

*Babes in the Woods: Hiking, Camping & Boating with Babies
& Young Children by Jennifer Aist*

Meal Planning

The following are some trail tested ideas for camping meals and snacks. The quantities are estimated. Be sure to update the quantities with what works best for your family. Bon Appetit!

C=camping B=base camping, BP=backpacking, K=kayaking, R=rafting, S=Sailing, D=Day trip

MEAL	QUANTITY	TRIP	NOTES
<u>Soft tacos</u>		C, B, R, S	Any trip with a cooler to keep perishables cold
Ground turkey meat	1 lb. / 4 people		cook meat with seasoning at home to save time
Taco seasoning	¼ cup / lb of meat		
Tortillas	1/kid, 2/adult		Bring spinach or tomato tortillas for extra flavor
Sour cream	½-1 cup		
Shredded cheese	½ pound		Save time by shredding cheese at home. You can make cheese quesadillas as well.
Chips	½ bag / 4 people		
Salsa	1 cup / 4 people		
Guacamole	1 cup / 2 people		
Refried beans	1 can / 4 people		Good protein, but kind of a mess to clean up
<u>Pesto Pasta with Chicken</u>		C, B, R, S	
Spaghetti noodles	1 lb / 5 people		

MEAL	QUANTITY	TRIP	NOTES
Pesto mix	1 pack /lb of pasta		You can bring fresh pesto as well
Parmesan cheese	1 cup/4 people		
Olive oil	¼ cup		Store in a small Nalgene bottle to prevent spills
Frozen, ready cooked chicken	½ bag/4 people		Do not bring out raw chicken unless you plan to cook it the first night. Canned or pouch chicken can be substituted. Apple/chicken sausage is also good.
Sun dried tomatoes	1 sm. Jar		
<u>Hot Dogs & Hamburgers</u>		C, B, R	This is an easy, kid friendly meal to have an every menu
Hot dogs	1/kid, 2/adult		You can use tofu, chicken, beef or any type of dog!
Bun	1/kid, 2/adult		Choose whole wheat for added nutrition
Ketchup, Mustard, Relish			
Hamburger patties	1/kid, 2/adult		
Hamburger bun	1/kid, 2/adult		
<u>Chicken & Rice Soup</u>		BP, C, B, R, K	
Canned/pouch chicken	1/ 4-6 people		
Chicken bouillon	6 cubes/can of chicken		

MEAL	QUANTITY	TRIP	NOTES
Rice	1 pound		Uncle Bens makes a ready cooked brown rice with peas and carrots.
Carrots	2 cut up		
Peas	¼ cup		You can add any veggies, these are just the most kid friendly.
<u>Sloppy Joes</u>		C, B, K, R	
Canned sloppy joe mix	2 cans		
Whole wheat hamburger buns	½ /toddler, 1/big kid or adult		Tortillas or bagels or sandwich bread can be substituted
Grated cheese	2 cups shredded		
<u>Chicken Pot Pie</u>		BP,C, B, K, R	
Dry Bisquick mix	1 cup		Bring the soup to a boil then drop spoonfuls of prepared Bisquick on top of the soup and cover the pot. The steam will cook the biscuits.
Soup base (canned, or buillion)	2 cups prepared		Aim for a thick soup.
Pouch or canned chicken	½ /toddler, 1/big kid or adult		
Mixed veggies	½- 1 cup		
<u>Taco Salad</u>		C, B, K, R	Combine all ingredients in a large Ziploc bag, shake and serve!
Cooked ground beef or turkey	1 pound raw meat		
Shredded lettuce	1 head		

