



### DofE Meal Suggestions

#### **BREAKFASTS**

- Having something hot for breakfast makes a very positive start to the day, even if it's just a cup of tea with your cereal bars!
- Porridge [Ready Brek or Oat So Simple] – pre-mix this with milk powder and sugar to taste, add some dried fruit for extra interest.
- Cereal bars.
- Jordans Crunchy Cereal or other kind of cereal which won't squash – pre-mix with milk powder.
- Wayfarer breakfast meal (eg potato and beans with pitta bread)
- Adventure Food Expedition Breakfast

#### **LUNCHES AND SNACKS**

- Usually plan for a cold lunch, as your stove is probably packed away at the bottom of your bag.
- Pitta bread, naan bread, fajitas and oatcakes make good bases, add to them savoury spread, such as primula, or marmite (if you like it), or some form of sandwich paste (tuna and sweetcorn)
- Replenish yourself with some dried fruit or malt loaf.
- Drink plenty of water.

#### **MAIN MEALS**

As a base (carbohydrates):

- Any kind of dried pasta in sauce.
- Couscous [a type of pasta] - cooks incredible quickly.
- Noodles – a good filler but definitely need something adding to them.
- Uncle Bens Microwaveable Fried Rice- no, they won't be a microwave at your campsite but it is pre-cooked and will heat up in a **very** short time in a pan or mess tin.
- Dried mashed potato mix (eg smash). Very light and produces A LOT of mash for a relatively small amount of packet mix.
- Wayfarer/ Look what we found type meals – expensive and tasty but may not fill you up. This can be bulked up with pasta or rice.
- Adventure Food (Mince Beef Hotpot, Vegetable Hotpot, Chicken Curry, Goulash and more) **We highly recommend these they are light weigh, have 600cals per portion and are very filling. You also get 15% off at Cotswold Outdoor when buying them and a massive bonus is you eat them out of the bag = NO WASHING UP!**

Then add :

- Pitta, Naan Bread, Fajitas – already squashed so won't come to any harm in your rucksack and can be warmed up on top of a pan lid whilst cooking the base meal.
- Uncle Bens Chinese sauces – preferably dried type in packets.
- Any other dried sauce in a packet!
- Vegetable/chicken/beef stock cubes – to add flavour.
- Pepperami or mottesons smoked sausage- all sealed up, bomb proof! Slice and add.
- Dried mushrooms/onions – weigh nothing but plump up and add a lot of flavour to your dish, remember to add a bit of extra water for them to re-hydrate.
- Pesto and herbs & spices- can be packed into any small container.



- Sun dried tomatoes.

Avoid: Anything that can go off basically. Soft fruit is easily damaged and could spoil other food. Dried fruit is lighter and won't go off.

#### **DO NOT BRING FRESH MEAT OR SOFT CHEESE.**

#### **FOR DESSERT [OR SNACKS]**

- Flapjack – why not make your own.
- Fruit Cake, better still Christmas cake with icing on!
- Malt Loaf (soreen bar)
- Crunchy cereal bars or crunchy cereal / mini Weetabix type stuff.
- Jelly
- Instant custard and dried banana.
- Jamaica ginger/chocolate/golden syrup cake and custard – very fast and delicious.
- Dried apple rings with instant custard – fantastic but remember to make the custard runny so the apple can reconstitute.
- Dried fruit – tropical is a particular favourite, also apricot and mango.
- Nuts/trail mix/Bombay mix/seed mix – make sure no-one is allergic to nuts though!

#### **DRINKS**

- Water is good, if you've boiled up some for a meal and not used it, put it in your water bottle as it will be sterile and safe to drink.
- Hot chocolate etc. instant drink sachets
- Herbal Tea- caffeine free! (add sugar to taste)
- Robinsons Fruit Drop (Summer Fruits, Orange, Apple and Blackcurrant)

#### **TOP TIPS**

- Re package everything down to the bare minimum, if necessary write cooking instructions on to inside packet.
- If a recipe needs 250ml of water to reconstitute it measure this out before you go into your mug and mark the right level – this saves guess work at the campsite.
- **Make sure you eat well for a couple of days before you go on your expedition.**
- Go to large supermarkets – they have lots of choice in this kind of food.
- Shop at save 'n' weigh type of shops where you can get small amounts of dried ingredients.
- To clean pans – take a tiny bit of green pan scrubber in a small plastic bag and put a squirt of washing up liquid on it.
- For burnt on food – boil up a handful of gravel with water in your pan/tin, the boiling action will clean it.
- Don't forget the matches!
- Don't leave the washing up, the later you leave it, the harder it is to clean.