



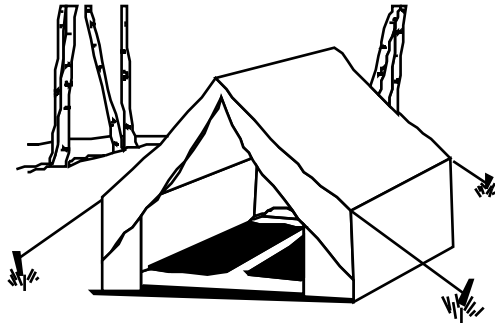
because health matters!

Nutrition Matters

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Nutrition for Camping



Trail Foods

The food you take camping should be nutritious, as well as tasty. Use Canada's Food Guide to Healthy Eating to make sure that your meals are balanced.



Enjoy a variety of foods from each group every day.

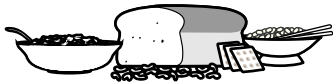
Why not try:



Milk Products:

- dry milk powder - reconstitute to drink or add to dishes;
- firm cheese (Cheddar, Swiss), grated parmesan to add to dishes;
- make hot chocolate mix at home;
- UHT sterilized milk; and
- instant puddings and breakfast drinks.

Grain Products



- heavy, dense whole-grain breads (eg. bagels, pumpernickle, rye);
- dry cereals, brown rice, pasta, oatmeal; and
- pancake and biscuit mixes.

Vegetables and Fruit:



- fresh root vegetables and dense fruits (eg. apples, pears, carrots, turnip);
- dried and canned fruits and vegetables; and
- instant potatoes, tomato paste, soup mixes.

Meat and Alternatives:



- canned or dried meat, fish, beans;
- powdered eggs can be added to many dishes;
- legumes such as red lentils are easy to transport and prepare; and
- don't forget about nuts and seeds (and peanut butter!).

To Plan Meals:

Appetites are bound to be large after a long, hot day so plan slightly larger meal portions when camping.



Keep in Mind:

- type of activity
- number of people
- cooking facilities
- weather conditions

Also, a snack along the trail will be appreciated. Dried fruit and nuts, cheese cubes or a bag of veggie sticks and orange sections may just hit the spot!

Water:

It is important to replace body fluids that may be lost through exercise, especially in hot weather.

Plan regular thirst quenching breaks to include 5-10 oz. (160-280 mL) fluid per person at each break.

Check the safe drinking water is available on your route. Purifying tablets are available for purifying your water supplies.

Beverages could include low salt boullion/soup mixes, milk powder or UHT milk, water and fruit juices. Avoid alcohol and caffeine containing beverages since they may contribute to dehydration.

Garbage:

Pack your camping supplies so as to minimize garbage and maximize space. For example, put biscuit mix into plastic bags instead of boxes. The plastic bag can be easily tucked away when empty.

Any garbage that does not burn, must be put in garbage receptacles or taken home.

Please don't pollute!



Be Prepared:

Make a checklist of food and utensils you will need (eg. can opener, tinfoil, matches in water-proof container).

Recipes:

The variety of foods you cook outdoors is only limited by your imagination! Here are a few favourites:

Mulligans - A one-pot meal of pasta or rice cooked with dried vegetables and a soup mix. Use about twice as much water as dry ingredients. When these ingredients are cooked, meat or nuts are added, followed by cheese to melt on top. Here is the basic recipe and some variations to try:

Classic Mulligan (1 serving)

- 125 mL ($\frac{1}{2}$ c.) pasta or rice
- 125 mL ($\frac{1}{2}$ c.) dried red lentils
- $\frac{1}{4}$ pkg. dry soup mix
- 60 g (2 oz.) canned tuna, chicken, ham
- 2 mL ($\frac{1}{4}$ tsp.) oregano, parsley, mustard
- 45 g ($1\frac{1}{2}$ oz.) cheese, cubed
- 125 mL ($\frac{1}{2}$ c.) milk powder (mixed 1:1 with water)



Italian Style Mulligan:

- noodles, celery, mushrooms, dried beef or sausage, tomato soup mix, oregano, mozzarella cheese.

Beef Stew:

- dried potato, carrot, onion, celery, corn, canned beef, thyme, marjoram, milk powder. Thicken with some flour mixed with water.

Vegetarian Mulligan:

- rice, lentils, dried onion, raisins or dried apple, celery, peanuts, sunflower seeds, curry powder, milk powder.

Walking Salad:

Remove core and seeds from one apple. Add raisins to 15-30 mL (1-2 tbsp.) chunky peanut butter. Fill cavity in apple with mixture.



Mixed Salad:

Blanch a variety of vegetables, chill. Add 125-250 mL ($\frac{1}{2}$ - 1 cup) cooked chick peas. Cover with oil and vinegar dressing. Add oregano and basil (if desired).

Dried Fruit Campote:

Place chopped dried fruit in water, sufficient to cover. Bring to a boil. Let set 5-10 minutes to allow fruit to plump up. Any dried fruits may be used: apples, apricots, cherries, peaches, pears, prunes, raisins. Combinations are especially good.

Gorp:

A favourite outdoor snack food. Gorp can be any combination of nuts, seeds raisins or other dried fruit and granola. Just remember, it is high in calories and can stick to your teeth.

Food Safety:

Food poisoning can quickly turn your camping trip into a disaster.

When planning what food to take on your camping trip, include non-perishable foods that do not need refrigeration.



Here are some tips:

- only take fresh items that you will use quickly.
- ALWAYS** keep hot foods **HOT** (above 60°C) and cold foods **COLD** (below 40°C).
- food containing egg, milk, meat/fish or mayonnaise **MUST** be carefully refrigerated to prevent bacterial growth and food poisoning.
- if you are using a cooler, pack cold drinks in ice, perishable foods just over ice and less perishable foods on top. Open the cooler as little as possible.
- plan to take foods such as dry cereals, hard cheese, firm fresh fruit and vegetables, nuts and legumes, canned meats and fish. These are less likely to spoil.