

Scout cooking reference for food related allergies and sensitivities

Guidance for Wheat/Gluten, Peanut, and Tree nuts

This guide was written by Shaun Miller as part of his Wood Badge project and finalized in February 2025. During his scouting journey, he found a serious lack of guidance for units when a scout joined who had food allergies, Celiac disease and other food related allergies, conditions and sensitivities. At the time, the guidance was to have the scout bring their own food and cook their own meals and while that approach did allow scouts with these conditions to participate, it alienated them and excluded them from the patrol method and usually ended up with them leaving scouts.

It was my hope in writing this that it can serve as a resource for recruiting and retaining these scouts by aiding in planning for meals where a patrol can all prepare the same meal together where it is safe for the scout with the conditions and acceptable in taste to those who are not required to exclude foods.

This version only covers wheat/gluten, peanuts, and tree nuts but it is my hope that someone else who is passionate about the subject can continue the work to cover other allergies and conditions as part of their own Wood Badge project or just to enhance the scouting experience for everyone.

Shaun Miller

Reference for shopping and cooking with food allergies

Guidance for Wheat/Gluten, Peanut, and Tree Nuts

The degree of impact from allergies varies from person to person and range from minor symptoms to life threatening reactions. Scouts need to be cautious when dealing with these conditions and always check with the person or their parent on the degree of caution to be exercised.

It is recommended that when dealing with scouts and scouters that have food allergies, that this guidance be reviewed with the person or their adult guardian to make sure that steps are taken to ensure safety.

Depending on the severity, multiple steps may need to be taken when shopping and preparing food including but not limited to:

- Purchasing products that are certified free from the allergen vs products that have no allergen ingredients or may be cross contaminated with allergens in a factory or during processing (i.e. “may contain,” “processed in facility that also processes” or “made on equipment with.”)
- Ensuring no cross contamination occurs when preparing by using separate, knives, utensils, cutting boards, and washing hands or changing gloves after each ingredient.
- Using dedicated cooking equipment such as pots, pans, utensils, cutting boards, etc.

Cooking separate meals is strongly discouraged and should only be considered for multiple allergies where it would be extremely difficult to create a meal for a group or patrol that would meet the requirements. Singling out an individual because of an allergy is contrary to the patrol method and often results in the affected scout feeling apart from the others and often will result in the scout leaving scouts. Note that according to the ADA, allergies are a disability, and troops are required to make reasonable accommodations for them.

Reading labels

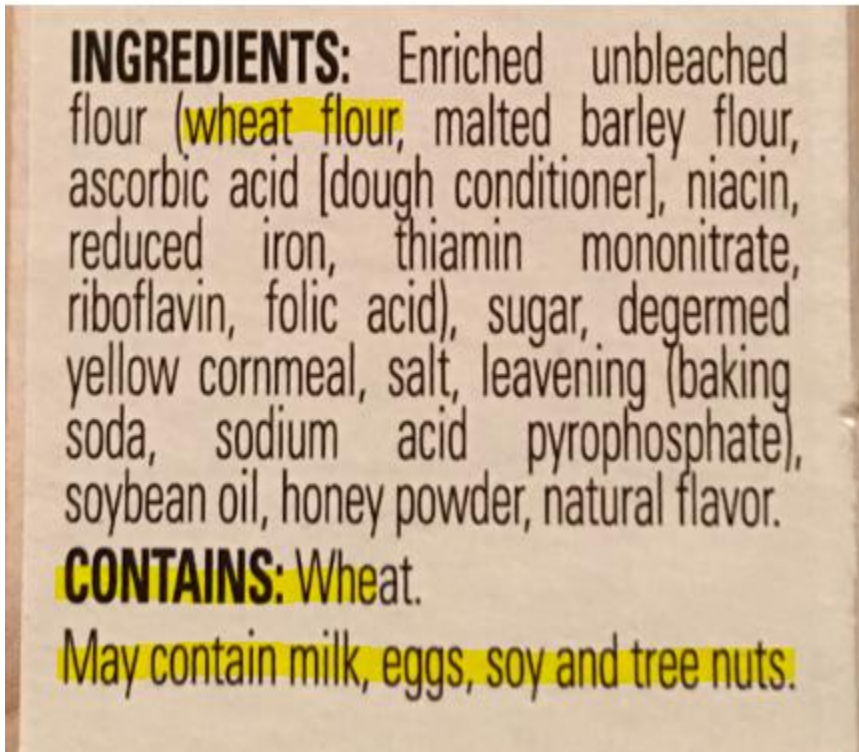
Managing life with a food allergy means reading packaged food labels—every time you buy that food. This is true even if you have purchased the food hundreds of times. Ingredients and manufacturing processes can change without warning. Make a habit of carefully reading labels to ensure you avoid any potential allergens. When dealing with allergies, check every time you shop. Products that previously were safe may change without notice.

