

# Food Preparation & Planning

## Outdoor Education Academy

**When planning food for a wilderness trip, keep these goals in mind.**

### **Food should be...**

- well balanced: every meal or snack is a mixture of simple and complex carbohydrates, protein, and fat.
- light weight: no glass jars!
- non-perishable.
- sturdy enough to be packed.
- able to be boiled: frying, toasting, baking, searing, and simmering are challenging to do on our light-weight camp stoves. So, keep it simple – keep it “boil-only”.

### **Things to know...**

Tents groups will cook dinners together but all other meals and snacks will be individually planned and prepared. Water will be boiled for breakfast. Stoves will be used for breakfasts and dinners only: lunches and snacks will be eaten cold. Lunches and snacks should be conveniently packaged and left accessible while hiking.

### **Tips...**

- Remove food from bulky packaging – repackage in zip-lock bags.
- Divide snacks into smaller serving sizes for quick access while on the move.
- Large freezer bags work great for separating items in the beginning, but also work well as a large garbage container for messy items, like tuna cans, later on in the trip.
- Avoid foods that are sweetened for taste. Avoid overly-processed foods. Whole grains breads and simple foods, such as nuts, will provide a steady, long-lasting energy supply.

### **Examples:**

**Breakfast:** Quaker Instant Oatmeal, bagel and jam, Red River Cereal, porridge. A warm drink.

**Lunches:** pita bread/Stoned Wheat Thins/bagels... with cheese/peanut butter/jam/salami or summer sausage.

**Dinner:** Spaghetti, rice, or freeze-dried meals with canned tuna or canned chicken and a cheese, spaghetti or alfredo sauce.

**Snacks:** pita bread with cheese or sausage, nuts with dried fruit and chocolate

**Treats:** bulk candy or mini candy bars, cup-of-soup.

**Drinks:** hot chocolate, milk powder, tea, juice crystals, or my favorite in the evening... hot Gatorade!

**Condiments:** spices, sugar, pepper, & salt etc...

**Plan to eat from a variety of food groups every couple of hours. In general, a person needs 1800-2000 calories a day. Add on to these 400 calories – or more – for every hour of hiking with a large pack. Hiking with a pack for eight hours can burn over 5000 calories in a day!**

Meal	Calories	Additional Calories @ 400/hour of hiking	Number in Group ( multiply by # )	Total
TOTAL	2000			
breakfast	400			
snack @ 10:00	200			
lunch	400			
snack @ 2:00	200			
snack @ 4:00 pm	200			
dinner	600			
evening snack (optional)				

**Some Dinner Recipes:**

**Pasta with Tuna**

Pasta 110 grams  
 Onion 1 per 2 persons  
 Carrot 1 per 2 persons  
 Potato 1 per 2 persons  
 Cream Soup Base 2 spoonfuls per person  
 Tuna or Chicken ½ can per person  
 Fine Herbs pinch per person  
 Parmesan Cheese sprinkle to taste

Chop vegetables and add to pot of water, Bring to boil. Add pasta, spices and soup base and cook until pasta is done (10-15 mins, don't add too much water). Add tuna and cheese.

**Pasta with Cheese and Pepperoni**

Pasta 110 grams per person  
 Onion 1 per 2 persons  
 Oxo Cube 1 per 3 persons  
 Pepperoni 1 per 3 persons  
 Cheese 1 stick per 3 persons  
 Milk Powder 2 spoonfuls per persons  
 Parmesan Cheese sprinkle to taste  
 Spices spices

Chop onion and add to water with oxo cube. Bring to boil, add pasta. When pasta is done add remaining ingredients. Tip: Add extra milk powder and margarine for creamier sauce.