

PRE-TRIP



MEAL PLANNING

- How much space do you have allocated to food?
- Do you have storage restrictions such as pack size, bear box, cooler size?
- If you have limited space PACK compact, nutrient dense meals.
- Can you minimize packaging to cut down on weight & space?
- Condense, compress and eliminate all unnecessary packaging.
- Are you concerned with pack weight?
- If you are carrying your meals PACK foods that are lightweight, dehydrated, nutritious, calorie dense.
- AVOID heavy foods, extra packaging, unnecessary ingredients, bulky items, fragile foods, perishable goods.

Storage & Weight

- What will you be using to cook your meals?
- Fire, stove, flash cook, blip? PACK meals to complement your cooking device.
- What type of fuel are you using?
- If you are concerned about availability of fuel, PACK quick cooking, pre-cooked or no cook meals.
- Know how long your fuel lasts. Will you have fuel re-supply along the way?
- How many pots will you bring?
- PACK meals that can easily be cooked using your pots & pans.

Cooking Device

Refrigeration

- Do you have refrigeration available?
- If you don't have refrigeration PACK non-perishable foods.
- AVOID foods that spoil without refrigeration.
- If you are using a cooler PACK perishable foods inside the cooler.
- AVOID foods that take up too much space.
- Do you have back-up ice?
- If your ice melts will your foods inside the cooler be safe without refrigeration?
- Eat perishable items first.
- What is non-perishable?
- Foods that don't spoil or go bad unless the packaging is punctured.

Duration of Trip

- How long will you be traveling?
- The longer your trip, the more important it is to bring foods that have a long shelf-life.
- PACK dehydrated, non-perishable, & easy to store meals for long trips.
- Make a meal plan and eat the foods that are most likely to go bad at the beginning of the trip. Save non-perishable foods for the end of the trip.
- Do you have re-supply available?
- If you have the option to get food along the way, pack enough to get from one station to the next.

Shopping For Food And Making Meals In Minutes Using The Dietary Guidelines

**United States. Congress. House.
Committee on Agriculture.
Subcommittee on Domestic Marketing,
Consumer Relations, and Nutrition**

Shopping For Food And Making Meals In Minutes Using The Dietary Guidelines:

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines Gordon Press Publishers,1997-07

Shopping for Food & Making Meals in Minutes ,1989 *Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines* United States Government Printing Office,1989-04 **Shopping for Food & Making Meals in**

Minutes ,1989 U.S. Government Books ,1987 **Preparing Foods & Planning Menus** ,1989 **Eating Better when Eating Out** ,1989 Focuses on how to choose foods when eating out following the dietary guidelines for nutritional health

Inside Information ,1989 National Food Review ,1991 *Monthly Catalogue, United States Public Documents* ,1991

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Consumer Central ,1997 *The Consumer Information Catalog* , Review of Nutrition and Health United States.

Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer Relations, and Nutrition,1992

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Authors Eleanor Schlenker and Joyce Gilbert address nutrition across the lifespan and within the community with an emphasis on health promotion and the effects of culture and religion on nutrition Evidence based information real world case

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Perspective in Practice boxes supply you with practice elements for nutrition education Websites of Interest call outs cite key websites with suggestions for further study and exploration of various nutrition topics at the end of each chapter NEW

Clinical nutrition chapters cover the latest guidelines and medications NEW MyPlate replaces former Food Guide Pyramid

NEW Dietary Guidelines for Americans reflect 2010 changes UPDATED Review questions emphasize critical thinking NEW

Streamlined content provides the essentials of nutrition and diet therapy **FoodReview** ,1991 **FDA Consumer** ,1990
 Prevention ,1991 *Home Economics* United States. Superintendent of Documents,1991 *Prevention* '91/'92 United
States. Office of Disease Prevention and Health Promotion,1992

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