What Should I Look For?

Allergens regulated under FALCPA and the FASTER Act can be called out in one of three ways:

- In the ingredient list, using the allergen’s common name.
- Using the word “Contains” followed by the name of the major food allergen—for example, “Contains milk, wheat.”

- In the ingredient list in parentheses, when the ingredient is a less common form of the allergen—for example, “albumin (egg).”
- With tree nuts, fish and crustacean shellfish, the specific type must be listed (e.g., almond, tuna, crab).



If you see the allergen featured in one of the above ways, it means the allergen is present in the food.

It is important to read the ingredient list in addition to the bold warnings. While not common, mistakes are made especially on products that change a great deal (seasonal products, changing flavors, etc.)

Hidden ingredients

It is important to note that many allergies have hidden sources that may not be as clear as they should be. Examples of this are provided in the specific allergy sections.

Wheat/Gluten

Explanation

Wheat and Gluten are issues for people with allergies, food sensitivities and other conditions such as Celiac Disease and Hashimoto's Syndrome. Wheat and wheat derived products must be avoided as should items that contain gluten.

Avoid

- Grains: Wheat, rye, barley, and triticale, which is a cross between wheat and rye
- Flours: Enriched flour, farina, graham flour, and self-rising flour
- Baked goods: Bread, pasta, crackers, cakes, cookies, pies, and croutons
- Breakfast foods: Pancakes, waffles, biscuits, and French toast

Hidden Sources that need to have labels looked at closely

- Processed cheese and shreds. Wheat is often used as a binder or to keep shredded cheeses from sticking together.
- Condiments and dressings: Salad dressings, gravies, and sauces
- Soups and canned goods: Canned soups and soup mixes, creamed vegetables
- Processed meats: Cold cuts and prepared lunch meats
- Beverages: Flavored coffee, malted milk, and herbal tea with malted barley
- Flavorings: Natural and artificial flavor, malt extract
- Other: Meat substitutes, egg substitutes, and certain ice creams

Products to avoid

Pringles

Rice Krispies (some generic rice cereals are ok but the brand name uses malt flavor)

Oats and oatmeal unless certified gluten/wheat free

Substitutions and products that are safe

- Corn starch instead of flour for gravies and sauces
- Gluten Free Flour
- Captain Crunch, Corn Chex
- Frito Lay products except for Doritos
- Breads and products from Schlar, Canyon Bakehouse, BFree, and LiveGfree

Peanut and Tree Nut

Explanation

Peanut and Tree Nuts and products made from them for people with these allergies. These allergies are the most common however while common, can be life threatening. Due to this, many airlines and restaurants have discontinued their use. Depending on the severity of the allergy, some of those affected can have a reaction from simply being in the same room with the allergen or being exposed to products that may have come in contact with them during processing so it is important to know the extent of these allergies and the severity.

