# GUB SCOUT FAMILY GAMP

# 2012 NATIONAL STANDARDS FOR COUNCIL-ORGANIZED FAMILY CAMPS



This publication includes procedures, standards, and explanatory information. The National Standards Accreditation Score Sheet for Council-Organized Family Camps, No. 430-409, is for use in reporting to the council. Attach all accreditation team recommendations and items needing follow-up to this report for council use. Council-organized family camping includes events involving more than one pack. The local council provides all of the elements for the outdoor experience, such as staffing, food service, housing, and program. These are often referred to as *Parent/Pal, Mom and Me*, or *Adventure Weekends*.

### **PURPOSE**

The standards are established to do the following:

- 1. Ensure the health, safety, and well-being of every camper, leader, visitor, and staff member participating in family camping.
- 2. Help the council take pride in the high quality of its family camp(s), including the program, staff, facilities, and equipment.

The local council is responsible, regardless of the location of the family camp, for assuring that the facilities meet these standards.

As a result of these standards, the council should be able to do the following:

- Objectively review its family camping operation.
- Discuss the year-round outdoor program opportunities.
- Issue a written report for camping committee action, complete with recommendations.

### RESPONSIBILITY

The Scout executive is responsible for maintaining national standards with help from the camping committee, health and safety committee, and other appropriate council committees. The council camping committee and the family camping administrator are responsible for ensuring that all standards are or will be in effect when family camping is in operation. In some cases, the camping administrator must administer the operating part of the standards. This same principle of assigned responsibility applies to the balance of the standards.

### **PROCEDURE**

Part I—The camp preview must be completed annually. Use the Precamp Accreditation column on pages 3–8. The review team consists of the council camping chair, health and safety chair, family camping administrator, and Scout executive or designee, plus other committee and staff members as needed. The visitation team should review the precamp accreditation standards at the time of the family camping visitation.

**Part II**—While council-organized family camping is in operation, the accreditation team appraises the camp by doing the following:

- 1. Touring the camp facilities, using this publication as a guide.
- 2. Observing the use of equipment, methods of instruction, and use of personal ideals and any obvious indications of Scouting ideals in action. Talk with parents and boys during the tour. Discuss the program with the program director and other staff members.

#### Part III—After the family camping visitation:

- Complete the four-part score sheet, distribute copies as noted, and prepare a review of the camp, including recommendations and comments.
- 2. Schedule and confirm a time to report to the council executive board. (The appropriate council officers or Scout executive should make the report.)
- 3. The Scout executive sends the canary and pink copies of the score sheet, No. 430-409, to Outdoor Programs, S250.

# SCORING FAMILY CAMPING OPERATIONS

Use the score sheet to record the results of the review, and forward it to the local council service center.

#### **Site Standards:**

Accreditation of site only: All standards marked with an asterisk
 (\*) apply to facilities that host family camps more than once a year.
 Site standards are evaluated one time for subsequent camps.

#### **Council-Organized Family Camping and Program Standards:**

- · Accreditation of site and program.
- All standards apply to council-organized family camping accreditation and must be scored for each camp.

If any standard marked with an "M" (Mandatory) is not met, the camp or facility must be rated as conditionally accredited.

Unless otherwise indicated, the word "adult" as used in the standards means the minimum legal age specified by the state in which the camp is located.

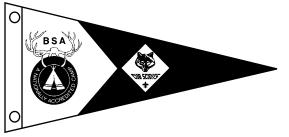
### **RATINGS AND RECOGNITIONS**

(Count a nonapplicable item or an excused item as a "yes" when computing percentages.)

Nationally accredited recreational family camps (site only) can be awarded if all mandatory site standards are marked as "yes."

Nationally accredited council-organized camps (program and site accredited) can be awarded if all mandatory standards are marked as "yes" and the total score is 60 or more. The only exceptions are nonapplicable or legitimately excused items.

Nationally accredited family camps may display the Nationally Accredited Camp flag, No. 11013 (available to councils from the Supply Group).



Nationally Accredited Camp flag, No. 11013

# CLOSING A FAMILY CAMPING OR PROGRAM FACILITY

When a violation presents an immediate hazard to safety and health, the accreditation team has the authority and responsibility to order immediate shutdown of the portion of the camp that is in violation.

