

Backcountry Foods

Dixie Havlak, R.D.

Lifetime Nutrition

Day Trip vs Overnighter

- Good Breakfast
 - Eat along route
 - Stay hydrated
 - Few packing issues
 - Few food safety issues
 - Some spare food needed
- Adequate calories
 - Adequate nutrients
 - Major packing issues
(weight & space)
 - Major food safety issues
 - Water sources needed
 - Ample spare food

Food as Fuel(Calories)

“Energy Nutrients”

- Carbohydrates (starches & sugars) fuel muscles and brain. Limited reserves.
- Fat fuels muscles, not brain. Vast reserves. Concentrated calories.
- Protein is not a desired fuel source. No reserves. Needs increase with activity.

Sources of Nutrients

- Carbohydrates: grains, potatoes, fruits, beans, candy, cookies, milk
- Fat: nuts, cheese, meat, chocolate, oil, butter, cookies
- Protein: meat, cheese, milk, eggs, beans, soy, nuts, protein bars & powders
- Vitamin and minerals: food groups, fortified foods

Getting what you Need

- Substantial “balanced” breakfast before trip
- Ample carbs along trail and after exertion
- Small to modest fat along trail, at meals
- Adequate protein, not as a trail snack
- Get calories from real foods that provide minerals and vitamins, minimal junky candy and beverages

Eating Your Electrolytes

High in Magnesium

- Nuts and seeds
- Legumes (beans)
- Whole grains and bran
- Dark green leafy veggies
- Milk and yogurt
- Seafood
- Cocoa and dark chocolate
- NOT sugar, anything made of white flour/rice/corn, most fruit, meats

High in Potassium

- Shellfish and fish
- Soy, tofu, edamame
- Dark green veggies
- Potatoes and sweet potatoes
- Squash and melons
- Oranges and orange juice
- Many fruits and veggies
- NOT sugar, anything made of white flour/rice/corn

A Good Breakfast

- Include protein, “slow carbs,” optional fats
- #1: lowfat milk latte and peanut butter & banana sandwich on chunky whole grain bread
- #2: Bean /cheese burrito and orange
- #3: Oatmeal, vanilla yogurt, cherries, almond slivers
- #4: whole grain pancake, berries, soy sausage or ham

Some High Carb, Whole Food Trail Snacks

- Dried fruit
- Fresh fruit
- Granola Bar
- Whole grain cereal
- Whole grain cookies
or snack bar with nuts
- Chocolate covered
fruit
- Whole grain crackers
- Dark chocolate bar

Many varieties of dried fruit for sugar & nutrients. Breakfast or snack.



Durable fruit: Citrus
has peel issue but
tastey! Bring sugar for
fresh lime/lemonade!



Gathering your own fresh fruit!



Blueberries on Labor Day, Olympics



Blackcap Raspberries in August



A Great Snack!





32 16 OZ 01/11/16 RS \$3.69 PER LB
NABISCO
FG NWTH 100% WH GR
003002 3.69



Spare Food

- Extra regular food vs. bars or both
- For an unforeseen delay
- 1/2-1 day of calories
- Women: 1200-3000 calories
- Men: 2000-4000 calories
- More for a longer, more remote trip
- Keep with 10 essentials

Granola/snack bars



Survival bars



Meal replacement/protein bars



King sized candy bars



High Calorie/fat/sugar, low protein

Trail Treats or Spare Food?: starch, sugars, fats, protein



BIN# 7220
\$12.99
PER LB.
00-100-100

BIN# 8342
\$6.99
PER LB.
00-100-100

BIN# 7376
\$5.99
PER LB.
00-100-100

TOP
Quality in the bag.
Savings in the bill.



TOP
Quality in the bag.
Savings in the bill.
VAN RUM ALMONDS
BIN# 8546
\$6.99
PER LB.

TOP
Quality in the bag.
Savings in the bill.
COCONUT ALMONDS
BIN# 8548
\$6.99
PER LB.

TOP
Quality in the bag.
Savings in the bill.







Lunch fixings: starch, protein, fat, veggies



Burritos with a wild twist; oxalis



TO OPEN
LIFT FLAP

SEASONED
RY KRISP
CRACKER

NET WT
8.5 OZ
(240g)

SATURATED
Fat Free

SEASONED
RY KRISP
Brand
CRACKER

Good Source of Fiber
CONTAINS 1.5 GRAMS OF TOTAL FAT PER SERVING.
Cholesterol Free
SEE TOP PANEL FOR NUTRITION INFORMATION





