

## MEAL PLANNING

*Ref BSA Handbook  
Pages 257-259*

### Meal Planning – Provides For:

1. The correct amount of food to be taken on a campout so that everyone eats well, without too many leftovers or food carried out.
2. Assists in what cooking utensils need to be taken on a campout.
3. Assists in determining which spices and condiments need to be taken on a campout

### Critical Considerations:

1. How many Scouts are going on the campout.
2. How long will you be away – broken down by meals - # Breakfasts; # Lunches and # Dinners + snacks.
3. What are you going to do on the campout? If you are planning to hike all day – then your meals should be simple, easy to prepare and clean up. If on the other hand you are going to establish a base camp and stay in it for a few days – meals can be more elaborate.
4. How will you reach your campsite? If backpacking, you will want to keep your load light, your meals simple with non-perishable ingredients. If traveling by car – you have the latitude for coolers to keep perishable food, more elaborate cooking utensils i.e. Dutch Ovens etc.
5. What weather do you expect? Winter menus should include more fats that your body needs to maintain its warmth. Take high caloric foods like peanut butter and pasta. Also include soup bases and warming drinks. Summer menus can be lighter, but should include plenty of fluids.
6. Always plan for one extra day of food – the lightest easiest to prepare meal – just incase your plans change. Ramian is a good lightweight extra day meal.

### Forms of Camping Food:

1. **Fresh** – Best for short day trips. Most fresh foods (dairy and meat products) must be kept cool to prevent spoiling. Some fresh food such as carrots, potatoes, and selected cheeses may be carried without refrigeration. Fresh food is often the heaviest of camping foods.
2. **Non-perishable** – Pasta, dried beans, rice, flour, oatmeal, grains and other foods do not spoil and provide high nutritional value. Next to dehydrated foods – the lightest camping food.
3. **Dried/Dehydrated** – Most of the foods in this category have the water removed – hence saving weight. Many different foods to include dehydrated complete meals are available. The only drawback is the necessity of larger amounts of water to re-hydrate the food.

4. **Canned** – Most food type can be found in a canned form. The major drawback is that they are heavy. Also, when you are finished eating, you then have to pack out the can. A special ingredient – such as canned cherries for cherry cobbler might be worth the effort. Avoid glass containers – they are heavier and may break.
5. **Retort Pouches** – Require no refrigeration and only need to be dropped into boiling water to heat up. The contents can be eaten right from the pouch. Heavier than dehydrated but lighter than canned.

### **The Importance of Good Nutrition:**

The food you eat should do three things:

1. Build up your body and keep in tin good repair.
2. Provide the vitamins, minerals, fiber and bulk that your body must have in order to stay healthy.
3. Serve as a source of energy for everything you do.

### **Food Pyramid:**

