

### Cooking Merit Badge Meal Requirements (2024 Version)

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Cooking @ Home				Camp Cooking				Trail Cooking			
Location:		Home		Location:		"In the outdoors"		Location:		"While on a trail hike or backpacking trip"	
Consumer:		Cook + At Least 1 Adult		Consumer:		Patrol or "Group of Youth"		Consumer:		Cook + 2-4 People	
Add't'l Notes:				Add't'l Notes:				Add't'l Notes:		Must consider weight and not require refrigeration	
Meal	Plan	Prepare	Method	Meal	Plan	Prepare	Method	Meal	Plan	Prepare	Method
Breakfast	3	1	Use at least five (5) of the following cooking methods: Baking Boiling Broiling Pan Frying Simmering Steaming Microwaving Grilling Foil Cooking Use of Dutch Oven	Breakfast	2	2	2 Meals Using Camp/Backpacking Stove AND 1 Meal Using Campfire Coals or Dutch Oven AND 1 Meal Using Foil Pack or on a Skewer	Breakfast	1	2 of 3	At least one of the meals must be cooked over a fire, or an approved trail stove
Lunch	3	1		Lunch	1	1		Lunch	1		
Dinner	3	1		Dinner	1	1		Dinner	1		
Snack				Snack	1	1	"Prepare"	Snack	1	1	"Prepare"
Dessert	1	1		Dessert	1	1		Dessert			
<b>Total</b>	10	4			<b>Total</b>	6	6		<b>Total</b>	4	3