom Workshops available - contact us if you want a special theme or event. Call for special pricing, booking and scheduling.

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