PAC PEARL DEVILLED MEDIUM SHRIMP TINY
 2.50

JONAH BROKEN SHRIMP
 2.60

CHCKN SEA MEDIUM SHRIMP
 4.25

PRICE REDUCTION
\$4.25
 SAVE 24%



CHICKEN OF THE SEA PREMIUM WHOLE BABY CLAM POUCH
 1.79

CHCKN SEA PREM CRAB POUCH
 2.99

CHCKN SEA PREM SHRIMP POUCH
 2.99

CHCKN SEA SMKD OYSTER POUCH
 2.49

CHCKN SEA PREM IMIT CRAB POUCH
 2.49

TOUGH ON PRICES
\$2.99

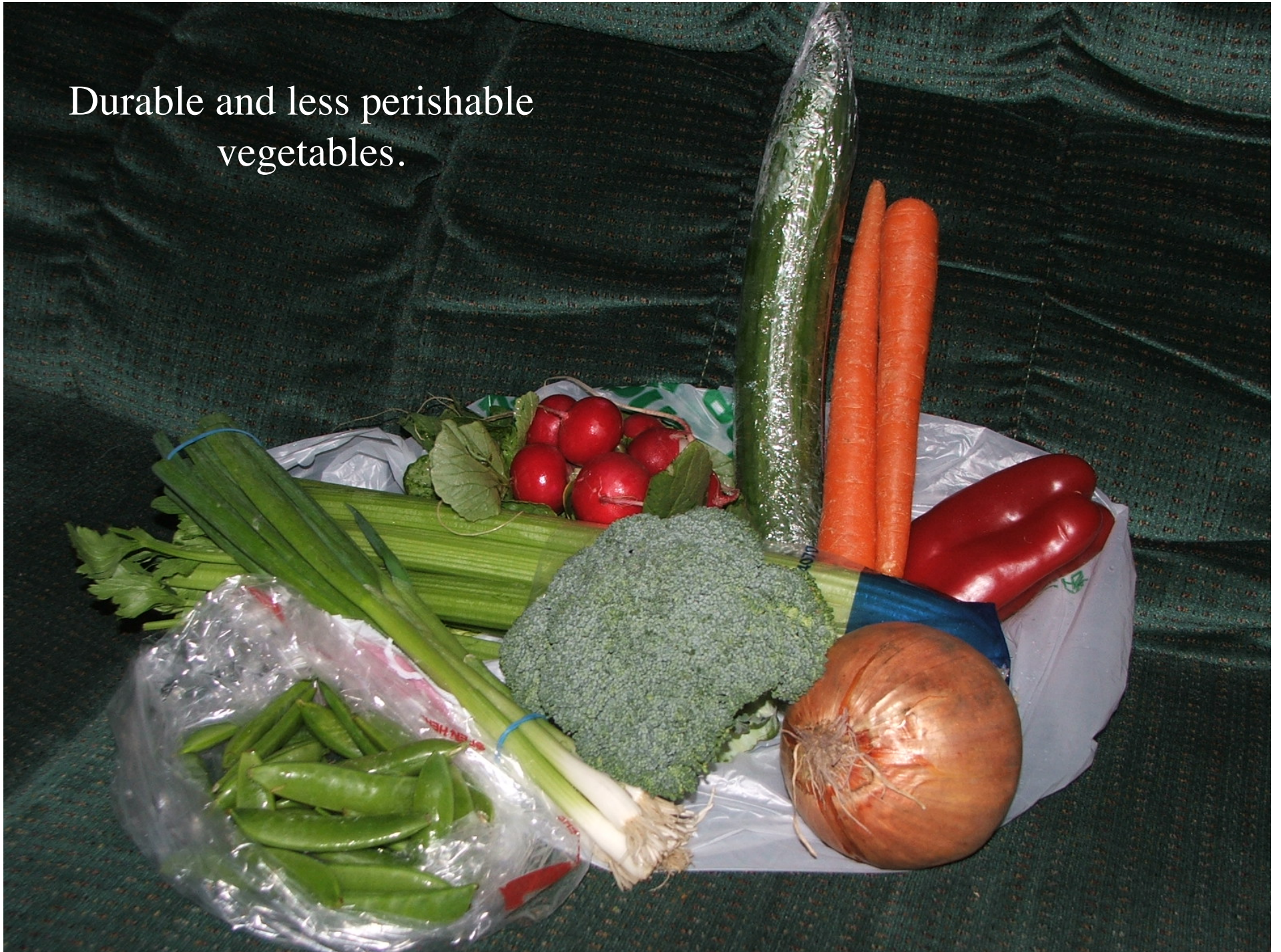
TOUGH ON PRICES
\$2.99
 SAVE 40%



Non-perishable protein foods. Reduced water. Salt.



Durable and less perishable
vegetables.



Hummous, olives, sundried tomatoes, cucumbers on a wrap



Summer Food Safety

- Danger zone: 40-140 degrees
- 2 hour rule
- Salt, dehydration, sugar protect
- Consider your conditions
- Protein is a problem
- Produce is a big vector for foodborne illness



Winter food safety

Protect your food from freezing!

Lunch in the Winter

Protein and carbs

- Cheese and crackers
- Meat sandwich
- Beef Jerky and crackers
- Hot stew or bean soup
- Sardines and crackers
- Tuna pouch and pita pocket
- Hard cooked egg & crackers
- Bean dip/hummus & pita
- Edamame
- Veggie Burger on bun

More carbs and fats

- Veggies and dip
- Fresh or dried fruit, juice
- Trail mix
- Cookies or bars or muffins
- Hot cocoa
- Yogurt to Go
- PB & jelly sandwich
- Nuts and seeds & their butters
- Packaged kids snack bars

Winter considerations

- Can eat it while wearing gloves
- Insulated pad for sitting during lunch
- Do you want a stove or thermos for hot food
- Keep your food from freezing. Water too!
- Beware dehydration through respiration

Good Hydration

- *Water is needed to eliminate waste, control temperature, as medium for metabolism
- *Dehydration=bad
- *Water lost through lungs, sweat, excretion
Cold and heat increase losses
- *Requirements: 2-3 liters/quarts minimum
- *Frequent clear urination (test on the snow!)



Urine Color Chart

1		<p>This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.</p> <p>If your urine matches the colors numbered 1, 2, or 3 you are hydrated.</p>
2		
3		
4		<p>If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink for more fluid.</p>
5		
6		<p>Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.</p> <p>If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.</p>
7		
8		

Caffeine

- Not dehydrating for the regular consumer
- Proven to enhance muscle endurance
- Increases use of fat by muscles
- Moderate amounts best
- Coffee
- Energy drinks
- Tea
- Some sodas
- Gel shots
- Excedrin/pills
- Chocolate/cocoa

Get a System of Hydration

- Balance with practical issues of clothing, privacy, and location
- Do not skimp on water to avoid urination
- Super-hydrate before
- Thirst is not a good guideline
- Drink plenty at home
- Urinate at trail head
- Sip during hike
- Urinate at lunch stop
- Sip during hike
- Urinate at end of trip
- Don't be afraid to ask to stop if needed

Know your water sources



Sometimes it is hard to get to!



Scooping water from a fast river



Safe Water

- Debris, dirt, sediment
- Bacteria: E Coli, salmonella
(cholera, thypoid, dysentery in the past)
- Protozoas: Giardia and Cryptosporidium
- Viruses (in tropics, not here)

Boiling, Pumping/filtering, chemicals, UV light



Boiling water. Bring to full boil.



Boiling Water

Pros

- Kills bacteria, protozoa, and viruses
- Easy to combine with cooking and making hot drinks
- Easy to combine with melting snow for water
- Can do big volume easily
- The water is hot!

Cons

- Requires stove or fire and fuel
- Takes time, esp. in alpine
- Water tastes flat or like ashes!
- The water is hot!

Chlorine tablets

ING WATER

Katadyn Micropur MP1 Purification Tablets

Item is available.
\$13.95

1

ADD TO CART

Shipping Notes:
Continental US shipping only



Previous Product | Next Product

Description
The Only EPA Registered Purification Tablets on the Market - effective against Cryptosporidium, Giardia, bacteria, and viruses.