Many scouts with Peanut and Tree nut allergies are required to have epinephrine injections (Epi Pen) if they show signs of a reaction. Due to this, the scout must always have the Epi Pen with them and if used, it constitutes a medical emergency, and the scout must be taken to medical professionals immediately.

Avoid

- Asian and African foods. Peanuts are common in many ethnic foods especially Thai.
- Lupin. Lupin is a legume that is related to peanuts and soybeans which may cause a reaction. Lupin is becoming more common in pasta and baked goods.
- Flours: Gluten free and alternative flours (almond is often used as a substitute)
- Energy bars, marzipan and candy bars: Many have peanuts and tree nuts as ingredients or are produced on the same line with products that do.
- Trail mixes and snack mixes
- Spices: Cumin and others may contain traces of peanut and tree nuts.

Hidden Sources that need to have labels looked at closely

- Baked goods. Peanuts and tree nuts are sometimes in breads, cookies and baked goods
- Condiments and dressings
- Beverages: Flavored coffee and drinks
- Flavorings: Natural and artificial flavor, malt extract
- Other: certain ice creams and deserts

Substitutions and products that are safe

- Enjoy Life products
- MadeGood products
- Cheerios, Rice Krispies, Corn Flakes Chex cereals

Breakfast

Omelets in a bag

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
12	eggs, large
	Diced, onion, pepper, tomato, etc.
	Sliced mushrooms
1 lb.	Sausage, ham and/or bacon, diced
	Salsa
1 lb.	Shredded cheese
	Quart Freezer bags

Directions

Mix 2-3 eggs and desired ingredients in a quart sized freezer bag

Remove as much air as possible and seal

Using fingers, mix eggs and ingredients in bag

Boil 10 to 15 minutes or until eggs are desired firmness

Serve on a plate or eat from bag

Notes:

Chilaquiles and eggs

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1	Large can Green Enchilada sauce * (Verify allergens)
12 to 16 oz.	Bag of fresh tortilla chips
2	limes
6	eggs, large
8oz	Shredded jack cheese
	Sliced avocado
	Chopped red onion
	Sour cream
	Cilantro if desired

Directions

- Heat enchilada sauce in a stock pot until almost boiling then reduce heat and simmer for 5 minutes.
- Half one lime and squeeze juice into sauce. Cut the remaining lime into wedges
- Add chips by handful and gently stir to coat with sauce
- Remove from heat and stir in scrambled eggs
- Garnish with onion cilantro, avocado and lime
- Top with cheese

Notes:

Yogurt Parfait

Servings

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
24 oz	Vanilla yogurt
1 bag	Gluten, peanut and tree nut free Granola (read labels)
16 oz	Fresh berries as desired

Directions

Mix together and enjoy

Notes:

Ham and egg bites

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
12	foil cupcake cups
12	medium eggs
1.5 lb.	thin sliced deli ham
	Salt and pepper

Directions

Line foil cups with ham to make a cup

Crack egg into prepared cup

Season with salt and pepper

Bake in a preheated Dutch oven for 20 minute or until eggs are cooked to desired doneness

Notes:

Dutch oven Frittata

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
8	eggs
½ cup	milk
1 cup	shredded cheddar
	Salt and pepper as desired

Optional

Add a total of up to 2 cups of the following options:

Diced onions, fresh spinach, sausage, ham, bacon, bell peppers, halved cherry tomatoes, artichoke hearts

Directions

Scramble together eggs, milk cheddar and salt/pepper

Fold in other ingredients as desired

Pour into a foil lined Dutch oven

Cook with coals on top and bottom until center is set

Notes:

Crescent Roll breakfast pizza

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1 tube	refrigerated crescent rolls
1 pound	bulk pork sausage
1 cup	frozen shredded hash brown potatoes, thawed
1 cup	shredded cheddar cheese
3	large eggs
1/4 cup	whole milk
1/4 teaspoon	pepper

Directions

Unroll crescent dough and place in a greased 12-in. Dutch Oven

Press seams together and press up sides of pan to form a crust

In a large skillet, brown sausage over medium heat; drain and cool slightly.

