

## **Outdoor Ed**

### **Backpacking**

Here are a few items to get you started thinking about food to pack for the backpacking trip. You can find everything you need at a regular grocery store, especially if they have a bulk food section. Walk through the aisles to get more ideas. Choose things that cook quickly and weigh little.

You can also find lots of recipes online for quick, easy, and healthier backpacking food that you put together yourself.

#### Breakfasts

Instant cereals: oatmeal, grits, Cream of Wheat

Bagels

Pancakes

Chia pudding

Nuts

Dried fruit

#### No-cook lunches

Tortilla with hummus

Tortilla with peanut butter & honey

Bagels with topping

Trail mix

Bars of various kinds

Cheese & crackers

Apples

#### Suppers

Ramen noodles with or without add-ins

Noodle dishes: Mac & Cheese, Pasta-roni, spaghetti

Instant rice dishes: Rice-a-roni

Couscous dishes

Soup with dehydrated veggies