

*Experiential learning.
Personal growth.
Safe and fun.*



Information Guide

Food Planning for Self Catering Journeys



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Introduction

While on an Outdoor education school program or camp, students will participate in a range of high energy activities. Generally, with the exception of the first and last day of camp, students will be outdoors and physically active for the entirety of each day and therefore potentially using a lot more energy than they would during an average day when not on camp. To ensure students can get the most out of the camp, both in regards to educational outcomes and in regards to the “fun factor”, good quality and high (long lasting) energy food as well as detailed pre-program planning and preparation are mandatory. Being a self-catered program the students, along with their teachers, are responsible for planning their meals and food for the camp. Below follows a guide with detailed information to help you get organised all the way from starting to plan for the camp through to tips for while on camp.

All students (and, when applicable, school staff/teachers) must be involved in every step of the planning, shopping, preparation and packing of the food and meals!

Pre-Program Planning

Cooking Teams

While on camp students will be using fuel stoves for cooking, either supplied by the school or by us, Barrington Outdoor Education (BOE). If stoves are supplied by BOE the students will be using Trangia-style liquid fuel stoves. We recommend one Trangia stove per 2-3 students. When students are splitting into Cooking Teams all members of a Cooking Team **must** be part of the same Group (i.e. have the same Group Leader, have the same teacher and do all their activities together during the camp). Two cooking teams that are in the same group could also co-ordinate so that one group cooks the sauce/stew/curry and the second group cooks the pasta/couscous/rice (or other carbohydrate base) to minimise the amount of dishes each group would need to do.

Cooking and Eating Equipment

When planning and packing remember that you will have to bring and carry everything that you are going to need and use during the camp (and during the hike)! No equipment or personal belongings will be dropped off at the expedition campsite (so don't pack the cast iron frypan and the kitchen sink)! There are two sets of equipment that are related to food: the equipment each Cooking Team needs to cook the meals and the equipment each person needs to be able to eat food. Below are listed the essentials needed for a multi day camp.

Each cooking team essentials:

Expedition fuel stove, fuel (approximately 0.5 Litres of methylated spirits per person per week), matches, expedition pots (one Trangia has 1 small fry pan and 2 small pots), chopping board, knives, plastic spatula/spoon, dishwashing detergent, sponges/dish brush, scourers (*if stoves are rented from BOE fuel, detergent, sponges and scourers are supplied*), tea towel, something to strain water with (e.g. a close fitting lid for a pot or a light weight sieve) and **1 sturdy, fairly large zip-lock bag per day for the Teams rubbish.**

Each student essentials:

Spoon, fork, knife, bowl and plate (or just the bowl), mug, zip-lock bags or plastic containers for lunches and water bottles with a total capacity of at least 3 litres (mandatory for any hikes).

The Food

There are many different types of food with different Nutritional Values, some give long-lasting energy and help the body re-build, some cost as much or more to digest than the energy they give. On camp it's important to eat well so that everyone has the energy to enjoy and learn from the activities. It is also important for each student to be able to care for themselves, each other and their equipment. It is a great learning opportunity for students to plan, select, shop and pack their food, rather than have parents prepare and decide this for them. The following information is aimed at making it easier for students to take control of their preparation for camp.

An important thing to consider when planning food for a camp is whenever fuel stoves are being used you must take into account the fact that:

- There is only 1 heating point (i.e. you can only cook one thing at a time.)
- The pots and frypan (generally: 1x1.5l pot, 1x1.75l pot and 1x 22cm fry pan) are much smaller than you would often find in a standard residential kitchen
- Cooking times may be longer than in a residential kitchen (especially during cold weather).

Because of this, it is preferable to consider “one-pot” type meals or meals where sauce is made in the frypan and something is boiled/cooked in one pot afterwards (by putting the frypan on top of the pot the water will boil quicker and the food in the fry pan will keep warm).

Complex carbohydrates & proteins provide good, long lasting energy while simple sugars (e.g. lollies & chocolate) weigh a lot and burn up quickly. It takes more energy to digest a Mars Bar than the energy you get from it! Fresh vegetables & fruit, as well as dried fruit, will provide you with iron and vitamins. Rice, bread and pasta will provide you with carbohydrates to maintain your energy levels (not just provide a sugar high followed by a crash). Tuna and cheese supplies protein to help rebuild your muscles after a hard day.