Sprinkle the sausage, hash browns and cheddar cheese over crust

Bake in Dutch Oven for 30 minutes or until a knife inserted into the center comes out clean

Let stand 10 minutes then cut and serve

Notes:

Chipped Beef and Toast

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
12 slices	sliced white sandwich bread
1 2.25 jar	Armour Star Sliced Dried Beef, Jarred Meat
2 packets	Pioneer Peppered Gravy Mix

Directions

Chop dried beef into bite sized pieces

Prepare gravy per packet directions and add chopped dried beef.

Heat until hot and serve over toasted bread

Notes: Can be made gluten free by substituting bread with gluten free bread and the gravy mix with a gluten free gravy (Suggest Pioneer Gluten Free Country Gravy Mix)

Lunch and Dinner

Chili Dogs

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
8	Hot Dogs, (Hebrew National or Nathans)
8	Hot dog buns (Schar for Gluten free) regular for other
1 can	Castleberry's Original Hot Dog Chili Sauce
	Mustard, Catsup and diced onions as desired

Directions

Heat hot dogs on grill or on a stick

Heat chili sauce in a small pan until warm

Notes:

Frito Chili Pie

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
Large bag	Fritos Corn Chip
16 oz	Shredded cheddar cheese
2 can	Castleberry's Original Hot Dog Chili Sauce
	Onions, peppers as desired

Directions

Spread a layer of corn chips on a sheet of foil

Top with chili sauce, cheese and other toppings as desired

Create a tent with the foil to seal and cook on grill for 5 minutes or until cheese is melted

Notes:

Walking Taco

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
8	individual bags of Fritos Corn Chip
16 oz	Shredded cheddar cheese
1 lb.	hamburger
1 jar	salsa
	Onions, lettuce, peppers as desired

Directions

Cook hamburger

Open Fritos bag and top with cooked meat, cheese and other topping as desired

Create a tent with the foil to seal and cook on grill for 5 minutes or until cheese is melted

Notes:

Elote (Mexican Street Corn)

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
8 ears	corn, shucked
½ cup	melted butter
½ cup	mayonnaise
1 cup	grated cotija cheese
8	lime wedges (Optional)

Directions

Grill corn on grill until hot and lightly charred all over, 7 to 10 minutes.

Roll corn in melted butter, then spread evenly with mayonnaise. Sprinkle with cotija cheese.

Serve with lime wedges.

Notes:

Giant Sub sandwich

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1 loaf	French or Italian bread
1 lb.	thin sliced deli ham
1lb	thin sliced deli turkey
8 oz	deli turkey
1 lb.	sliced mozzarella
Bag	shredded lettuce
1	red onion, sliced
2	tomato, sliced
	Italian dressing, mustard and mayonnaise as desired

Directions

Cut bread lengthwise and lay out on surface with bottom accessible

Lay slices of meats evenly across bottom of loaf

Lay slices of cheese evenly across meat

Top with lettuce, tomato and onions then place top of loaf over toppings

Slice into 8 equal size pieces

Add mustard, dressing, and mayonnaise as desired

Notes:

Dutch oven pork chops with mushrooms

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1lb	sliced mushrooms
1 cup	beef broth
2 lb.	thin boneless pork chops
1	diced sweet onion
2 can	Campbells Gluten Free Cream of Mushroom soup
½ stick	butter, cubed
	Salt and pepper to taste

Directions

Line Dutch oven with heavy duty foil

Pour 1 can of soup and beef broth into Dutch oven

Add onions and stir

Lay pork chops across bottom of Dutch oven

Spread mushrooms over pork chops

Pour remaining can of soup over mushrooms and add butter evenly across top

Bake over low heat for 2 hours or until chops are tender

Notes:

Ham and Cheese Panini

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1 loaf	Sourdough bread, sliced
16 oz	sliced Swiss cheese
24 oz	sliced ham
	Onion, Tomato
	mayonnaise

Directions

Divide meat and cheese between 6 slices of bread

Add sliced onion and tomato as desired

Place second slice of bread on top of prepared sandwich

Lightly coat outside of bread with mayonnaise

Cook on hot griddle while pressing sandwich from above with another griddle or skillet bottom until browned

Flip and repeat

Slice and enjoy

Notes: Griddle and skillet bottom must be cleaned well or be dedicated allergy free to avoid potential cross contamination.

