

Food

Things to think about:

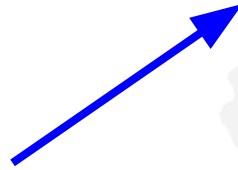


- How does it pack?
- Ease of cooking?
- Will it go off?
- How much do you need?

Packaging

Think of how big, heavy and breakable the packaging is. You will need to carry the rubbish away.

An empty jar is still a jar, an empty packet is small and light. Remember, wet foods are heavier.



Can it be stripped back? you can write on the packet to save carrying extra weight

A Lot of teams make a packet for each day so it's easy to organise and find

Lightweight meal

Is there a lighter version
like dehydrated food?
Pasta, rice etc.

Sauce - is there a paste
you add water to instead
etc.

Can it be boiled in the
bag, that means when
the food is cooked you
can have a hot drink with
the water.

Just add water
and seal bags



Cook as a team



As you are group cooking and you will only have 1-2 stoves per team think about how to cook the food.

If you need an oven and 4 hobs it is the wrong choice.

Its an important part of the day to enjoy each others company over a group meal. But it will take a little organising to make it, think about how many stoves and what you are cooking.

If doing a few days out some teams like to have treat day where they have their best meal after a couple of days so there is always something to look forward to.

You can practice

Take food you like as you know you will be happy eating it.

Try and make the dishes at home first so you know how much to take with you.



You can always split bigger bags so you have what you need.

You could even premix things so you arrive and just pour the bag in and cook

How long will it last?

Some foods are not great out of the fridge for long especially in a rucksack over a few days.

What consequences could poor food choice have on your expedition?



Chicken and prawns are not great choices. Can you think of more?



What alternatives could you use?

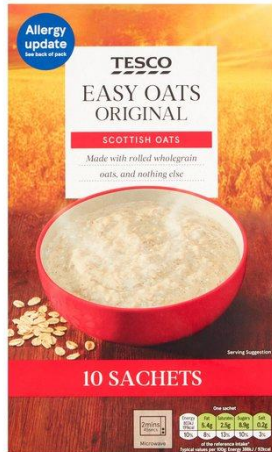
Calories

Age	Sedentary ^[a]		Moderately active ^[b]		Active ^[c]	
	Female	Male	Female	Male	Female	Male
14	1800	2000	2000	2400	2400	2800
15	1800	2200	2000	2600	2400	3000
16-18	1800	2400	2000	2800	2400	3200
19-20	2000	2600	2200	2800	2400	3000
21-25	2000	2400	2200	2800	2400	3000
	Female	Male				

Treat yourself, you are going to be using lots of energy.

Have a look at the packaging and get an idea of how much energy you will be consuming.

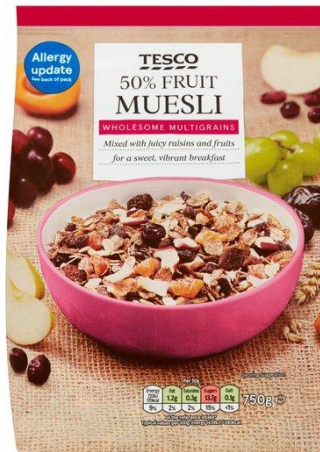
Breakfast ideas



One sachet

Energy	Fat	Saturates	Sugars	Salt
803kJ 191kcal	5.4g	2.5g	8.9g	0.21g
10%	8%	13%	10%	4%

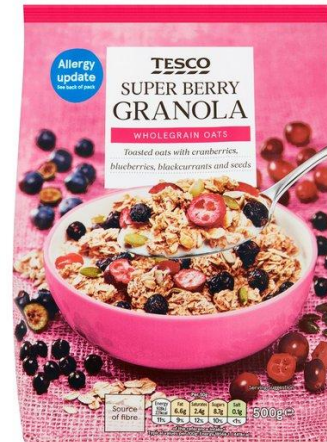
of the reference intake*
Typical values per 100g: Energy 388kJ / 92kcal



Per 50g

Energy	Fat	Saturates	Sugars	Salt
710kJ 168kcal	1.5g	0.3g	12.9g	0.1g
8%	2%	2%	14%	<1%

of the reference intake*
Typical values per 100g: Energy 1419kJ / 336kcal



Per 50g

Energy	Fat	Saturates	Sugars	Salt
928kJ 221kcal	6.6g	2.4g	8.7g	0.1g
11%	9%	12%	10%	<1%

of the reference intake*
Typical values per 100g: Energy 1856kJ / 441kcal



1+ weeks

One pain au chocolat

Energy	Fat	Saturates	Sugars	Salt
775kJ 185kcal	9.8g	5.2g	6.1g	0.5g
9%	14%	26%	7%	8%

of the reference intake*
Typical values per 100g: Energy 1722kJ / 412kcal



1+ weeks

One crêpe

Energy	Fat	Saturates	Sugars	Salt
577kJ 137kcal	5.2g	1.2g	13.2g	0.3g
7%	7%	6%	15%	5%