Some foods are unsuitable to bring on camp since there is no access to refrigeration or freezers. Any ingredients that require refrigeration should be avoided to minimise the risk of food poisoning.

Allergies and Food Requirements

You must accommodate the food requirements of every Cooking Team-member! All allergies, intolerances, religious, vegetarian/vegan, tastes or other preferences MUST be taken into consideration when planning the Team's menu and food purchases. Some allergies and intolerances can result in life threatening reactions so always double check every member's food requirements and read the ingredient labels on everything you buy.

All programs run by Barrington Outdoor Education are **NUT FREE** and we ask that no students or staff members coming on camp bring nuts or products containing nuts.

Tips & things to remember:

Breakfast: there won't be any toasters available so any bread you bring must be “ready to eat”. Avoid mueslis that contain nuts (so that everyone can feel safe on camp!)

Lunch: The lunch must be portable and ready to eat! Prepare it in the morning before the first activity of the day and put in zip lock bags or plastic containers.

Dinner: A hot dinner is always preferable to a cold dinner; it gives extra warmth (if you're feeling a bit cold) and raises your mood. Two Cooking Teams can co-ordinate one or a few meals to minimise the amount of prep and dishes each group has to do.

Snacks: Plan for two “snack times” per day. Avoid simple sugars (i.e. lollies, milk chocolate, cookies, etc) and go for more long-lasting energy (e.g. apples, oranges, grainy biscuits & cheese).

Example Ingredient Suggestions, Menu and Recipes

We recommend that the Cooking teams use the example menu and recipe cards that are supplied further down. If students want to make up their own meals and menus below is a table outlining some directions for foods that are good (“Do Bring”), that should be avoided (“Try To Avoid”) or are not suitable for camp at all (“Do NOT Bring”). Please remember that these are only guidelines but do ensure that you, the teacher or responsible staff member, help students in their planning so that they (and you) can have the most enjoyable camp possible.

Food Guideline Table

Meal	Do Bring:	Try To Avoid (if possible):	Do NOT bring:
Breakfast	Cereals, Bread & spreads (that do not need refrigeration), Powdered milk, Tea bags, Cup-a-soup.	Cooked breakfasts (e.g. porridge, pancakes as they take up time and make a lot of dirty dishes), Long-life milk (use powdered milk to save space and weight!).	Anything with Nuts, Bread that needs toasting or baking. Beans, bacon or eggs (makes a lot of dirty dishes and can't be stored safely without refrigeration), Fresh Milk, Fresh eggs.
Lunch	Ingredients for sandwiches, wraps or similar, Crackers with long-life cheese (that doesn't need refrigeration), fresh veggies & fruit, Air-dried meat (e.g. beef jerky).	Pre-prepared salads (since there will be no refrigeration to keep them stored at the right temperature), Canned meat (e.g. tuna, salmon, chicken. Cans get heavy).	Meals that need to be cooked, A bag of chips/crisps, Cookies/biscuits, Sandwich meats that need refrigeration.
Dinner	Meat satchels (e.g. tuna, salmon & chicken – these are the same as canned but better packaging), Air dried meat (e.g. beef jerky, biltong), Non-heat treated salami (if daytime temperatures are cool), Dehydrated camping meals and Vegetables (Try to use these towards the end of camp when fresh food will no longer keep), Instant mashed potatoes.	Canned meat (e.g. tuna, salmon, chicken. Cans get heavy), Fresh meat (other than for the first night since there is no refrigeration), Dehydrated side serves/dishes (e.g. satchel pasta side dishes and 2-minute noodles, unless combined with extra vegies & protein!).	Canned meals (e.g. baked beans, chunky stews or soups, they weigh A LOT), Fresh meat for any dinner or lunch (after Day 1, since there is no refrigeration).
Snacks	Apples, oranges & other firm fresh fruit, Muesli bars, Dried fruit and dark chocolate mix.	Pears, bananas & other soft fruit (these fruits squash easily but if packed in plastic containers they are great).	Lollies, cookies, milk chocolate, NUTS.
Drinks	Water bottles with a total capacity of 3 Litres, Effervescent electrolyte tablets or powder (e.g. Hydralyte or Gastrolite), Tea bags, Milo Powder, Cup-a-soup for hot drinks at night or in the morning, Powdered milk (for breakfast etc).	Long-life milk (use powdered to minimise weight).	Soft drinks, soda, "sports drinks" (they are heavy, bulky and dehydrates you, bring Electrolyte tablets and powder if you must have a flavoured drink). Fresh milk.