### DEFINITION OF COUNCIL-ORGANIZED FAMILY CAMPING

Council-organized family camping events are overnight experiences involving more than one pack. These are often referred to as Parent/Pal, Mom and Me, or Adventure Weekends. Council-organized family camps should be conducted by trained leaders at sites approved by the local council. In most cases, the youth participant will be under the supervision of a parent or guardian. In all cases, each youth participant is responsible to a specific adult.

The council must approve overnight activities involving more than one pack. Council-organized family camps must be conducted in accordance with established standards as given in National Standards for Council-Organized Family Camps, No. 430-408 (this publication).

### RESOURCES

No. 20-920B Camp Program and Property Management

No. 430-409 National Standards Accreditation Score Sheet for

Council-Organized Family Camps

Pack Overnighter Site Approval Form (online only at http://info.netbsa.org, under Boy Scout, Camping/Conservation)

### SUMMARY OF CHANGES FOR 2012

**Standard M1** notes that a precamp accreditation visit must be completed 30 to 60 days before the start of camp.

Standard M41 revised the list of approved health officers.

**Standard M59** was updated to include archery safety from the *Boy Scouts of America National Shooting Sports Manual.* 

**Standard M60** was updated to include BB-gun safety from the *Boy Scouts of America National Shooting Sports Manual.* 

Site:	Council-O	rganized	Event:	Date:				
Precamp Accreditation (Check if action needs to be taken.)	Operatio Accredita YES NO	tion	Precamp Accreditation (Check if action needs to	be taken.)	Operation Accreditate YES NO	tion		
*M1 A precamp accreditation visit is completed 30 to 60 days prior to the start of camp.  Date:  *M2 If the family camp is not conducted on council-owned or -managed property, a current-year written agreement specifying the conditions of use has			council service of for 18 years. The shall review and throughout the c	close of camp, returned to the local center and retained e day camp director initial the logbook amping period to ler action is required				
*M3 All necessary and required permits, certificates, licenses, and agreements to lawfully operate a camp at this location are current and displayed or on file at the site.  *M4 Current-year letters of agreement with local authorities to provide emergency care or services to the camp are kept onsite. These include hospital, fire, ambu-			requiring the interprovider beyond first aid shall be a MyBSA—Resouring. Fatalities or incidents including injuries or illness diately reported to	esses, and incidents ervention of a medical basic Scout-rendered reported using arces—Incident report-other catastrophic mg multiple serious a should be immefollowing guidance munication plan and				
<ul> <li>lance, and law enforcement authorities.</li> <li>*M5 Accident and sickness insurance is in effect for all campers and staff.</li> <li>*M6 A current-season written agreement with a nearby hospital is on file, regarding procedures for admitting campers and procedures for handling financial arrangements for treating</li> </ul>			*M10 Appropriate eme is available at all  *M11 A fully equipped able at all times family camping director, or the n located in the he	I times. If first-aid kit is availfrom the Scouting director, the camping medical officer or is alth lodge.				
campers, if necessary. *M7A Written plans (updated annually and specific to the site) for handling emergencies such as floods, tornadoes, storms, lightning, fires, accidents, lost children, sickness, and fatalities are on hand and have been shared and practiced with staff and leaders. *M7B Current drawings are available on-site showing all electric, gas, water, and sewer systems and lines, with locations			and emergencies *M12B There are written releasing camper from camp. *M13 Camp rules and written and poste or communicate in a timely fashio*M14 All motor vehicle	eck-out, fee handling, s. in procedures on rs who are minors regulations are ed in plain sight d to all participants on.				
of shutoff switches or valves to interrupt service, should the need arise.  Latest update:  M8 A current (within 12 months) health history (Parts A and B of form 680-001) for each camper, leader, and staff member is on file in camp during the camping period.  *M9 A daily record of all first aid and medical treatments (written in ink) is kept in the First Aid Log, No. 33681. Alternatively, smaller camps may use the First Aid Log for a council/district activity or event available at			used for transpor are kept in safe n istered and inspe in a safe and lega no circumstances carried in the bed a pickup. The be must never be us Hayrides may be the restrictions o Safe Scouting. A for each person i	tation of passengers, nechanical order (reg- cted) and are operated all manner. Under are youth to be all of or towed behind do for trucks or trailers are for carrying youth. It provided following utlined in the <i>Guide to</i> seat belt is available in each motor vehicle stal buses). All water-				
www.scouting.org/filestore/pdf/680-172WB_duplex.pdf. Staff records are			ioon sunda di					