Potato sausage hobo meal

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1	medium green pepper, chopped into ½ inch pieces
1	medium sweet red pepper, chopped into ½ inch pieces
1	medium sweet yellow pepper into ½ inch pieces
1	smoked turkey kielbasa, sliced (14 oz.)
2	large potatoes, cut into wedges
1	medium sweet onion, chopped into ½ inch pieces
1/2 teaspoon	garlic powder
1/2 teaspoon	pepper
1 oz	water
1oz	butter

Directions

Mix peppers, kielbasa, potato and onion

Divide mixture among 4 double thicknesses of heavy-duty foil (about 18x12 in.)

Add water butter and season with pepper and garlic as desired

Fold foil around mixture, sealing tightly.

Heat on grill for 30-35 minutes or directly on coals for 20-25 minutes turning once.

Open foil carefully to allow steam to escape.

Notes:

Steak fajitas

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1.5 lb.	steak slices (ribeye or skirt steak works best)
1	medium red bell pepper, cut into 1 inch strips
1	medium green bell pepper, cut into 1 inch strips
1	medium white onion, cut into 1 inch strips
1 packet	Fajita seasoning*
18	fajita or soft taco sized flour tortillas
	Sour cream, guacamole, and salsa if desired

Directions

Prepare fajita seasoning per directions

Marinate steak slices and vegetables in fajita seasoning in a bowl or gallon plastic bag for 1 hour

Grill steak and vegetables on a hot, lightly griddled griddle until done

Serve on warmed tortillas

Top with sour cream, guacamole, and salsa if desired

Notes: can be made gluten free by using corn tortillas or by omitting flour tortillas and/or serving with chips.

Chicken Fajita Bowl

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1.5 lb.	chicken breast slices
1	medium red bell pepper, cut into 1 inch strips
1	medium green bell pepper, cut into 1 inch strips
1	medium white onion, cut into 1 inch strips
1 packet	Fajita seasoning*
14 oz	Minute brand white rice
	Sour cream, guacamole, and salsa if desired

Directions

Prepare fajita seasoning per directions

Marinate steak slices and vegetables in fajita seasoning in a bowl or gallon plastic bag for 1 hour

Prepare Minute rice per directions

Grill steak and vegetables on a hot, lightly gridded griddle until done

Top with sour cream, guacamole, and salsa if desired

Notes:

Sausage Hash

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1	large onion, chopped
1	red bell pepper, chopped
2 tablespoon	oil
4	large potatoes, peeled and cubed (about 2 pounds)
1 pound	smoked kielbasa or Polish sausage, halved and sliced
1 4 oz can	chopped green chiles
1 15 oz can	whole kernel corn, drained
	Salt and pepper to taste

Directions

In a large, oiled skillet, cook onion and green peppers until tender

Add potatoes. Cook, uncovered, for 20 minutes, stirring occasionally.

Add kielbasa/sausage

Cook and stir until meat and potatoes are tender and browned, 10-15 minutes.

Stir in chiles and corn; heat until warmed

Notes:

Pork Chops with apples

Servings 4

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
4	boneless pork chops , about 1/2" thick
2 tablespoons	oil
2 tablespoons	butter
2	large apples , cored, peeled, and sliced
½ cup	chicken broth
¼ cup	apple juice
2 Tablespoons	brown sugar
1 teaspoon	ground cinnamon
½ teaspoon	ground nutmeg
½ teaspoon	salt

Directions

In a large skillet, heat the avocado oil over medium-high heat.

