



Edible Fire



It's a Campfire Safety Activity and a Snack!

One of my favorite things about summer camp is cooking outdoors! To have the MOST fun, we need to know how to build our campfire SAFELY. In this Activity we'll learn how to be safe and to build a campfire without having to actually start a fire. *Have Fun! ~ Kava*

Supplies & ingredients are pretty flexible with this activity. Here are suggestions, but feel free to substitute your own!

Something that can be used as our base, it should be round and about 10" or so: *plate -plastic, paper, or whatever you have on hand, coffee filter, construction paper cut into a circle.*

Something that can be used to make the rocks around a fire circle, it should be small squares or circles: *mini marshmallows, Cheerios, blueberries, cut up melon, Kix, pieces of cereal, raisins.*

Something that can be used as tinder, it should be thin: *potato sticks, finely sliced celery, pretzel sticks, thin strips from string cheese, zoodles.*

Something that can be used as kindling, it should be a medium thickness: *pretzel sticks, sliced peppers, string cheese cut in quarters lengthwise, fruit cut into medium sized sticks, veggie straws*

Something that can be used as fuel, it should be thick: *pretzel logs, string cheese, thicker slices or wedges of fruit, celery sticks.*

Something that can be used as fire, it should be red or orange: *Cinnamon candies, cut up Swedish Fish, cut up Twizzlers, carrot slices or carrot chips, cut up strawberries*

Step 1. Where are we going to have our fire circle?

Outside we find an area that has a fire circle or we build one on flat ground that is clear of sticks, plants, or trees. Our circle must be clean and have nothing on it! For our activity we'll use a plate or something in a circle.

In order to have a campfire each girl must have her hair tied back in a ponytail, braid, inside a hat, or in a bandana so that her hair cannot hang over into the fire. If you're wearing a hoodie with strings, a nametag on a string, or a something long around your neck you should take it off or tuck it inside your shirt.

Step 2. Let's build our fire circle.

On our plate make a large circle with an ingredient to represent the stones in our fire circle. The stones keep our fire contained and safe.



Step 3. We use Tinder to start our fire.

Tinder are sticks that are thinner than our fingers. They should be about a cubit in length. What's a cubit? It's an ancient Egyptian form of measurement—the distance from your elbow to the end of your longest finger. It's a different measure for each of us!

For our edible fire we'll find an ingredient that is thin and no longer than any of our fingers, and put it inside our edible fire circle.

Step 4: After the tinder, we add our kindling.

Kindling is the next thing we add to build our fire. Kindling are sticks that are a bit bigger—they should be wider than your fingers, but not bigger than your wrist. They might be a little bit longer than tinder, but should not be too long or they won't fit in our fire circle!



For our edible fire add a thicker ingredient for kindling on top of your tinder.

Step 5: Fuel is what keeps our fire burning.



Fuel are thicker pieces of wood. Because of their size, they can burn for a long time. But because they are thick it is harder to start a fire with fuel. It's easier to start with tinder and then kindling to get our fire started before we add the larger fuel to our fire.

We're very fortunate at our Girl Scout Camps that we have a wood supply for each fire circle!

For our edible fire add the thickest ingredient to the top of your kindling.

Step 6: We have a campfire!

Congratulations, you've built the beginnings of an amazing campfire! Our last step—Fire!

For our edible fire add your red or orange ingredient to the top.



Have you eaten your campfire yet?

If you've built one feel free to add a pic of it to our FB Event! Then enjoy eating your edible fire!

Did you use any unique ingredients? Feel free to share!