

Trekkers' Tales

Dear Parents and Trekkers,

We asked students and their parents for suggestions about what foods to bring on this trip. Here is a list of different foods for proper nutrition at breakfast, lunch and dinner that are relatively easy to cook, taste good, and are easy to pack.

Thanks and Good Eating!

Dick, Susan, Caroline, Teresa, and Eric

Criteria for Choosing Foods:

1. Does each meal planned have a protein?
**Suggested Proteins: cheese/string cheese, canned meats/fish/chicken/tuna, nuts, dried jerky, sliced salami, cream cheese
2. Sugars and carbohydrates need to be balanced with protein.
3. Too many sugars and carbohydrates only increase fatigue and hunger in a short period of time. They do not support an energetic 6th grader who hikes long distances each day.
4. Check to see if all students in the cook group like the food chosen.
5. Is the meal balanced? You should include vegetables and fruits that are durable and easy to eat such as carrots, apples, oranges, dried fruit, etc.
6. Limit the sweets (candy, chocolate, etc). Too much sugar does not support a healthy lifestyle.

Comments From Students About Food in General:

1. You don't eat as much as you think you will.
2. Read the directions on the packages before you pack them. We brought tortellini that needed too much water (it takes a long time to boil) and it took too long to cook.
3. Two 2-1/2 gallon containers of water are enough!
4. Don't bring big bags of anything.
5. Leave moms out of the packing. They pack too much!
6. Have moms help pack-I didn't bring enough food.
7. Bring an extra set of flatware- plastic breaks, so bring metal flatware.
8. Remember a can opener if you need it!- you can share with others.
9. I brought way too much food. You only need one course for dinner.
10. Go shopping with your partners.
11. Storage bags with pull zippers are best.
12. Make sure your pots are not too big to fit on the little stoves. This is very important.
13. Bring hot pads, not mitts, because it's too hard to use them.

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BREAKFAST: (some days there is no time to get out stoves and heat water)

1. Try soy milk.
 2. Milk Man powdered milk is ok, but you don't need to bring the whole container.
 3. Juice-size boxes of milk are good.
 4. If you freeze whole milk, it will be good the next morning.
 5. Pre-sliced bagels.
 6. Pack pre-measured bags of oatmeal or cereal for breakfast.
 7. Cream cheese- for your bagels of course (it won't spoil)!
 8. Dried fruit with granola and nuts (GORP)
 9. Corned beef/canned hash
 10. Quesadillas
- > Both need heat

SNACKS & LUNCHES: (be careful that you don't pack TOO many snacks or you won't be hungry for lunch)

1. Fresh carrots
2. Nuts: almonds, cashews, walnuts, etc.
3. No more than 1 to 1-1/2 Powerbars (Tiger bars, etc) per day.
4. Fruit rollups
5. Crackers
6. Trail mix, GORP in snack-sized bags (you don't need to send the 1-pound bag!)
7. Some dried fruit (in snack-sized bags)
8. Honey mustard pretzels
9. Granny Smith Apples
10. Oreos
11. Oranges
12. Kirkland fruit & nut medley
13. Dried salami and cheese (pre-sliced)
14. Those little round cheeses in red wax.
15. Triscuits, ritz, any type of cracker.
16. Tuna packets (though bring a zip-lock bag for trash)
17. Powdered lemonade
18. Beef Jerky
19. Chocolate goo
20. String cheese
21. Bagels
22. Hard candy

NOTE: It might be a good idea to pre-pack your lunches and snacks in five little bags (one for each day) so that all you have to do is pull out a bag each day. But don't put your sandwiches together too soon!

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You can pack each day's lunch and snacks in one bag, (ex: 1 orange, 1 juice, 1 power bar, tuna, hard candy, and handful of gorp) to help you budget how much you take with you.

DINNERS: (make sure you get protein with each meal)

The first night you can bring food from the freezer (it can defrost during the day)

1. Chicken-frozen
2. Chicken legs
3. Chicken stir-fry
4. Steak- pan fried

For the other nights:

1. CousCous- by Far East Foods- it's easy to cook and tastes good
2. Angel hair pasta with sauce in a squeeze bottle
3. Spaghetti with alfredo sauce
4. Progresso soup, chunky soup (about 3 cans)
5. Rice-a-Roni (the San Francisco Treat)
6. Quesadillas- 2 per person, bring pre-grated cheese
7. Macaroni & cheese (1 package for 2 people but drain it well)
8. Instant Trader Joe's mashed potatoes or Smash
9. Freeze-dried foods (fettuccini from "Leonardo de Fettuccini", mashed potatoes w/ gravy & beef, corn, apple almond crisp)
10. Other freeze-dried foods such as beef stroganoff, Asian beef, Asian rice (if you like them)
11. Jiffy pop popcorn for after dinner enjoyment
12. Tea or hot chocolate

***Don't bring anything that you haven't already tried at home. We've found that often kids don't like the food they haven't tried first and then they go hungry that night.*

***Check the ingredients to be sure that the food doesn't call for milk instead of water.*