Add the pork chops to the skillet and cook for about 3-4 minutes on each side, or until they are browned and cooked through.

Remove the pork chops from the skillet and set them aside.

In the same skillet, melt the butter over medium heat. Add the sliced apples and cook for about 2-3 minutes, or until they begin to soften.

Pour in the chicken broth and apple juice, and stir to combine.

Stir in the brown sugar, cinnamon, nutmeg, and salt; Let the mixture simmer for a few minutes until the sauce slightly thickens.

Return the pork chops to the skillet, nestling them into the apple mixture.

Let the pork chops and apples simmer in the sauce for an additional 5-7 minutes, allowing the flavors to blend and the apples to become tender.

Once the pork chops are cooked through and the apples are tender, transfer them to a serving platter. Spoon the apple mixture over the pork chops.

Notes:

Meatball sliders

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1 bag	Frozen meatballs (24 count at least)
2 dozen	Hawaiian dinner rolls
1 jar	Spaghetti sauce
12 slices	Mozzarella cheese

Directions

Heat meatballs in a skillet until cooked through

Add spaghetti sauce and heat until warm

Slice Hawaiian rolls and place a single meatball and sauce on bottom slice

Add ½ slice mozzarella cheese and place top slice

Notes: Can be made gluten free with gluten free meatballs and gluten free dinner rolls

Chili Cornbread bake

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
3 cans (15 oz)	Wolf Brand Canned Chili (beans or no beans as desired)
2 box	Jiffy Corn Muffin Mix
2	eggs
2/3 cup	milk

Directions

Prepare Corn Bread Mix per directions

Spread chili in foil lined Dutch Oven

Spread cornbread mixture over chili

Bake in Dutch Oven until cornbread is cooked and a knife inserted into the cornbread comes out clean (25-30 minutes)

Notes: Can be made gluten free with gluten free cornbread mix

Dessert

Baked apples

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
6	apples
2 sticks	butter
1.5 cups	brown sugar

Directions

Mix butter and brown sugar in a bowl until blended

Core apples and stuff with butter brown sugar mixture

Wrap in heavy duty foil

Cook directly on coals for 10 to 15 minutes turning often

Notes:

Cinnamon Roll on a stick

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
2 rolls	Refrigerated Pillsbury Cinnamon Rolls
8	sharpened sticks with bark removed

Directions

Unwrap individual rolls and re-wrap on stick

Cook over fire until dough is cooked

Remove from stick and spread with icing

Notes:

Banana boats

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
8	ripe bananas
1 bag	Jet-Puffed mini marshmallows
1 bag	chocolate chips
1	roll aluminum foil

Directions

Peel approximately 1/3 of bananas from the inside of the curve

Place bananas on a double layer of foil that is at least 12" x12" square

Bring all sides of foil up to make a bowl that covers bananas on all sides except top

Add chocolate chips and mini marshmallows

Seal top of foil pack leaving 2 inches of air space to allow for air circulation

Cook on coals or grill until chocolate is melted and marshmallows are soft

Notes:

Pudding Pie

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1	Mi-Del Gluten Free Graham Style Pie Crust
2	3.4 oz Jello Instant Pudding (Chocolate or French Vanilla)
1 qt	2% Milk

Directions

Whisk milk and pudding mix in a bowl until blended

Pour into crust

Place in cooler for at least 2 hours to set

Notes: Most flavors of pudding are gluten, peanut and tree nut free however some may not be. Always check labels.

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Salad

Chicken Caesar Salad

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
2 heads	Romaine Lettuce, washed and chopped
1 bottle	Kraft Classic Caesar Salad Dressing
1 bag	Caesar croutons
2	Chicken breasts
8 oz	shredded parmesan cheese

Directions

Grill chicken breasts until done then set aside to rest

Mix chopped romaine lettuce, dressing and parm cheese in bowl until well mixed.

