

Appendix II

SAMPLE CAMPING MEAL PLANNING GUIDE

Breakfast

In camp, plan a hearty breakfast that's easy to prepare.

- **Fruit.** Use fresh, dried, or canned fruit—whichever best suits the type of outing your pack has planned.
- **Cereal.** Choose from oatmeal or some other type of hot cereal for cold days, and granola for warm-weather camping.
- **Eggs.** They come boiled, fried, and scrambled—take your pick.
- **Bacon and ham.** Fried bacon or ham makes any breakfast more satisfying.
- **Breakfasts from the griddle.** Try pancakes or French toast.
- **Breakfast drinks.** There's a variety to choose from—milk (dried or fresh, depending on the type of camping your pack has planned), cocoa mixes, and fresh or powdered fruit drinks.

Lunch

Refuel with lunch. Pack a lunch right after breakfast and take it with you, or stop for a hot meal if you will be near the camp kitchen.

- **Sandwiches.** Make some to take with you, or stop to build your own on the trail.
- **Hot dishes.** Hot soup (from a can or mix) served with grilled cheese sandwiches hits the spot on a cold day.
- **Quick one-pot camp stew.** They say variety is the spice of life, and the one-pot camp stew provides plenty of it!
- **Meat.** Whether grilled, fried, or stewed, meat makes the meal complete.
- **Chicken.** Frying, grilling, or broiling makes preparing chicken easy.
- **Fish.** Fresh fish tastes great fried or poached. Try either method.
- **Side dishes.** Side dishes help make sure your meal has something from every group in the food pyramid.
 - Vegetables: boiled carrots, corn, cabbage, string beans, peas, potatoes—boiled, fried, or mashed
 - Rice and pasta: white or brown rice, spaghetti, macaroni, ramen noodles
- **Bread.** There are lots of options for meals: Try biscuits, Dutch oven bread, stove-top oven bread, frying pan bread, or dumplings.

Desserts

Round out the meal with a tasty dessert as simple as cookies or instant pudding. As a special treat, serve cobbler or brownies.