



Guidelines for Camping with Observant Jewish Girl Scouts



Jewish Girl Scouts can observe the traditional laws of Shabbat while at the same time participating in their troop's camping program.

It is important to consider the highest level of observance represented by the girls in the troop when planning. Involve the most observant parent(s) in the planning, shopping, cooking and attendance at the event to insure that observance of *kashrut* (Jewish dietary laws) and Shabbat are adhered to.

Menus, schedules and activities should be decided in advance at troop meetings with the girls doing most of the planning. They might need guidance in choosing "Shabbat appropriate" activities.

Menus must be planned for Friday night, Saturday breakfast, Saturday lunch, *Se'udah Shelishit* (third Sabbath meal- a simple late afternoon snack), Saturday supper, Sunday breakfast and Sunday lunch. Suggested menus are on the next page.

It is recommended that Friday night dinner be a cold meal or precooked and reheated at the camp site before sundown. Food preparation at the campsite Friday night, Saturday lunch and *Se'udah Shelishit* may include salads (fruit and/or vegetables), relishes, sandwiches, etc.

All foods must be kosher and have the **U** or **o** t h e r appropriate symbols of *kashrut*.

If there are only a few observant Jewish girls in the troop they may choose to supply their own food, which must be prepared and cooked separately. No other changes would be necessary.

Arrival at the campsite should be at least two hours before sunset Friday as Shabbat begins at sundown. The period between arrival at the campsite and onset of Shabbat is needed for setting up, organizing, kashering the kitchen equipment and meal preparation. To insure compliance with Jewish dietary laws, the kashering of the kitchen is necessary because the campsites have been used by various groups preparing and eating non-Kosher food. All preparations should be made after at least twenty-four hours have elapsed since the last use of the equipment, and should be completed at least 15 minutes before Shabbatcandle lighting time.

Be sure to have outbuildings (washhouses and latrines) lighted before sundown. Use of flashlights by observant Girl Scouts is prohibited on Shabbat. However, in case of an emergency, the leader must override this prohibition if the safety of the girls is at stake.

For kashering the kitchen, heavy duty aluminum foil is needed to cover the counters and line the refrigerator shelves. To *kasher* the stove you must thoroughly wash out the oven and burners. Turn the burners on to the highest heat and leave them on until red hot. Dish basins should be used in the sink. Paper goods and plastic utensils should be used. Disposable aluminum pans for cooking and serving makes cleaning up easier. Cans may be opened on Shabbat but must be emptied and destroyed.

For meal responsibilities on Shabbat, observant girls can be the hostesses. After Shabbat, they can be assigned the chores they were not allowed to do on Shabbat





SUGGESTED MENUS

Friday evening - Challah and grape juice for *kiddush*, cold chicken, salads, *pareve* dessert, juice, soda or tea.

Saturday breakfast - Juice, cold cereal, rolls and butter, cream cheese, milk.

Saturday lunch - Tuna fish/salmon/egg salad, lettuce, cucumbers, peppers, tomatoes, fruit, milk and cookies.

Se'udah Shelishit - Peanut butter and jelly sandwiches, nuts and raisins, hard boiled eggs, juice, soda and *pareve* cookies.

Saturday night supper - Hamburgers/hot dogs, beans, vegetables, *pareve* dessert and soda/tea.

Sunday breakfast - Juice, hot or cold cereal, French toast or pancakes, milk or cocoa.

Sunday lunch - Cheese sandwiches, raw vegetable sticks, fruit, cookies and milk.

FOOD RESTRICTIONS

1. Pork products cannot be used.
2. Shellfish cannot be used.
3. Meat and milk products cannot be mixed or served at the same meal.

GUIDELINES FOR "SHABBAT APPROPRIATE" ACTIVITIES

PROHIBITIONS

No fires may be lit or extinguished on Shabbat. If fires are set before Shabbat, they are to be tended properly and allowed to burn out on their own. Please maintain proper fire safety rules for your area.

Flowers and leaves may not be picked. This applies even if vegetation has fallen off by itself.

No Scout knots may be tied or untied.

Writing of any kind is forbidden.

Cutting with scissors is forbidden.

Musical instruments may not be played.



SUGGESTED ACTIVITIES

Nature Hikes

Kim's Game - see appropriate G.S. publication

Skits - use Award handbooks as resource material

Songs

Try-Its, Badges and Interest Projects

Scouts Own

Show and Tell

Chess and Checkers

Idea Sharing - Roundtable discussions

Havdalah service - see relevant publications

We gratefully acknowledge the generous support of the Violet Zall Hordes Foundation

Rev 2/07 eah