MEAL	QUANTITY	TRIP	NOTES
French dressing	2/3 cup		
Olives, tomatoes, kidney beans	Per personal taste		
Grated cheese	2 cups shredded		
<u>Lunches</u>			
Peanut butter & Jelly sandwiches or Cream cheese & Jelly (ind. packets of cream cheese that don't require refrigeration.)	½ / toddler, 1 / preschooler, 2 / adult	BP, B, C, R, S, D	Bagels, tortillas, and pita all make good bread. Regular sandwich bread tends to get smooshed.
Grilled Cheese Sandwich	1 / child, 2 / adult	BP, B, C, R, S, D	Any bread and any cheese will work.
Tuna fish sandwiches, egg salad sandwiches or chicken salad sandwiches	½ toddler, 1 / preschooler, 2 / adult	B, C, BP, R, S, D	Pouch tuna and individual packets of mayo make this a hardy meal any day. Careful to clean out the tuna smell out of the pouch when you are done!
Bagel with melted pepper jack	½ / kid, 1 / adult	B, C, BP, R, S, D	One of our favorite BP meals! Slice the cheese and place the bagel on top of it in the non-stick pot. You have to keep twisting the bagel to keep it from sticking. It is well worth the effort though!
<u>Breakfast</u>			
Oatmeal	½ cup / person, 1-2 packets / kid	B, C, BP, R, S,	The instant packets are super convenient, but the whole grain variety is much healthier and has less sugar.
Couscous		B, C, BP, R, S,	
Dried fruit, canned fruit		B, C, R, S, D	

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Bacon/sausage	1 lb/3-4 people	B, C, R, S	Beware: be very careful cooking bacon in bear country!
Hard boiled eggs	1/person	B, C, BP, R, S, D	Hard boil at home before you go, eat in the first couple days
Yogurt	1 cup/person	B, C, R, S	Try stirring in some granola or dried fruit for added yummys.
Breakfast burrito	½ / child, 1/adult	BP, B, C, R, S, K	
Pancakes (make your own or bring a mix)	1/child, 3/adult	B, C, BP, R, S,	Try including fresh picked berries for a special treat
Dry cereal & milk	1 cup/person	C, B	Try to limit sugary cereals. They have lots of empty carbs. Powdered milk can be substituted for fresh.
<u>Power Snacks</u>			
Pepperoni or salami	¼ cup/person	B, C, BP, R, S, D	
Sliced cheese	½ pound /3 people lasts ~4 days	B, C, BP, R, S, D	Wrapped in foil, it can stay fresh for a 2-4 days in moderate temperatures.
Walnuts, almonds, cashews	½ pound /adult	B, C, BP, R, S, D	NO nuts for children under age 3!!
Sunflower seeds & raisins or craisins or dried cherries	¼ pound/person	B, C, BP, R, S, D	
Yogurt raisins		B, C, BP, R, S, D	Beware! these make a huge mess in hot weather!
Granola bars, nutrition, breakfast bars	2/person/day	B, C, BP, R, S, D	The soft ones are hard to keep from getting smooshed.

MEAL	QUANTITY	TRIP	NOTES
Ramen noodles	½ pack / preschooler	B, C, BP, R, S, D	Hard boiled egg can be added for extra protein. This is good quick emergency food to throw in.
Baby carrots		B, C, BP, R, S, D	Provide some nut butter for extra calories. Eat early on BP trips to dump the weight
Apples, oranges	1/person/day	B, C, R, S, D	
Bananas	1/person/day	B, C, BP, R, S, D	Great for babes. You can purchase a special case to pack your fruit in so it won't get smooshed!
Dehydrated fruit		B, C, BP, R, S, D	These are super weight and great for babies and older kids alike. Note, dehydrated is different than dried.
Jerkey		B, C, BP, R, S, D	Turkey or Beef. Pay attention to the sodium levels. Great emergency food to throw in.
Crackers/pilot bread		B, C, BP, R, S, D	These store well in tall skinny water bottles
Trail mix, sweet or salty varieties		B, C, BP, R, S, D	Remember, no nuts under age 3!
Fruit leather	2/person/day	B, C, BP, R, S, D	Dried fruits are great, just be careful to brush their teeth well after lots of dried fruit. It really sticks to teeth!
S'Mores ingredients (marshmallows, graham crackers, chocolate)		B, C, BP, R, S, D	While not a power snack, it is powerfully fun!
<u>Drinks</u>			
Water		B, C, BP, R, S, D	Always bring a filter / purifier with you.

MEAL	QUANTITY	TRIP	NOTES
Hot cocoa	1 packet/person/day	B, C, BP, R, S, D	
Hot cider	1 packet/person/day	B, C, BP, R, S, D	
Coffee fixings / tea			
Jolly Rancher or Life Saver to flavor water	1 pack	B, C, BP, R, S, D	Make sure to remove the candy or make sure it is all dissolved before giving to a child! Choking Hazzard!
Crystal light, Tang			Tastes great hot!
EmergenC type drink	1/day		Don't drink more than one per day due to the vitamin content