of the reference intake*
Typical values per 100g: Energy 1803kJ / 429kcal

Midday ideas



1+ weeks



6+ days



5+ days



One tortilla

Energy	Fat	Saturates	Sugars	Salt
731kJ 173kcal	3.1g	1.3g	1.3g	0.6g
9%	4%	7%	1%	10%

of the reference intake*
Typical values per 100g: Energy 1199kJ / 284kcal

One pitta

Energy	Fat	Saturates	Sugars	Salt
612kJ 145kcal	0.7g	0.1g	1.8g	0.3g
7%	1%	1%	2%	5%

of the reference intake*
Typical values per 100g: Energy 1055kJ / 250kcal

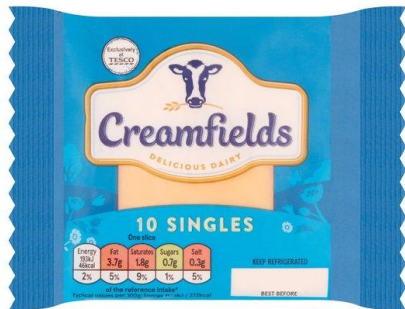
Each thin contains

Energy	Fat	Saturates	Sugars	Salt
422kJ 100kcal	1.2g	0.4g	1.6g	0.36g
5%	2%	2%	2%	6%

of the reference intake*
Typical values per 100g: Energy 1054kJ

Energy	Saturates	Sugars	Salt
166kJ 39kcal	<0.1g	9.4g	0.1g
2%	<1%	10%	<1%

of the reference intake*
Typical values per 100g: Energy 1104kJ / 260kcal



One slice

Energy	Fat	Saturates	Sugars	Salt
192kJ 46kcal	3.7g	1.8g	0.7g	0.3g
2%	5%	9%	1%	5%

of the reference intake*
Typical values per 100g: Energy 1132kJ / 273kcal



Per 22.5g stick:

Energy	Fat	Saturates	Sugars	Salt
466kJ 113kcal	9.9g	3.8g	<0.5g	0.9g
6%	14%	19%	<1%	15%

of the reference intake*
Typical values per 100g: Energy 2073kJ 501kcal

Evening meal



Per 1/2 pack as prepared (183g)

1/2 of a pot (175g)

Per portion (75g)

Per portion (142g)

Energy	Fat	Saturates	Sugars	Salt
751kJ 177kcal	0.9g	0.2g	6.2g	0.71g
9%	1%	1%	7%	12%

Energy	Fat	Saturates	Sugars	Salt
372kJ 89kcal	3.7g	0.5g	7.4g	1.0g
4%	5%	3%	8%	17%

Energy	Fat	Saturates	Sugars	Salt
298kJ 71kcal	4.1g	1.2g	2.4g	0.98g
4%	6%	6%	3%	16%

Energy	Fat	Saturates	Sugars	Salt
525kJ 126kcal	6.0g	1.0g	5.0g	1.2g
6%	9%	5%	6%	20%

of the reference intake*
Typical values per 100g: Energy 411kJ

of the reference intake*
Typical values per 100g: Energy 212kJ / 51kcal

of the reference intake*
Typical values per 100g: Energy 397kJ

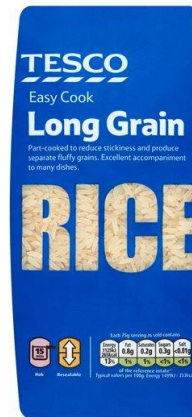
of the reference intake*
Typical values per 100g: Energy 370kJ 89kcal



170g of cooked pasta

Energy	Fat	Saturates	Sugars	Salt
1271kJ 300kcal	1.1g	0.3g	1.9g	0.1g
15%	2%	2%	2%	2%

of the reference intake*
Typical values per 100g: Energy 748kJ / 176kcal



Per 205g

Energy	Fat	Saturates	Sugars	Salt
1103kJ 260kcal	0.7g	0.3g	0.3g	0.1g
13%	1%	2%	0%	2%

of the reference intake*
Typical values per 100g: Energy 538kJ / 127kcal

Desserts/ snacks



1+ weeks

1/6 of a cake

Energy	Fat	Saturates	Sugars	Salt
678kJ 161kcal	4.4g	1.1g	21.8g	0.1g
8%	6%	6%	24%	2%

of the reference intake*
Typical values per 100g: Energy 1587kJ / 377kcal



Each box

Energy	Fat	Saturates	Sugars	Salt
170kJ 40kcal	0.1g	<0.1g	8.4g	0.1g
2%	0%	<1%	9%	<1%

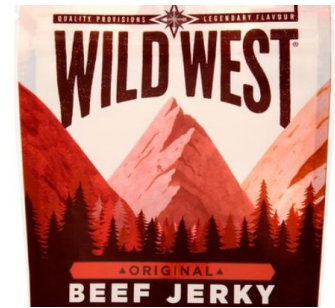
of the reference intake*
Typical values per 100g: Energy 1212kJ / 286kcal



