

## Troop 84 - Backpack Meal Ideas

Why do Backpack meals have to be different?

1. No refrigeration is available. (would anyone want to carry the cooler?)
2. Food needs to be light in weight. (every ounce counts)

### Breakfast

Instant Oatmeal, Bagels, Pancakes, Spam, Pop Tarts, Hot Chocolate, Canadian bacon (canned)

French Toast : Using Zwieback Crackers/ Thick Melba Toast/ Plain - Anisette Biscuits Type (without anisette), powdered eggs

### Trail Snacks

Mince Meat, Granola Bars, Trail Mix, Walking Sandwich

### Lunch

Instant Soup, Plain Crackers (stoned wheat thins), Block Cheese, Peanut Butter, Dried Fruit, Crystal Lite (Nutra Sweet – type), Drink Mix

### Dinner

Pre-packaged Dehydrated meals: many types /brands - Outfitter Store

Augment with : Stoned Wheat Crackers, Bagels, Fruit, Nutra S. Drink Mix

Canned Chicken with Quick Rice, Fruit , Drink Mix

Dried Noodles (packages) Tuna Fish (packed in water) Fruit, Drink Mix

Pasta Roni (box), Canned Ham/Turkey/Chicken, Fruit, Drink Mix

Spaghetti w/Sauce (sauce in boil bag), French Bread, Fruit, Drink Mix

Fried Spam with Potatoes Buds, Instant Gravy, Fruit, Drink Mix

Instant Soup, Add: Potatoes Buds/Canned Meat, Fruit, Drink Mix

Macaroni and Cheese, (bring powdered milk), Crackers, Fruit, Drink Mix

## Tips

Note: Care on these meals on what needs to be added. - Use plastic - Bottles, that wont lose their tops! - For transportation. Margarine keeps - For a few days - Crisco afterwards (pick meals that don't need these. Use powdered milk. Pre package meals in sandwich bags with directions/etc. This will save in space and have some ingredients pre mixed.