Precamp	Operational	Precamp	Operational
Accreditation	Accreditation	Accreditation	Accreditation
(Check if action needs to be taken.)	YES NO NA	(Check if action needs to be taken.)	YES NO NA
*M15 Vehicles belonging to staff, leaders,		*M25 Program facilities are built in accordance	
and visitors are parked in a designated		with state, local, and BSA guidelines.	
camp parking area. Roads in the camp		*M26 Campgrounds are clean, neat, and free of	
are restricted to service vehicles and		hazards. When possible, toilet, washing/	
only on a limited basis.		shower, and program facilities are acces-	
*M16 Current emergency telephone numbers		sible to participants with disabilities.	
for the fire department; police and res-		*M27 Any individual site "hook-ups" pro-	
cue squad; hospital; camp physician;		vided for electricity, water, or sewer	
and Scout executive's home, mobile,		meet all appropriate local and state	
and office are posted. Alternative		health codes.	
personnel are designated for the camp		*M28 Drinking water is from an approved	
physician and the Scout executive		municipal source or is tested regularly	
with home, mobile, and office		during the season for bacteriological	
phone numbers listed. A backup		quality and meets state and health	
or alternative communication system		department standards.	
is available at all times.		*M29 Drinking water is provided at central	
*M17 Disposal of garbage, refuse, and		locations via sanitary fountains or por-	
sewage meets the demand of the maximum number of campers in		table water coolers. Personal (individual	
attendance. All state and local regula-		use only) water bottles or disposable	
tions are met and comply with criteria		cups (no shared cups) may be used.	
defined in Camp Health and Safety,		*M30 All campers, leaders, and staff members	
No. 19-308. The garbage storage		have regular access to clean and comfort-	
facility is clean, and pest control is		ably warm showers throughout the camp-	
adequate. For family cooking in a		ing period. The number of shower heads	
campsite, the same criteria apply.		meets local and state codes. A method	
Daily pickup of raw garbage from		is established to provide privacy for both	
the campsite is desirable.		male and female shower use in camp.	
*18 Janitorial responsibilities are assigned		In accordance with Youth Protection	
to a specific person or people, and		policies, leaders and Scouts are not	
maintenance standards are established		to shower at the same time. This also	
for the site.		applies to youth and adult camp staff	
19 A well-stocked trading post is oper-		members (18 years of age or older).	
ated for the convenience of campers.		*M31 Each family site is within 300 feet of, but	·
Suggested items for sale include camp		no closer than 100 feet to, a toilet facility.	
souvenirs, handicraft goods, Scouting		*M32 A vermin-proof trash receptacle is near	
literature, clothing, personal items,		every camping site, with a minimum	
accessories, beverages, and snack		of one receptacle for every two sites.	
foods. A Keep It Cold temperature			
chart, No. 34230, is posted and filled		*33 Intentionally left blank. Standard was	
in daily at each refrigerator and freezer.		merged with M15.	
Refrigerators are maintained at or		*M34 Approved swimming pool and water-	
below 40°F (4°C); freezers at or		front facilities are neat, clean, and oper-	
below 0°F (-18°C).		ated in compliance with the Boy Scouts	
*M20 A complete equipment inventory and		of America, the U.S. Coast Guard,	
an effective system of issuance and		and local or state regulations. Proper	
control exist for all program areas.		BSA and state standards in instruction, supervision, and training are carried	
*M21 A secure and orderly method exists		out in the aquatics program, including	
for handling all family records.		use of boats and canoes; and all aquatic	
*M22 A camp operating budget with an		facilities and equipment comply with	
effective cost-control and budget-		all BSA, state, and U.S. Coast Guard	
control system is in effect and shared		regulations. Required pool care is	
with key staff members.		undertaken, and records are properly	
FACILITIES		maintained. Buddy boards are used	
		for swimming and boating. Sufficient	
*M23 The camp provides adequate shelter		lookout people are on duty whenever	
and/or protection in the case of inclement weather.		an aquatics program is in process. Life	
*M24 All buildings meet building codes			
TIVE 4 AT DURINING MEET OFFICIAN COMES			

