

## Food Ideas for Three-Day OPP Outings

Written By: Sarah Barbeau, Katy Chenoweth, Breanna Grover, and Julie Salzman, edited by Jim Blanchard Spring 2003

The following is a compilation of suggestions for food to take on an OPP three-day outing. Plan to take two breakfasts, four lunches, two dinners and plenty of snacks. Expect to want more food than you normally would in town. Take enough food to be able to end the outing with at least a full meal and some snacks remaining. This "extra food" isn't really extra, it's essential survival food and should be consumed only when safely back to civilization.

**BREAKFAST IDEAS:** Find it difficult to wake up in the morning? Consider food that does not have to be cooked.

*Apples:* Some people like them with peanut butter .

*Instant oatmeal:* 1/2 to 1/3 cup per day is usually enough. \*TIP: To avoid dirtying a pot use single-serving packets and add hot water directly to the foil pouch.

*Granola and powdered milk,* mixed together: Both can be found in supermarket bulk bins.

*Dried fruit:* (apricots, banana chips, apples, raisins, cranberries, pineapple etc.) can be added to the cereal

*Nutrition/energy bars or granola bars*

*Hot drinks:* Hot chocolate or jello, tea and/or instant coffee

*Drink powders:* Sports drinks, iced tea or other flavorings \*TIP: Drink powders are especially nice when using chemical water purification (to cover the taste).

**LUNCH IDEAS:** Lunch is usually a quick meal, so plan on no cooking, except perhaps some hot drinks or instant soup

*Breads:* Pita bread, tortillas and bagels are the most common breads seen in the backcountry. They are light, take up little room and will not smash like sandwich loaf breads. French baguettes are good, and may last for a day or two before becoming hard enough to drive tent pegs. Serve with cheese or peanut butter.

*Tuna packet:* No tuna juice to dispose of, no can to pack out, saves weight and is more convenient!

*Pre-made sandwiches*

*Meats:* Try dried salami, summer sausages, or vegan sausages with cheese and crackers.

*Fresh fruit:* Apples: heavy but delicious, eat the core for no waste; green grapes last well if truly fresh.

*Vegetables and hummus*

*Trail mix:* Unlimited possibilities, including chocolate, nuts, chocolate, dried fruits, chocolate etc.

*Wheat tortilla with hummus and cheese:* Hummus and cheese keep for several days, if kept reasonably cool.

**SNACK IDEAS:** Take a wide variety!

*Trail mix:* Easily made from your favorite ingredients from supermarket or health food store bulk bins

*Dried fruit:* (see Breakfast ideas)

*Fresh vegetables:* Baby carrots, broccoli florets, celery and even lettuce last a few days if kept cool, but don't let the lettuce freeze!

*Beef or vegan jerky*

*Chocolate:* Great along the trail and provides a boost of energy to get you to your camp. Best in cool weather, it's always a good idea to store it in a plastic bag in case it melts.

**DINNER IDEAS:** Think simple, lightweight, one pot (or no pot) meals.

**Uncooked:**

*Pita with cheese and veggies and/or tuna*

*Pre-made wraps:* look in the refrigerator section of supermarkets and health food stores. A little bit heavy, but delicious and many varieties are available.

*Lunch munchies and snacks:* Some people just eat no-cooking foods and snacks for breakfast, lunch and dinner!

**Cooked:**

**Super Easy:**

*Dehydrated soups:* Most grocery stores sell them in a cup to which boiling water can be added. They can also be found in some supermarket bulk bins. Favorites are split pea soup, chili, and couscous and veggies. Pour the contents of cups into zip-lock bags (ones that won't melt in boiling water) for less waste and more space in your pack. Just add boiling water. Two cups make a hearty meal.

**A bit more time consuming:**

*Tuna Casserole:* Mix broccoli, peppers, and other fresh veggies with a box of macaroni and cheese or other quick pasta, add a packet of tuna and (maybe) powdered milk. Serves one to two hungry hikers.

*Potato Pasta:* Combine a package of ramen pasta, dehydrated mashed potatoes, seasonings, veggies, cheese, and tuna (or whatever you like) Very filling and quick; try adding new ingredients! Serves one or two.

*Couscous and vegetables:* Mix couscous (seasoned), fresh veggies (pre-cut), and add tuna, cheese or whatever else you like.

*Bean burritos:* Reconstitute some dehydrated refried beans (add boiling water and wait 10 minutes); add cheese, fresh veggies, and boil-in-bag rice (if desired), wrap in tortillas steam heated over a pot of boiling water. Like hot sauce? Carry a few packets from your local Mexican fast food restaurant.

**Dessert Ideas:**

*Jell-O™ No-Bake Cheesecake:* Simple to make, use dehydrated milk and bring the butter in a small, well sealed, plastic container. Great for snow camping (the snow makes a great cooler), but it sets well even in the summer if it's not too warm. Serves several people or one large pig.

*Homemade cookies*

*Hot drinks:* Tea or hot chocolate, etc.

**Here are a few more tips:**

- Low fat or non-fat foods mean an easy cleanup; fatty foods can result in a messy, difficult cleaning job.
- Prepare food in advance as much as possible. For example, pre-cut vegetables and measure portions.
- Remove wrappers and boxes that will just become extra trash; place into sturdy plastic bags instead.
- Use precooked grains.
- Take foods that can easily be eaten out of the pot, or with a bowl and spoon.
- Pack snacks and your lunch where they will be easily accessible.
- During the night, eating foods high in fat and carbohydrates will help you stay warm.