Slice chicken into ½ inch slices

Serve in bowls or plates and top with chicken and croutons

Notes: Omit croutons or add separately to make gluten free

Waldorf Salad

Servings 6

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
½ cup	mayonnaise
1 tablespoon	white sugar
1 teaspoon	lemon juice
⅛ teaspoon	salt
3 apples	peeled, cored, and chopped
1 cup	thinly sliced celery
½ cup	raisins

Note that traditional Waldorf salad contains chopped walnuts which are omitted in this recipe and may be added in (1/2 cup) if tree nuts are not an issue.

Directions

Whisk mayonnaise, sugar, lemon juice, and salt together in a serving bowl

Stir in apples, celery, walnuts, and raisins. Cover and chill in cooler until ready to serve.

Notes:

Backpacking and Trail

Backpacking chicken and rice

Servings 1 (multiply ingredients by number of participants)

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
1 pouch	Ben's Original Ready Rice Roasted Chicken Flavored Rice
1 pouch	StarKist Premium White Chicken, 25% Less Sodium

Directions

Heat pouches in boiling water for 10 minutes or until hot

Open pouches and mix together on plate and enjoy

Notes: Other variations are possible. Check for allergens but Asian, Mexican, Indian as well as other proteins such as tuna and shrimp are also available in pouches.

Backpacking Chicken pasta and sauce

Servings 2 (multiply ingredients by number of participants)

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
2 pouch	Barilla Ready Pasta Fully Cooked Pasta Rotini
1 small jar	Barilla Rustic Basil Pesto Pasta Sauce, 6.5 oz (Contains Cashews)
1 pouch	StarKist Premium White Chicken, 25% Less Sodium

Directions

Boil pouches of pasta and chicken in boiling water for 10 minutes or until hot

Open pasta pouch and place on plate

Open Chicken pouch and divide between 2 participant plates

Divide sauce between 2 participant plates

Notes:

Other sauces can be used but will need to determine amount needed and check for allergens.

Backpacking Mozzarella Sticks

Servings 8

Allergen information

Gluten Free

Peanut Free

Tree Nut Free

Ingredients

Quantity	Item
16	Mozzarella String cheese sticks
1 small jar	marinara sauce
1 box (8 oz)	Kikkoman Gluten Free Panko Japanese Style Breadcrumbs

Directions

Open string cheese and cut in half

Dip cut string cheese pieces in marinara sauce then in bread crumbs.

Notes:

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Sources and training

Peanut

University of Nebraska Lincoln

<https://farrp.unl.edu/informallegumes>

Informational site with details on peanut (and other legume) allergies

Good To-Go

<https://goodto-go.com/>

Backpacking meals with Gluten, Peanut, and Tree Nut Free options.

KidsHealth

<https://kidshealth.org/en/parents/nut-peanut-allergy.html>

Informational site on Peanut allergies

American Academy of Allergy Asthma and Immunology

<https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/peanut-allergy>

Informational site on Peanut allergies

Kids with Food Allergies

<https://kidswithfoodallergies.org/recipes-diet/recipe-substitutions/substitutions-for-peanuts-and-tree-nuts/>

Site with suggested substitutions for peanuts in recipes

Tree nut

University of Nebraska Lincoln

<https://farrp.unl.edu/informalltreenuts>

Informational site with details on Tree Nut Allergies

Good To-Go

<https://goodto-go.com/>

Backpacking meals with Gluten, Peanut, and Tree Nut Free options.

