

DofE Expedition Food Ideas



20 Conditions

- One of the 20 conditions of the DofE is that a 'substantial meal must be cooked and eaten by participants each day'

What Food?

Expedition foods need to be

- High in energy
- Light in weight
- Not bulky
- Varied
- Enjoyable

Remember

- Often rubbish bins are not available immediately. You will have to carry your rubbish. Dog poo bags are good for this.
- Food contained in 'soft' plastic or foil is better than tins or 'hard' plastic
- Zip lock food bags are great as they can be reused
- Zip lock food bags are good for chopped vegetables and dried fruits

Well Balanced

A well balanced nutritious diet is essential for maximum performance in any sporting activity.

You should eat foods from the following groups:

Group 1	Cereals, Rice, Pasta, Bread, Potatoes
Group 2	Fruit
Group 3	Vegetables
Group 4	Meat, Fish, Poultry, Beans, Pulses, Nuts, Eggs
Group 5	Dairy Products
Group 6	Fats, Oils, Sweets

Breakfast



Lunch



Evening Meal



Snacks



Drinks



Not recommended

No glass jars due to weight and risk of breakage



Fresh meat/fish is banned



No canned food due to weight



Energy drinks are banned



Emergency Food



Things to Remember

- You are working as a team! Communicate
- When planning your menu remember that you are not just cooking for yourself.
- You will not have time to cook individual meals.
- You should plan a menu that 2/3 of you agree on so that it can be cooked all at the same time. Usually your tent group
- Whilst it may seem a good idea to have bacon and sausages you have to remember you have a limited amount of time to wash a very greasy burnt Trangia!
- Your menu should provide you with enough calories to burn for the expedition. At least 3000, if not 5000 kCals
- You are not cooking a gourmet meal; save that for when you get home.
- Do not bring fresh meat (inc fresh sausages) or fresh fish.
- Don't bring meat pies/sandwiches/wraps/pasties, scotch eggs for eating after the first day.