Precamp Accreditation		eratio redita		Precamp Accreditation	Operational Accreditation			
(Check if action needs to be taken.)	YES			(Check if action needs to be taken.)	YES			
jackets are worn by all people engaged in activity on the open water (rowing, canoeing, etc.) and used according to federal, state, and BSA regulations.  35 An open area suitable for group games and other recreational activities is provided.  STAFF, TRAINING, AND ORIE  *M36 Every staff member, volunteer, and paid position has completed an employment application and received a written position description and	NTA	—— ГІО)	 N 	M40A If swimming and/or boating activities are conducted on council-owned or operated properties using BSA personnel, the aquatics program must be directly supervised by a camp aquatics director aged 21 or older who has a current National Camping School certificate of training in either Aquatics Instructor BSA or Aquatics Supervisor. The aquatics director is also currently trained in American Red Cross First Aid and CPR/AED for the Professional Rescuer or equivalents.				
letter of agreement*M37 The family camping administrator is				Age				
at least 21 years of age and possesses a valid certificate of training from National Camping School in camp management.  Check training card:				Training: ☐ Aquatics Instructor BSA ☐ Aquatics Supervisor				
Name				Certificate of training expires				
Age				First-aid training expires				
Date card expires				CPR/AED training expires				
*M38 The on-site family camping director may be the family camping administrator or an adult who is at least 21 years of age and is trained annually by the council family camping administrator in family camping management.  Date of training  *M39 If wagonmasters are part of the staff at the family camp, they must be at least 21 years of age and trained annually by the family camping administrator in family camping management.  Date of training			(Aggre	For swimming activities, there must be a sufficient number of aquatics staff members with current lifeguard training from the BSA, American Red Cross, YMCA, or other recognized agencies to satisfy state regulations for guard-to-patron ratios. Sufficient additional staff members are available to satisfy BSA Safe Swim Defense guidelines for lookouts and response personnel. In accordance with Department of Labor regulations, 15-year-old paid staff members with lifeguard training certificates may only work as lifeguards for swimming activities in a swimming pool. Lifeguards for swimming activities in a natural body of water must be				
Wagonmasters are registered adult BSA volunteers of age or older. Wagonmasters serve Cub Scout pact fashion as campmasters serve Boy Scout troops. The on duty on weekends to support family camping prowagonmasters may be the directors or key leaders of camping program. They are trained by the family catrator. Wagonmaster training is conducted using the Camping Staff Training Guide, No. 13-468.	ks in the ey usual ograms. If a counting a	e same lly are Also, ncil far admin	mily	at least 16 and have an appropriate lifeguard training certificate.  For boating activities, the camp aquatics director is assisted by additional personnel to satisfy supervision and training guidelines consistent with BSA Safety Afloat guidelines for Cub Scouts. Sufficient time is allowed during staff training for the aquatics director to review aquatics programs				

and safety with all appropriate staff, including special situations identified during medical screening and aquatic-specific emergency action plans.

