

Canoe Trip Food Planning

You and your best friend are going on a wilderness canoe trip. The plan is to wake up early on June 30th and make the drive to Algonquin Park. You hope to arrive in the Park by 9:00 am and you grab breakfast on the way. You have rented a tandem canoe and the two of you have all the gear you need including a backcountry camp stove, and light weight cookware and utensils. Your canoe route includes several portages so you will be carrying everything you need in packs. On day one you will paddle, make two portages and stay at a campsite on the third lake for the first night. Over the next few days, you will continue your journey through several more beautiful lakes and portages. Your canoe trip is planned for 5 days (June 30th – July 4th) and you plan on being out by 2:00 pm on the final day. You may want to plan a few extra meals in case you run into tough conditions.

Your assignment is to devise a 5 - day meal plan for the above trip. Please go to the class website under 'Assignments' and download 'Food Planning Resource'. You will use the Food Planning Resource to create your meal plan. You will be evaluated not only on your meal plan but on how well you utilized all the considerations from the document into your planning. Be sure to take into account the time of year, perishability of chosen foods, nutritional needs, etc. (it's all included in the Food Planning Resource). Your meal plan should be in chart form so you can use it as a reference to keep you organized while on the trip (an example is included at the bottom of the resource – scroll down all the way to the very bottom of the resource on page 9). Each meal should be very specific and include quantities – see the example. Be sure you share your document with me so you don't lose any of your work.

Remember you are packing light because you have to carry all your food! When your 5 – day plan is complete, identify your best menu item/recipe that we could break out the camp stoves for and prepare in a future class.

Have fun!