**GRADE 8 BACKPACKING - Menu Planning Worksheet**

What you need to know: GOOD FOOD = HAPPY CAMPERS

* Tent groups plan meals together so you all like it. Practice cooking your meals at home.
* On the first night as new cooks EVERYONE will **make the perfect pasta meal –** choose your own sauce, pasta, vegetables, and flavours (see sample menu plan on reverse side)

**Following the steps below when planning your menu:**

* Make a list of foods that appeal to you for breakfast, lunch, snacks and dinner.
* Make note of any food allergies you might have.
* Telephone or set up a meeting with your menu group.
* Fill in the menu planning worksheet together. Choose a variety of light, tasty foods that are easy to prepare and light to carry.
* Go to the supermarket and buy your food (buy extra so that you can practice cooking your meals at home before the trip!).
* You will **PACK OUT all of your garbage** so plan to bring as little food garbage as possible: **Re-package food** into zip-lock bags by removing all the cardboard and extra package. Not only will your food be lighter, but it will be waterproof and you will have less garbage to carry out.
* Label food and insert cooking instructions in with each bag.
* Keep your food in a small stuff sac; keep fresh food in the refrigerator until the last minute.
* **Bring ALL your food (except refrigerated items) to your Explore prep. day** on Tuesday to be checked by your teacher.
* You will be evaluated on your level of preparedness and quality of planning!!

**SAMPLE MENU PLAN:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | **Lunch** | | **Dinner** | | | **Snacks** | |
| ***Hot***  **Carb** = Instant Oatmeal  (2 pkgs. each)  **Protein** = Sunflower & pumpkin seeds (1/4 cup sprinkled on top)  **Fruit** = Dried Fruit  (1/2 cup) | | ***Trail Lunch***  **Carb** = Bagels (1-2 each)  Fruit Bar (1 each)  Juice Powder (1/4 C each)  **Protein** = Pepperoni Sticks (2 each)  **Good Fats** = Cream Cheese  (1 container)  Vegetable = Mini carrots | | ***Hot with Hot Drinks***  **Carb** = Rice Noodles (1/2 -3/4 cup/person)  **Protein** = Canned Salmon (1 can)  **Good Fats** = Dried coconut milk, curry paste/sauce (1 package)  **Vegetable** = broccoli, mushrooms, red pepper  **Hot Drinks** = Rooibos tea **Dessert** = Dark mint chocolate | | | Energy Bar  Dried Fruit  Beef jerky  Trail Mix (no nuts!) | |
| **GRADE 8 FALL MENU PLAN** | | | | | | | |
| **Day** | **Breakfast** | | **Lunch** | | **Dinner** | **Snacks** | |
| **Wednesday**  (breakfast is eaten at home on this day) | **Explore Superstar Meal Checklist**   * Nutrition specific to expedition camping * Include measurements i.e. 2 cups of rotini pasta * Efficient meal prep &clean up * Fresh veggies are okay for 2 nights * **No** Packaging * **No Nut** Zone! * **No** Jars or Cans of Soup * **No** Gum, Candy or Spitz * **No** Raw Meat or Eggs   \*Cooked **meat** must be **frozen** the night before trip | | ***Bag Lunch***  **Carb** =  **Vegetable** =  **Protein** =  **Good Fats** = | | ***Hot Perfect Pasta meal - Pack your own food but we will all eat pasta on this night***  **Carb** = Pasta (1/2 -3/4 cup of dry pasta each)  **Protein** = Pre-cooked or canned chicken (or other meat), or tofu, or pumpkin/sunflower seeds  **Good Fats** = Parmesan Cheese (1/4 cup)  **Vegetable** =Pre-cut veggies of your choice, **TOMATOE SAUCE** (or other sauce)  **Hot Drinks** = Hot coco, tea  **Dessert** = Chocolate, cookies, brownies…. | (Plan for a variety of snacks that you will be happy to eat for 3 days) | |
| **Day** | **Breakfast** | | **Lunch** | | **Dinner** | **Snacks** | |
| **Thursday** | ***Hot***  **Carb** =  **Protein** =  **Fruit** = | | ***Trail Lunch***  **Carb** =  **Vegetable** =  **Protein** =  **Good Fats** = | | ***Hot with Hot Drinks***  **Carb** =  **Protein** =  **Good Fats** =  **Vegetable** =  **Hot Drinks** =  **Dessert** = |  | |
| **Day** | **Breakfast** | | **Lunch** | | **Dinner** | **Snacks** | |
| **Friday** | ***Cold Breakfast***  (We will not use our stoves in the morning due to an early wake-up. Pack a cold breakfast bar, bagels, granola with powder milk etc.)  **Carb** =  **Protein** =  **Fruit** = | | ***$15 for Lunch on the way home*** | |  |  | |