Example Menu

If you choose to make up your own recipes and menus but are unsure on how to prepare and cook a meal ask someone for help and try cooking it at least once before coming on camp.

	DAY 1	DAY 2`	DAY 3	DAY 4
BREAKFAST		Cereal – wheat-bix/muesli/corn flakes, dried fruit, powdered or long-life milk, tea bags. Fresh fruit	Porridge – oats, dried fruit, brown sugar, powdered or long-life milk, tea bags. Fresh fruit.	Pancakes – pancake mix, jam, syrup, tea bags. Fresh fruit
LUNCH	Packed lunch from home.	Wraps – whole meal wraps, tomato, cucumber, lettuce salami/air dried sandwich meat, mayo, mustard	Turkish rolls – cucumber, cheese, capsicum, tomato, mayo	Wraps – whole meal wraps, tomato, cucumber, lettuce, canned fish, mayo, mustard
DINNER	Vegetarian Stroganoff with Couscous – couscous, chick peas, brown onion, capsicum, mushrooms, beef stock cube, oil, tomato paste, sour cream, salt & pepper	Vegetarian Red Curry – rice, red curry paste, coconut milk powder, oil, brown onion, carrot, capsicum	Creamy Tomato Penne – penne pasta, long-life thickened cream, tomato paste, zucchini, brown onion, garlic, dried basil, oil, salt & pepper, parmesan	
SNACKS	Dried fruit and dark chocolate-mix, fresh fruit, biscuits, vita wheat, muesli bars	Dried fruit and dark chocolate-mix, fresh fruit, biscuits, vita wheat, muesli bars	Dried fruit and dark chocolate-mix, fresh fruit, biscuits, vita wheat, muesli bars	Dried fruit and dark chocolate-mix, fresh fruit, biscuits, vita wheat, muesli bars



Vegetarian Stroganoff with Couscous

INGREDIENTS (3 serves)

- **300g** Couscous
- **45ml** Oil
- 1 Brown Onion
- ½ a Capsicum
- **1 can** Chick Peas
- **150g** Mushrooms
- **90g** Tomato paste
- 1 ½ Beef Stock Cube, dissolved in water (no animal content)
- **120ml** Sour Cream
- Salt + Pepper (to taste)

SAUCE

- Lightly brown onions and capsicum in a little oil.
- Add beef strips (or chick peas) and brown (do not overcook and dry out).
- Add mushrooms, tomato paste and stock.
- Add sour cream, stir to mix on moderate heat, simmer until meat is cooked.

COUSCOUS

- Bring to the boil 1 cup of water and a little salt.
- Slowly add couscous, stirring thoroughly. Once couscous has doubled in volume and softened, remove from heat.
- Add salt and pepper if necessary
- Serve Stroganoff on top of couscous.

ALLERGENS

- **Couscous contains gluten**
- **Sour cream contains dairy**



Vegetarian Red Curry

INGREDIENTS (3 serves)

- **330g** Rice
- **45ml** Oil
- **45g** Coconut milk powder
- **30g** Red Curry Paste
- **15g** Sugar
- $\frac{1}{2}$ a Brown Onion (chopped)
- $\frac{2}{3}$ of a Capsicum (chopped)
- 1 Carrot (chopped)

RICE

- Fill large saucepan with water, add some salt and bring to the boil
- When boiling, slowly add rice
- Bring back to the boil while stirring
- Lower heat, cover with lid and simmer for 15-20 minutes or until cooked
- Let stand for about 5 minutes before serving

CURRY

- Make up coconut milk by adding coconut powder to water (1/4 cup coconut powder to 1 cup water) and mix well.
- Heat a little oil in fry pan or pot, when warm add curry paste and a little coconut cream.
- Stir and fry for approx. 1 min.
- Add onion and stir fry until just cooked.
- Add vegetables and more coconut cream to make a sauce.
- Season to taste.
- Cook until and vegetables are tender.

