



# Troop 152

## Food & Cooking Essentials

### Breakfast –

- Instant Oatmeal
- Cream Cheese

- Peanut Butter
- Dried Fruit

- Bagels
- Pop-tarts

### Lunch –

- Triscuits/crackers
- Summer Sausage

- Apples
- Cup of Noodles

- Dried Cheese
- Canned meats

### Dinner –

- Ramen
- Vacuum-pack tuna/chicken
- Dried soups and entrees (chili, refried beans, split-pea soup, etc.)

- Tortillas
- Rice-a-Roni

- Lipton pasta packs
- Macaroni & cheese

### Snacks –

- Trail Mix (Peanuts, Raisins, M&M's)
- Nuts/Sunflower seeds

- Beef Jerky
- Hard candies

- Dried Fruit
- Jiffy-pop

### Drinks –

- Hot Chocolate

- Apple Cider

- Tea/Coffee bags

### Food preparation tips –

- Reduce packaging
  - No cans
  - Look for meals that don't take excess time and ingredients to prepare (more time means more fuel needed)
  - Remember, many of the food items above can be used at other mealtimes i.e. – dinner items make great breakfast choices.
  - Avoid lunches that require a stove to prepare. This results in extra weight from fuel and extra time needed to prepare and clean-up the meal.
  - Keep all meal items together in one bag or stuff sack.
- Take food out of boxes – repackage in zip-lock bags if necessary
  - Use heaviest meals first
  - Look for meals with an easy clean-up