Precamp A correlator		Operational Accreditation		Precamp A consditation	Operational Accreditation				
Accreditation (Check if action needs to be taken.)	YES			Accreditation (Check if action needs to be taken.)	YES I				
M40B If a swimming program is conducted at				Check one:					
a licensed swimming facility, supervi-				☐ Licensed physician					
sion may be provided by facility				☐ Licensed nurse practitioner					
employees whose training is regulated				☐ Nurse (RN, LPN, or LVN)					
by state authorities. In lieu of the				☐ Licensed physician's assistant					
supervision required in standard				☐ Paramedic					
M40A, M40B applies to established				Emergency Medical					
pools, spray parks, water parks, and				Technician (EMT)					
lakefront swimming areas either shared				☐ First responder/EMR					
with the public or rented for exclusive				☐ The minimum requirement is					
use by the council. Camps that conduct				current certification in the					
both swimming and boating programs				American Red Cross Standard					
must have an aquatics director with the				First Aid program, which includes					
training specified in M40A.				CPR or the National Safety					
The following items must be coor-				Council First Aid program and					
dinated in advance between facility				CPR Level 1.					
management providing supervision				There is an established location for					
and day camp management. Camp				contacting the on-site health officer.					
management is represented by either a				0 4 66 1 6 40					
camp aquatics director trained as per				One staff member for every 40 campers					
standard M38 or the camp adminis-				must be coached in first-aid practices					
trator and camp director or program				for conditions most likely to occur in					
director. Assistance from the council				camp and be trained in CPR by any					
aquatics committee may be appropri-				recognized community agency.					
ate. In areas from which the public is				When the camp health officer is out					
excluded, Safe Swim Defense policies				of camp, another adult with first-aid					
should be implemented as they would				training is available or nearby emer-					
be at a council-staffed facility. At				gency coverage is provided.					
areas shared with the public, some				42 If the comp has a "tot lot" adult augus					
points of Safe Swim Defense may				42 If the camp has a "tot lot," adult super-					
need accommodation. Note that swim				vision and guidance are provided, and minimum state requirements are met.					
tests are not needed if everyone is				Two-deep leadership is provided by a					
limited to shallow water activities.				tot lot supervisor at least 21 years					
Review application of Safe Swim				of age and an assistant tot lot supervi-					
Defense, including the following:				sor at least 18 years of age. Both are					
1. Special precautions indicated by				qualified to oversee dependent youth,					
medical screening				and both have taken Youth Protection					
2. Screening process for				training (Camp Leadership—Youth					
swimming ability				Protection Begins With You, No.					
3. Designation of depths appropriate				623-127); Seasonal Camp Staff					
for swimmer classifications				Youth Protection and Personal Safety					
4. Check-in and check-out procedures				Training, No. 20-138 (available online					
<ol><li>Buddy responsibilities</li></ol>				at http://info.netbsa.org under Boy					
6. Role of day camp staff in				Scout, Training); and the National					
maintaining discipline				Camping School Camp Security and					
7. Role of day camp staff				Stress Management sessions, which					
during emergencies				may be conducted locally. Provisions					
M41 The on-site camp health officer is a				are made for preschool-age children of					
responsible adult holding current cer-				adult leaders to be covered by sickness/					
tification or a valid license as required				accident insurance.					
for the position.				M42 A All leavestoff members are registered					
The on-site camp health officer must				M43A All key staff members are registered members of the BSA.					
also have current certification in CPR				members of the BSA.					
by a recognized community agency.				Key staff members include camp					
. ,				administrator, camp director, program					
CPR certifying agency				director, business and physical arrange-					
				ments manager, health officer, craft					
Expiration date				director, National Camp School-trained	ĺ				
				aquatics supervisor, range officer, and					

Precamp Accreditation (Check if action needs to be taken.)	Operation Accredita YES NO	tion	Precamp Accreditation (Check if action needs to be taken.)	Operational Accreditation YES NO NA		
also other staff members on-site who have been part of the day camp planning process or have participated in staff training.  M43B Volunteers not listed in M43A who provide on-site leadership must undergo an orientation, receive a written summary of their duties and responsibilities prior to serving, and be supervised by a key staff member.  M44 A minimum of one day of training has		_	<ul> <li>M52 The buddy system is used in all swimming and boating areas. In public pools under public supervision, family campers are still checked in and out, using the buddy system.</li> <li>*M53 Swimming is limited to waters or swimming pools that meet state health standards.</li> <li>M54 The waterfront has only one entrance and exit and at least one properly located lookout station staffed during</li> </ul>			
Presentations include the required Camp Leadership—Youth Protection Begins With You, No. 623-127; Seasonal Camp Staff Youth Protection and Personal Safety Training, No. 20-138 (available online at http://info.netbsa.org, under Boy Scout, Training); and the National Camping School Camp Security and Stress Management sessions. A roster of participants and of those completing Youth Protection training is forwarded to the local council at the completion of training.  45 The daily schedule for the family camp, including inclement weather alternatives, is prominently posted.  46 A range of age-appropriate program opportunities is provided for families.			the aquatics program.  55 Intentionally left blank  56 Sports receive adequate emphasis in the program. Basic principle: Each participant, regardless of his or her ability, gets to learn the rules and play.  57 The daily program allows ample time for rest and lunch breaks, especially including a half-hour quiet program after lunch.  58 The daily program begins and ends with a meaningful Scouting and/or patriotic ceremony.  M59 Archery is conducted safely, satisfying the following standards:  a. Archery areas are properly designated and posted (See Camp Program and Property Management, No. 20-920B; and Boy Scouts of America National Shooting Sports Manual, No. 30931.)  b. Equipment is safely stored and locked up when not in use.			
PROGRAM  Council-organized family camping standards only; for site-only accreditation.  Note: Age-appropriate programming: Age/BSA par guidelines and standards for .22-caliber rifles, pellet COPE, boating, canoeing, waterskiing, tubing, clim and high-adventure programming must be followed  47 The family camp program incorporates	rticipation guns, Project bing/rappelli	et	c. Qualified supervision by a range master 18 years or older is provided, and minimum state requirements are satisfied. A National Camping School-trained shooting sports director or USA Archery instructor must train the archery range master, using the training outlined in the <i>Boy Scouts of America National Shooting</i>			
Cub Scouting's 12 Core Values.  M48 Program activities provided by the camp are staffed and run in accordance with BSA guidelines.  49 The family camping program has special theme features.			Sports Manual, No. 30931, and issue training certificate No. 33767.  Name  Age  Training certificate expires			
List theme:		_	M60 The BB-gun program is conducted safely, satisfying the following standards:  a. The BB-gun range is properly designated and posted (See <i>Camp Program and Property Management</i> , No. 20-920B; <i>Resident Camping for Cub Scouts</i> , No. 13-33814; and the <i>Boy Scouts of America National Shooting Sports Manual</i> , No. 30931.)			

