



## Land's Edge Oxley College Duke of Edinburgh Suggested Food List

The following list outlines the food items that Land's Edge recommends are brought with you on your program. We have **highlighted** items that are **essential** and **must** be brought.

**Please note: Nuts of any kind are never to be brought to a Land's Edge program. Please thoroughly check all ingredients listings to ensure foods are nut free. Traces are OK.**

The food you bring to camp should be able to be packed and carried easily. Anything that requires refrigeration should not be brought. Cans, glass bottles and jars, and poorly packaged liquids should be avoided (a few small cans of tuna or chicken is OK.) Fruit and vegetables that squash easily (eg avocado, banana) should be avoided or carried with care. Liquid foods such as up'n'go drinks should be avoided, as they are heavier than alternate options.

Plentiful amounts of food should be taken. A general guideline is approx. 1kg of food per person per day, in a combination of fresh and dried/powdered ingredients.

Clients are encouraged to plan, shop and cook in groups of up to 4 students. This enables students to try a wide variety of food, get ideas from each other, and share the load for bulky items such as mayonnaise and share stoves and cooking jobs. It is a great teamwork exercise.

### **Breakfast**

It is important to start a day of hiking with a filling and nutritious breakfast composing of both carbohydrate and protein. Dried or fresh fruit is also a great addition.

- Cereal – filling, nutritious and light weight (eg muesli, wheat bix)
- Powdered milk in a small zip lock bag is best, alternatively sweetened condensed milk tubes can be brought
- Tea, coffee or hot chocolate can be brought
- Fresh or dried fruit
- More creative options such as shake-a pancakes or boiled eggs have been tried before, and may be suitable if there is time for cooking in the morning
- Cereal bars on their own are often not filling enough



## Lunch

The lunch meal should be a meal that can be made on the spot with little cooking and preparation. It is important that this meal is tasty and appealing as often students lack appetite for boring foods.

- Wraps, bread rolls or filling crackers with toppings
- Toppings should include a variety of proteins, vegetables and flavours including:
  - Tuna, salami, canned chicken or hard or long life cheese
  - Vegetables such as carrot, capsicum, tomato, spinach leaves
  - Toppings such as mayonnaise or hummus
  - Spreads like vegemite and jam lack nutritional value and are not filling enough on their own

## Dinner

A dinner choice that is both quick and easy but creative is excellent. Avoid meals that may burn easily on your stove (such as rice) and meals that are messy or contain large amounts of oil.

A combination of protein, vegetables and starchy carbohydrates like rice, noodles or cous cous is an excellent choice.

Options include combinations of:

- Udon or rice noodles
- Pasta
- Cous Cous
- Continental meals
- Dehydrated or freeze dried meals (correct rehydration is essential)
- Vegetables (onion, carrot, capsicum, zucchini, garlic)
- Sauce of some kind (packet sauce or powdered sauce)
- Canned or smoked chicken
- Tuna
- Salami
- Tofu or TVP
- DESERT!! (Chocolate, tim tams, puddings)

## Snacks

Snacks are a very important part of your food packing. Generally people will need far more snacks when they are hiking compared to a normal day. It is good to have a variety of quick and slow energy types, and a combination of sweet and savoury. It is important not to bring products that contain nuts.

- Muesli or protein bars (a few each day)
- Fresh or dried fruit (1-2 serves a day)
- Liquorish, lollies and chocolate
- Rice crackers or soya crisps