KidsHealth

<https://kidshealth.org/en/parents/tree-nut-allergy.html>

Informational site with details on Tree Nut Allergies

Kids with Food Allergies

<https://kidswithfoodallergies.org/recipes-diet/recipe-substitutions/substitutions-for-peanuts-and-tree-nuts/>

Site with suggested substitutions for tree nuts in recipes

Food Allergy Canada

Hiking and Camping with Tree Nut Allergies

<https://foodallergycanada.ca/hiking-and-camping-with-tree-nut-allergies/>

Guide on camping and hiking with tree nut allergies

Wheat/Gluten

University of Nebraska Lincoln

<https://farrp.unl.edu/informallcerealsgrains>

Informational site with details on Wheat (and other grains) allergies

Good To-Go

<https://goodto-go.com/>

Backpacking meals with Gluten, Peanut, and Tree Nut Free options.

Celiac Disease Foundation

<https://celiac.org/>

Page dedicated to Celiac Disease (common autoimmune disease) which is treated as an allergy from a scouting perspective.

Kids with Food Allergies

<https://kidswithfoodallergies.org/recipes-diet/recipe-substitutions/substitutions-for-wheat-and-gluten/>

Site with suggested substitutions for wheat/gluten in recipes

Children's National

Attending Summer Camp on GF Diet (Video 26.:39)

https://www.youtube.com/watch?v=2yfG55PI_B4

Presentation on attending summer camps when needing to be gluten free.

Scouting with Celiac

Facebook Group

Facebook group that can be joined that has advice from scouts and scouters that suffer from Celiac Disease

Celiac Disease in Scouting

<https://www.facebook.com/share/p/TK6YoHWYUL2gLC7E/?mibextid=A7sQZp>

Presentation on Celiac geared towards parents and scout leaders

About Kids Health

[A camp's guide for supporting campers with celiac disease](#)

<https://www.aboutkidshealth.ca/a-camps-guide-for-supporting-campers-with-celiac-disease>

Information on celiac disease and how to create a safe environment for campers

Travel Gluten Free Podcast

[Gluten Free Travel Snacks and Celiac Safe Food for Camping](#)

Tips and details on gluten free snacks and treats for camping and hiking

Celiac.com

[Gluten Free Camping Foods!](#)

Online forum on foods and meals that are gluten free

All

FARE

<https://www.foodallergy.org/>

Information, statistics, and resources on multiple types of allergies. General Knowledge

Centers for Disease Control

<https://www.cdc.gov/healthyschools/foodallergies/index.htm>

Informational site from CDC on food allergies (translation into Spanish as well)

Anaphylaxis Canada

Understanding the Basics: Cross Contamination (Video 5:16)

<https://www.youtube.com/watch?v=XNC3Oou4pVU>

Informational video on avoiding cross contamination for allergies

Food Allergy Training Video

Cross Contact (Video 7:14)

https://www.youtube.com/watch?v=AFF_zFDbAaA

Food allergy training video on dealing with Cross Contact

Scouting.org

Food Allergies

<https://www.scouting.org/health-and-safety/safety-moments/food-allergies/>

Scouts BSA allergy page with link to Food Allergy Guidance

Academy of Nutrition and Dietetics

<https://www.eatright.org/health/health-conditions/allergies-and-intolerances/food-allergies-and-intolerances>

Basic information on common food allergies

The Allergy Chef

[Gluten Free camping/camping with food allergies](https://theallergychef.com/gluten-free-camping-camping-with-food-allergies/)

<https://theallergychef.com/gluten-free-camping-camping-with-food-allergies/>

Tips on camping with allergies and on avoiding cross contamination

American Camp Association

[Strategies for Serving Top Nine Allergen-Free Meals](https://www.acacamps.org/article/camping-magazine/strategies-serving-top-nine-allergen-free-meals)

<https://www.acacamps.org/article/camping-magazine/strategies-serving-top-nine-allergen-free-meals>

Article on allergen free meals when camping

Chicago Health

[Camping with Food Allergies](https://chicagohealthonline.com/camping-with-food-allergies/)

<https://chicagohealthonline.com/camping-with-food-allergies/>

Article on camping with food allergies

Bearvault

[Thru-Hiking with Food Allergies... Is It Possible?](#)

Information and tips on hiking foods that are compatible with food allergies