- The only disinfection system effective against viruses, bacteria, cryptosporidium, and Giardia
- Fresh tasting water - no unpleasant taste
- Easy to use tablets
- The same proven technology that is used in municipal water supplies
- Lightweight and compact - ideal for traveling, lightweight backpacking, and emergency use

Purification Method: Chlorine Dioxide Tablets

Output: 1 tablet treats 1 quart (1 liter) of water

Capacity: 30 tablets

Salt & battery (chlorine?)

MIOX® Purifier

The MIOX® Purifier represents a revolution in water treatment. It's ultralight, compact, and easy to use —with no pumping, maintenance, or iodine required.

- **No pumping required**
Just add water, shake, and press a button.
- **Purifies water without iodine**
No health risk or unpleasant iodine taste.
- **Great for large volumes of water**
Perfect for groups or extended trips.
- **Ultralight and compact**
Fits in your pocket to go anywhere.
- **Reliable purification**
Inactivates all viruses, bacteria, Giardia, and Cryptosporidium.

Dwell times

Viruses, bacteria: 15 min.
Giardia: 30 min.
Cryptosporidium: 4 hrs.

Weight

Pen: 3.5 oz./99 g
Kit: 8 oz./227 g

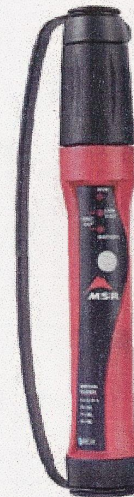
Kit includes

MIOX® Purifier, salt, batteries, safety-indicator strips, instruction booklet, quick-reference card, and storage sack.

356040 - MIOX® Purifier - \$139.95*

[BUY ONLINE](#)

*Suggested retail price in U.S. dollars



[More about MIOX® Purifier](#)
[Download an Instruction Manual](#)

Iodine Tabs

Make Kool-Aid
For a Group.

- Scoop.
- Strain.
- Treat.
- Wait.
- Flavor.



Chlorine and Iodine

Pros

- Kills bacteria, viruses, and giardia
- Easy to carry
- Cheap
- Great for dayhike emergency
- Good for big volumes
- Can add flavor to the water

Cons

- Water tastes bad
- Iodine does not kill cryptosporidium reliably
- Takes 20-30 minutes
- Slower in cold weather
- Still may need to filter water

New on the market: UV “pens”

The screenshot displays the website for SteriPEN Handheld UV Water Purifiers. The page features a navigation menu on the left with categories such as Faucets, Water Softening Systems, Parts & Accessories, Fittings, Valves, Tubing, Coolers, Shower, RV, Marine Filters, Water Cups, Water Bottles, Water Testing & Monitoring, Pumps & Motors, Clearance, and Specials. Below the menu is a chat window indicating it is offline, followed by social media icons for Facebook, Twitter, YouTube, and Google+, and a 'TOPBRANDS' section with the FreshWaterSystems logo.

The main content area lists four products, each with an image, part number, features, price, and an 'ADD TO CART' button:

- SteriPEN Emergency UV Water Purifying Pen**
Part Number: EM-ONL
Price: \$49.95
Features: Purify up to 200 half liter servings on one set of AA lithium batteries; Lamp life: 3,000 UV treatments; Snug fit with most commercial water bottles; WQA Gold Seal Certified.
- SteriPEN Sidewinder Hand Powered UV Water Purifier**
Part Number: SIDE-SYS
Price: \$99.95
Features: Hand-Powered, battery-free operation; Lamp life: 8,000 UV treatments; Includes 1 liter BPA-free water bottle; WQA Gold Seal Certified.
- SteriPEN Freedom Water Purifier**
Part Number: FRDM-RP-EF
Price: \$119.95
Features: SteriPEN's smallest and lightest UV water purifier; Rechargeable integrated internal lithium battery; Up to 40 treatments per charge; Treat 16 oz of water in 48 seconds.
- SteriPEN Traveler UV Water Purifying Pen**
Part Number: TRC-RP-EF
Alternate Part Number: TRC-MM
Price: \$49.95 (MSRP: \$79.95)
Features: Classic Ruggedness and Performance; 3,000 UV Treatments; Snug fit with most Water Bottles; Includes Prefilter and 1 Liter Water Bottle; WQA Gold Seal Certified.

Each product listing includes a 'FREE SHIPPING' badge (containing the text 'CONTINENTAL US ONLY') and a 'View Details' link. A vertical 'feedback' button is located on the right side of the product grid.

UV light: The Magic Wand!



UV light for Community Water Treatment too!

The screenshot shows a web browser window displaying the website www.freshwatersystems.com. The page title is "Ultraviolet Water Treatment Systems". The left sidebar contains a navigation menu with categories such as "Systems", "Food Service", "Refrigerator Filters", "RO Membranes", "UV Systems & Lamps", "Faucets", "Water Softening Systems", "Parts & Accessories", "Fittings, Valves, Tubing", "Coolers", "Shower, RV, Marine Filters", "Water Cups", "Water Bottles", "Water Testing & Monitoring", "Pumps & Motors", "Clearance", and "Specials".

The main content area is titled "Ultraviolet Water Treatment Systems" and includes a descriptive paragraph: "Ultraviolet radiation can be used as a pre-treatment or polishing step to sterilize and disinfect water. UV systems are typically used to pre-treat a water supply that is considered biologically unsafe (lake or sea water, well water, etc). The UV disinfection process is a non-chemical method for destroying microorganisms by altering their genetic material, and rendering them unable to reproduce. Most UV systems have stainless steel reactors or reactor linings." To the right of this text is a callout box titled "What is Stainless Steel?" with a list of questions: "Does stainless steel corrode?", "Will chlorine damage stainless steel?", and "Is stainless steel non-magnetic?".

Below the text is a section titled "UV SYSTEMS" featuring six product cards, each with an image and a "LEARN MORE" button:

- Atlantic Ultraviolet Corporation**: Image of a reactor unit.
- Sterilight**: Image of a vertical reactor unit.
- Trojan UVMax**: Image of a horizontal reactor unit.
- PURA**: Image of a blue cylindrical reactor unit.
- Ultra-Sun Tech®**: Image of a horizontal reactor unit.
- Microfilter Residential UV**: Placeholder for a picture, labeled "PICTURE UNAVAILABLE".

At the bottom of the product grid is the text "NSF Certified UV Systems". A "CHAT OFFLINE." button is visible in the bottom left corner of the page.

