

Menu Planning For Canoe Tripping



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First Things First

- Type of Trip
 - Standing camp
 - Travelling
 - Portaging -long days?
- Length of Trip
 - Fresh Food
 - Dehydrated
- Number of People
 - Allergies
 - Likes/dislikes

Next Step...

- Create a Menu Plan
- Don't Forget **DESSERT** and comfort foods



Sample Menu Plan

Day 7: On River

Breakfast:

Oatmeal Crisp			
Oatmeal, 3 each		30	12
Dried apples, berries	3 cups		
Brown sugar		1 cup	
Butter		1 cup	

Soak fruit the night before. Bring to simmer with brown sugar. Mix oatmeal with butter (till like crumbs. Put oatmeal mixture on top of fruit. Continue to cook, covered, till bubbly and oatmeal absorbs some of liquid.

Lunch:

Wraps			
Wraps		20	8
Cheese Whiz		2 bottles	
Cheese, mozzarella	1 block		
Bacon bits	1 bag		
P butter			
Salsa		large jar	

Supper:

Beef Stroganoff			
Noodle mix, pkg	5	2	
Milk		5 cups	2 cups
<u>***grate cheese for lunch</u>			
Hamburger, dry		5 cups	2 cups
Mushrooms, dry	1 cup		
Sour crème, dry mix			
Durkey onions		2 tins	
Margarine	½ cup		4 T

Soak hamburger for 20 min in boiled water. Soak mushrooms with meat. Prepare noodles. Mix together, add sour crème at end. Top with Durkey onions.

What foods do
you take on
your trip?



Fresh Foods

*Weight

*Durability

*Heat tolerance

➤ Fruit

- Oranges, apples

➤ Vegetables

- Day 1/2/3....lettuce, tomatoes, peppers
- Carrots, celery, cabbage, potatoes
- Cauliflower, broccoli, beans, onions

➤ Dairy

- milk, cheese, crème cheese

Fresh Foods

*Weight

*Durability

*Heat tolerance

➤ Meats/Proteins

- Day 1/2/3....chicken, bacon, ground beef (pre-cooked and frozen) ...fajita/taco kits, hamburgers
- eggs

➤ Carbohydrates

- Bagels, bread, buns, wraps, English muffins
- Muffins, oatmeal, dry cereals

Long Lasting Foods

*Weight

*Durability

*Heat tolerance

➤ Fruit

- Oranges

➤ Vegetables

- Root Veggies: Carrots, Cabbage, Onion, Garlic
- Dried Beans and Lentils
- Bean sprouts/alfalfa sprouts
- Anything dried

Long Lasting Foods

*Weight

*Durability

*Heat tolerance

➤ Protein

- Dried chicken, beef, pork
- Pepperoni (watch wrappings)
- Peanut butter, soy butter
- Cheese

➤ Carbohydrates

- Rice, risotto, pasta, bannock
- Wraps (Old El Paso), granola, powdered potatoes

Dried Foods

Anything is Possible!

*Weight

*Durability

*Heat tolerance

- Dry your own
 - Oven/Dehydrator
- Pre-packaged
 - MEC
 - Bulk Barn
 - Chinese Groceries
 - Natural food stores



Desserts

- Cheesecake
- Brownies
- Pudding
- Fruit crisps
- Wraps with fruit and chocolate chips
- Cinnamon toast



GORP

- Protein bars/high energy bars
- Chocolate...M&M's, smarties, chips
- Dried fruit
- Seeds, nuts,
- Gummies
- Sweet tarts
- Granola bars
- Fruit bars
- Fruit leathers



Staples

- Coffee/tea, cappuccino, cider mix
- Juice crystals
- Powder milk
- Butter, butter buds
- Spices/hot sauce
- Gravy/sauce mixes
- GORPbe Creative

Now that your menu is done...

➤ Create a shopping list

Hand out

Food Preparation

- Pre cook foods, cool, freeze/dry
- Measure and package quantities for meals
- Remove excess packaging
- Double bag EVERYTHING!
- Label EVERYTHING!

Scouters should own shares in
ZIPLOC!



➤ Never trust a dog to guard your food!

Barrel Packs

- Plan *time* to pack food
- Label and number (keep a master list)
- Distribute weight



Hand out

Eat Healthy!



Eat Hearty



Eat Well!

