

YEAR 10 MAVORA LAKES CAMP

FOOD GUIDE



THINGS TO CONSIDER

On this camp you are responsible for planning, providing, cooking and eating your own food.

We recommend you do this in groups of 2 to 4 to help share some of the work. And because eating with friends is more fun!

TRANSPORTATION

Make sure that your food and the equipment needed is easy to transport to camp.



STORAGE

Make sure that your food can be stored safely at camp. In particular make sure that any high-risk foods (eg meat, dairy) can be stored at an appropriate temperature.



NUTRITION

Make sure that your food is healthy and nutritious. In particular make sure it has lots of energy in it since you're going to be busy doing physical activities.



PREPARATION

Make sure that your food is easy to prepare. Are you going to need to chop/grate anything? Do you have the equipment for it? Do you need multiple pots? How big?



COOKING

Does your food need cooking? If so, you will need to cook it on a gas camp stove which is best used for boiling.



PACKAGING

What packaging will you need to dispose of after cooking? There are no bins at the camp site so all rubbish and recyclables will need to come back to Invercargill with us.





BREAKFAST IDEAS

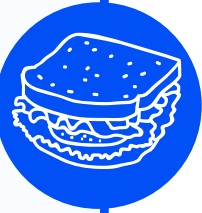
Make sure you start the day off with a proper breakfast. If you don't things easily go down hill.

- Porridge
- Cereal
- Muesli
- Fruit

LUNCH IDEAS

You won't have time to heat your lunch each day so keep it simple! Good ideas include:

- Wraps
- Sandwiches
- Flatbreads
- Savoury scones or muffins



DINNER IDEAS

Start with a base of a carbohydrate (eg rice, pasta) then add some veggies, protein and sauce/flavour.

- Repeat something from lunch!
- Fried Rice or Stir Fry - you can pre-chop veggies to make life easier
- Fritters
- Mac & Cheese
- Pasta - with pesto, jar sauce, cheese, ...
- Risotto - try to avoid ingredients that need separate cooking
- Packet soups - goes well with some bread or cheese rolls
- Nachos - with cheese, tinned beans, salsa, guacamole



SNACK IDEAS

- Nuts
- Dried Fruit
- Fresh fruit
- Lollies (no wrappers)
- Chocolate
- Muesli Bars
- Baking



Freeze Dried Meals (eg Back Country Meals) or Heat'n'Eat Supermarket Meals (eg Watties) can take some of the hassle out of cooking. Both can be found in supermarkets around town.

SCHOOL CAN PROVIDE

- Gas stoves
- Gas for the gas stoves
- Matches/fire lighters
- Cooking pots/pans
- Some other cooking equipment (if you ask in advance)
- Dishwashing liquid

YOU SHOULD BRING

- Food!
- Crockery to eat with
- Any other cooking equipment you need (eg chopping board, knives, grater)
- Scrubbing brushes/sponges
- Tea towels

FINAL TIPS

- Cook with friends who have similar food tastes to you
- Powdered milk saves you from keeping it cold
- Practice your meal at home first
- Extra food is better than not enough food