UV Light

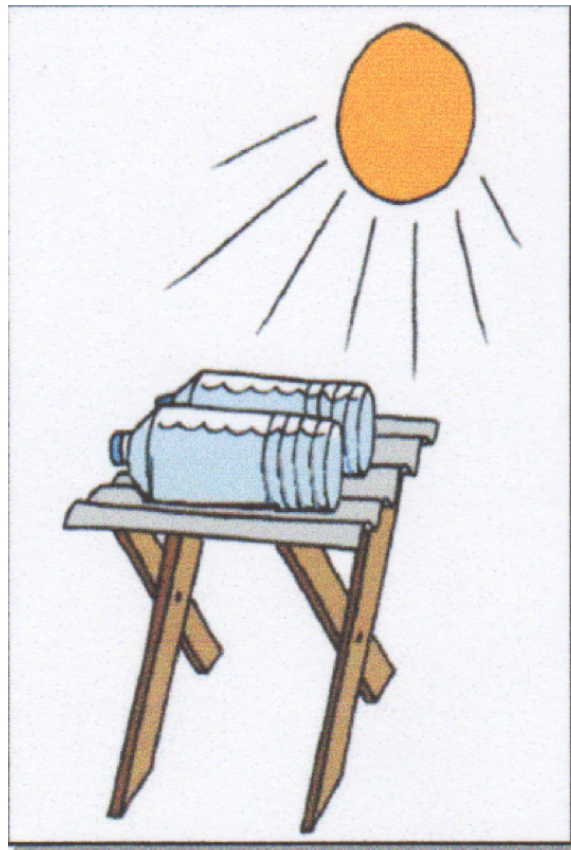
Pros

- Breaks the bodies of bacteria, protozoa, & viruses
- Really quick
- Water tastes good
- Requires no muscles!

Cons

- Expensive
- Low volume
- Water must be free of sediment, color, turbidity
- Could break or malfunction
- Requires a battery

Solar sterilization: a form of pasturization



Using a Water Filter (Pump)



“Pumping” from the river



Team pumping from the creek



Dixie on water duty after a dayhike



Water can settle in bucket to remove sediment before filtering



Pumping into a hydration pack... a bit tricky!



Filtration Water Bag



Water Filter/Pump

Pros

- Water tastes good
- Protects against bacteria and protozoas

Cons

- Somewhat bulky & heavy
- Can break or malfunction
- Cost \$80-\$100
- Takes a little work
- Need to care for equipment

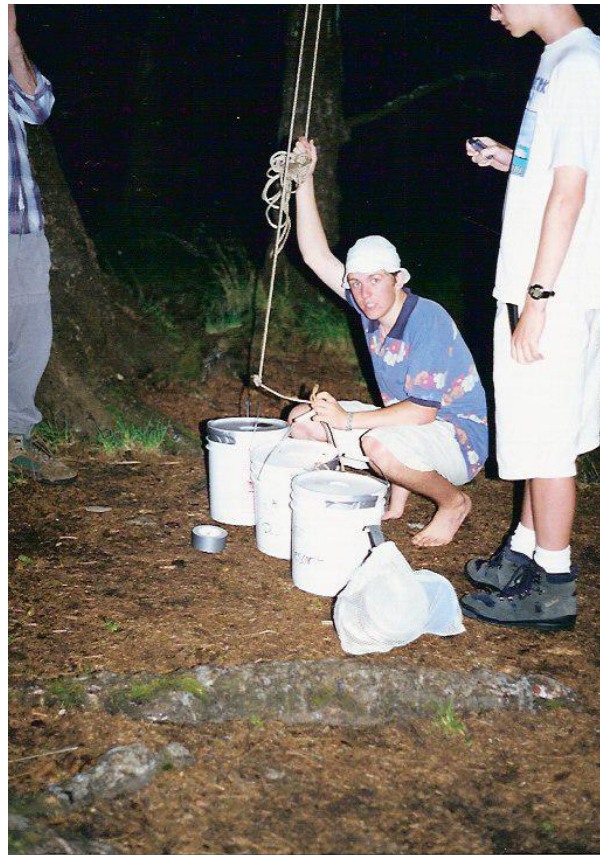
Fetching water for a group.



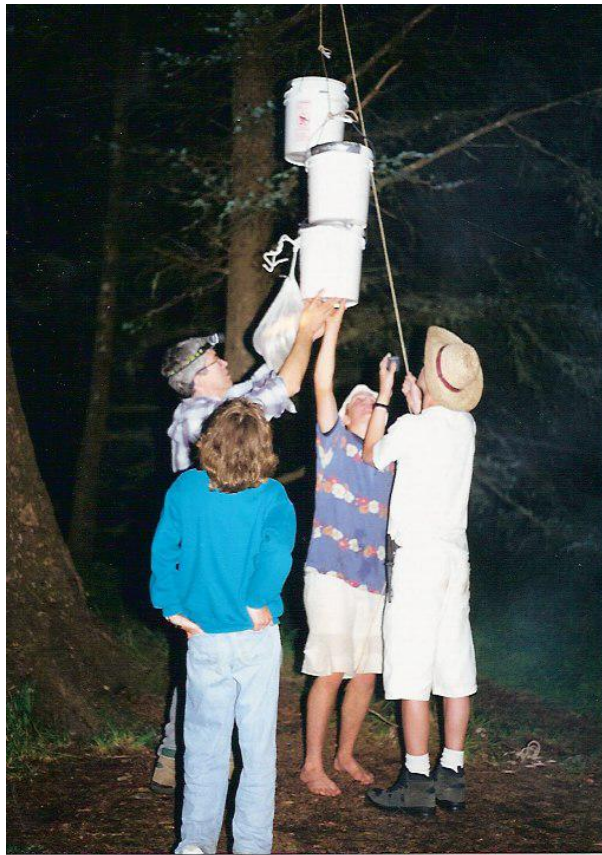
Visit a water station now!

