**Food**

**The Basics**

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**Tips for Food Packing and Healthy Meal Plans**

1. Keep it lightweight – use less packaging, fewer cans, bulk staples, dehydrate wherever possible etc…
2. Pre- mix any baking dry ingredients
3. Pre-cut cheese and meats into small squares
4. Waterproof every meal using TWO plastic bags
5. Label all meal and stuff sacs
6. Colour code stuff sacs if packaging all breakfast (for example) together or packing meals of the day together
7. Use waterproof PLASTIC screw top lid containers of an appropriate size for any liquids…NO GLASS!!!
8. Never pack stove fuel (methyl hydrate, white gas) and food together
9. Add spices to meals before packing the meal in your ziplock
10. When removing excess packaging, remember to cut out and include any cooking directions which may be on the package
11. Minimize the weight of food you carry by bringing nutritious food in carefully measured quantities
12. Food is the fuel that heats your body. You need a lot of calories to keep warm and stay active. Aim for about 3500-4500 calories per day. That’s about a kilo of dry food per person per day.
13. High fat foods such as cheese or nuts supply twice the calories per gram as other types of foods
14. Eat higher fat foods to keep you warm overnight
15. Eat high carbohydrate foods for short term energy

**SASE 9 Menu Options List**

All meals should be chosen based on palatability and light weight. A minimum of packaging should be taken on the trips. \*\*\***Tupperware containers, glass and tin cans are prohibited!** If you want to bring something that is not on the following lists, check with Ms. McDade.

**BREAKFASTS**

All breakfasts must include a hot drink. Adding nuts and dried fruit to your breakfasts is an easy way to get more energy and nutrients in the morning.

1. Drinks: herbal tea, hot chocolate, hot Gatorade, *etc.*
2. Instant Oatmeal: 0.5 cups/ 2-3 packets per individual
3. Granola and powdered milk: 1-1.5 cups per individual
4. Cream of wheat: 0.5-1 cup per individual
5. Cous cous and dried coconut: 0.5-1 cup per individual

**LUNCHES**

All lunches should be considered all-day affairs that you nibble on over the day.

1. Jerky
2. Crackers and cheese
3. Sandwiches which will not go soggy (i.e. no tomatoes)
4. Trail mix
5. Dry hummus mix and pita bread
6. Fruit and granola bars
7. Dried fruit
8. Pepperoni
9. Dry soup packets for rainy or cold days

**SUPPERS**

All suppers should include an appetizer, main course and possibly a small dessert. Avoid fried foods due to bear safety and keep in mind that one pot meals are easiest to clean up and prepare.

1. Dry soup packets as appetizers and intro hot drink (herbal tea, hot chocolate or Gatorade)
2. Sweet-sour rice (see recipe)
3. Ham and potatoes (see recipe)
4. Chicken curry (see recipe)
5. Rice with cranberries (see recipe)
6. Pesto pasta and chorizo sausage (see recipe)
7. Couscous, veggie flakes and pepperoni (see recipe)
8. Lumpy potato soup (see recipe)
9. Chili (see recipe)
10. Dry tortellini packets and sauce available at superstore (1-1.5 cups dry tortellini per person)

**Backcountry Recipes**

**Pesto Pasta and Chorizo Sausage (3 portions)**

375g rotini pasta (remove from box and put in a waterproof ziplock)

200g presliced chorizo sausage

2 packets of liquid pesto sauce (remove paper packaging)

Bring 1.5 litres of water to boil. Add the pasta and sliced sausage to boiling water and cook until the pasta is tender. Drain off excess water. Mix in pesto sauce and serve it up. Yum yum yummy!

**Couscous with Veggie Flakes and Pepperoni (3 portions)**

2 cups dry couscous

¼ cup dry veggie flakes

1 160g packet of dry vegetable soup mix

200g presliced pepperoni

Bring 4.5 cups of water to a boil. Add couscous, sliced meat, veggie flakes and soup mix…stir and cover. Lowe the heat and allow mixture to simmer for roughly 10 minutes until the water has evaporated. CHECK FREQUENTLY AS COUSCOUS CAN BURN EASILY!

