

FOOD

Day 1 = lunch / snacks / group meal

Day 2 = breakfast / snacks / lunch

Emergency rations (e.g. chocolate/ Kendal mint cake / nuts). Not to be eaten as a snack

Advice about Food

- **NO raw meat** (cooked meat should be OK on day 1 unless very hot day)
- Vacuum packed frankfurters/ salami will keep if you love meat.
- **Check for allergies in your group.**
- Dehydrated food is lightest
- Avoid tins/jars (too heavy)
- Fresh fruit and veg mostly too heavy too - stick to light fresh food or dried.
- You need a lot of calories for walking all day (3000 calories on long expeditions)

Ideas

<p><u>Snacks</u> Flapjacks / chocolate brownies Dried fruit / nuts (<i>allergies!</i>) Chocolate bars / Cereal bars Sweets / Pringles bad for body but good for morale!</p>	
<p><u>Drinks</u> Concentrated fruit squash (<i>helps you drink enough</i>) Tea / coffee (<i>you will need powdered milk or little UHT milk cartons</i>) Hot choc powder / Cup-a-soup</p>	
<p><u>Lunch</u> (No cooking allowed on walk) Sandwiches (<i>wraps / pitta don't squash</i>) Cold pizza / cold pasta Cheese / Tubes of cheese Nutella / Peanut butter (<i>allergies!</i>)</p>	<p><i>For day 2 you could cook some pasta the night before. Use your lunchbox as your evening bowl to save weight.</i></p>
<p><u>Breakfast</u> Instant porridge (just add water) Cereal bars / Brioche / Croissant Ready cooked pancakes /syrup /choc sauce Hot dogs (avoid bacon - too much washing up!)</p>	
<p><u>Dinner = Cooked Evening Group Meal</u> <i>Carbohydrate + Sauce + Texture</i> Quick cook pasta / Pasta parcels / noodles Cous cous / quick cook savoury rice Sauce sachets (Italian tomato / bolognaise/ pesto....) Grated cheese / tuna / cashew nuts / frankfurters / pepperami</p>	

Mange tout / sugar snap peas / baby
sweetcorn

Pudding

Smoores / biscuits / cake