- 1. UV light
- 2. Water filter/pump
- 3. Chlorine and iodine

Critter Safety



Raccoon Buckets



Bear Canisters



Overnight and Beyond

- Food safety
- Reduce Weight
 - Reduce packaging
 - Reduce water content of foods
- Pack durable food
- Mess kits, cooking equipment, dishwashing
- Stoves and/or fire and fuel supply

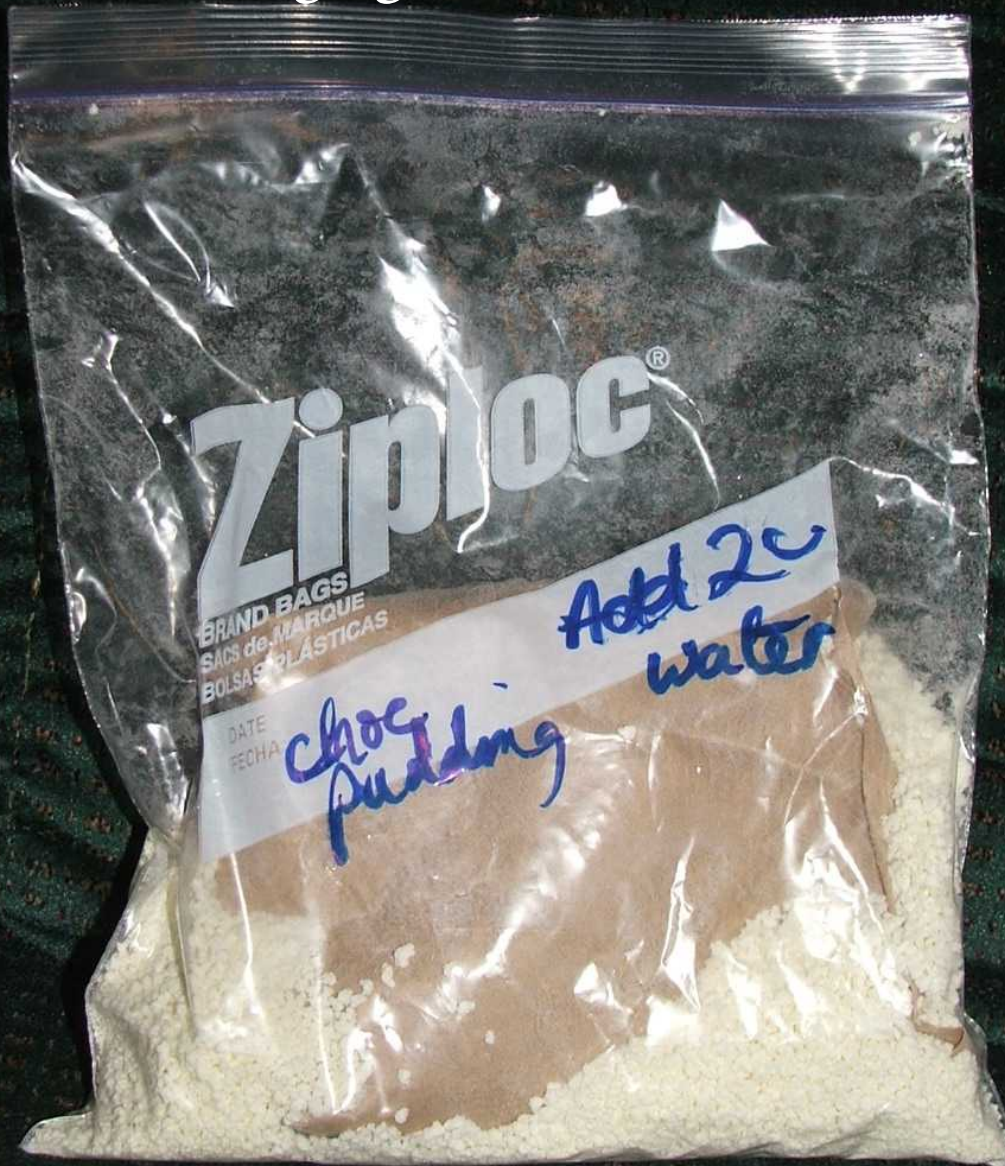


Get the water out!



No Water!

Reduce Packaging!!





Purchase special containers to reduce weight, increase durability



USES

- JAM
- PEANUT BUTTER
- MUSTARD
- MAYONNAISE
- JELLY

- Screw cap on
- Fill tube to top
- Fold over end at bottom
- Squeeze tube to dispense
- Be careful not to overfill, tube will not pop off under normal use
- Squeeze food directly on to crackers, plate, etc.

COGHLIN SLTD
www.coghlins.co.uk
MADE IN ENGLAND

Durable breadstuffs.





Chana Masala
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Jamaican BBQ Chicken
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Louisiana Red Beans & Rice
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Spaghetti with Meat Sauce
Mountain House
\$6.90
NET WT 4.51 OZ (127g)
ENTREE SERVES 2

Beef Stroganoff
Mountain House
\$6.90
NET WT 4.51 OZ (127g)
ENTREE SERVES 2

Beef Stroganoff
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Pesto Salmon with Pasta
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Sunny Thai Peanut Sauce
Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)
MAKES TWO TO SIX SERVINGS

Spaghetti with Meat Sauce
Mountain House
\$6.90
NET WT 4.51 OZ (127g)
ENTREE SERVES 4

Beef Stroganoff
Mountain House
\$6.90
NET WT 4.51 OZ (127g)
ENTREE SERVES 4

Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)

Alpine Experience
\$6.90
NET WT 4.00 OZ (113g)

Lasagna with Meat Sauce
Mountain House
\$6.90
NET WT 4.00 OZ (113g)
ENTREE SERVES 2

Chicken Breasts with Robb Meats & Mashed Potatoes
Mountain House
\$6.90
NET WT 4.54 OZ (127g)
ENTREE SERVES 2

Macaroni & Cheese
Mountain House
\$6.90
NET WT 4.51 OZ (127g)
ENTREE SERVES 2



BACKPACKER'S PANTRY
Our Chef - Your Adventure

Alpine Experience \$6.50
Backpacker's Pantry
BP Thai Spicy Peanut
102308

Spicy Thai Peanut Sauce
A saucy plate over brown rice and Asian vegetables
Vegetarian / All Natural / Just Add Boiling Water
MAKES TWO 11 OZ SERVINGS NET WT 8.1 OZ (230g)



Mountain House
Delicious meals anytime, anywhere

ENTREE
SERVES 4

FREEZE DRIED
Spaghetti with Meat Sauce
NET WT 9.0 OZ (256g)
0g TRANS FAT per serving

Freeze Dried vs Cook Your Own

- Expensive
- Variable flavors
- Only need hot water
- Need minimal dishes
- Not much planning
- Attention to calories and portions
- Minimal packaging/wt
- Good for individuals
- Less expensive
- Plan to your tastes
- May require cooking
- Require some dishes
- May require more fuel
- Requires planning and packing
- Must estimate calories
- Good for groups

Fires are not always allowed.



Stoves require fuel.



Cooking Requires Pots!







And other
things.....