**Lumpy Potato Soup (3 portions)**

2 160g packets of dry soup mix

1.5 cups potato flakes

200g precut gypsy salami

150g cubed or shredded cheese

Bring 1.75 litres of water to a boil. Stir in soup mix, potato flakes and salami (in thin strips). Lower the heat and allow to simmer for 10 minutes. Stir frequently to prevent potato flakes from burning. Remove from heat and stir in cheese. Allow covered pot to sit for 2 minutes to allow cheese to melt.

**Ham and potatoes (2-3 portions)**

200g ham (sliced, cut into thin strips and dehydrated)

1.5 cups potato flakes

100g mozzarella cheese

Salt and pepper

Put ham in 2L of water and bring to a boil. Let simmer for 10 minutes, stirring from time to time. Add potato flakes and simmer for an additional 10 minutes. Stir frequently to prevent potato flakes from burning. Remove from heat and stir in cheese. Allow covered pot to sit for 2 minutes to allow cheese to melt.

**Rice with Cranberries (2-3 portions)**

2 cups Minute Rice

2 chicken bouillon cubes

¼ cup vegetable flakes

½ cup dried cranberries

1 tablespoon dried onion flakes (optional)

3 tablespoons dried mushrooms (optional)

I cup dehydrated ground turkey or chicken

Pepper

½ cup pine nuts or walnuts

Package all ingredients together except nuts. Bring 1.5L water to a boil. Add the dry ingredients. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Add nuts just before serving.

**Chili (3 portions)**

\*\*\*Must be dehydrated before trip – you can use any chili recipe with similar quantities

1 pound lean ground meat (wild game, beef, turkey – veggie ground round is good vegetarian alternative)

1 medium onion chopped

1 clove garlic chopped

1 can (14 ½ ounces) diced tomatoes undrained

1 can (8 ounces) tomato sauce

1 tablespoon chili powder

¾ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon pepper

1 can beans (kidney, pinto, chickpeas, mixed)

Cook beef, onion and garlic in saucepan over medium heat 8-10 minutes, stirring occasionally, until beef is brown; drain. Stir in remaining ingredients except beans. Heat to boiling then reduce heat and simmer 1 hour, stirring occasionally. Sir in beans. **Dehydrate** and package chili in Ziploc. In the field, add enough boiling water to just cover chili. Simmer for 10 minutes, stirring constantly. Cover and let sit for 10 minutes.

**Sweet-sour Rice (2-3 portions)**

1 cup Minute Rice

1 cup orange lentils

3/4 cup vegetable flakes

¼ cup dried pineapple

½ cup chili sauce

2 tablespoons soy sauce

2 tablespoons vinegar (red wine or white)

1 tablespoon maple syrup (optional)

½ cup cashews

Salt and pepper to taste

At home: Package the first four ingredients together. Package nuts separately. Mix chili sauce, soy sauce, vinegar, maple syrup, salt and pepper. Place the preparation in a sealed container.

In the field: Bring 1.5L water to boil. Add the dry ingredients. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Add the sauce into the rice. Reheat on stove. Add cashews just before serving (but don’t forget them!!!).

**Chicken Curry (3 portions)**

2 cooked chicken breasts sliced and dehydrated

1 onion sliced and dehydrated

1 pepper sliced and dehydrated

¼ cup carrots sliced and dehydrated (~2 carrots)

1 package powder coconut milk (~60g/ 2oz)

1 package Indian Chicken Curry

½ package instant noodles or 2 cups instant rice

At home: Package first four ingredients together.

In the field: Add the dry ingredients in 750mL (3 cups) of water and bring ot boil. Mix well and cover with lid. Let simmer for 5 minutes, stirring from time to time. Remove from heat and let sit for 15 minutes. Add coconut powder ilk and the Indian Chicken Curry package to the chicken preparation. Cook pasta or rive. Reheat the curry on stove.

**Meal Planning**

**Trip name:**

**Cook group members:**

**We will need breakfasts for \_\_\_\_\_\_\_\_\_\_\_ days**

**We will need lunches for \_\_\_\_\_\_\_\_\_\_\_\_ days**

**We will need supper for \_\_\_\_\_\_\_\_\_\_ days**

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**Day 1** (specify meal types and who will bring which/ how much of each ingredient)

Lunch:

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Supper:

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**Day 2** (specify meal types and who will bring which/ how much of each ingredient)

Breakfast:

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Lunch:

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Supper:

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