ALLERGENS

- **Curry paste contains shrimp**
- **Coconut powder contains dairy**

Creamy Tomato Penne

INGREDIENTS (3 serves)

- **45ml** Oil
- **1 ½** Brown Onions (chopped)
- **3** cloves Garlic
- **1** Zucchini
- **5g** Dried Basil
- **60g** Tomato Paste
- **390ml** UHT Cream
- **360g** Penne Pasta
- **30g** Parmesan Cheese
- Salt & Pepper (to taste)

SAUCE

- Brown finely chopped onions, garlic and zucchini in a little oil
- Add basil
- Add tomato paste and UHT cream
- Simmer and mix well together

PASTA

- Boil water with a little salt.
- Add pasta.
- Stir and bring water and pasta back to the boil.
- Reduce heat and simmer until pasta is cooked. Add more water if necessary, or pasta will become gluggy.
- Drain and serve sauce on top.

ALLERGENS

- **Pasta/bread contains gluten**
- **Cream contains dairy**

Shopping

Once the Cooking Teams have decided on a menu/meal plan the easiest way to keep costs reasonable and make shopping easy and efficient is to have each Team write a shopping list.

Shopping List

To help the Cooking Teams think about what they need and to further increase the learning opportunities for the students it can be appropriate to set a budget based on how many members each Team has and the number of days the camp will last for.

Each Cooking Team should:

- *If co-ordinating some meals with a second Cooking Team:* co-ordinate which team will buy what (usually easiest to assign one meal per Team to buy, prepare & pack and hand out/divide the ingredients when it's time to cook the meal).
- Calculate how much they will need of each ingredient for each meal (including how many/much snacks etc each person needs per day)
- Write a detailed list of the things they need to buy (food and other, e.g. fuel if students or the school is supplying the fuel stoves)
- Plan a date and time for the Cooking Team to go shopping at.

Going shopping

Shopping (especially for fresh ingredients) should be done as close to the start of camp as possible so that the ingredients are as fresh as possible. All members of the Cooking team should be present when the shopping is done! Remember to bring:

- The shopping list
- A calculator (to check that they are not going over budget, if applicable)

Fresh ingredients should be checked so that they are of high quality and not already bruised or damaged.

Preparation of Food before the Start of Camp

Food preparation can (to some degree) be done before the start of camp. Dry ingredients can be weighed/measured up and packed in meal-specific zip-lock bags or containers and fresh ingredients can be washed, cut and packed as well to make meal time quick and easy. Keep in mind that some fresh ingredients may keep better if stored whole and that preparation of fresh food ingredients should be done as close to the start of camp as possible.

Packing your bags

When packing food, you must consider the following:

- How to keep your food fresh
- How to prevent leaks
- How to minimise bulk
- How to minimise rubbish

Keeping Food Fresh and Safe & How to Prevent Leaks

Keeping your food fresh is very important as you do not have access to refrigeration. It is important to pack foods so that they are air tight and waterproof to protect the food from contamination and your other equipment from leaks.

Snap-lock/zip-lock bags are a great way to pack many food ingredients since they seal tightly. Hard plastic containers with screw lids are also excellent with the added advantage of protecting the food from being crushed and they eliminate all your rubbish before you start the trip. Always make sure everything is leak proof.

If you are bringing long-life milk for e.g. your breakfast cereal either have 1 larger container for the whole or a couple of cooking teams (so that it all gets used for one breakfast) OR bring 1 small long-life milk packet per person. Since there will be no refrigeration available you have to use all the milk when you open it, you can't safely "keep it for later" (besides, who wants milk all throughout their pack/bag?).

How to Minimise Bulk & Rubbish

Re-pack foods into smaller portions, for example a bag of rice may be measured and re-packed into ziplock bags for each respective meal, so that you only bring what you will use.

