

MENU PLANNING

POINTS TO CONSIDER

- You will build up a stronger than normal appetite when adventuring due to the greater physical demands placed upon you - it is **far better** to have food left over than not enough
- Food should have a high energy value to satisfy expedition demands - the food should be as light in weight as possible, but not at the expense of energy value
- Look for foods which are:
 - high in energy and nutritional value for their weight/bulk
 - "hearty" and filling (good hot dinners are a must)
 - easy to prepare (saves time when you are cold, wet and tired)
 - easy to clean up after
 - not easily squashed or broken
 - stable without refrigeration
 - SCRUMPTIOUS!
- A carefully planned and coordinated menu will save you much weight and waste and will provide more satisfying and varied meals
- Consideration should be given to including food to suit the weather - eg. on days of extreme fire danger or total fire ban, or in very poor weather, meals may have to be eaten cold
- For general bushwalking trips - additional rations **must** be included in case of unexpected delays. This can be done either by planning normal rations for an extra day or so, or by making a special emergency meal.
- Remove as much packaging as you can – re-pack in snap lock bags, they're light and reusable. Better still, avoid buying heavily packaged items in the first place. Shop to Leave No Trace?
- Label the snap lock bags (eg *Lunch day 1*).
- Canned food is too heavy, bottles and glass jars are heavy and may break and you have to carry out the empties.
- Dried herbs, dried chillies, spices and parmesan cheese can liven up meals.
- Dried garlic flakes taste almost as good as fresh but won't make your pack smell.
- Powdered exercise drinks or rehydration powders can be helpful on long hot walks. As well as assisting in re-hydration they can make brackish water more palatable. Berroca is NOT a sports drink.

MENU PLAN

Meals for (trip, dates): _____

Members of meal group: _____

Meals to be prepared: _____

Menu Plan:

| Meal | Day 1 | Day 2 | Day 3 |
|--------|---------|-------|---------|
| B/fast | At Home | | |
| Lunch | | | |
| Dinner | | | At Home |
| Snacks | | | |

TAKE NOTE:

There are two ways of packing your food for a bushwalk or kayaking program

1. All food for one day is packed in a separate bag – resulting in a food bag for each day.
2. Food is packed in groups eg cereal all in one bag, biscuits in one bag, cheese in one bag, soups in another bag etc

Method (1) is possibly a little more organised and safer. If food is packed in portions, you do not risk the chance of over-eating certain foods (eg. cereal, biscuits), It is also easier to locate food; one bag for each day. Small sealed snap-lock plastic bags can be used for many items.

MENU IDEAS

Breakfast

- Muesli (oats, cracked wheat, semolina, polenta plus dried fruit)
- Cereal
- Porridge
- Breakfast/Granola bars
- Powdered milk
- Tea or coffee

Powdered milk and sugar can be added to the cereal or muesli when packing, so you only need to add boiling water.

Lunch

You can make sandwiches for the first and even the second day or pack some of the ingredients below and make them in the bush.

- Vitawheat, Ryvitas, Salada, sesame wheat or other cracker biscuits
- pitta bread or mountain bread
- cheese/cheese spread
- salami, mettwurst, kabana, fritz
- jam, honey, peanut paste
- small tins of fish or chicken: sachets are now available.
- fresh fruit
- dried fruit
- chocolates and nuts
- Toppings: margarine, peanut paste, jam or honey, vegemite or promite, chutney/pickles, hommus, tahini.
- Fresh fruit and/or vegies: generally for shorter trips only. Choose items that are easy to carry, such as capsicum, cucumber, carrots, celery.

Dinner/Dessert

- cup of soup
- rice, pasta or noodles with sauce (uncooked ravioli works well)
- fresh vegetables (snow peas, carrots and radishes survive hot conditions)
- dehydrated vegetables
- dried meat, beef jerky, kabana, mettwurst
- small cans of mussels, smoked oysters, sardines
- smoked chicken
- cheese and biscuits
- Freeze Dri meals
- instant puddings (instant or shake and set)
- Rice pudding
- Backcountry Cuisine desserts include apple pie, cheesecake and strawberry ice-cream!
- dried fruit (soaked) with custard
- drinking chocolate with marshmallows
- tea or coffee
- chocolates and nuts

There is a wide variety of pasta dishes readily available in supermarkets, which only require the addition of water (sometimes a little milk), and a dab of butter. These are very convenient, quite tasty and require between 5 and 10 minutes to cook.

There are many prepared packet meals, either rice or noodle based, available at supermarkets. When cooked simply and quickly, they make a filling and mostly tasty dinner. Add to these any extras you like. Eg:cheese, salami, tuna, dehydrated (or fresh) vegetables etc. Most people find they can eat a whole "4 serve" packet themselves, after a good day's walk.

Snacks

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Snacks can vary from muesli bars or fruit to your own special mixture of trail mix or “scroggin”. Scroggin (Some Chocolate Raisins and Other Good Grub Including Nuts) is the name given to a mixture of very interesting nibbles, usually high in calories and energy and also delicious. Snacks provide energy while walking and are often found to be a welcome relief during a rest stop. Every bushwalker has their own special recipe for “scroggin”, but here are a few suggestions:

- nuts, (almonds, cashews, brazils, macadamias, peanuts)
- dried fruit (raisins, sultanas, currants, apples, apricots, peaches)
- fresh fruit (bulky and heavy but worth it)
- vegetables (carrot and celery sticks, snow peas, radishes)
- fruit leather
- health food bars
- rice crackers, biscuits
- chocolate (sugar coated chocolate like Smarties and M&Ms don't melt in hot conditions)
- jelly sweets such as jelly babies, jelly beans, snakes, raspberries etc
- biltong/jerky

The list is endless, but be sure to weigh it. Generally, about 150g per day will satisfy your hunger pangs.

Hot Drinks

Powdered milk, hot chocolate, tea, coffee bags, coffee or chocolate sachets, sugar, malt powder. Think about how much you will need - don't just take a full container.

Keeping Things Cold

With no refrigeration available, you have to be careful about how long fresh food items will last. A pack is a remarkably good insulator and will keep properly packed food surprisingly cool but in hot weather or long walks it will still deteriorate. Choose foods that will survive without refrigeration like dried fruits, mettwurst and powdered milk. Dehydrated meals can be bought or you can do this yourself for longer walks.

Great Food resources

Lotsa Fresh Air is a youtube channel that has great how to videos for hiking.

Basic Food for buswalking: <https://www.youtube.com/watch?v=F3nx4kebyvM&t=1s>