Convenience Backpacking Foods

Starches, proteins, condiments and
other items off the supermarket shelf

VERY durable bread! Like classic Hardtack. Add Peanut butter!



12 32 OZ 01/31/06 RS 30 \$2.445
FFV SAILOR BOY PILOT B
0310-7886





13 9.0Z 013006 PC 66
 THAI KITCHEN
 PAD THAI NOODLES
 018-0227 \$7.449 PER LB
 4.19

12 5.5OZ 013006 PC 38
 THAI KITCHEN
 THAI PNT STR FRY
 016-1217 \$12.187 PER LB
 4.19

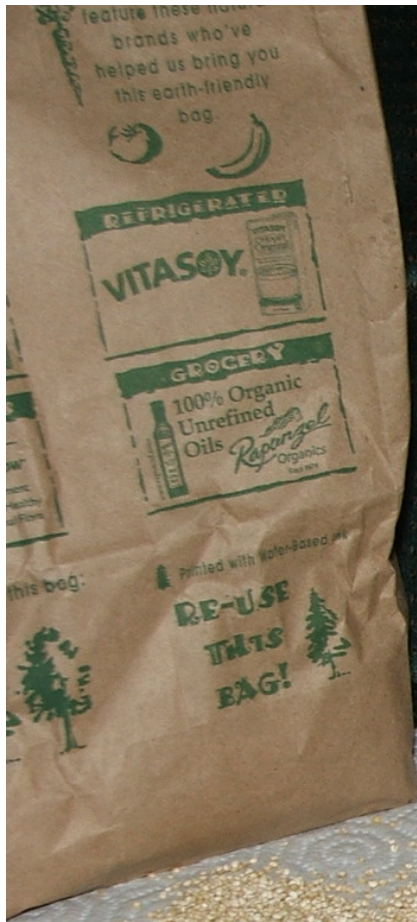
13 7.0Z 070405 PC 1
 THAI KITCHEN
 SPICY THAI PILAF
 016-1200 \$10.263 PER LB
 4.49



12 2.25OZ 091506 DC 51
 THAI KITCHEN
 PAD THAI NOODLE CART

12 2.25OZ 091506 DC 51
 THAI KITCHEN
 PAD THAI NOODLE CART

13 8.8OZ 070405 PC 8
 THAI KITCHEN
 THIN RICE NOODLES



Hummous too!



12 5.5 OZ 05/06/05 DC 67
NEAR EAST
SNDRD TOM/BAS PLAF
027-8226 \$7.824 PER LB
2 69



12 5.25 OZ 04/18/05 PC 34
NEAR EAST
TABOULE MIX
061-2636 \$8.199 PER LB
2.69



12 6 OZ 04/18/05 PC 27
NEAR EAST
FALAFEL MIX
013-0653 \$7.973 PER LB
2 99



ORGANIC Falafel

Prep: 2/3 c. mix to 1/3 c. cold water. Stir well. Let stand 15 minutes. Pan fry thin bun-sized patties or quarter-sized balls in 1/8" oil until crisp and brown on both sides. Fry in free paper. Drain. Apply notes in non-stick covered pan or 400°F oven for 10 minutes. Drain 2 minutes (2 standard servings).

Do-It-Yourself Bulk

Ingredients: Organic Garbanzo Beans, Organic Sesame Seeds, Baking Soda, Organic Tahini, Spices and Sea Salt. Vegan & Gluten Free.

Nutrition Facts: One serving equals 60 calories, 1 g fat (0 g saturated fat), 0 mg cholesterol, 100 mg sodium, 8 g carbohydrate, 2 g fiber, 3 g protein.

www.MaryJane's.com

FALAFEL MIX ORG
MARY JANE'S
Please write down PLU #
PLU # 1218 \$4.83 LB

ORGANIC
Polenta Style Corn



Fantastic Foods Hummus Dip Mix

ALL NATURAL VEGETARIAN

Manufactured by Fantastic Foods, Inc., Aliso Viejo, CA 92603
Ingredients: Garbanzo Beans, Sesame Tahini, Sea Salt, Dehydrated Garlic, Olive Oil, Spices, Citric Acid, Dehydrated Lemon, Toasted Sesame Oil
To Prepare: In a bowl add 3/4 c. hummus mix, 1 c. warm water and 4 tsp olive oil. Stir with whisk until well blended. Wait 5 mins. and serve. Add fresh lemon juice for zester flavor.

For general information only, ingredients may change without notice.

Nutrition Facts	As Purchased		%DV*	
	Total Fat 3g	5%	Total Carb. 11g	4%
Serv. Size 2 Tbs (18g) dry mix	Sat Fat 0.5g	3%	Fiber <1g	3%
Calories 80	Cholest. 0mg	0%	Sugars 0g	
Fat Cal. 50	Sodium 280mg	12%	Protein 3g	
*Percent Daily Values (%DV) are based on a diet of 2,000 calories per day.	Vitamin A 0%	Vitamin C 2%	Calcium 2%	Iron 8%

Please write down PLU #
PLU # 1220 \$3.48 LB



ding
Veggie

Ingredients: small red, black eye, small eye peas, lentils, yellow, corned beef, eye, carrots, carrots, onions, peppers, green

Based on a 2,000 cal diet

Cal. From Fat	0
Total Fat	12g
Vitamin A	40%
Vitamin C	2%
Calcium	2%
Iron	4%

PLU #

\$3.89 LB

Taste Adventure
Black Bean Soup Mix

PRECOOKED VEGETARIAN NO MSG

Manufactured by Will-Pak Foods, Inc., Harbor City, CA 90710

Ingredients: Precooked Black Beans, Sea Salt, Mild Red Pepper, Garlic, Herbs, Spices, Rice Vinegar

For general information only, ingredients may change without notice.

	Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat	1g	2%	Total Carb.	38g	13%
Sat Fat	0g	0%	Fiber	9g	36%
Cholest.	0mg	0%	Sugars	8g	
Sodium	530mg	22%	Protein	13g	

Serv. Size 3/4 cup (85g) dry mix

Calories 210
Fat Cal. 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% Vitamin C 0% Calcium 8% Iron 20%

Please write down PLU #

PLU # **1248** \$4.40 LB

© 2000 Trade Lab

Taste Adventure
Split Pea Soup Mix

PRECOOKED VEGETARIAN NO MSG

Manufactured by Will-Pak Foods, Inc., Harbor City, CA 90710

Ingredients: Precooked Green Split Peas, Carrots, Sea Salt, Onions, Garlic, Herbs and Spices

To Prepare: Pour boiling water over flakes, let sit for 5 mins. 1 Serving: 1/2 c. flakes to 2/3 c. water. 2 Servings: 1 c. flakes to 1 1/4 c. water.

