

Food – ADoE Chilterns Practice Bronze

Food:

Food should be nutritious, lightweight, not bulky and easy to cook over a camp stove. It is your responsibility to plan and buy your own food and plan your own menu. Dehydrated foods and drinks are best for this as they are small and lightweight. Water is available for cooking at every overnight campsite and so only drinking water needs to be carried. For advice on this visit the DoE office at any lunchtime.

You need to plan for the following meals.

In addition you should pack materials for hot drinks and snacks.

Thursday

Lunch	We are leaving at 11am this will give you time to buy a packed lunch at school.
Dinner	A dehydrated meal will be supplied and you will be taught how to prepare it. You may want to bring some breakfast bars and cuppa soups etc. to supplement this.

Friday

Breakfast	Bacon Butties (cooked by Mr. Larman)
Lunch	Ingredients to make sandwiches will be supplied in the morning. You may want to bring some of your own snacks.
Dinner	Your own snacks before getting home at 7pm.