

kidstir[®] Camp

Roll out your sleeping bags and pop open the marshmallows.
It's time for Kidstir's virtual camp!

Click on the links below.



Around the Campfire

Recipes

[Campfire Chili](#)

[Magic Trail Mix](#)

[Toaster Oven S'mores](#)

Activities/Videos

[Craft a butterfly holder for your trail mix](#)

[Tell kid-friendly campfire stories](#)

[Can't build a fire? Queue up a virtual one!](#)



Beat the Heat

Recipes

[Watermelon Cooler](#)

[Southwestern Sun Salad](#)

[Ice Cream in a Bag](#)

Activities/Videos

[Dress up your drinks with these cool straw toppers](#)

[Fill up water balloons for a competitive toss](#)

[Fold your own paper fan](#)



Science Session

Recipes

[Poppin' Popovers](#)

[Orange Float](#)

[Yummy Gummies](#)

Activities/Videos

[Play paleontologist and dig up fossils](#)

[Learn STEM on the big \(or little\) screen](#)

[Watch your celery change color with this video!](#)



Movie Night

Recipes

[Parm Popcorn](#)

[Cauliflower Pizza](#)

[Grape Fizz](#)

Activities/Videos

[Shoot your own film!](#)

[Say "Action!" with movie charades](#)

[Print and play movie bingo while you watch!](#)



Pack a Picnic

Recipes

[Pack 'n Go Pinwheels](#)

[Rainbow in a Bowl](#)

[Apple of My Eye Muffins](#)

Activities/Videos

[Hold a three-legged race in the backyard](#)

[Take on a picnic scavenger hunt!](#)

[Learn about 5 classic American sandwiches](#)

Ingredients List

Day 1

Campfire Chili

Serves 6

- 1 teaspoon vegetable oil
- 1 pound ground beef
- 1 ½ teaspoons salt
- 1/2 teaspoon pepper
- 4 green onions
- 4 garlic cloves
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 cup chicken broth
- 2 15-ounce cans kidney beans
- 2 15-ounce cans crushed tomatoes

Magic Trail Mix

Serves 6

- 2 cups raisins
- 1 cup almond slices
- 1 cup sunflower seeds
- 1 cup dried apricots or apples
- 1/4 cup yogurt-covered raisins

Toaster Oven S'mores

Makes 4

- 8 graham cracker sheets
- 1 cup semisweet chocolate chips
- 1 cup miniature marshmallows

Day 2

Watermelon Cooler

Serves 2 to 4

- 2 cups diced watermelon (about 1 ¼ pounds)
- 1/2 small cucumber
- 1/2 to 1 cup ice
- 1 tablespoon honey

Southwestern Sun Salad

Serves 4

- 1 (15.5-ounce) can black beans (about 2 cups cooked beans)
- 1 medium tomato
- 1 small green pepper
- 2 to 4 tablespoons chopped cilantro
- 1 to 2 cloves garlic, crushed
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 to 3 tablespoons olive oil
- 1 teaspoon salt
- 1 lime
- 1 cup frozen corn kernels, defrosted
- 1 bag tortilla chips (we used blue corn chips)

Ice Cream in a Bag

Serves 2

- 1 cup light cream or half and half
- 1 cup heavy cream
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- ice cubes
- 1/2 cup salt (Kosher or rock salt)

Day 3

Poppin' Popovers

Makes 9 to 12

- 2 tablespoons butter
- 2 eggs
- 1 cup milk
- 1 cup all-purpose flour
- 1/2 teaspoon salt

Orange Float

Serves 2

- 2 scoops natural vanilla ice cream
- 3 to 4 oranges, washed and dried
- 2 cups sparkling water (plain carbonated water)
- simple syrup (optional)

Yummy Gummies

Serves 4

- 1 cup juice (we used carrot/orange and cranberry/raspberry)
- 2 envelopes unflavored gelatin

Day 4

Parm Popcorn

Serves 2

- 3 tablespoons popcorn kernels
- 1 teaspoon olive oil
- 1 tablespoon fresh grated Parmesan cheese
- 1/4 teaspoon salt

Cauliflower Pizza

Serves 4

- 1 head of cauliflower
- 2 eggs
- 1/4 cup plain yogurt
- 1 cup grated mozzarella cheese
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon salt
- 1 garlic clove, crushed
- 1/2 cup marinara or pizza sauce

Grape Fizz

Serves 4

- 2 cups seedless red grapes, washed
- 2 cups sparkling water (plain carbonated water)
- simple syrup (optional)

Day 5

Pack 'n Go Pinwheels

Serves 4

- 4 ounces cream cheese, softened (1/2 an 8-ounce package or 4 tablespoons)
- 1 tablespoon butter, softened
- 1/2 teaspoon chopped fresh parsley
- 1 teaspoon snipped fresh chives
- 1 clove garlic, crushed
- pinch of salt and pepper
- 4 whole-wheat or flour tortillas (medium-size)
- 8 slices roast beef
- 1 cup fresh spinach leaves

Rainbow in a Bowl

Serves 4

- 1/2 ripe cantaloupe
- 3 ripe kiwi fruits
- 1 pint fresh strawberries, rinsed
- 1 lemon
- 1 pint fresh blueberries, rinsed
- 2 (or more) tablespoons honey
- 2 to 4 tablespoons chopped fresh mint

Apple of My Eye Muffins

Makes 12

- 1 ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 ½ teaspoons cinnamon
- 2 eggs
- 5 tablespoons butter, melted
- 2/3 cup brown sugar
- 1 cup applesauce
- 1/2 cup grated carrot or zucchini

Feel free to get creative
and substitute ingredients!



Hey, Campers!

Get ready for a week of camp fun. Collect your gear, set up camp, and maybe even roll out your sleeping bag for a night under the stars!

Hey, Counselors!

- Introduce your child to the day's theme.
- Let your kids know about the fun experience planned for each day.
- Prepare the ingredients for that day's recipes as best you can, and get cooking!
- Check out our list of activities, games, and videos to complement each day's concept.



Day 1

Around the Campfire

Our first day at camp ends with a warm welcome. Grab a seat near the bonfire, where you can toast marshmallows, sing songs, and tell stories in the glow of the evening flames. Campers can share what they did throughout their days and even assemble their own Toaster Oven S'mores.

Day 2

Beat the Heat

Rise and shine for a second day at camp! The sun is out, which means we need to find inventive ways to keep cool. Start by crafting cold confections and drinks, like Watermelon Coolers or Ice Cream in a Bag. Then fold a fan or fill up some water balloons to keep the sun's rays at bay.



Day 3

Science Session

It's time for an experiment or three. Put on your lab coat (and your thinking cap!) because we're off to make some delicious discoveries. Today's camp session involves making perfect popovers and Yummy Gummies.

Day 4

Movie Night

Lights, camera, action! Break out the popcorn and get ready for a classic on the big (or not-so-big) screen. If you have a projector, tonight's the night to use it. Indulge in our cauliflower pizza (no yeast required!), and sip on a fizzy drink as you enjoy your favorite movie!

Day 5

Pack a Picnic

Finish the week with a flourish. Spread out your checkered blanket for a delightful lunch in the shade, where you can complete a summer scavenger hunt, roll up perfect pinwheel sandwiches, and bite into awesome applesauce muffins.