Trail Food
Trail Meals

On A Hike:
  Snacks
  Lunch
Snacks

Trail Mix
• Buy a Mix
Snacks

Trail Mix
• Make your own

Ingredients:
1. Nuts
2. Seeds
3. Dried Fruit
4. Grains
5. Sweets
TRAIL MIX NUTS

• Peanuts
• Pistachios
• Hazelnuts
• Cashews
• Almonds
TRAIL MIX SEEDS

• Pumpkin seeds
• Sunflower kernels
• Sesame seeds
TRAIL MIX DRIED FRUIT

- Raisins
- Dried Cranberries
- Strawberries
- Blueberries
- Pineapples
TRAIL MIX GRAINS

- Granola
- Cheerios
- Popcorn
- Pretzels
TRAIL SWEETS

- Chocolate Chips
- M & Ms
- Goobers
- Raisinets
- Reese’s Pieces
Other Lunch & Snack Options

• Peanut Butter & Jelly
  Sunflower Seed Butter
• Dry Sausage or
  Peperoni
• Jerky
• Cheese
• Carrots & or
  Celery Sticks
Meals

At Campsite:
Dinner
Breakfast
Campsite Meal Examples

Dinner
• Hamburgers or hot dogs with bake beans
• Chili
• Barbecue Chicken
• Grilled Steak
• Salad or Vegetables

Breakfast
• Bacon & Eggs or French toast
• Sausage & Pancakes

What is Needed
• Meats, Eggs & Vegetables
• Cooler
• Griddle, Fry Pan & Grate
• Spatula, Large Spoon & Knife, Large Bowls & Pots
• Charcoal & Starter
• Plates, Bowls, Knives, Forks, Spoons
• Cleanup Equipment
• Garbage Bags
Camp Meals

• Good & tasty meals
• No spoilage
• No one goes hungry
Backpacking Meals

• Good & tasty meals
• No spoilage
• No one goes hungry
• Light weight & compact
• Simple in camp prep
• No Leftovers
• No Cooler
One Pot Meal

Cooking Equipment:
- Large Pot & Spoon
- Stove & Fuel

Eating Equipment:
- Bowl
- Spoon
- Mug

Cleanup Equipment
- Soap & Sponge
- Garbage Bag
One Pot Meal

Recipes Ingredients:
• Meat & Meat Substitutes (Protein)
• Pasta & Grains (Carbohydrates)
• Vegetables
• Flavorings: Soups mixes, Sauces, & Seasonings

All ingredients repackage:
• Take only required amount
• Minimize trash
• Simplify in camp preparation
• Include instructions
One Pot Meal Samples

• Italian Wedding Soup (1st Night Meal)
  • Tortellini, Frozen Mini-Meatballs & Spinach in Chicken Broth
• Grandma's Chicken Vegetable Soup
  • Hardy soup served with curry & cheese
• Mexican Pasta e Fagioli
  • Back beans & Ramen Noodles
• Backpacker’s Thanksgiving Dinner
  • Chicken, stuffing and cranberries
Meats & Meat Substitutes

- Frozen, pre-cooked (1st night)
- Canned (Heavy): Chicken, spam
- Foil packs: Tuna, Bacon Bits, Chicken
- Freeze dried: Chicken & Beef
- Dehydrated:
  - Jerky (small pieces; allow to rehydrate slowly)
  - Dehydrated at home
- Beans & Lentils provide protein
  - HarmonyHouseFoods.com
- TVP: Meat Substitute
Pasta & Grains

• Pasta
  • Short vs. long
  • Tortellini
• Instant Rice & Couscous
• Ramen Noodles (quick & minimum water)
  • Crushed & repackaged
  • Use alternate flavor packets
  • Add to pot at the end – 3 minutes
• Instant Mash Potatoes
Vegetables & Beans

- Packaged Vegetable Soup Mixes
- Home dehydrated – Dehydrator or Oven
  - String beans & Peas
  - Carrots & Celery – pre-boil then dehydrate
- harmonyhousefoods.com
  Dehydrated foods including:
  - Vegetables
  - Beans & Lentils
  - TVP (Meat Substitute)
(Coupon code ‘scout’ for 20% discount)
Flavorings

Soup & Sauce Mixes, Seasonings & Toppings come in two categories: Pot or Bowl

Placed into Cook Pot:

• Beef & Chicken Bouillon Packs – Regular & Sodium Free
• Instant Soup Mixes – Lipton Cream of Chicken
• Microwave Soup Tubs – Black Bean Soup (Repackaged)
• Seasonings: Garlic Powder, Onion Powder, Parsley, Basil (Flavor Pack for meal)
Flavorings

Placed into Individual Bowls (Share Bag)
• Salt & Pepper
• Curry Powder
• Hot Pepper Flakes
• Cajun Spice Mix
• Grated Cheese
  • Never placed in cook pot

(Drink mix and Extra Food in Share Bag too)
Breakfast: Quick But Fulling Meal

Food you eat cold or only require boiling water:

• Instant Oatmeal  - Buy Flavored Oatmeal or add your own flavoring (cinnamon, dried fruit, seeds)
• Cold Cereal  - Light but bulky (powdered milk?)
• Breakfast Snack Bars
• Instant Mash Potatoes  - with bacon bits