Consider the amount of rubbish the food you are bringing will result in, you still have to carry all the rubbish back out! (even orange peels and apple cores).

Get rid of excess wrapping/packaging – everything you carry in must be carried out (for example if you buy a box of cup-a-soups, remove the satchels from the box).

Try to buy dry ingredients that can be rehydrated (for example powdered milk) so you don't have to carry as much weight.

Final Tips

- Line the inside of your back pack with a durable large plastic bag (just in case something leaks). Organize yourselves! Pack & label individual meals within smaller plastic bags.
- Pack & label the bags and containers containing ingredients for individual meals together so that it's easy to pull out an entire bag and get started on cooking quickly when you get to camp.

During the program

- Eat regularly and well. Have all major meals (breakfast, lunch and dinner) and eat good quality snacks in between meals.
- Drink lots of water throughout the day to stay hydrated.

Food preparation

Teamwork! Divide the tasks that need to be done (e.g. chopping vegetables, cooking pasta, frying onions) between the members of your Cooking Team.

Preparations also include:

- Setting up the fuel stoves in an open, clean (in respect to long dry grass, leaves, twigs, etc, at least within 0.5m of each stove), reasonably flat and stable area in a Cooking circle (= fuel stoves are placed in a circle, preferably with a rope circle on the outside of the stoves to mark the No-Go zone, students and staff work and cook from the outside of the circle and no one goes into the circle. This decreases the chance of someone accidentally overturning a stove).
- Chopping any vegetables/ingredients.
- Fetching water

Cooking tips

Trangia-style fuel stoves

Easy clean-up: Before using the pots and pan - put dishwashing detergent on a sponge and wipe the bottom of the pots/pan to make clean-up easier (it prevents soot and grease from burning/baking onto the metal).

Set-up of Stove: Make sure ground is even and stable. Remove any dry twigs, grass and leaves within 0.5m of the stove. Pull all bits and pieces apart (remove straps etc).

- The **bottom of the stove**/stand has a hole in the middle in which the burner will sit, place with the rim on the ground and the "platform" with burner holder faces up.
- Remove lids from **burner**. Place burner in its holder. Remove the lids (there should be two different types of "lids": 1x solid lid with thread for extinguishing and to pack the burner up + 1x cap/adjustable lid for adjusting the flame's size).
- **Add fuel to the burner** (see below)
- **Light the burner** (see below)
- Attach the combined **wind shield and pot stand** (ring like part with holes and folding bits to place the pots/pan on by placing it on the bottom/burner holder and twist it until it interlocks with the bottom/burner holder.

Adding fuel to a burner: fill the burner to approximately 1 cm below the edge. **NEVER fill an already lit burner!** Add a small amount of water to the burner (<5% water) for a cleaner and hotter flame. You might need to extinguish and re-fill the burner to finish your cooking, if so only re-fill it partially.

Lighting the burner: Light a match, bring it in towards the burner from the side and hold the flame over the perforated upper rim (where the flame is meant to be) until you hear (slight pop) or see the

flame. Never lean your head/upper body over the stove when lighting it. You might not see the flame in daylight!

General

If boiling a carbohydrate-type food (e.g. pasta, rice or potatoes) and a sauce to go with it:

- Boil water in the larger pot.
- Cook your sauce in the fry pan.
- Put the pot with (hopefully) still warm water back on the stove.
- Put the fry pan on top of the pot to make water boil quicker and to keep the sauce warm
- Cook the carbohydrate product with the fry pan on top of the pot.

Doing dishes

- Fill up the pot(s) you've cooked in with water straight after plating the food and put it back on the stove. It will soften up any burnt food scraps and heat up your wash-up water while emptying the fuel holder (eliminating leak-risks).
- Strain the wash-up water through a chuck-wipe or sieve and put the food scraps in the rubbish. NOTHING is allowed to be thrown into nature! BOE teaches and practices Minimum Impact during all of our activities and camps.
- Make sure the students wash all the parts of the stove after every dinner (except for the burner), including the windshield and bottom/burner holder.
- Dry everything using your tea towels and pack it all up once cooking and eating is done.