

# Duke of Edinburgh Award - Food Ideas

**Forget any diets! (unless for medical reasons)**

**Share food – helps keep the weight down in rucksacks, makes cooking faster and it's just 😊 nice!**

**These are only ideas. Look around supermarkets and you'll be surprised what you can find.**

## **Most important:**

- light in weight
- enjoyable
- energy efficient for the activity
- keep hydrated

## **Breakfast**

- Cereal bars
- Pain au chocolate / Brioche
- Cereal or porridge with powdered milk
- Flapjacks

## **Lunch - no cooking at lunchtime as it takes too long**

- Pitta/Naan breads, Wraps, Thins
- Cheese spread / squirty cheese
- Cheeses
- Pepperami
- Tuna salad
- Fruit - Apples

**Don't take tins of food. They are full of liquid which makes them heavy and you may have to carry the empty tin.**

## **Dinner**

### **Starters**

- Cuppa soup
- Mug shot

### **Main Meal**

- Pasta, noodles with tomato sauce
- Boil in the bag rice or soup pasta
- Frankfurters, Pepperami, Chorizo
- Dehydrated meals (pot noodles aren't nutritious enough)
- Supper noodles (not on their own!!)

### **Pudding**

- Custard
- Fruit cake/ malt loaf
- Fruit jellies
- Small fruit pots
- Chocolate brownies

### **Snacks:**

- Nuts
- Dried fruits
- Sweets
- Chocolate
- Biscuits / Jaffa Cakes
- Apples
- Beef jerky

### **Other nice things:**

- Hot chocolate sachets
- Tea and coffee and sugar