Precamp	Operational	Precamp	Operational Accreditation			
Accreditation (Check if action needs to be taken.)	Accreditation YES NO NA	Accreditation (Check if action needs to be taken.)	YES			
b. Equipment is safely stored and locked up when not in use.  c. Qualified supervision by a range master 18 years of age or older, as defined in the Boy Scouts of America National Shooting Sports Manual, No. 30931, is provided and state requirements are satisfied. A National Camping School-trained shooting sports director or National Rifle Association rifle instructor must train the BB-gun range master using the training outlined in the Boy Scouts of America National Shooting Sports Manual, No. 30931, and issue training certificate No. 33767.  Name  Age  Training certificate expires  Note: Shooting of .22-caliber rifles is not an approve for Cub Scouts or Webelos Scouts or family members.	ved BSA activity	A Keep It Hot temperature chart, No. 34231, is posted daily by dishwashers requiring high-temperature rinse water. Approved chemical additives for rinsing are used to properly disinfect and provide for drying when using low-temperature dishwashing equipment or when washing by hand.  Only air drying is permitted, and clean dishes, flatware, and utensils are neatly stored in a clean and sanitary facility with protection from insects and pests.  For unit cooking, the same standards are applied.  M64 Kitchen, dining hall, and commissary facilities are clean and sanitary. Insect and pest control is satisfactory. (See <i>Camp Health and Safety</i> , No. 19-308.)  All equipment and utensils used in the preparation and serving of food are clean and sanitary. The dining hall has a pleasant atmosphere, with good ventilation and adequate room to walk				
CAMP DINING HALI  M61 Refrigeration units are clean and sanitary, and all food is covered. Refrigerators are maintained at not more than 40°F (4°C) and freezers at not more than 0°F (-18°C). A Keep It Cold temperature chart, No. 34230, is posted and filled in daily at each refrigerator and freezer. This does not include family cabins if any are used at camp.  A nonmercuric thermometer is used in each refrigeration unit. Walk-in refrigerators and/or freezers have an opening device on both sides of the door. Unit cooking sites have proper nonperishable food storage but not refrigeration. Perishable foods are not kept at unit cooking sites.  M62 A food cost-control record and a complete inventory of commissary supplies are on hand.  M63 All dishes, flatware, cookware, and cooking utensils are properly cleaned and sanitized in accordance with state and local regulations and comply with criteria defined in Camp Health and Safety, No. 19-308.		freely between tables.  Smoking is not allowed in the dining hall or the kitchen. A smoking zone, away from the food preparation or serving area, may be designated if local ordinances permit.  M65 All food-service personnel in the kitchen, dining hall, or commissary are clean and wear clean clothing. Aprons, hats, gloves, and other protective items are worn as needed or required.  Personnel with cuts or sores on their hands or with colds or other sicknesses must not be on duty unless the camp health officer approves.  66 Food inventories are adequate to meet the needs of participants and staff. Adequate food supplies or scheduled deliveries provide fresh milk, meat, fruit, bread, vegetables, etc., as called for on the menus.  Menus are approved by a dietitian.  A copy of the menu is posted.  A campsite cooking menu, food list, and cooking instructions are provided for each meal.				