For general information only, ingredients may change without notice.

	Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat	1g	2%	Total Carb.	40g	13%
Sat Fat	0g	0%	Fiber	16g	64%
Cholest.	0mg	0%	Sugars	6g	
Sodium	500mg	21%	Protein	16g	

Serv. Size 3/4 cup (70g) dry mix

Calories 220
Fat Cal. 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 30% Vitamin C 2% Calcium 4% Iron 15%

Please write down PLU #

PLU # **1221** \$4.40 LB

© 2000 Trade Lab

Taste Adventure
Curry Lentil Soup Mix

PRECOOKED VEGETARIAN NO MSG

Manufactured by Will-Pak Foods, Inc., Harbor City, CA 90710

Ingredients: Precooked Lentils, Sea Salt, Curry Spices and Herbs, Onions, Garlic

To Prepare: Pour boiling water over flakes, let sit for 5 mins. 1 Serving: 1/2 c. flakes to 3/4 c. water. 2 Servings: 1 c. flakes to 1 1/2 c. water. Garnish with green onions, parsley or cilantro.

For general information only, ingredients may change without notice.

	Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat	1g	2%	Total Carb.	36g	12%
Sat Fat	0g	0%	Fiber	19g	76%
Cholest.	0mg	0%	Sugars	4g	
Sodium	620mg	26%	Protein	17g	

Serv. Size 2/3 cup (68g) dry mix

Calories 210
Fat Cal. 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 8% Vitamin C 6% Calcium 4% Iron 35%

Please write down PLU #

PLU # **1222** \$4.40 LB

© 2000 Trade Lab

Place Bag On Spout
Lift Door Slowly

Place Bag On Spout
Lift Door Slowly



Emergency Essentials
January 2006

Winter Harvest

Freeze-Dried Vegetable
Combo...
\$99.99

SAVE 21% THIS MONTH

CONTENTS:

- Provide-Pantries Premium Freeze-Dried Ground White Chicken
- Provide-Pantries Premium Freeze-Dried Garden of Eatin' Potatoes
- Provide-Pantries Premium Freeze-Dried Garden of Eatin' Beef
- Provide-Pantries Premium Freeze-Dried Garden of Eatin' Beans

1-800-999-1866
www.BePrepared.com

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Provident Pantry
Freeze-Dried
Diced Peaches

Net Wt. 0.42 lbs (191 g)

Provident Pantry
PREMIUM
Freeze-Dried
Ground Beef

NET WT. 20 OZ. (1 LB. 4 OZ.) 568 G

THE #1 BRAND OF FREEZE DRIED BACKPACKING FOOD



MOUNTAIN HOUSE®

The Alpine Experience
53427
MH Eggs w/Butter
\$3.95
Fall/Winter 04-05

— FREEZE DRIED —
Scrambled Eggs
Precooked

NET WT. 2.12 OZ (60g)

Convenient stand-up pouch for

SERVES
1



Make your own!
Ovens work too!



Or dehydrate in your oven.





Amore

ITALIAN

PESTO PASTE

MADE WITH OLIVE OIL

CONCENTRATED



Amore

ITALIAN

SUN-DRIED TOMATO PASTE

MADE WITH OLIVE OIL

CONCENTRATED



Amore

CONCENTRATED

Sun-Dried Tomato Paste

NET WT. 2.8 OZ.

• Product of Italy



What is for Breakfast?

Breakfast #1:
Wheat pancakes
with peach topping



Blueberry Quick Bread baked on a Whisperlight stove



Breakfast #2: Scrambled
eggs with onion & bacon



Egg, bacon, parsley wraps



Lunch foods



Exotic lunch: bagel, PB,
cabbage, and apricots!