Per 30g

Energy	Fat	Saturates	Sugars	Salt
745kJ 180kcal	14.3g	2.0g	0.5g	<0.01g
9%	20%	10%	1%	0%

of the reference intake*
Typical values per 100g: Energy 2483kJ / 599kcal



Each 32 g contains

Energy	Fat	Saturates	Sugars	Salt
573 kJ 137 kcal	5.2 g	2.7 g	8.8 g	0.17 g
7%	7%	13%	10%	3%

of the reference intake*
Typical values per 100g: Energy 1790 kJ



Each oat bite (30g) contains

Energy	Fat	Saturates	Sugars	Salt
593 kJ 142kcal	7.8g	1.2g	4.1g	0.25g
7%	11%	6%	5%	4%

of the reference intake*
Typical values per 100g: Energy 1977 kJ



Per portion (253g) as prepared

Energy	Fat	Saturates	Sugars	Salt
435kJ 104kcal	2.3g	1.3g	9.9g	1.27g
5%	3%	7%	11%	21%

of the reference intake*
Typical values per 100g: Energy 172kJ/41kcal

Typical Values	per 100g
Energy kJ/kcal	1333/315
Fat	3.5g
of which Saturates	1.5g
Carbohydrate	32.4g
of which Sugars	20.6g
Fibre	1.2g
Protein	37.8g
Salt	3.6g

Drinks



Nutrition

Typical Values	Per 100g as sold	Per 200ml as prepared
Energy	1471kJ	268kJ
Fat	0.6g	<0.5g
of which Saturates	0.4g	0.1g
Carbohydrate	50.3g	9.2g
of which Sugars	49.8g	9.1g
Fibre	<0.5g	<0.5g
Protein	34.9g	6.4g
Salt	1.30g	0.24g
Vitamin A	730µg (91% RI)	132µg (16% RI)
Vitamin D	4.6µg (92% RI)	0.83µg (16% RI)
Calcium	1280mg (160% RI)	257mg (32% RI)



Nutrition

Typical Values	Per 100ml Unprepared	Per Serving Prepared
Energy (kJ)	2 kJ	59 kJ
Energy (kcal)	<1 kcal	14 kcal
Fat (g)	0 g	0.5 g
of which saturates (g)	0 g	0.3 g
Carbohydrate (g)	<0.01 g	1.4 g
of which sugars (g)	0 g	1.4 g
Fibre (g)	0 g	0
Protein (g)	0.1 g	1.1 g
Salt (g)	0 g	<0.01 g



Nutrition

Typical Values	per 100ml Diluted:
Energy	5kJ/1kcal
Salt	0.03g
Contains negligible amounts of fat, saturates, carbohydrate, sugars and protein	-



Nutrition

Typical Values	Per 100ml Brewed Infusion**
Energy	10 kJ / 2 kcal
Fat	0 g
of which saturates	0 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g
** Based on an infusion brewed with 200ml water for 3 minutes	-



Each 14 g serving contains

Energy 237 kJ 56 kcal	Fat 1.3 g	Saturates 1.2 g	Sugars 4.7 g	Salt 0.05 g
3%	2%	6%	5%	1%

Menu planner



DofE expedition menu planner



Group:	Date of expedition:
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	Breakfast	Midday meal	Evening meal	Snacks	Calorie total
Day 1	Have a nice breakfast before you start				
Day 2					
Day 3					
Day 4			I am sure during your expedition you will of thought of something nice to have now.		

Adventure beyond 01239 612133

- Look at slow release foods when making your plan. Don't just think you can live on packets of sweets.
- Think about a well rounded three meals and snacks.

Menu planner



DofE expedition menu planner

Group: Smurf's team of 6	Name: Papa Smurf	Date of expedition:
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	Breakfast	Midday meal	Evening meal	Snacks	Calorie total
Day 1	Have a nice breakfast before you start				
Day 2	Oat sachet 191 Kcal Crepe 137 Kcal Coffee 56 kcal 384 kcal	Tortilla wrap x2 346 kcal Cheese slice x4 184 kcal Peperami 113 kcal 643 kcal	Curry sauce 126 kcal Rice 260 kcal Battenberg 1/3 483 kcal 869 kcal		1896 kcal
Day 3	Oats 6 Sachet Jane Crepe 6 sachet Fred Coffee 6 sachet Milly		Curry sauce 3 packet Jane Rice 780g Rob 780g Fred Battenberg 258g Jack 258g Milly		
Day 4			I am sure during your expedition you will of thought of something nice to have now.		

Adventure beyond 01239 612133

- Think about how much it will weigh
- Who carries what
- how much do you need as a group
- Sometimes it is easier to make a few copies start with kcal and finish with final plan. Often the best way is to meet as a group lay food out and separate for exped.