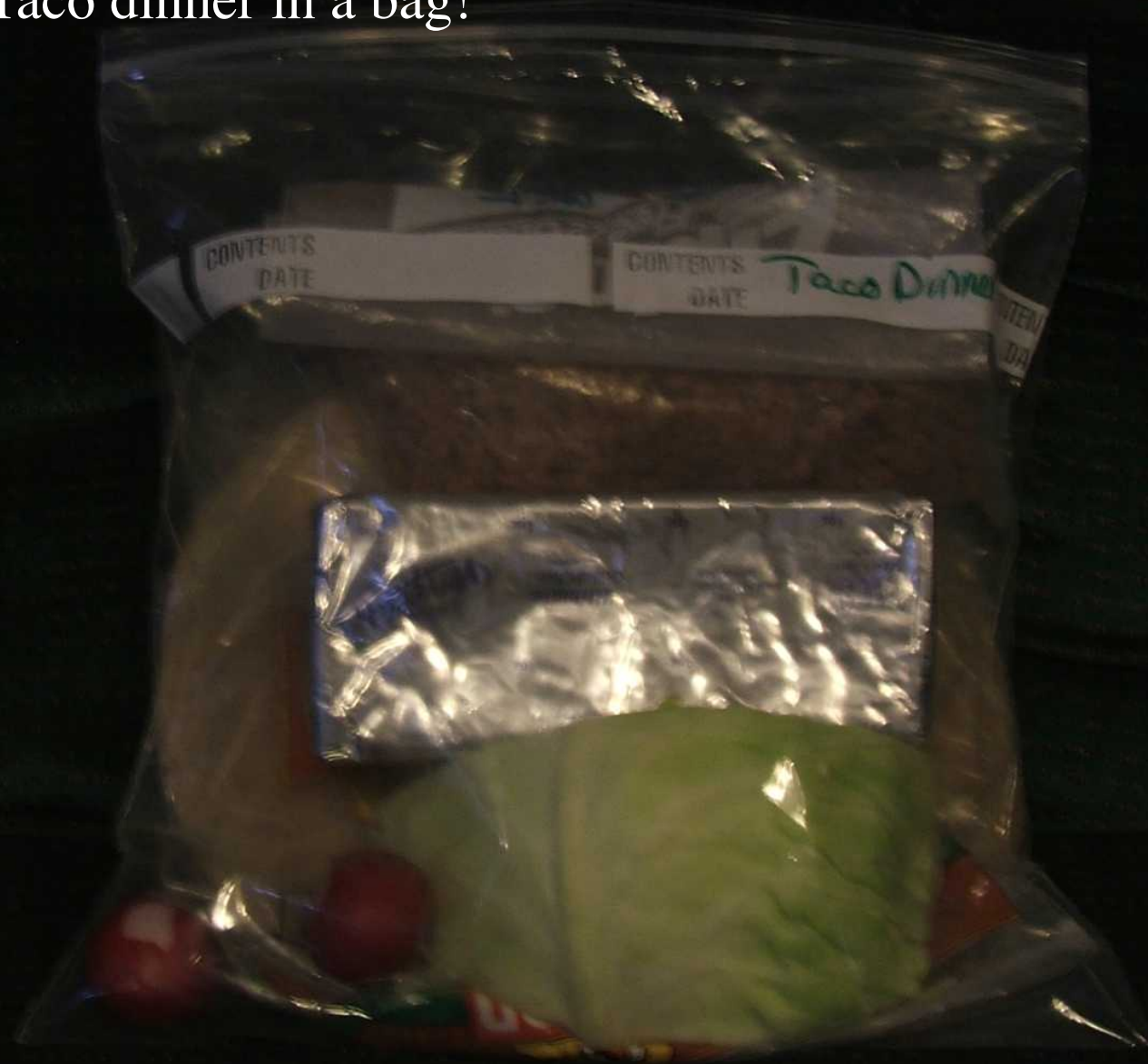
Freeze dried dinners in a Rubbermaid



Start with your favorite dinner and take out the water, packaging, and reduce the perishability



Taco dinner in a bag!



Making the white cheese sauce



Adding broccoli to a two pot dinner



Adding pasta to the boiling vegetables



Broccoli Parmesan Alfredo with smoked salmon



Thai Peanut Chicken with Cabbage





A Two Pot Meal

Pot one: gnocci with green bean

Pot two: onions, dehydrated hamburger, brown gravy



ALPINE FROM KRUSTEAZ®
ORIGINAL
SPICED CIDER
LE FLAVOR DRINK MIX
INSTANT
Just Add Water

120% VITAMIN C
NO SUGAR
ADDED

CHERRY FLAVORED BLEND
OF 3 JUICES WITH
ADDED INGREDIENTS

Welch's
SINCE 1869

100% Juice
POURABLE CONCENTRATE
Cherry Sensation

11.5 FL. OZ. (340 mL)

OF WATER
NEEDS 48 FL. OZ.

CHERRY
ARTIFICIAL FLAVOR

SUGAR FREE

SEE BACK FOR
NUTRITION
INFORMATION

Kool-Aid
BRAND

LOW CALORIE SOFT DRINK MIX

HOT COCOA MIX
SEE CARTON FOR INFORMATION ON
SUGAR AND CALORIE CONTENT

NET WT. 55 oz (15.6g)

SWISS MISS
No SUGAR ADDED

HOT COCOA MIX
SEE CARTON FOR INFORMATION ON
SUGAR AND CALORIE CONTENT

NET WT. 55 oz (15.6g)

SWISS MISS
No SUGAR ADDED

PREMIUM
moroccan
mint
tea

BY APPOINTMENT TO HER MAJESTY QUEEN ELIZABETH II
TEA AND COFFEE MERCHANTS R. TWINING & CO. LTD.

TWINING'S
OF LONDON

**EARL
GREY
TEA**

BLENDED BY
R. TWINING & COMPANY LIMITED,
LONDON, ENGLAND.



Food Club

NATURAL
**Nonfat
Dry Milk**^{UD}

Fortified with Vitamins A & D
LOW IN CHOLESTEROL

100%
SATISFACTION
GUARANTEED

Pasteurized
Extra Grade

Makes **8**
at 32 Oz per

NET WT 25.6 OZ
(1 LB 9.6 OZ) 726g



5 MINUTES TO
HOMEMADE

JELL-O
BRAND

Instant
PUDDING & PIE FILLING

Six
1/2-cup
servings

NET WT
5.9 OZ (167g)

Chocolate Fudge
ARTIFICIAL FLAVOR

Cranberries from coastal bog



Wild native crabapples! Sour but
flavorful. Bring sugar!



Wild salal sauce added to instant pudding



3000 Calorie Diet: 60% carbohydrate, 87 g. protein

Breakfast:

Hot Cocoa
1 lg. Bagel
1 T. paanut butter
1 T. jelly
8 dried apricot halves

Snack:

4 T. raisins
1/2 c. cereal
3 T. chocolate chips

Lunch:

1 med. Apple
9 Rye Krisp
2 oz. Cheese
2 oz. Sausage
4 fig newtons

Snack:

4 fig newtons

Dinner:

1-1/2 cup rice
2 oz. Chicken
1/2 c. vegetables
2 t. oil & soysauce
tea with 1 t. sugar
1 oz. Chocolate bar with nuts

Eating Well on the Trail

- Enables you to function optimally
- Minimizes stresses on your body
- Enjoyment and creativity



New & Improved Taste and Texture

KRAFT
Cooking!

Minute
INSTANT • ENRICHED • LONG GRAIN BRAND

White Rice
COOKS IN 5 MINUTES



Discover 3 Meal Ideas

NET WT 14.07 (396g)

Press In & Pull Up
MICROWAVE DIRECTIONS
Try These Other KRAFT Cooking Products!
Slope Top
Vegeta
EASSE
© Parvo

KRAFT
Cooking!

Minute
INSTANT • WHOLE GRAIN BRAND

Brown Rice
COOKS IN 10 MINUTES



Discover 3 Meal Ideas
SEE BACK PANEL

NET WT 14.07 (396g)

© Parvo
SERVING SUGGESTION





Picking blueberries for bread. Gladys Lake, Labor Day



Millennium Bar-Lemon
\$1.25
(PFW-EB1LE-EPS)

new millennium
Energy
Bar
LEMON
NATURAL FLAVOR
400 KC
LOW SUGAR
NET WT: 2.95 oz (84g)

FILLS You Up
3g Fiber
7g Protein

PowerBar

Harvest
Dipped

WHOLE GRAIN ENERGY BAR
Iced Oatmeal Raisin flavor

PowerBar

PERFORMANCE
THE ORIGINAL ENERGY BAR

Chocolate FLAVOR

NATURE VALLEY
CRUNCHY GRANOLA BARS
OATS & HONEY

NATURAL
100% WHOLE GRAIN



Chicken mushroom sauce



